



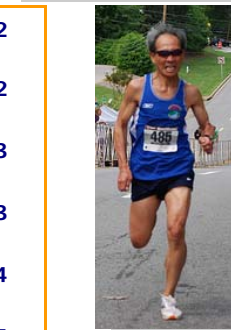
The Road Runner

JUNE 2009

The Monthly Newsletter of the Chattahoochee Road Runners

HOOCHIES GO THE MILE!

On May 3rd, many of our CRR members took the streets of Sandy Springs to participate in the 5K Challenge in the morning and the “Mayor’s Mile” in the afternoon. Professional cyclists raced in between the foot races and an open-air marketplace provided the mid-day entertainment. Here are just a few of the photos that our own Donna Garcia captured—more can be seen on our Flickr page at <http://www.flickr.com/photos/17281204@N07/sets/72157617666543672/show/>.



Inside this issue:

From the President	2
Upcoming Events	2
Weekly Club Runs	3
Coach's Corner	3
Race Results	4
Sponsors	5
2009 chickEkiden	6
2009 RRCA Convention	7
Hitting the road in La Jolla, CA	9
Birthdays	10
CRR Survey Winner	10
Membership App	12

From the President—Donna Garcia



HOOCHIE BUSINESS

It's time to get down to business! Most of my articles address the fun and social side of our club. However, this one will be different, as change is in the air. The membership will have many decisions to make in the next few months.

First up, are the club bylaws. The board has been diligently working on proposed changes that will allow for a broader span of responsibility with each board position. Formal communication of proposed changes will be sent this

month and a vote will be taken at the next club meeting on June 15. Second up.....the survey. Huge Kudos to Sean, Mike, and Deeter for making it happen. I want to thank everyone (80 members) who participated in the club survey. The feedback provides valuable information on how we can improve the club. The topic that received the most comments was the monthly meeting location. This brings me to the third topic, the monthly club meeting location.

Last month, we met at the Rockledge Resort. Generally, the new location was well received and most comments were positive. Therefore, we will be staying at the Rockledge location for the next

few months. What's good about Rockledge location? More space, ability to offer different food each month, free beer, BYOB option, temperature controlled tent, drives membership via Rockledge residents, area for kids to play, and again.....more room!

Finally, elections are in August! There are seven board positions and three non voting positions. In July, the positions will be formally published and nominations accepted. A vote for the new board will be taken at the August meeting.

Now for the fun stuff.....the club picnic in June 7th. Come on out and join us.

Donna

Upcoming Events

June 7 - Annual CRR Picnic (4PM—6PM) – Johnson Ferry Area # 2. Located off Columns Drive in Marietta. The club will provide food, water, tea, and sports drinks. BYOB but NO GLASS and remember that there is a \$3 parking fee.

Please RSVP to Sandra (secretary@crrclub.com) ASAP.

June 14 - Monthly Club Run by the River– Cochran Shoals Park entrance at the parking lot off Interstate North Pkwy near I285. Meet at **8:00 AM**, ready to run. Varying distances and paces. The coffee & goodies post run are wonderful!

June 15 - 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!



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.

Coach's Corner—Sean Pfister

What keeps you from running everyday? Work, kids, travel, rest, other interests? How about a week or 6 weeks or 6 months? That most likely would be because of an injury or some serious lack of motivation or worse, becoming a "used to be" a runner.

Having never experienced an overuse injury until recently I was the last person that could answer questions regarding one or empathize with a sufferer. I could feel sorry for them. I always did and I shouldn't have! Personally I don't want pity, I want to be able to run and sympathy feels like



alienation. When an acquaintance or a friend finds out that I'm a pretty serious runner and they have a question for me it is rarely about train-

ing, time goals or race strategy but mostly about a nagging injury. I want to help them, I do, but usually they are looking for a diagnosis or a treatment and since I'm not a doctor nor experienced their discomfort (I don't even know where the coccyx is), ultimately I cannot offer them assistance.

I used to think they were only 2 kinds of runners, real ones and "wannabe's". The "wannabe" admits that they want to run but they have bad knees or an old injury that prevents them from running. I would tell them that we all hurt at some time, especially when we are just starting. Training for my first marathon I experienced discomfort on a daily basis for the first 2 or 3 months, had I stopped I would not have run one or gone onto run another 16. Discomfort is part of the adaptation process. Of course there's "beginners" pain and real injury and I do advise knowing what is discomfort and real pain that could lead to serious injury.

