



Go The Distance **Off to Running Start**

By: Daniel Deetz

The new Go The Distance long program has gotten off to a fast start. We had a great turn-out for our inaugural run at The Chastain School and we're continuing to grow. The program was started to give CRR members the chance to get together every Saturday morning and get a long run in. Our objectives are just that. We hope to provide a social setting where you can come out and run with friends and meet your weekend distance goals. This run compliments our other scheduled weekday club runs and if you only run with Hoochies on the weekend you're missing out. I can personally endorse the Monday night trails/Wildwood Office Park run of which I have been a long time participant although my Monday night friends will tell you that I've been AWOL for the past year due to a change in schedule (mine - not theirs).

We aren't a specific marathon or half marathon training program. We do realize however that many of our members have racing dates on their calendar and are training to meet those goals. A part of any marathon training program has a long run component. Even many 5 or 10K plans have you run longer distances. We're not here to set those training programs for you. We do hope to provide a setting where you can run a marked course with aid support provided. If running races isn't your thing and you just want to get out for a Saturday morning run, we've got plenty of room for you too.

Our basic philosophy is that it is easier to run those longer distances with others. Many people (like me) need the discipline that the group provides. I'm much more likely to get my run in when I know my friends are counting on me and I have a set time and place to be. The consistency of having that course prepared and being able to show up knowing that all I need to do is arrive ready to put the miles in takes a lot of the guess work out of it. Every week we'll have maps from distances that vary in the range from 5 - 20 miles. If the sound of maps and aid stations sounds a little too formal for you just remember that we put just as much thought into the social aspect. Part of running on Saturday mornings is gathering for coffee afterwards too. That is just as important as getting in the miles! If you prefer to show up with your cap pulled down and get in a solitary run nobody is going to harness you up to a pack. Small groups form by default as you get familiar with others that are running your same pace and distance. We encourage friendships! (Con't on page 6)



The Road Runner February 2008

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 and photos today!

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MEMBER APPLICATION (PAGE 12)

Interested in joining CRR? Fill out the app and become a member today!

Want to see the latest CRR happenings???

Check out our photo sets on Flickr!

<http://www.flickr.com/photos/17281204@N07/sets>

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MOMENTUM

If someone were to ask me to define what's happened with our club in the month of January, I would choose Momentum. I looked it up in the dictionary and the following words were listed as synonyms: drive, energy, force, impulse, power, propulsion, push, strength.

In January we have welcomed 54 NEW MEMBERS to our club. WOW!

WELCOME to all new members and many thanks to all club members who encouraged new folks to join.

One of the MOST IMPORTANT events to our club is happening on Saturday, March 1st. This is the date of our Chattahoochee 10K Road Race. This is the event that funds our club and allows us to make charitable donations. We need to use our MOMENTUM to get runners to register & participate in the FASTEST 10K in Atlanta! Let me share a few selling points:

- 1) Fast Course
- 2) Technical T-Shirts
- 3) CRR 10k results are good for 2 years (Time Groups 1A & 1B) for Peachtree.

Talk about MOMENTUM.....The CRR Go The Distance (GTD) Program is a huge success. I attended the first run and was fired up to see over 50 runners! I have never participated in group training runs so this was my first. It was a great experience; lots of new faces, numerous choices of distances to run & water stops. The other two runs this month had large turn-outs, and I am looking forward to participating again this Saturday. Many thanks to the coordinators of the GTD Program!

The CRR Club had the most participants/members attending the Hogpen race up in Helen, GA. 30 Members represented the Hoochies at this classic event. It is my understanding that 40 members were signed up- but lets just say that the snowy weather did not SCARE 30 of them. I must mention my friend and new Chattahoochee member...Malcolm "Momentum" Campbell. In his last two events (Hogpen & Polar Bear) he wore the club singlet and WON both races!

Now for the sales pitch.....CRR Race singlets are available for purchase. We are selling them at our cost of \$20. We will have them at the next club meeting. Thanks to Andy Keel for getting us a nice price on the Reebok singlets.

Our social event of the month was bowling. We had a great time again! The BIG NEWS is that Stephen King bowled a 201! Artie & Buddy had a show down (not sure who won) but it was exciting. Joe & Amanda were the best barmaids I have ever seen. We tried to sneak some healthy Pepperidge Farm snacks into the bowling alley, but we were busted. Wes didn't mind, he loved the french fries. We also had a great showing by the youngest CRR members—Callum, Challaghan & Rory. Will and Nancy did their best in between coughs—get well soon you two. Please see the club web site for pictures from this event.

