

The Road Runner

AUGUST 2009

The Monthly Newsletter of the Chattahoochee Road Runners

Hoochie Party It Up Post-Peachtree Style

Phidippides—Ansley Mall hosts post-Peachtree bash with free food, drinks, and giveaways (Photos courtesy of Stephen M. Grantham)

Renew your membership today!
See page 8

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From the President—Donna Garcia



Happy 28th Birthday to the CRR Club!

The Club is going strong after 28 years: Membership is 300+, Go the

Distance Program has high participation & drives membership, monthly meetings are packed and fun, and the CRR 10k continues to be a huge success! I wonder if our founding members imagined what our club would be like 28 years later? It was their vision on 8/2/81 that started it all. MANY THANKS TO DICK,

RON & RON!!! I think it is important to review the origin and objectives on which our club was founded:

The Origin of The Chattahoochee Road Runners

Since the Chattahoochee River is Atlanta's major waterway and a focal point for runners on the numerous trails along its banks, the decision was natural to use good geographic identity. Hence, The Chattahoochee Road Runners (CRR) was formed on August 2, 1981 by Dick Biggs, Ron Creasy, and Ron Varner.

The Objective of The Chattahoochee Road Runners

- Promote good health and fitness through running
- Provide a medium for meeting other runners and sharing a club camaraderie
- Participate as a club in at least one race per month
- Host the annual Chattahoochee Road Runners 10K in the spring of each year

Elections will be held at this month's club meeting. Details of board positions are outlined in this month's newsletter.

Come Run with us!

Donna

Upcoming Events

August 9th - Monthly Club Run by the River—Cochrane Shoals Park entrance at the parking lot off Interstate North Pkwy near 1285. Meet at **7:30 AM**, ready to run. Varying distances and paces. The coffee & goodies post run are wonderful!

August 17th - Monthly Club Meeting at Rockledge: A Residential Resort, 2075 Powers Ferry Road, Atlanta, GA 30067. 7-9PM. Pizza and drinks will be provided by Rockledge. Come join us for food and fun in their outdoor party tent! Special Note: Board Elections will take place at this month's meeting (see pg. 5).

New Members

- Kevin Fehlenberg*
- Stephanie Burak*
- Luke Kelley*
- Greg Matthews*
- Jenny Matthews*
- Leann Goya*
- Luis Goya*
- Lynn Rieck*
- Corey Rieck*

Running on Empty by Jason Nocera



Weekly Club Runs

"CRR Go The Distance" Weekly Training Runs on Saturdays. Check the website (crrclub.com) for run location and details. Varying paces and distances. Fully supported runs with maps and fluid stops. These are member only runs, but visitors are welcome to attend a run to check us out! For more information please contact: gothedistanceCRR@charter.net

Monday Night Runs in Wildwood — Meet in the parking lot in back of T.G.I.Friday's in the Wildwood Office Park on Powers Ferry Road at 6pm. In the fall and winter, before the time changes, we run 5 to 8 hilly

miles on the roads in the Wildwood. In spring and summer, it is an 8 mile (hilly) trail run. There's never any traffic in the woods. Usually, we go out for pizza and beer afterwards to replace some of the calories we've burned up. Any questions, call Rob or Adri Herman at 770.980.9239.

Wednesday Night Runs from Marietta Square — Meet at the Small Locomotive in the Children's Playground on the Marietta Square at 6pm for runs of varying distance. Then join the group for a post-run carbo reload at La

Parrilla Mexican Restaurant. If you are interested in a run meet the group at the Small Locomotive in the Marietta Square Park at 6PM, otherwise, stop by LaParrilla around 7 PM for appetizers, good food and company. Call 770.427.4471 for more information.

Thursday Night Runs from Fleet Feet Sports-Sandy Springs — Meet at Fleet Feet Sports Johnson Ferry Rd at Roswell Rd. across from Target at 6pm for runs of 5-7 miles. Call 404.255.3338 for more info.

