



The Road Runner *October 2007*



Hoochies Invade the Ekiden

CRR fields three teams – Open Mixed team wins division, places 6th overall





The Road Runner
October 2007

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

Not a member? Interested in joining the Chattahoochee Road Runners? Download an application (<http://www.crrclub.com/Membapp.pdf>) and become a member today!

New members —

Dianne Gorski
Mary Baughman

welcome to the club!

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“Every so often it is important to reflect on the journey so far, celebrating every step we have taken”

Today, I reflect on the recent changes of our club.

I recall the day, 2+ years ago, that Gary Jenkins, Andy Keel, and I decided to run for board positions. We knew we would be joining the dedicated others who already held positions and worked hard to keep the club going.

That day started my commitment to the Chattahoochee Road Runners Club that continues today, as I am elected President. Thank You, members, for allowing me to lead our GREAT club.

My vision is a club that is dedicated to our sport, gives back to our community & provides a social environment that invites all to participate.

The elected Board is AWESOME! Each person brings experience in area’s that are essential to meeting the vision of our Club. Just wait until you see what we have in store!

The Club showed our dedication to the sport by having THREE TEAMS represented at the Ekiden Relay. The Hoochies showed up in masses to support this event.

Our community effort for the month was a \$500 check to support the "Jenny Crain: Make it Happen" Fund. Jenny is a wonderful lady who was struck by a car while on a training run. Jenny- Make it Happen. We believe in you!

YOU ARE INVITED to our October Events! See the next page and crrclub.com for more details. As for this month’s Grand Prix races:

Saturday, 10/20: Peachtree City 15k. Come & Score Grand Prix Points. Run/Walk along the miles of paths and experience the beautiful fall colors.

Sunday, 10/21: CRR Bowling at Brunswick Zone Marietta; if you are interested, please email Sandra at secretary@crrclub.com ASAP.

Saturday, 10/27: Halloween Moonlight Run 5k. Grand Prix Points & Costumes! This is a FUN event through the streets of Douglasville.

In addition, we are planning other social events such as Trail Walks with Pets, and Imax. I am so excited for the coming year. I look forward to meeting with my Chattahoochee Friends at our many planned events.

Donna

Planning Ahead

October 14th - 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. ****NOTE:** time has changed for the Fall!** We are currently getting 10 to 15 people. Runners, Walkers & Dog Walkers. The coffee & goodies post run are wonderful!

October 15th - Monthly Club Meeting at the Mellow Mushroom (Powers Ferry). 7:00–9:00. Pizza and soft drinks provided by the club. This is our best attended social event, with 35+ people attending monthly. We have had New Members attending each month. Come enjoy FREE PIZZA, friends, speakers & Board Updates! Here's some photos from last month's meeting which featured Sandy Springs Hospitality & Tourism's Kim Hughes (kymberly.hughes@sandyspringsga.org). She spoke about the city's many offerings for residents and tourists coming through the area. The city of Sandy Springs is a major sponsor of the CRR 10K.



Weekly Club Runs

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.



Heart Rate Training Zones

EVERYTHING in your life affects your training.

Do you sit at a computer or are you on your feet all day? It can be hard to get in a good run at the end of the day if you have leg fatigue.

Do you sit in rush hour traffic? The stress of dealing with Atlanta's gridlock can not only be mentally straining but can be physically draining as well.

How many hours of sleep do you get each night? Your body doesn't distinguish between fatigue caused by lack of rest and fatigue from training, it only knows that fatigue is fatigue.

Do you have young children at home that require your time for their activities, whether sports or school? If you are taking a child to practice then not only are you on the road and dealing with traffic but in most instances your eating patterns are out of balance.

Do you have a stressful job? Your body also makes no distinction between the different factors of stress, it only knows that stress is stress.

So how can you monitor your fatigue and stress levels to know when to push in training and when to back off? The answer is by listening to your heart. By knowing what your normal resting heart rate is you can monitor your Morning Resting Pulse (MRP) to assess your fatigue and stress level and to monitor your body's adaptation to training.

We are given certain physical traits and abilities by genetics from our parents and we can't change what they gave us, but we can condition what we have. I have trained athletes with big hearts (low MHR) and I have trained athletes with small hearts (high MHR) the size of the pump determines the stroke volume and therefore the max heart rate. Knowing what your max heart rate is and training using Heart Rate Training Zones is the best and most efficient way to train and get the maximum benefit from your workouts.