Our next Club Meeting will be exciting! It is all about cycling. Chris Pic from Blue Competition Bikes will talk about bike selection & Eddie O'Dea will discuss proper bike fit. Hope to see everyone there.

Let's keep our MOMENTUM going... 2,000+ runners at the CRR 10K, 60+ runners at Saturday GTD runs, 60+ new members in February. I believe it is possible!

Donna

Planning Ahead

February 10 - Monthly Club Run by the River- Cochrane Shoals Park entrance at the parking lot off Interstate North Pkwy near I-285. Meet at 8:00 AM, ready to run. Varying distances and paces. We are currently getting 10 to 15 people—runners, walkers & dog walkers. The coffee & goodies post run are wonderful!

February 18 - Monthly Club Meeting at the Mellow Mushroom (Powers Ferry). 7-9PM. Pizza and soft drinks will be provided by the club. Chris Pic from Blue Competition Bikes will talk about bike selection & Eddie O'Dea will discuss proper bike fit. Come join us for food and fun!



Coach Will talks about marathons at the January meeting



CRR pack in at Mellow Mushroom

Weekly Club Runs

Mondays 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 information.



Speed Kills - all those who don't have any !!!

While you have probably heard about slow-twitch (ST) muscle fibers and fast-twitch (FT) muscle fibers and Type IIa and Type IIb fibers and how this has a determination on just how fast you can run, all of this probably doesn't help to answer your question, "How much speed work should I do? How often? How intense? How much volume? What type?" .

Too much, too often, too intense will not accomplish your goal but will only set you up for a potential injury. The primary key to success is doing the correct amount of the type of training that best promotes the desired outcome. In the case of distance running, more endurance and more speed.

The objective of training is to bring the athlete to a peak fitness level at the proper time, with all the requirements for good performance brought along in balance. What this means is that every race can't be an "A" type race, you need to choose a primary goal and use the other events as tune-up or marker races.

Fundamentally speed is developed in two ways, stride length and stride frequency, there are no other options. To increase stride length you have to increase the power and flexibility of the legs. This is where weight work and stretching exercises can have the biggest impact. To increase stride frequency you need to develop faster reflex action and better coordination, relaxation, and technique as well as flexibility. This is where track workouts can help.

All of your speed must be built off of a solid aerobic base, if you don't have the base you won't be able to handle the workload for gaining speed, and without the foundation of solid aerobic conditioning any workouts you perform at the track will not have the desired effect. So to improve your speed you need to run as much as you can in your aerobic zone, which if you are using a heart monitor as I recommend, you will be doing most of your running at 70-75% of your max heart rate (MHR).

Although it is advisable to keep some faster paced workouts in your training throughout the year, the amount of hard speed work your body is capable of handling is limited. If you are training for a marathon you might be able to handle 10-12 weeks of speed sessions but if you are training for 5K, 10K or 15K racing then 6-8 weeks is probably all you will need to reach your peak speed.

Marathon runners should focus more on 800, 1200 and 1600 meter repeats while short distance runners should focus more on 100, 200 and 400 meter repeats. How much volume should be based on your base aerobic conditioning and shouldn't exceed 10% of your total weekly volume or about 4800 meters for novice runners, 6400 meters for intermediate runners and about 8000 meters for more advanced runners.

If you have any questions or problems or just need some advice send me an email clubcoach@crrclub.com

See you at the races...

Coach Will

USA Triathlon Certified Coach

USA Cycling Expert Level Certified Coach

USA Track & Field Level II Certified Coach

ASEP & RRCA Certified Coach

Blaze Sports Track & Field Coach

To give anything less than your best is to sacrifice the gift.

Steve Prefontaine

The difference between the impossible and the possible lies in a man's determination.

Tommy LaSorda

Go The Distance Open to Everyone

By: Daniel Dietz

(Con't from page 1) Our Saturday run locations will rotate around the city. It's a fantastic way to learn the side streets and local shortcuts. I think for me, running different areas of Atlanta has helped me explore points that I don't get to as often as I would like and gives me a connection to some of the neighborhoods we'll visit. As a running club, we hope to include many of our great running stores. We'll have runs that originate out of Fleet Feet, Phidippides, and Big Peach. We're always looking for new locales and any place that has a big parking lot and restroom facilities is a candidate. As Hoochies, you'd expect that we'll also include the river. That's a safe assumption. We have courses at both Cochran Shoals and up at Riverside Drive off GA400. We'll post the Saturday run location on the website every week and also email blast that information out to all members.



Coordinators prep runners prior to starting.