Race Results—Amanda Poole

Greg Neargarth

Celebrate America 10K 41:30 (2nd AG)

Jake Bodenheimer

Peachtree Road Race 57:20

John Harris

Peachtree Road Race 42:22 (Course PR)

Michael Strickland

Sandy Springs Challenge 5k 17:27 (9th OA, 3rd M, 2nd AG)

Sandy Springs Challenge Mile 4:22 (3rd OA, 1st M)

Race for the Cure 5k 16:30 (1st OA)

Duck Dash 5k Cartersville 17:13 (2nd OA, 1st M)

Possum Trot 33:53 (1st OA)

Woodstock Freedom Run 5k 16:15 (10th OA, 2nd M, 1st AG)

Mike Gerber

Peachtree Road Race 33:59 (Course PR)

Miles Svoboda won the Etowah River Run 5K on July 25th.

Sandra Alford

5/23/2009 - DMA Stars and Stripes 5K (Duluth)

5/25/2009 - Celebrate America 5K (Alpharetta)

5/25/2009 - Memorial Park 5K (Athens) 2nd AG

5/30/2009 - Mountain Ranger Run 15K (Dahlonega)

6/6/2009 - River Run for Hope 5K (Roswell)

6/6/2009 - Run for Relief 5K (Conyers) 1st AG

6/7/2009 - Sweetwater 5K (Douglasville) 1st AG

6/13/2009 - Cave Spring 5K (Cave Spring)

6/20/2009 - Blake Gammill 5K (Douglasville) 2nd AG

6/20/2009 - Blake Gammill 10.5K (Douglasville)

6/21/2009 - Achilles Hope & Possibility 2M (Atlanta) 2nd AG

6/28/2009 - Running for Hope 5K (Lawrenceville)

6/29/2009 - Run Walk Bark 5K (Dunwoody)

7/4/2009 - Peachtree Road Race 10K (Atlanta)

7/12/2009 - Tidelands Turtle Trot 5K (Jekyll Island) 2nd AG

7/18/2009 - Homespun Festival 5K (Rockmart)

**Good job Hoochies! Keep those results coming—
ypracing@crrclub.com**

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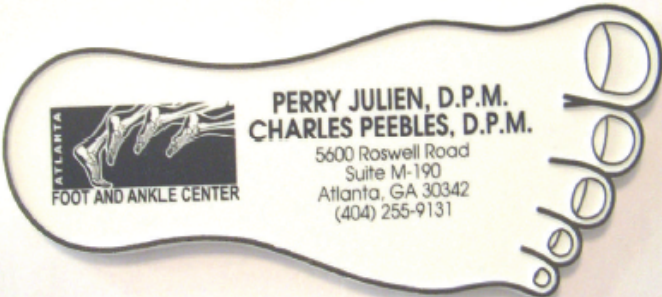


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Chattahoochee Road Runner Board Officer Elections

*If you are interested in nominating someone (talk with them first) or yourself to any of these positions, please send an email to board@crrclub.com and attend the August monthly club meeting where elections will be held (**August 17th, 2009**). Current nominees shown in **BLUE**.*

1. President – The President shall preside at all meetings of the Club and the Board, and shall create and annually appoint all special committees except the Nominating Committee. **DONNA GARCIA**
2. Vice-President of Administration – The Vice-President of Administration shall assume the powers of the President in his or her absence and perform such duties as requested by the President or the Board of Directors, including responsibility for arranging and setting up monthly Club meeting facilities. The VP of Administration may also appoint an individual annually from the Club to act as or manage the following function within the Club: Race Director **GARY JENKINS**
3. Vice-President of Public Relations – The Vice President of Public Relations shall perform such duties as requested by the President or the Board of Directors, planning and scheduling social activities other than monthly meetings, and annually appointing individuals from the Club to act as or to manage the following functions within the Club, including: 1) Newsletter Editor 2) Webmaster 3) Publicity **DOREEN BRANCH**
4. Vice-President of Racing – The Vice-President of Racing shall perform such duties as requested by the President or Board of Directors, including management of the club road racing program and competitive teams the club may field. The V.P. of Racing may also annually appoint individuals from the Club to act as or manage the following functions within the Club: 1) Club Coach 2) CRR Club Apparel **AMANDA POOLE**
5. Secretary – The Secretary shall record the minutes of the Club and all Board meetings and all other business required and shall supervise the proper maintenance of such records. The Secretary will maintain the Club's computer files, including the Membership Database, the Blast email list, the RRCA Roster, and any records necessary for USATF Certifications and Membership, as directed by the Board of Directors. The Secretary may also annually appoint an individual from the Club to act as or manage the following function within the Club: RRCA Representative **SANDRA ALFORD**
6. Treasurer – The Treasurer shall be responsible for the collection, preservation and disbursement of the Club's funds; shall keep financial records of the Club, and shall supervise the proper maintenance of such records. The Treasurer shall report on Club finances at monthly Club meetings and at Board meetings. The Treasurer shall be responsible for overseeing or completing the Club's annual tax returns. **JAKE BODENHEIMER**
7. Board Member at Large – The Board Member at Large shall be responsible for managing special programs as approved by the Board of Directors, including "Go the Distance". **DANIEL DIETZ**