For several mornings in a row take your pulse before you get out of bed (when you raise up your heart rate will go up 5 or 6 beats). Average these numbers and this will be your normal MRP. Finding your max heart rate is a little more difficult. The only ACCURATE way to determine max heart rate is on a maximal treadmill stress test or a cycling ergometer. Most of the original formulas were for people who were not active and were just starting to exercise. There was a safety factor built-in. By example the original formula was $220 - \text{your age}$ but that was later revised to $209 - 70\%$ of age if under 40 and $205 - 50\%$ of age if over 40 to be more accurate for fit individuals, but even these are not too accurate.

The most accurate formula in use today is the Karvonen Formula which takes into account Heart Rate Reserve. The Karvonen formula takes into account your resting heart rate in determining what your workout zones should be. You subtract your MRP (morning resting pulse) from your MHR (max heart rate) and this is your HRR (heart rate reserve). Multiply your workout percentage by your HRR then add back your MRP to determine what your Heart Rate needs to be for a particular zone, i.e. 70%, 75%, etc..

By knowing what your heart rates should be for different workouts will give you the knowledge to always get maximum benefit from your workouts. The other advantage is by always checking your pulse each morning and if you have an elevated heart rate it will tell you what your fatigue and stress level is and whether you should do an easier workout of shorter distance or less intensity or should you just take the day off.

I will be glad to help any Hoochie in determining what their Heart Rate Training zones should be, just send me an email at clubcoach@crclub.com.

See you at the races...

Coach Will

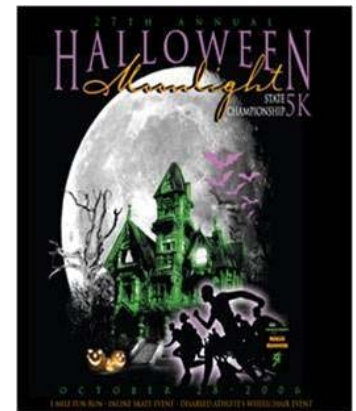
"To give anything less than your best is to sacrifice the gift." Steve Prefontaine

Upcoming CRR Grand Prix Races



Peachtree
City 15K
October 20th

Halloween
Moonlight Run 5K
October 27th



Strong Legs
Run 5K\10K
November 10th

Gobble Jog 5K\10K
November 22, 2007
(Thanksgiving Day)



Welcome Andrew!

A Special Announcement from proud parents Jim and Becky Bitsko:



Andrew Nicholas Bitsko was born
September 14, 2007 at 5:18 PM.

He was 7 lbs 12 oz and 21 inches long.



OCTOBER BIRTHDAYS

Tom Adair 10/1
David Moghani 10/1
Preston Jenkins 10/1
Hailey Branch 10/2
Hunter Branch 10/2
Timothy Bennett 10/5
Monika Julien 10/6
Don McClellan 10/6
Rory Strickland 10/9
Crystal Perkins 10/11
Richard Drachenberg 10/14

Happy Birthday from your
friends at the Chattahoochee
Road Runners



Mark Edwards 10/17
Raoul Nowitz 10/17
Cameron Oortman 10/19
Alver Carlson 10/20
Harold Merck 10/21
Marlene Thomas 10/22
Bernie Goldstein 10/24
Todd Ratcliff 10/28
Evelyn Dick 10/28
Deeter Dietz 10/30
Angie Walsh 10/31

First Boston

By Arlene Dahlberg



It's not always easy to explain what makes something special - sometimes we don't even know until much later. For me the Boston Marathon was different. From the first time I ever heard about it, a dream began to grow. Though seemingly out-of-reach for a long time, I found myself on a plane to Boston in April, 1991 with a postcard in my pocket that confirmed I could be a part of something I knew was going to be important in my life.

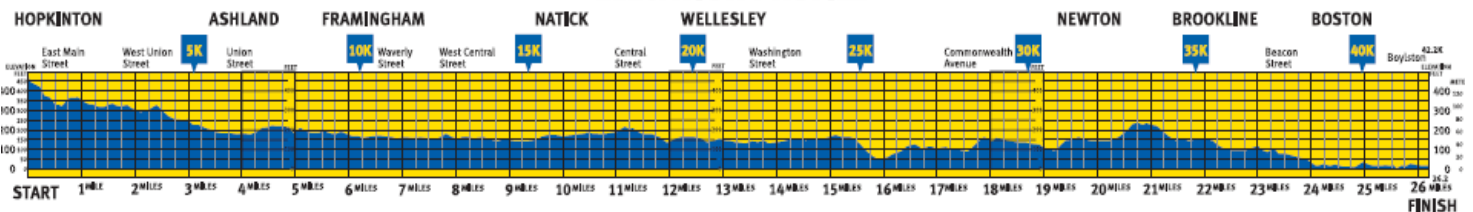
The reality of it set up the worst case of "double whammies" I've had in many years. For two days after arriving in Boston, I wasn't sure I was going to live or even wanted to. Blaming northwest Airlines food was easy - why acknowledge pre-race jitters? But once I got out for some runs along the beautiful Charles River with my Dangerous Curves pals, I started to feel better. One day Ingrid Kristiansen went by and waved just like she knew us (maybe Minnesotans looked like home to her?).