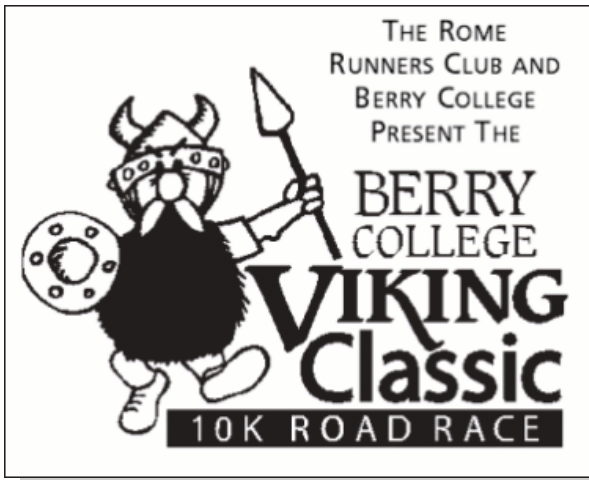
We welcome all ability levels. You don't have to have a glowing resume or pass a time trial to be invited. Our club is blessed with some very talented runners to be sure. We also have a great mix of runners who just enjoy the camaraderie of getting out without putting any emphasis on speed. You don't need to feel intimidated that you aren't up to the program standards. Our standards are that you run the pace and distance that you're comfortable with. This is not intended to target the club members who only run marathons. This is your club and this program is just another way for you to benefit from all the great opportunities that the CRR provides.

Now if you don't think that one of the readily available generic training programs is for you and you're ready to step up and explore a personalized training program that has been specifically designed for you and your goals, Will Dillard, our CRR Club Coach might be just what you're looking for. You can find him out with us many Saturdays and also find him on the club website of course (www.crrclub.com).

During our get off the ground period we have had fantastic support from the club council and many volunteers. Whether you want to run with us on Saturday or not, please remember that programs like this as well as our many socials and monthly gatherings have to get paid for some way. Primary funding for all our great membership benefits comes from our club 10K. Without this major event, we'd be left scrambling for ways to pay the bills. Please show your appreciation and offer your support back to the club by volunteering for the race. Another successful event in 2008 means another year of great programs!

So invite a friend and come out and run with us some Saturday morning. We feel that this program is just another one of the many great benefits that you should take advantage of and positions our club to grow and make the Chattahoochee Road Runners the premier club in our city. I hope to see you out there soon!

Upcoming Race of the Month



Saturday, February 16 8AM
Berry College
Rome, GA

Congrats to our 2007 Award Winners



Ronnie Brownell
2007 Male Runner of the Year



Sandra Alford
2007 CRR Female Runner of the Year



Rich Garcia wins the *Service to the Club* award

Also, congratulations to Kim Strickland for her *Service to the Club* award.

WELCOME NEW MEMBERS!

Sharon Blok
Ken Bolich
Adam Boyle
Marie Boyle
Jan Campbell
Michaela Cantwell
Vivian Clarke
Angie Comer
Carolann Dunbar
Ashley Folkes
Blair Folkes
Vince Giambalvo
Chad Goddard
Craig Gorman
Stacey Gorman
Stanley Grabish
Bowen Harris
Carolyn Harris
John Harris
Lori Harris

Robert Harris
Thomas Hodell
Tom LaDow
Debbi Legg
Richard Levasseur
Ann Levasseur
Karen Machan
Scott Machan
Ryan Machan
Alex Machan
Brandi Mathieu
Brian McCall
Catherine Meihoffer
Karl Meihoffer
Karen Menton
Katie Monroe
Lynn Mooney
Gary Muth
Michael Nash
Marissa Osbourne

Kevin Patton
Jill Ragland
David Ragland
Raymond Ross
John Schwarz
Cindy Schwarz
Carole Sharpless
Mark Signorelli
Vance Stein
Jennifer Taylor
Jason Taylor
Staci Turner
Rhonda Vincent
Sally Ann Von Broembsen
Andrew Walker
Jonathan Wickham
Jiong Yan
Gregg Zandy

FEBRUARY BIRTHDAYS

Happy Birthday from your
friends at the Chattahoochee
Road Runners



| | |
|--------------------|----------|
| Becky Bitsko | Feb 1st |
| Debbie Franklin | Feb 1st |
| Christopher Fratio | Feb 2nd |
| Karen Machan | Feb 3rd |
| Wesley Jarnagin | Feb 4th |
| Danielle Jarnagin | Feb 4th |
| Susan Nicholas | Feb 8th |
| Patrick Franklin | Feb 9th |
| Karl Meihoffer | Feb 12th |
| Michelle Keel | Feb 13th |
| Kim Rockwell | Feb 15th |
| Angie Comer | Feb 15th |
| Joe Poole | Feb 16th |
| Ellen Ressel | Feb 18th |
| John Schwarz | Feb 23rd |



Greetings Hoochies!