Coach's Corner—Sean Pfister

This month's coach's article is focusing on the survey results that were collected several months ago. I apologize for the tardiness but I wanted to you all to see your responses.

Overall, we had 80 responses and some lucky person won a t-shirt. Also, Donna has mentioned some of the results at our monthly meetings, especially in regards to articles submitted by you, our members that read this newsletter.

I have submitted all of the results and responses to the board of directors for them to disseminate and plan accordingly. For the "open ended" responses I picked out responses to share, some positive some negative and some if there was a preponderance of sentiment. As promised all responses were kept confidential and again thank you so much for taking the time to express your thoughts and overall reassuring the all-volunteer club leaders that that are on the right path!

How long have you been a member of the CRR?

<1 year	44%
2-3 years	36%
4-5 years	3%
>5 years	17%

Newsletter Questions:

Do you take time to read the newsletter every month?

82% said they did

Is the newsletter one of your sources for dates and times of monthly runs and meetings?

54% said yes

Do you read the monthly articles that other members submit?

98% said yes (1 person said no... how dare they?)

Do you enjoy the photos that are featured in the newsletter each month?

97% do

Newsletter Suggestions\Complaints?

More individual experiences about running.

It looks so much better than the previous format.

Maybe include a gear review?

It's actually very good!

Monthly Meeting Questions

Do you attend the monthly club membership meetings?

50% said yes

What is the reason that you attend?

21 for free pizza

35 to see friends

19 to hear speakers

15 for board member updates

Do you have any monthly membership meeting suggestions/complaints? 16 responses

I'd like to see it be more of a discussion forum. Maybe have 10-15 minutes of question time.

Free beer!

I'm turned off by the members who act like the pizza is the last meal of they'll ever get. (I appreciate the honesty)

Maybe a listing of upcoming races and who is going to it.

Monthly Social Run at Chochran Shoals Questions

Do you attend the monthly club social run at Chochran Shoals?

87% do not

Why don't you attend the Social Run?

9 Location

28 Day of week

9 Time

31 had "other" responses like church, too many other things going, etc.

Website Questions

Have you seen the new and improved CRR website?

83% yes

Feedback? 37 responses

Most all said looks great and kudos to Jamie!

Do you visit the club website for information regarding club activities and events?

82% said yes

How frequently do you visit the website?

0 Daily

33 Weekly

21 Monthly

Go the Distance (Saturday group run)

Have you participated in the CRR's "Go the Distance" group runs on Saturday?

82% do

Coach's Corner (Con't)

Of those that don't

2 not training for anything

3 injured (help set up...)

2 location

1 time of day

8 also plan to run with GTD in the future.

Which start time do you prefer in the colder months?

0 6:30

3 7:00

33 7:30 (current)

32 8:00

Which start time do you prefer in the warmer months?

6:30

41 7:00 (current)

15 7:30

3 8:00

Do you have any suggestions on improving the group runs? 25 responses

The group runs are VERY well organized. Maybe we could include some of the older routes we used to run in the past such as Oakhurst, Mount Vernon or The girls school.

For someone who is newer to the running scene. It would be cool to have a running focus or quick tip before the run. For example...this week work on your breathing or stride length. Just something quick to give the runs an additional focus.

Add a couple of more locations.

I like the briefing at the beginning of the run. Seems very clique-ish. Not very warm and fuzzy feeling from members, unless you know someone well there.

The newbies shouldn't have to say 'please run with me'. It would be nice to see more people welcoming the new comers or just be more aware of them.

Have a massage therapist available after the run! (many responses)

I really enjoy the program.

Would you like to see guest speakers before or after the run? Ex. nutritionists, physical therapists, podiatrists, etc.