Now I write this after not being able to run or walk much without pain. I guess I'm the typical runner in the sense that I still haven't seen a doctor and have relied mostly on web research, other runners and anyone with a medical background for a quasi-diagnosis. I think it's because by not seeing a specialist delays the inevitable diagnosis/treatment (stop running for x # of weeks). We all live with some sense of denial and we do not want to be told what to do or not and losing the ability to run when I want, how I want and as long as I want is devastating. I guess in some ways there are the runner's stages of grief; denial, anger, fear (instead of bargaining), depression, and acceptance. Except that the stages are random cycles rather than a linear sequence. Maybe that's because the finality is not quite there, it's not like I can see a shredded tendon or torn ligament nor is the pain always occurring. And just like we wish our cars to be able to heal itself when we decide to wait to respond to a service

Coach's Corner (Con't)

light warning, we tend to think that we can heal ourselves miraculously and ignore the signs too. And sometimes that does happen, for our cars, and us but it isn't the norm and usually is a recipe for disaster down the road. How many of us have ignored initial warning signs only to encounter dire consequences of far greater proportion? Therein lies the frailty of both the human body and mind.

So let me rephrase my theory on the two different types of runners by asking the question is it better to have run and lost than to have never run at all? Even in my *anger* stage at the moment I can unequivocally say that it is better. Unlike love, running expands a whole new world that you don't have to divide when your running is sidelined, you still have your

running friends to fall back on, and by certain they will accept you as one of them still. Don't take too long to get healthy, or not take the proper steps to a fast recovery (be prepared to listen to much advice or remedies). Just don't make claims like you'll never run again or they may classify you as an outsider that doesn't understand what it's like to run 12 miles on a hot, sticky, summer Saturday morning again. And that's when you know that you're not a runner anymore but someone that "used to be" a runner. That thought scares the crap out of me. Enter the *fear* stage, now I'm *depressed*, I wish I could go for a run to feel better... *denial*... see how it works? *Acceptance* can only come after meeting with a specialist and agreeing to treatment. Know any good doctors?

Welcome New Members!

Katherine Stevens
Joe Finnigan
Karen Finnigan
Bill Stewart
Valentin Alvarez
John Kissane
Robert McMurray
Brian Sturgell
Mimi Sturgell
Katie Ferguson
Eddie Ferguson
Connie Leavitt
Daryl Pridgeon
Jordan Pridgeon

Race Results—Amanda Poole

Jim Parks

Wonderful Days 5K 31:27
Polar Bear 5K 32:11
Walton Raider Chase 5K 32:20
Run for the Son 5K 32:50
CRR 10K 1:06:05
Jog for a Cause 10K 1:07:02
Hoya & The Hare 5K 30:22
Woodstock Kiwanis 5K 28:14
Spikes Running Store 30:44
Corners to Crossing 10K 1:03:22
Wynnnton UMC 5K 28:32
Big Peach 5K 31:00
Mayor's Challenge 5K 30:30

Sandra Alford

Presidio 10 San Francisco, CA
Beulah Bobcat Run Valley, AL 2nd AG
Earth Day 5k Roswell
Corners to Crossing 10K
Stray Pet Strut 5k Gainesville
Race for Riley 5k Palmetto
Tower over Violence 5k Cornelia 2nd AG
Ushers New Look 5k McDonough
Cinco De Mayo 5k Douglasville
Loganville 5K Loganville 2nd AG
Mayor's Challenge 5k Alpharetta
Family Fun Run Gainesville

Dave Park

Gulf Coast Half-Ironman 2nd Age Group
Orlando Piccardo
Jekyll Island Triathlon

Greg Neargarth

Chickamauga Chase 15K 1:05:21
Sandy Springs Challenge 5K 19:06
ATC All Comers Track 5K 19:46

Atlanta's Finest 5K

Valentin Alvarez 1st OA 16:11
Mike Gerber 2nd OA 16:50
Pooh Neovakul 1st AG 20:15

