



# *The Road Runner* *March 2008*



## **CRR CLUB RUN FUN!**





*The Road Runner*  
*March 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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### Upcoming "Go the Distance" Meet-up Locations

March 8th  
Roswell  
Roswell Pavillion

March 15  
Peachtree Battle  
Cheyenne Grille

All members are welcome to  
join in on these runs.

## From The President

Donna Garcia



### MARCH IN LIKE A LION!

The Chattahoochee 10k, presented by Sandy Springs, is days away. All indications are that our race will be a Huge Success. Entries are well ahead of last year and the final entries are still to come. Members have really stepped up to volunteer. The final race meeting was Monday night and it was exciting to see all of the members who will lead specific volunteer groups. THANK YOU Arlene, Stephen, Mike, Rob, Bruce, Robert, Nancy, Barb, Chris, & Donald. SPECIAL THANKS go to Gary, Sandra & Will.

Planning for next years race begins March 10th. All ideas, suggestions, sponsorship leads, etc are welcome. Please think about how you can help your club's biggest event!

The Chattahoochee Road Runners Club March IN! Signs of this abound.....

- The weekly "Go the Distance" runs have participation equal to some races in town.
- Mellow Mushroom's meeting room can't contain us. Arrive early for the meetings or you might not get a seat. We are waiting on warm weather so we can "over flow" to the patio.
- We ordered 1,700 technical shirts for the CRR10k. Last years total was 1,300.
- Membership is up 30+%
- The monthly Sunday run has turned into a gourmet sampling of eats! You really need to come for the food #1 & then the run #2.
- CRR Club Singlets are being worn at numerous races. Our club members are sweeping overall and age group awards!
- The website hits have tripled.....Thanks Coach Will!

The next Sunday Run is March 9th. Hope to see everyone there. Our next Club Meeting will be March 17th. Wear your GREEN, it is St. Patrick's Day! The speaker will be from The Extension. This is a non-profit, community supported organization that provides addiction recovery services. Club Member Carroll Jackson, is bringing a guest who will talk about recovery and running. This will be an inspiring conversation. The Extension is hosting a 5k Race on April 5th; The Extension 2008 Recovery Run.

Please check the website [www.CRRClub.com](http://www.CRRClub.com) for details on social events, dog walks, and other club happenings.

Donna

# Planning Ahead

**March 9** - Monthly Club Run by the River- Cochrane 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. We are currently getting 10 to 15 people—runners, walkers & dog walkers. The coffee & goodies post run are wonderful! See this month's cover for scenes from the February run where the weather was perfect!

**March 17** - Monthly Club Meeting at the Mellow Mushroom (Powers Ferry). 7-9PM. Pizza and soft drinks will be provided by the club. Come join us for food and fun! The speaker will be from The Extension, a non-profit, community supported organization that provides addiction recovery services. Club Member Carroll Jackson, is bringing a guest who will talk about recovery and running.



With Coach Will's assistance, Eddie O'Dea (55nine Performance) presents a bike fitting demonstration at the February monthly meeting

## 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 - Part 2

*Train First for Distance, Only Later for Speed*

Since it is always the speed (pace), never the distance, that affects your overall time, it is the distance and not the speed that has to be acquired.

As I mentioned in last month's article, *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.

If I am training a 10K runner they will do long runs of 10 miles, a half-marathon runner will do long runs of 15 miles, and a marathon runner, depending on level of ability, will do long runs of 20-23 miles. During these long run segments I will have the athletes run up to 50% of the distance at the pace they will run in their event. By doing this we build the neuromuscular pathways necessary to hold the correct pace during the event. If you always train at a slow pace how can you then expect to be able to run a faster pace in your event? Also during these long run sessions we are developing additional mitochondria (the engines that drive the muscles), and laying down additional capillary beds to provide oxygen rich blood to the working muscles.

Your body wants to be in a state of "homeostasis" which means it wants to be comfortable. You have an internal "governor" which regulates your effort. If you begin to push beyond your comfort zone this "governor" sees this as a danger and resists by testing your will, trying to convince you that the effort is not necessary. If you push beyond this comfort zone slightly you can convince your "governor" that the extra effort can in fact be accomplished safely and will reset to a higher level.

By continuing to push beyond your current limits with faster pace running, and allowing adequate recovery time between hard efforts you will now be in a position to go to a track and run some intervals. Speed work is not without risks, there are twin dangers of running speed sessions too often and running them too fast. This is a natural trap that many runners new to speed training fall into, they think if one speed workout a week has "X results" then two workouts a week will have "2X results", NOT TRUE!!!