40% would like this

Where do you live?

17% Downtown/Midtown

23% Inside Perimeter NE

6% ITP NW

1% ITP SW

36% OTP N

5% OTP E

12% OTP W

Do you like the locations and routes?

67% said yes

30% said kinda

Any suggestion for new routes or locations? 17 responses

Trails

Stay ITP

Have an occasional run on the north side of town, not including Azalea.

Silver Comet? Stone Mtn?

Would you be willing to help with a Saturday morning run set up for the GTD program? Needs include mixing product, setting up aid stations, tearing down aid stations, etc.

50% said yes

23% asked for more info

Overall. Please feel free to express yourself regarding the Chattahoochee Road Runners by adding your comments here. 35 responses

I think the club is moving in the right direction. The tremendous growth in membership over the past year has been great and the structure and management of the club has handled it well.

Online membership through Paypal or something similar would be nice.

I love running with CRR. Everything is organized so well and made easy for me.

Thought the people that make up CRR is really what makes it great!!!

I think it would be helpful for there to be more organization before the group runs. It is hard to know who is running what distanced and how fast. It is nice to be able to run with someone on really long runs, but hard to find who might be running your distance and pace.

I have been very pleased with the club and have tried to recruit some friends to join. The members are a great group of friendly people and you all make it so easy (and inexpensive) to join the group. Thank you! I LOVE nearly all of the routes. Great variety and the locations are generally very central and easy to get to.

I am a very new member but I have been very warmly received and I have really enjoyed the entire experience, the information conveyed on the website, etc.

August Birthdays

Ralph Carter	August 22nd	Janice Hazen	August 6th
Janet Pickney	August 15th	Krasi Shtiliyanova	August 21st
Gregg Zandy	August 22nd	Courtney Pinyerd	August 27th
Susan Breeding	August 26th	Gabrielle Holland	August 15th
Robert Cox	August 31st	Chris Cormier	August 10th
Michael Svoboda	August 27th	Sam Svoboda	August 15th
Alice Holland	August 12th	Vivian Clarke	August 15th
Gary Muth	August 12th	Brian Sturgell	August 17th
Orlando Pichardo	August 8th	Mallory Old	August 30th
Deborah Kuo	August 1st	Leann Goya	August 29th
Genie Beaver	August 23rd	Nicole DeGasperis	August 29th



Important Note about Club Memberships—Sandra Alford

If you purchased a 1-year membership, your Chattahoochee Road Runners membership expires on August 31st.

Please print & complete the Membership Application on page 14 (if your address, phone numbers and email addresses have NOT changed during the last year, please leave them blank).

Mail it along with your check to the following address:

Chattahoochee Road Runners
P.O. Box 724745
Atlanta, Ga. 31139

Checks payable to: Chattahoochee Road Runners

If you're not receiving weekly emails from us, please provide a current email address; this is the primary form of communication with members.

Please send any questions regarding membership to: secretary@crrclub.com

2009 Ekiden—Amanda Poole



In 2008, the Chattahoochee Road Runners made an impressive showing at the Atlanta Ekiden. Several of our teams took home award mugs. This year, the Atlanta Ekiden will be run on September 27 and the Chattahoochees will be sponsoring teams for only club members who have their membership fees paid in full for the 2009-2010 membership year. **If you want to participate in the Ekiden, please renew your membership ASAP by filling out the membership form on page 14 and mailing it in to the address shown on the form.**

Each Team must be made up of four to six members and fall into one of the team divisions shown below:

1. **Open Women**** - Any age
2. **Open Men*** - Any age
3. **Open Mixed** - Any age / mix of men and women / at least two women on team
4. **Masters Men*** - Minimum age of all members is 40
5. **Masters Women**** - Minimum age of all members is 40
6. **Masters Mixed** - Minimum age of all members is 40 / mix of men and women / at least two women on team
7. **Men's Corporate (small)*** - Any age / all from the same company which employs less than 100 people
8. **Women's Corporate (small)**** - Any age / all from the same company which employs less than 100 people
9. **Mixed Corporate (small)** - Any age / all from the same company which employs less than 100 people / at least two women per team
10. **Men's Corporate (large)*** - Any age / all from the same company which employs 100 or more people
11. **Women's Corporate (large)**** - Any age / all from the same company which employs 100 or more people
12. **Mixed Corporate (large)** - Any age / all from the same company which employs 100 or more people / at least two women per team
13. **Youth Mixed** - Ages 12-18 / mix of boys and girls / at least two girls per team
14. **Military Mixed** - All active military / at least one woman