Janice Hazen

Chickamauga Chase (15k): 1:25:10

Terrie Ward

Country Music Marathon

Country Music Half Marathon

Grant Foy 2:20 1st half marathon—
Congrats!!!
Ellen Ressel 2:20

Sandy Springs 5k

Jake Bodenheimer 26:04
Sean Pfister 17:28 - 3rd in age group
Greg Neargarth 19:06

Craig Gorman 23:18 - 3rd in age group
Lynn Mooney 21:29 - 1st in age group / 2nd
Woman Masters in Mayor's Mile
6:05
Valerie Piccardo 22:00 - 1st in age group
Vanessa Irons 22:57 - 2nd in age group
Stacey Gorman 27:10
Karen Machan - 21:43 - 3rd in age group /
and ran a 6:20 in the Mayor's Mile
Ellen Ressel 23:56 - 2nd in age group

ChickEkids

April 25, 2009 Gainesville, Georgia

1st Place Open Mixed -
Team Six for the Chicks
Gary Schaefer
Pooh Neovakul
Lynn Pyneard
Ben McLain
Myma Green

2nd Place Open Mixed -
Team Kung Pao Chicken
Joe Poole
Amanda Poole
Mike Nash
Janice Hazen

Support Our Sponsors

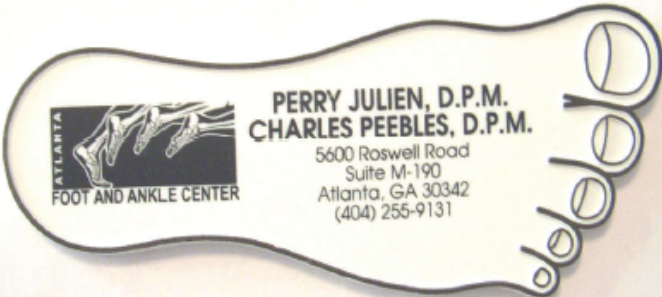


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2009 chickEkiden in Gainesville, GA—Gary Schaefer

For the second year “running”, the Chattahoochee Road Runners participated in the Gainesville chickEkiden 26.2 Mile team relay with proceeds benefiting the Keep Hall County Beautiful Tree program. The event is run on a 4.3 mile loop course. All participating teams have four to six members. The CRR sponsored two teams – “Six for the Chix” with John Kissane, Ben Mclain, Myrna Green, Lynn Pinyerd, Pooh Neovakul, and Gary Schaefer, and “Kung Pao Chicken” (a.k.a., “Team Poole”) comprised of Amanda Poole, Joe Poole, Mike Nash, and Janice Hazen. John Pinyerd graciously agreed to keep track of times for both teams. Each member ran one or more legs to complete the 26.2 mile distance.

In this Ekiden (a Japanese term for a Marathon distance relay) each team is divided into two sub-teams with two or three members. The sub-teams concurrently ran three legs to make up the half marathon distance. Sub-team times are then added together for the final team marathon time. Team competition is awarded within the following divisions:

Open, Masters, Grand Master, Fire/Police/Military, High school, and Middle School.

Proudly, in the Mixed Open division with a field of twelve teams, the CRR’s “Six for the Chix” took first place with 2:48:25. Second place honors went to the CRR’s “Kung Pao Chicken” with a finish time of 2:57:11. CRR took fourth and fifth places overall amongst 23 teams. In addition to the medals presented during the Chicken cook-off, we were also presented with the coveted rubber chicken key chains.



The course is a challenging loop through both residential and park settings of Gainesville. Hills abound and the finish is a grueling uphill return where the handoff of the rubber chicken, in lieu of the normal baton, is made. Much like last year, temps were hovering around 70F and humidity was high.

Immediately following the event is complimentary admission for all Ekiden participants into the Chicken cook-off; where each runner is given more than ample opportunity to fuel on much needed proteins following the race. The cook-off participants are all vying for awards and all the chicken sampled (and I sampled a lot) at this event was superb!

Frankly, it’s not the Gainesville hills that keep me coming back; as great of a job as the Lanier Running Club does of putting on this event, it’s the post-event festivities. Our group took advantage of the atmosphere and got a chance to share stories, chicken, and a few adult beverages in a great festival atmosphere.

On behalf of the teams that participated, we’d all encourage you to join us next year; it’s all about the chicken!