The rest of it is in my memory forever - the chilly weather on race day, a newfound friend to share the long bus ride to the start, the endless wait at the Satellite (and they say WOMEN take a long time?), finally parting with the friendly warm-ups and hoping a singlet and shorts weren't a mistake, heading down the hill to the start, hearing the gun and starting to WALK (they call this a race?).

Soon the pace becomes more normal and you begin to let it all in: the little towns with the wonderful, cheering crowds, the screaming co-eds at Wellesley College, the famous hills (which one is Heartbreak?), the other runners sharing your dream and theirs, the cold rain that spurs you on at mile 22. Finally, the single roar from my friends at the final turn and a sprint (HA, HA) to the finish put an end to a race that was everything I ever hoped it would be and more.

Editor's note: Thanks Arlene for your first Boston recap. Like you, I still remember my first Boston in 2003—it was really a special part of my running career. The excitement that weekend is felt all over town and the way the cheering spectators line the entire 26.2 mile course is unbelievable. The 2008 Boston Marathon is on Monday, April 21. There will be an extra buzz in the air for next year's race as Boston is hosting the U.S. Women's Olympic Marathon Trials the day before on April 20.

ELEVATION PROFILE



The elevation map for the Boston Marathon. The Newton stretch between mile markers 16 and 21 are where Boston's "famous hills" are including Heartbreak Hill between 20 and 21 near Boston College. (Source: bostonmarathon.org)

Woodstock 5K

By Jake Bodenheimer



On Saturday August 4, 2007 I went to my hometown of Anniston, Alabama and ran the Woodstock 5k, the 2007 RRCA Alabama State Championship. The race was organized by the Anniston Road Runners. Excellent support from local sponsors resulted in \$2,000 in prize money to the top three male and female finishers. This help attract over 500 entries and a number of top tier runners including Sammy Nyamongo and Mike Green. Beginning and ending at Anniston High School, the race was along a challenging course through neighborhoods with rolling hills. The real challenge was the heat and humidity of the day, despite a 7:30 start. There was plenty of fluids, food, facilities, and fun. And where else can you get a T-shirt with the Peanuts character Woodstock in running form.

To quote from the local newspaper:

“With the field of elite runners having their own race within the race, Scott Strand crossed the finish line first, shaving more than a minute off 2006’s winning time to finish at 14:40. In 2006, Strand was the only one in the 15-minute range. Not only did he break that barrier, three more came with him. Kenyan Sammy Nyamongo was second, five seconds behind Strand. Michael Green, at 14:47, was two behind Nyamongo. Erin Sims won the women’s division. The former All-American at the University of Texas finished in 17:47, almost two minutes faster than 2006’s winning time. It was her first Woodstock 5K. Brooke Pruitt, the race’s defending champion, shaved 24 seconds off her 2006 time but still finished second.

That pack pushed the time to its near-record pace and the favorites were easy to pick out. They pushed the pace early,” Nyamongo said. “We ran the first mile at 4:40 ... but I began to chase them down after second mile.” Nyamongo picked off Sullivan and Green and took over the lead, but it wouldn’t last. Strand said his key to the race was the brutal hills on the course. “Sammy was chasing, but I was catching up to Sammy on the hills,” Strand said. “The gap began to close up on the long stretches.” In the last mile, Strand overtook Nyamongo. With a couple of glances back and the finish line in sight, he saw the race was his.

Honorable mention goes to the final finisher, Claudis Hawkins, who at age 90 crossed the finish line in 1:27:45.”

Anniston is about 90 miles west of Atlanta off of I-20. Area amenities include the Chief Ladiga Bike Trail (that connects to the Silver Comet Trail), Mt Cheaha State Park, the Anniston Museum of Natural History, the Berman Museum of World History and the Pinhoti Hiking Trails.

2007 CRR Grand Prix

NOTE: Important changes this year; please read thoroughly

In 2007, the club's challenge to you is to take part in our Grand Prix. The goal this year is to get members out there running and involved with club activities. No matter your age, experience level or best distance there is something for you. You must be a member to participate. **It is the responsibility of each runner to report your race results and volunteering to the VP of Racing (vpracing@crrclub.com).** Updated results will be posted in the monthly newsletter and on our website at www.crrclub.com. It is ultimately the competitor's responsibility to ensure that points are accurate. If you think an error has been made or you have questions, please contact the VP of Racing.