The total distance of the Atlanta Ekiden Team Relay is approximately 30 km with each leg of the relay being 3.1 miles. The course starts near the Charles Allen Gate and runs through Piedmont Park and the surrounding neighborhood. Teams must be able to complete the total distance in less than 3.5 hours. All participants will receive a T-shirt for running the race. Teams that finish in the top 25% of their division will receive a mug for each team member. Awards will also be given for the Best Team Name (most creative) and the Best Team T-shirt. Please keep in mind this is a family event when considering team names and shirt designs. An email blast will be sent to club members in the coming weeks with more details and specifics for those interested in participating in the relay race.

2009 Peachtree Personal Recap—Jake Bodenheimer

Another great Peachtree Road Race. The weather was great or at least it was at 7:30. The T-shirt was ok. Glad to be back in Piedmont Park. They actually had real grass in the meadow. The D-tags seemed to work well. For us masses, it is truly a celebration of the Fourth. Some tidbits from the race:

- ◆ Of the top runners, 34 men finished in under 30 minutes with 17 finishing in under 29 minutes. Who could believe that running Peachtree in 28:02 was good enough for.....second place! 10 women finished in under 33 minutes.
- ◆ Inefficient running mechanics or a deliberate elbow. Regardless I think there is a young man that needs to work on his technique (I'll leave that one open to your imagination).
- ◆ I park at the Brookhaven Marta station and walk down. Plenty of parking. And if the parking lot were ever full, plenty of parking between the Marta station and Lenox.
- ◆ Good to see Hoochies at the Race Expo and at Lenox before the race.
- ◆ Saw my neighbor handing out WSB headbands.
- ◆ The fastest lines for the Port-O-Lets at Lenox are the lines for the Port-O-Lets in the back not the front.
- ◆ Pre-Race – Watching the elite runners warm up. Those folks look fast. Wonder if they were working on running mechanics.
- ◆ Tradition – Starting in the back of my time group (Group 2) this year and working my way up. Good for an extra 1/2 mile.
- ◆ So how does the motorcycle cop cross Peachtree Street 10 minutes before the start? He edges into Time Group 2 on his motorcycle and disappears into a crowd of people getting ready to run. I assume he exited the other side of the fence. I sure hope he wasn't supposed to lead the race.
- ◆ Mile 1 – The race course is finally opening up.
- ◆ When you get water along the way, don't get water from the initial approach. Move down the line to avoid the crowds.
- ◆ See feet get tangled and watching one man go down between the 1 and 2 mile mark. But the person he tangled with stopped to help him get back up. Good sportsmanship.
- ◆ Passing one of the original 110. Sure hope I'm out here when I get to be that age.
- ◆ Another Tradition – Receiving the blessing of Holy Water at the Cathedral of St. Philip.
- ◆ See old friends along the way. Hello, High 5. Goodbye. You have to know where to find them and it's only for a moment.
- ◆ Heartbreak Hill. Glad it's not Hogpen on July 4th.
- ◆ Dodging the water bottle being thrown along the ground from the middle of the street. Hey at least I didn't fall.
- ◆ The three runners dressed up as a flag running together down Peachtree.
- ◆ Dodging T-shirts flying into the crowd from the various radio stations.
- ◆ Those ladies who were walking just past the 4 mile mark were amazing. Just think, a slow walking pace and they managed to get past so many runners.
- ◆ Mile 5 to 6 – I heard this runner state that when he first ran Peachtree he thought the photographers were the finish line so he kicked as hard as he could to get there. Then he found out where the real finish line was located. Not a happy camper that year.
- ◆ Finish!!! A good race and I was pleased with my time.
- ◆ Thank you Publix for the mini ice cream sandwiches on the way back to MARTA and thanks for the Powerade.
- ◆ Walking back to Marta – Good for an extra 2 miles following the signs. But a chance to watch other runners heading for the finish line.
- ◆ Talking with the man who just completed his 33rd Peachtree. He told me his wife asked him if he will ever sleep in on the Fourth. He told her No!

The Peachtree Road Race is truly a great event.