2009 RRCA Convention (San Francisco) Recap—Sandra Alford

March 26th - March 29th, 2009

We knew the "Flying Pig" theme and expo from last year would be a hard act to follow and it was. Check-in proved to be a challenge because Active.com processed my race registration but not the convention registration. I had my receipts (having had similar experiences with Active.com) but they didn't have a convention packet for me. We had to make a special trip back for my custom oversized but colorful badge and armband... We were amazed to find out later that some attendees actually wore the armbands that were a cross between something they give you when you're a patient in the hospital and what they give you in a bar if you're over 21 and can drink.



Thursday night was "dine on your own" so we took the Alcatraz Tour. We chose the one where you actually go to the island and tour the grounds, cells, and hospital ward etc. I wasn't brave enough to go near the OR table in the hospital wing but I did try out the old X-Ray room. The tour was a little longer than it needed to be so we ended up spending about an hour down at the dock waiting to get back on the boat... you can only handle so many "inmate stories".

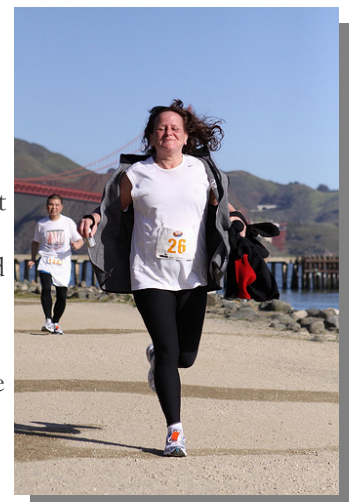
Friday morning was the Kickoff and Regional Meeting followed by seminars on building successful half and full marathon training programs, trail running and club communications. The Convention Expo was open all day on Friday...what there was of it. We did meet with a representative from windshirts.com and I've already received samples of a jacket and a vest. He wants us to consider vests instead of shirts for our club race and gave us a quote that might work once we reach 2000 participants. They would also be something nice to consider for race volunteers.

The Saturday seminars were "Feet Don't Fail Me Now", Best Practices Panel and a "How To" from Active.com. The "How To" was supposed to include using their site for membership registration but ended up changing to how to use Active.com to manage your club website. The Reception and Silent action were Saturday evening along with the Awards Banquet featuring Frank Shorter.



Sunday was the highlight - the Presidio 10 25th Anniversary. The Presidio 10 consists of two events: a 10 mile and a 10K race. The 10K race is the RRCA 10K national championship. Connie and I both ran the 10K...make that a ran/walked. :) We had to board the bus at 6AM for the 10 minute ride to the start even though the race didn't start until 8AM. It was 45 degrees so we did a long walk for a warm-up to keep warm. The first half mile was flat, followed by a three quarter mile climb to the bridge. The bridge is 1.5 miles long and once you're on it, it's hard to stay focused because there is so much to see. Going out, you run on the west side of the bridge. At the end, there are a couple of flights of stairs that take you down and more stairs on the other side to get you back up to the east side of the bridge. It was a slow walk down and back up and you could not pass at that point. Once off the bridge, things speeded up. The downhill was not quite as steep as the uphill because of an additional switch back. The last mile or so was flat and mostly on a packed sand road along the bay at water level. The finish was at the start with plenty of good food and entertainment waiting but we didn't have time for that. The bus would be leaving too late for us to catch our shuttle to the airport so we called a taxi and then jumped in the first one that pulled up...turns out it wasn't ours but we were already halfway back to the hotel.

We were a little disappointed in the Convention Expo and seminar offerings but the running clubs that hosted the convention were very welcoming and friendly and the run across the Golden Gate Bridge was something I'll treasure forever !! :) See some more photos on our Flickr page.





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Hitting the Road in La Jolla, CA w/the scars to prove it—Jake Bodenheimer



My cousin was getting married. Even though most of the family lived in Louisiana, the soon to be newlyweds live in San Diego and they wanted to have the families out to California. So out we all came. Events and hotel accommodations were planned for La Jolla, California which is actually a suburban community of San Diego. It's a fine little community with a great coastline, fine shopping and dining. I would define the primary downtown area as lots of good restaurants and plenty of art stores overlooking the ocean. There is one area of beach that is filled with seals and sea lions. And of course there is surfing, kayaking and scuba diving.