I have mentioned in the past that a Sports Psychologist friend of mine had on his business card "The Mind IS The Athlete" and this is where going to the track can have a big benefit. By pushing ourselves through short intervals of high-intensity work we train our minds to the fact that we can handle a higher physical and mental stress and the body responds by increasing the amount of endorphins that are released into our body and we get the feeling of being able to work harder and still be comfortable.

Keep your eye on the website [www.crrclub.com](http://www.crrclub.com) about an announcement of upcoming speed sessions.

If you have any questions or problems or just need some advice send me an email [clubcoach@crrclub.com](mailto: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*

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

# Health Tips

by Dianne Gorski, MS, RD, LD

## Is Chocolate healthy?



Plant phenols, namely cocoa phenols in DARK chocolate, contain compounds known to relax blood pressure and lower LDL (bad) cholesterol by 10%. Dark chocolate does not contain milk.

Chocolate also contains serotonin, which acts as an anti-depressant. It stimulates endorphins and contains caffeine, a stimulant. Moderate intake of caffeine can have positive effects on runners, including the potential of increased endurance and athletic performance. Moderate intake is key; excessive intake of caffeine over the long term will lead to lasting elevated heart rate and blood pressure, not to mention restlessness, headaches, irritability and addiction. “Moderate” intake is defined as 150-300 mg of caffeine daily.

Comparison of Caffeine in Chocolate to popular beverages:

○ Hershey’s Special Dark Chocolate bar (1.45 oz)	31 mg caffeine
○ Hershey’s Kisses (9 kisses)	9 mg
○ 12 oz Coke or Diet Coke	50 mg
○ Starbucks brewed coffee (16 oz Grande)	320 mg
○ Green tea (8 oz)	20 mg

Milk chocolate, white chocolate and chocolate syrup have few or no nutritional benefits and often contain added milk fat, sugar/corn syrup and/or hydrogenated oils. Milk chocolate contains cholesterol. Chocolates made in Europe are generally richer in cocoa phenols.

Moderate consumption (i.e. 1 small dark chocolate bar 3 x week) may help in protecting against heart disease. Balance the extra caloric intake by eating less of other things unless you can afford the extra calories! Enjoy and give in to your sweet tooth every now and again.