Running el Camino de Santiago—Gary Schaefer

Ok, despite the title, I have not run el Camino but I have hiked 140 km of it and met runners during my five day visit, thereby inspiring me to chose this adventure as a life goal for some-day! Having hiked my portion of it and spoken with others, I'm fascinated by the prospects of running this route. A description of el Camino follows but first, a bit of fate.

One Saturday evening late in May my brother phoned and asked if I had any vacation time available and would I want to go hiking. Hmm, I said, "perhaps...where you going?" "Oh, (very nonchalantly) the South of France into Northern Spain" was his response, to which I responded, "you got an extra ticket?" he responded, "well yeah, why do you think I'm calling!?" A heartbeat later I signed up; five days after that, I was on a flight to Madrid.




El Camino de Santiago, also known as the "Way of Saint James" is an approximately 800 km trail that begins in Saint Jean Pied du Port, France and continues westward across Northern Spain to the terminus of Santiago de Compostela in Northwest Spain. While there are several feeders, the particular trail I'm describing is known as the "French Way".

People who run, hike, or bike el Camino are known as pilgrims and carry a pilgrim's passport, a document that you have stamped periodically in cafes and hostels along the way. Beyond having a great souvenir, this document is required to take advantage of inexpensive lodging available along the entire route in hostels known as albergues. On any given night, I was bunking, bunk beds are the rule, with anywhere from 20 to 80 other pilgrims – yes, snoring is a reality but you are typically so exhausted that you may find you are one of the contributors. Water is plentiful along the route with villages typically present every 5 – 8 km; many of which have bars/cafes offering reduced rate "pilgrim offerings".

Elevation changes considerably depending where you are on the trail, with an initial 4,000 foot vertical climb the first day in the Pyrenees to relative flatness further on and everything in between along the way. Elevation maps can be easily found for el Camino on the web.

On average, a hiker will allow about 35 days to complete the trail; the time required for runners would obviously be less and dictated by one's goals for their sojourn. As time was limited to six days on the trail, we chose our trek to be predominantly through the Basque region of Spain although we spent the first night in the Pyrenees of France where we secured our credentials. Overall, the sheer beauty of this region had me awestruck during the entire adventure.



Con't 

Running el Camino de Santiago (Con't)—Gary Schaefer



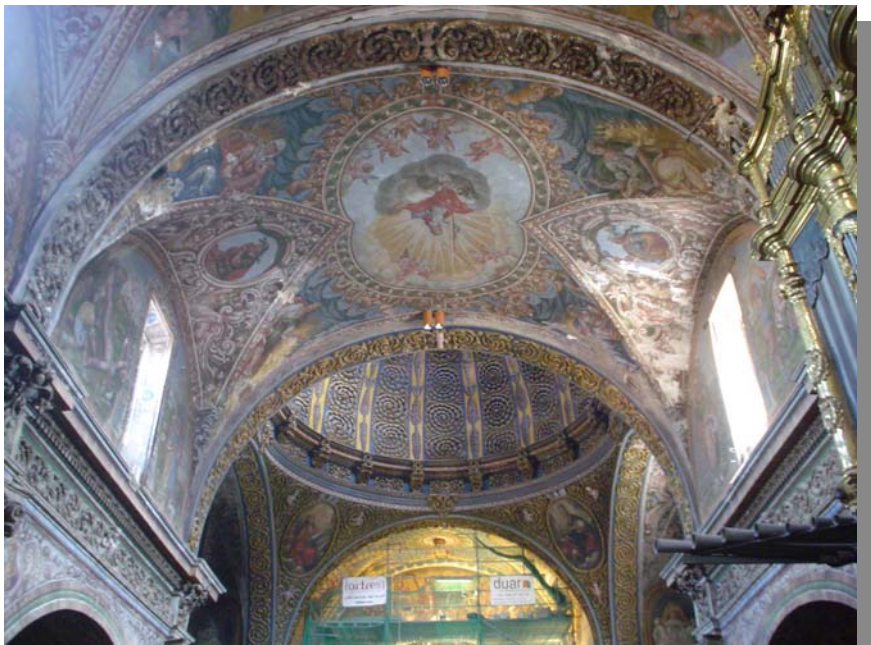
encountered an annual celebration in Logrono complete with parades, local foods, and celebrants dressed in traditional costumes.