The Empress Hotel, about two blocks from the beach served as the primary guest quarters of the wedding party for the weekend. There were three days of partying at different locations each night (and then recuperate at the Empress). On Friday night there was a welcoming party for everyone coming into town. The bar was part of another hotel that had a spectacular view of the sun setting over the ocean.

The next morning I was up and ready for a run. Problem was I was still on east coast time. So finally around 5AM, I headed out for a run. I've run along rivers before where they have continuous sidewalks and I was hoping for the same here. Making my way towards the beach I found some sidewalk. Problem was that it was still dark out and the sidewalk seemed to run out. There were stairs heading down to the beach but it was pitch black out and hard to see. While I thought I could see a running path, I figured it would be wiser not to try running in unknown territory in the dark. So I made my way back up to town and ran out to the hotel where we had been the night before and came back. My next biggest obstacle was running around the urban outdoorsman who had a shopping cart full of possessions and seemed to be mad at somebody. But no big deal. I found the sidewalk along the beach and enjoyed the ocean sunrise. It was a nice run of maybe 7 miles and a perfect warm-up for a trip to the San Diego Zoo that a bunch of family members were planning to take later that morning.

Saturday night was party number 2 at a different location that went on until around 1:00 in the morning eastern time (longer for some folks). Sunday morning I again woke up on eastern time and decided to get in another run. I figured I would head in the opposite direction as from the night before and try to run along as much beach as possible. Again it was around 5:00 in the morning local time and still dark out. I had gone about a block from the hotel running in the street (no traffic that early on a Sunday morning). Then it happened. What the *!!!!!! **!*!*. My foot hit something and I went flying. I've tripped in the past while running but this time I couldn't catch myself and down I went. Fortunately I had something solid to help break the fall, namely my chin. So I was stretched out on the street trying to figure out what I had tripped over and how badly was I hurt. Was it that stupid owl again (see Jan '09 newsletter). I had really done a number on the palm of one of my hands along with my chin and knees. Classic case of road rash. I made it back to the hotel and raided their first aid kit of antiseptic wipes and band-aids. I got cleaned up and applied the band-aids to the places that were bleeding pretty good.

Now I wasn't going to let a little road rash and blood stop me so out I went running again! Besides, I figure maybe the bleeding would have stopped by the time I got back. Heading south along the beach back towards San Diego there was more sidewalks and a great ocean view. I passed by the seal beach and most of them were all stretched out on the beach sleeping. Sure I was in some pain but the ocean sunrise was awesome. When the sidewalk ran out, I ran along some streets parallel to the ocean in some nice neighborhoods. I later learned these normal size looking houses were actually multi-million dollar homes. Go figure. I knew I couldn't get lost because the ocean was always to one side. This was about a 7 - 8 mile run. When I got back I headed to a local store to get more antiseptic and more band-aids. One of my cousins was a doctor and he approved what I was using. I finally figured out that what caused me to trip was a small crack in the road that I had caught my shoe.

The wedding was a great time and all in all it was a memorable experience. The wounds are still healing. But if you ever in the San Diego area I would highly recommend checking out La Jolla. I will always continue to enjoy running as a way to see a new area (road cracks and owls notwithstanding).

June Birthdays

Laurie Ford	June 1st
Shirley Carter	June 1st
Mark Signorelli	June 2nd
Ann Oortman	June 4th
Liz Wilkins	June 5th
Andrew Old	June 11th
O'Hara Moody	June 11th
Bruce Sanders	June 12th
Amy Rohner	June 12th
Ann Pequigney	June 12th
John Old	June 15th
Nicole Brandt	June 15th
William (Buddy) Logan	June 15th
Charlotte Harman	June 18th



Marie Boyle	June 19th
Michael Valerio	June 19th
Becky Burnaugh	June 20th
Lili Vela	June 22nd
Josh Glass	June 22nd
David Ragland	June 24th
Regina Hild	June 25th
Carolyn Harris	June 25th
Ed Barnes	June 26th
Mark Hall	June 28th
Noah Vela	June 29th
Lee Yong	June 29th
Karen Jenkins	June 29th

CRR Survey Winner



Special thanks to everyone who took the time to take the CRR Survey. The board will use the many comments/suggestions/concerns to make any needed improvements/changes. Our Reebok CRR t-shirt winner was Marissa Osborne. Congratulations!

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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:
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Please print all information requested below:

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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) _____