This month, we have one of our most active members of the club featured below in our Member Spotlight section, Mr. Andy Keel. He probably doesn't realize this but I've known him the longest out of any other runner still here in Atlanta. It started back in the late 90's when I was at Tech. I would run in a lot of the local area races and often times win my age group unless Andy was running the same race. After getting beat a few times, I finally decided to introduce myself to the competition (I believe it was at the Cartersville 10K). He's been a great friend ever since. So without further delay, here's Mr. RBK, former ATC Men's team coordinator and our former VP of Racing, Andy Keel!

I started running in 1996 while taking a weight training class my sophomore year at Kennesaw State University. Little did I know when signing up for the class that in order to get extra class hours, we were required to run a mile around campus before each class. At the end of the quarter we were timed in a mile run and be graded on our improvement. I finished first in the class with 6:30.

Being proud of myself for that mile run, I wanted to set my sights on another race. Growing up in Marietta, I thought that the only two races in the world were the Olympics and Peachtree. The Olympics was out of the question for me, but I thought maybe I could run the Peachtree. After finding out that a 10k means 6.2 miles, I figured I had better see if I can run that far first. So I signed up for the Egleston Children's Hospital Rainbow Run 10k in March 1996. I still remember wearing the basketball shorts, cotton t-shirt, and trying not to run too hard because 6 miles was a long way. I finished the race in 42 minutes and was hooked. By Peachtree that year I ran just under 40 minutes. Continuing to raise the bar, I next set my sights on running for Kennesaw State.

I approached the KSU coach and told him about my Peachtree experience and that I'd like to run for the school. He informed me in a polite way that the women on the team are running faster times than me and to come back when I can run 34 minutes for a 10k. So I got my subscription to Runner's World and a new pair of shoes, found a volunteer coach from the ATC, and I started to train. Once again, the next summer I approached the coach with my documented 34 minute 10k and I was allowed to walk on the team. Luckily all the fluff class I had taken my freshmen and sophomore years (swimming, volleyball, weight training) stretched out my college to five years. So I ended up running in college for two years with a partial scholarship my final year (1997-1998). That winter of my last year in school I signed up to run the Tybee Island Marathon and ended up winning the race in 2:42. With one marathon down, my sights were then set on the Olympic Trials marathon.

I got a 9 to 5 job out of college and I did the 5 to 9 run. That means I ran 5 miles in the morning and 9 miles in the evening. That was easy to do when you're young, single, and obsessed with running. I was putting in 90 to 100 mile weeks with my max at 115 miles in one week. The next year, I ran the Tybee Island Marathon again and won it again in a time of 2:39:01. In total, I ran seven marathons with my best one at the '01 Rocket City Marathon in Huntsville, AL in a time of 2:34:44. I also can uniquely say that I even ran a marathon on a treadmill! In 2004 when I was first hired by Reebok, I was working at a managers' convention in Denver. We had a treadmill in our display booth and my co-workers started inquiring about my running career. I mentioned the fact that I had done a few marathons and the next thing I knew, I was taking up a challenge to run one on the treadmill. Thankfully, it was at a convention with a lot of on-lookers especially as I ran the final mile so it made the three hours go by quick.

Even though I never got close enough to having a time for the Olympic trials, running has still given me so much more. Most all of my friends, I have made through running. I found my current job with Reebok due to running and I've also been able to travel to many interesting places. And even my wife, Michelle, became a runner after meeting me. I now enjoy the runs I have with her and our dogs and still jump in some races throughout the year. Running will continue to be an important part of my life.

Favorite Race: Boston Marathon

Most Memorable: US Men's Marathon Champs 2003 - only 30 runners in the race. Also the Hood to Coast relay with the ATC team when we took 2nd.

PRs: Marathon—2:34:44
Half Marathon—1:12:44
10K—32:11 10k
5K—16:01 5k
Mile—4:51 mile





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Put your advertising dollars to work in the Chattahoochee *Road Runner* Newsletter.

The *Road Runner* Newsletter, published since 1981, has a readership of over 400 and is also circulated to many area running clubs. It is published on a monthly basis and reaches a roster that includes business owners, presidents, community leaders, doctors, lawyers and many other professionals, all part of a strong running community.