Of all the sites, probably the most spectacular I encountered, repeatedly, were the cathedrals within several very modest small towns. The paintings, ornate wood work, and gold used throughout these structures, with marble stairs worn from the passage of footsteps over time where incredibly humbling.

As a runner, I packed only tech-type clothing which provided function and comfort. A welcome benefit of this clothing was not traipsing the countryside in a soaked cotton shirt or encountering the foot blistering that so many of my fellow pilgrims encountered. I am not an experience backpacker and had heard the adage to lay out all your supplies and then pack $\frac{1}{2}$; unfortunately I did not adhere to that advice but will do so next time. Were you to run this route, portage services are easily enlisted at each albergue so your gear will be waiting for you that evening.

Travel need not start in France, the train and bus infrastructure is quite backpacker friendly and I found it quite easy to navigate with a basic knowledge of Spanish; English is quite scarce at times though many of your fellow pilgrims will speak at least a bit of English as you will discover in the evenings as instant friendships are made with folks from all over the world while nursing sore feet or washing out your clothes. Routes can easily be planned depending on the amount of available time you have, the type of scenery you wish to see, and the terrain challenges you wish to encounter. Please Wiki "Camino de Santiago", "the French way" or contact me with any questions.

Bon Camino!



The trail involves a varying terrain, always marked with spray painted arrows or official tiles indicating the "Way of St. James". Trails established during the crusades era passing through what seemed like an endless array of vineyards, fields of wheat, as well as along city streets, are the norm. In trekking through the middle of farmer's fields, walled by centuries old stone walls one is struck by the tranquility and treasures this path has to offer. One morning we encountered a "help yourself" wine fountain – offering quite tasty red wine; our water quickly our bottles were jettisoned of water and an interesting day of hiking ensued. Another day had us traversing urban Pamplona, and on a subsequent day we

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Jake Bodenheimer

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The Objectives of the Chattahoochee Road Runners:

- Promote good health and fitness through running
- Provide a medium for meeting other runners and sharing a club camaraderie
- Participate as a club in at least one race per month
- Host the annual Chattahoochee Road Runners 10K in the spring of each year

CONTRIBUTIONS?

THE ROAD RUNNER is the monthly newsletter of Chattahoochee Road Runners, founded in 1981 by Ron Creasy, Ron Varner, and Dick Biggs. Deadline for submissions is *the 19th of the month*. Send articles and/or advertisements to Mike Gerber, Newsletter Editor, 951 Glenwood Avenue #1403, Atlanta, GA 30316.

Phone: 404.384-9130

Email Address: editor@crrclub.com

Contribute your articles, photos, recipes, and anything else of interest today!

Interested in becoming a member? Check out the Membership Application on the next page.



CHATTAHOOCHEE ROAD RUNNERS MEMBERSHIP APPLICATION



Thank you for joining one of metro Atlanta's largest and most active running clubs. We hope you will take advantage of all of the member benefits: monthly social meetings, weekly 'Go The Distance' runs, team races, social activities, etc. Complete information about the club can be found at www.CRRClub.com

Membership Dues: (September 1 – August 31 NO PRORATED DUES)			
(Place a check mark in front of selection)			
	<u>1 Year</u>	<u>2 Years</u>	<u>3 Years</u>
Individual	<input type="checkbox"/> \$25	<input type="checkbox"/> \$40	<input type="checkbox"/> \$60
Family	<input type="checkbox"/> \$35	<input type="checkbox"/> \$60	<input type="checkbox"/> \$85

New Member **Previous Member** **Renewal**

Make Checks Payable to the Chattahoochee Road Runners & mail to:
Chattahoochee Road Runners/ Attention Secretary / PO Box 724745 / Atlanta / GA / 31139
Please print all information requested below:

Last Name: _____ First: _____ Sex: M F

Address: _____ City: _____ ST: _____ Zip: _____

Cell Phone: _____ Home/Work: _____

Email Address: _____ Birth Month & Day: _____

Spouse/Partner Name: _____

Email Address: _____ Birth Month & Day: _____

Child Name(s): _____ Birth Month & Day: _____

Child Name(s): _____ Birth Month & Day: _____



I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree and abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership or renewal, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattahoochee Road Runners, Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____

Parent's Signature (if under 18) _____