Points

Points will be given for each race completed. Breakdown is as follows:

- 5K (only Grand Prix 5Ks as listed below) - 10 pts.
- 10K (only Grand Prix 10Ks as listed below) - 20 pts.
- 15K, Half-Marathon (any race) - 30 pts.
- Marathon (any race) - 50 pts.

In addition, bonus points can be earned by:

- Volunteering at the CRR10K - 50 pts
- Volunteering at other CRR events - 20 pts
- Submitting articles for the newsletter - 10 pts per article

Awards

Awards will be presented at our January 2008 monthly meeting. You must be a member of the Chattahoochee Road Runners to receive an award. The man and woman who accumulate the most points will be given Hoochie of the Year Running Series awards. In addition, the top man and woman in each age group will receive awards (Age Groups: 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+). **In order to be eligible to win an award you must run a minimum of 8 races and volunteer at one club event.**

Grand Prix Races

January -	Hogpen Hill Climb Polar Bear 5K	July -	Homespun Fest 5K Etowah River Run 5K
February -	Walton Raider Chase 5K Chattahoochee Challenge 10K	August -	Clocktower 5K Run for Life 10K
March -	Silver Comet 10K Spring Chicken Run 5K	September -	Macon Labor Day 10K Fuzz Run 5K
April -	Sickle Cell 7K Jonquil Jog 5K	October -	Peachtree City 15K Halloween Moonlight Run 5K
May -	Mt. Ranger Run 15K Celebrate America 10K	November -	Gobble Jog 5K Strong Legs 10K
June -	Cave Spring 5K Achilles Hope & Possibility 5K (20 pts.) Magnolia Run 4 Mile	December -	Sweet Tomatoes 5K Sleighbells on the Square 5K



Greetings fellow Hoochies! It was awesome to have so many CRR members at the Ekiden last month. We definitely made a name for ourselves, not just with the open mixed championship, but also by our strength in numbers (who else had THREE teams!), tents, banner, and food spread. This was the type of event that brings out the true spirit of the club. We are there for each other and for the general metro Atlanta running community as an outlet for coaching, training, racing, and camaraderie. We have runners of varying abilities and levels of experience. Some run everyday and jump in races throughout the year. Others have their record-setting years behind them but want to continue to keep active in other ways with the sport that's played such an important role in their lives. And, most excitingly, we have those that are new to the sport and are looking for guidance and motivation. No

matter who you are, we encourage you to be active with the club whether it's participating in the Grand Prix, submitting a newsletter article or photos, or enjoying the social interaction and food at our monthly meetings and runs and quarterly social events. And, don't forget the many opportunities to volunteer at our annual CRR 10K (March 1 next year).

I'll be posting more Ekiden photos online soon; we'll blast email out the link as soon as they are compiled. Check back here next month when I bring back the member spotlight section. We'll be spotlighting our own Sandra Alford, CRR Secretary and road racing queen!

Now back to the roads and trails!

Mike

Racing Report

Elizabeth Peterson

Glenwood Park 5K

It was the inaugural year of this race.

Four Seasons Run for Research 10K

1:05:08

Elizabeth's first 10K!

Mike Gerber

ATC Stone Mtn. 10 Mile

56:51

Akron Marathon

2:40:40

Sandra Alford

Sunrise on the Square 10K

Macon Labor Day 10K



Hoochie members Robin Rogers and Andy Keel on Grandfather Mtn. after the Bear Run 5 Miler this summer.

2007 CRR Grand Prix - Males

Following standings are through the Clocktower 5K. Check the club website at www.crrclub.com for the race by race breakdown. If you find any errors or omissions please contact Mike Gerber at 404.384.9130 or vprac-ing@crrclub.com.

20-29

Mike Gerber	50
Tyler Stevenson	30

30-39

Joe Poole	50
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40-49

Rick Kimball	60
Sean Jarnagin	30
Michael Strickland	10

50-59

Pooh Neovakul	40
Jake Bodenheimer	10
Jack Eckles	10

70+

Jim Parks	10
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2007 CRR Grand Prix - Females

Following standings are through the Clocktower 5K. Check the club website at www.crrclub.com for the race by race breakdown. If you find any errors or omissions please contact Mike Gerber at 404.384.9130 or vprac-ing@crrclub.com.