Monthly Advertising Rates & Ad Sizes

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| Full Page | 10" H x 7-1/2" W | \$100.00 |
| Half Page | 4-3/4" H x 7-1/2" W | \$50.00 |
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Discounts for 6 month & 12 month contracts. Contact editor@crrclub.com for prices.

- Ads, entry forms, business cards can be supplied ready for print, or as WORD documents, PDFs or jpeg files. Ads can be black & white or color. Logos or special art must be supplied as a jpg file.
- Flyer/entry form insertion - Electronic File or original form must be supplied. Fees will be as shown above.
- ALL ADS MUST INCLUDE PAYMENT. DEADLINE FOR ADS IS THE 1ST OF EACH MONTH.
- MAIL TO: Mike Gerber; 951 Glenwood Ave. #1403; Atlanta, GA 30316. Or email to editor@crrclub.com

Yes, I want to advertise in the Chattahoochee *Road Runner* Newsletter!

Contact Name _____

Company/Organization _____

Address _____

City _____ State _____ Zip _____

Contact Phone _____

Monthly Advertising Rates & Ad Sizes (Please select type and term of ad below)

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| _____ 1/6 Page | 3" H x 3-1/2" W | \$20.00 | _____ |
| _____ 1/8 Page | 2-1/4" H x 3-1/2" W | \$15.00 | _____ |

Attachments:

_____ Camera Ready Original Ad

_____ WORD Document

_____ JPEG File(s)

_____ Flyer/race entry form

Total Amount Enclosed \$ _____
(Please make checks payable to the Chattahoochee Road Runners)

Signature/Title _____

The Chattahoochee Road Runners Club does not knowingly accept misleading advertising nor is responsible should false or misleading advertising be published and discovered to be misleading. The Chattahoochee Road Runners Club reserves the right to edit or refuse any classified ad. The Chattahoochee Road Runner Newsletter is a family and community oriented publication. Any ad considered in conflict with its standards or in conflict



CHATTAHOOCHEE ROAD RUNNERS

P.O. BOX 724745
ATLANTA, GEORGIA 31139

MEMBERSHIP APPLICATION



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 _____ DATE: _____

PARENT'S SIGNATURE (if under 18) _____

* * * * * PLEASE PRINT ALL INFORMATION * * * * *

Last Name: _____ First: _____ M.I.: _____ Male Female

Address: _____ City: _____ ST: _____ ZIP: _____

Home Phone: _____ Work Phone: _____ Birth Date: _____

Occupation: _____ Employer: _____

Email Address: _____

Family Information: Single Married Spouse's Occupation: _____

Spouse's Name: _____ Birth Date: _____ 5K: _____ 10K: _____ Marathon: _____

Child's Name: _____ Birth Date: _____ 5K: _____ 10K: _____ Marathon: _____

Child's Name: _____ Birth Date: _____ 5K: _____ 10K: _____ Marathon: _____

Child's Name: _____ Birth Date: _____ 5K: _____ 10K: _____ Marathon: _____

Hobbies / Interests: _____

What interested you in the Chattahoochee Road Runners? _____

We're pleased that you are interested in joining one of metro-Atlanta's largest and most active running clubs, one that offers members monthly meetings with well known speakers and dinner. Weekly and monthly club runs. The CRR is proud of all our members – from the walker to the Olympic hopeful and all in-between! Our monthly newsletter has won numerous regional and national awards. Each March we produce one of the fastest 10K races in the state of Georgia. We have a club website www.crrclub.com that provides information about all activities involving the club and the running community. These are just a few of the reasons for becoming a "Hoochie" and may be the best thing to happen to your running and racing!!!

Check the type of Membership you desire:

| | Dues for Sept 1 – Aug 31 | | |
|------------|--------------------------------|--------------------------------|--------------------------------|
| | 1 Year | 2 Years | 3 Years |
| Individual | 25.00 <input type="checkbox"/> | 40.00 <input type="checkbox"/> | 60.00 <input type="checkbox"/> |
| Family | 35.00 <input type="checkbox"/> | 60.00 <input type="checkbox"/> | 85.00 <input type="checkbox"/> |

Check one: New Member Previous Member Renewal Member Number _____

Questions? Email to secretary@crrclub.com

NEW MEMBERSHIP INCLUDES A CLUB T-SHIRT.
SHIRT CAN BE PICKED-UP AT A CLUB MEETING OR SUNDAY RUN.

PLEASE INDICATE SIZE: M L XL

Make checks payable to the **Chattahoochee Road Runners**, and mail to:

Secretary
Chattahoochee Road Runners
P.O. Box 724745
Atlanta, GA 31139