10-19

Hailey Branch	60
Hunter Branch	60

20-29

Amanda Poole	50
Lee Ann Stevenson	30
Crystal Perkins	20

30-39

Elizabeth Peterson	10
--------------------	----

40-49

Sandra Alford	160
Doreen Branch	70
Melissa White	20
Barb Jarnagin	10

60-69

Arlene Dahlberg	70
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WANTED

Classified Advertisements

- | | | |
|--------------------------|---------------------|--------------------------|
| · Art | · For Rent/For Sale | · Restaurants |
| · Attorneys | · Health/Nutrition | · Running Apparel |
| · Beauty Products | · Products/Services | · Specialty Stores |
| · Books/Publications | · Physicians | · Sports Therapy/Massage |
| · Business Opportunities | · Races/Marathons | · Training Programs |
| · Classes/Seminars | · Real Estate | · Travel |

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

	<u>Size</u>	<u>Cost Per Month</u>
Full Page	10" H x 7-1/2" W	\$100.00
Half Page	4-3/4" H x 7-1/2" W	\$50.00
1/4 Page	4-3/4" H x 3-1/2" W	\$25.00
1/6 Page	3" H x 3-1/2" W	\$20.00
1/8 Page	(Business Card) 2-1/4" H x 3-1/2" W	\$15.00 (3 Month Minimum)

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)

	<u>Size</u>	<u>Cost Per Month</u>	<u>Run Ad (X) Times</u>
_____ Full Page	10" H x 7-1/2" W	\$100.00	_____
_____ Half Page	4-3/4" H x 7-1/2" W	\$50.00	_____
_____ 1/4 Page	4-3/4" H x 3-1/2" W	\$25.00	_____
_____ 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

A SPECIAL OFFER FOR ALL CHATTAHOOCHEE ROAD RUNNERS

**BE SAFE -- BE SMART
WEAR IDENTIFICATION!**

In a recent survey of Paramedics, identification around the neck was preferred over any other form of ID carried by an athlete.

***We need to run safely... We need to wear identification...
It's the smart thing to do!***

As a special offer for our club members, the manufacturer will laser engrave the Chattahoochee Road Runners logo on the front side of the medal. What a great way to identify yourself as a member of the Chattahoochee Road Runners and carry your important information at the same time.

We believe that when it comes to being safe, wearing identification while running is just as important as wearing a seatbelt while driving. All **Hoochies** have a special opportunity for us to obtain (50% below retail) our own personalized identity medals, and the club also agreed to pick up the cost of shipping.

The medals are laser engraved and designed to be worn around the neck to provide the critical information needed in case of an accident. The medals have ample space to include your name, address, phone number, and to list your medical condition, allergies, blood type, etc. You may also use the space to indicate a favorite quote, to commemorate a special event (i.e. a running time) or to identify yourself as an organ donor.

Any member interested in purchasing a Chattahoochee Road Runners Identity Medal needs to follow the instructions listed below.



- Polished Stainless Steel W/24" Bead Chain

When it comes to running, wearing identification may be as important as the shoes on your feet!

According to the National Highway Traffic Safety Administration, automobiles injure 122,000 runners, walkers, and cyclists each year in the US. Countless others have fallen victim to other accidents such as heart attacks, blackouts or concussions while running. When quick and easy access to identification is not available, it creates mass confusion at accident scenes and in the hospitals - not to mention the concern of family members when a loved one doesn't return home or call at a scheduled time.

Chattahoochee Road Runner Identity Medal Order Form

Name _____

Address _____

City _____ State _____ ZIP _____

Phone Number _____

Mail form and a check for \$12.50 made out to the Chattahoochee Road Runners to:

Will Dillard
310 Briarwood Court
Marietta, GA 30068

Completed medals will be mailed to your home address.

I want my personal text laser engraved on the back side as follows: (Please print clearly - one character per space)

Any commas, spaces between words, or grammatical marks are considered a character space. **Text will be engraved in all caps.**

All text will be centered for you. You do not have to use all six lines!

Line 1: _____

Line 2: _____

Line 3: _____

Line 4: _____

Line 5: _____

Line 6: _____

^{1st} Line: First & Last Name.

^{2nd}, ^{3rd}, ^{4th}, ^{5th} & ^{6th} Lines: May be used to indicate Street Address, City, State, & Phone Number. You can also use these lines to indicate: Organ donor, Blood Type or to list a medical condition such as: Allergic to... allergy, anemia, asthma, asthmatic, diabetic, insulin, seizures, pacemaker, contact lenses, or other medical conditions. If no important medical conditions exist, you may want to use these lines to show favorite quote, slogan, scripture verse, wedding date, birthday, anniversary, religion, or other event important to you [i.e. a running time and a running event].