# Race Results

Diane Kohrman  
Polar Bear 5K  
1st AG

Arlene Dahlberg  
Polar Bear 5K  
2nd AG

Judith Hine  
Polar Bear 5K  
1st AG

Rick Franklin  
Carlsbad Half marathon  
1:32:48

Brandi Mathieu  
CdLS Awareness 5K  
29:00

Kevin Patton  
Hogpen Hillclimb 17k  
1:08:31  
6th OA



Sally Ann Von Broembsen  
Hogpen Hillclimb 17k  
1:28:08  
2nd AG

Adam Boyle  
Hogpen Hillclimb 17k  
1:16:50

Marie Boyle  
Hogpen Hillclimb 17k  
1:22:41  
1st AG

Greg Nearingarth  
ATC New Years Resolution  
10K  
42:26

Donna Garcia  
Challenged Child 5K  
1st Overall

Jim Parks  
Wonderful Days  
30:07  
2nd AG

Polar Bear 5K  
Time 29:52  
2nd AG

Walton Raider Chase 5K  
31:06  
2nd AG

Chattahoochee Challenge  
10K  
1:04:35

Michael Strickland  
Challenged Child 5K  
1st Overall - Men's Masters

Andy Keel  
ATC Hearts and Soles  
17:48

Malcolm Campbell  
Challenged Child 5K  
1st Overall



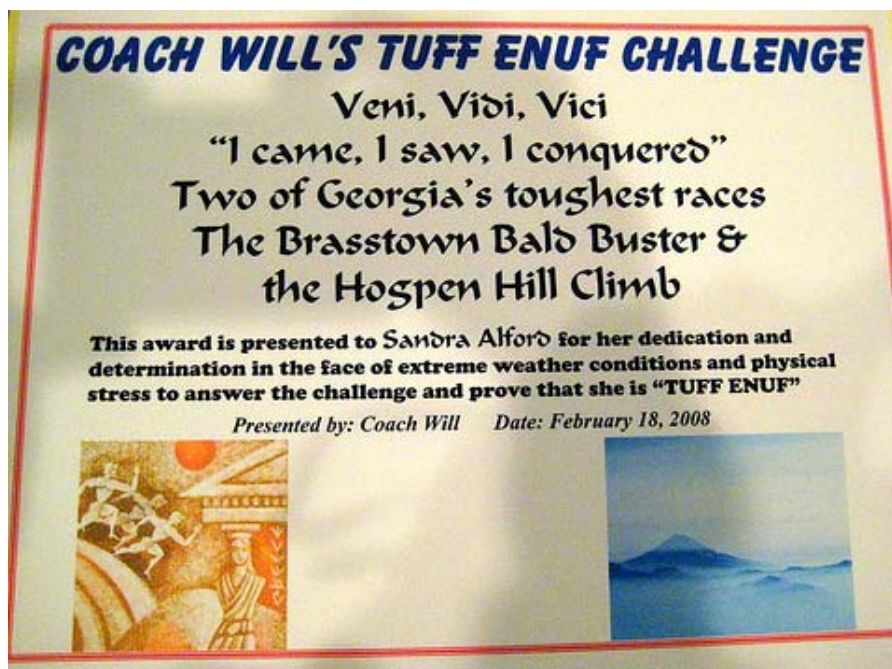
Kate Brun  
Polar Bear 5k  
19:45  
1st AG

Walton Raider Chase 5k  
19:45  
1st OA

Chattahoochee Challenge  
10K  
41:10  
1st OA

Redtop Rumble 11.5 Trail  
Run  
1:27  
2nd OA

Eleni DeBord  
Callaway Gardens Marathon  
3:52  
5th AG, 35th/113 OA



Upcoming Race of the Month

**Spring Chicken 5K**  
Powder Springs, GA  
Saturday March 29, 2008

Congratulations to Sandra for accomplishing Coach Will's Tuff Enuf Challenge! She was presented this certificate at February's club meeting. Other recipients are Susan Breeding, Ronnie Brownell & Jake Bodenheimer.

# WELCOME NEW MEMBERS!

Taylor Wright

Kris Anderson

Bailey Wright

Camille Carmen

George Cooke

Ann Railsback

John "Rick" Corbett

John Hollmer

Raoul Nowitz

Chris Strong

Alan Strong

Sara Strong

Stephanie Strong

Terrie Ward

Linda Stone

Cynthia Gay

Tom Wakefield

O'Hara Moody

Carol Johnson

Zack Sadler

Paula Sadler

Jason Yost

Gail Blumberg

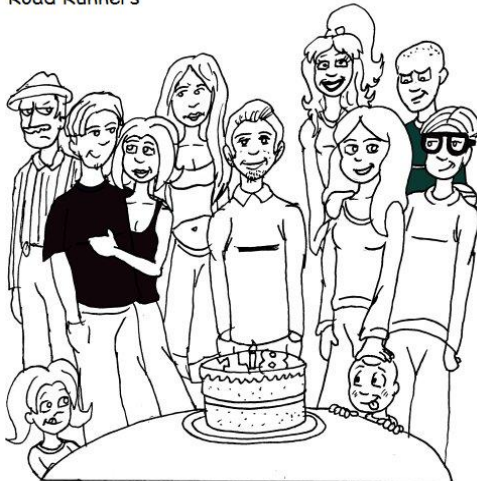
John Christopher

Samantha Kenney

Brett Godwin

## MARCH BIRTHDAYS

Happy Birthday from your  
friends at the Chattahoochee  
Road Runners



Suzanne Krueger

March 1st

Hamed Kian

March 3rd

Catherine Meihoffer

March 5th

Camille Carmen

March 8th

Celia Gilner

March 8th

Kate Brun

March 9th

Ken Bolich

March 10th

Rick Kimball

March 14th

Karen Menton

March 15th

Bruce Robinson

March 15th

Russell Blenk

March 17th

Michaela Cantwell

March 17th

Samantha Kenney

March 17th

Carrol Jackson

March 20th

Charlie Peebles

March 20th

Donna Garcia

March 26th

Chris Strong

March 28th

Perry Julien

March 28th

John Pinyerd

March 29th



Hope everyone is surviving these cold and windy winter months! It can make for some interesting runs. As you might know by now, I have been reserving this section to highlight the running careers of various members of the club. This month is no different as I present you my own 17-year trek in the sport which started with the 1991 Historic Buford 5K.

I along with my brother Steven who is three years older have always stayed pretty active. Our parents had us in karate, baseball, soccer, and I even had an interesting season next to the water cooler in youth football. When our dad was in his early 30s, he was told by his doctor he needed to exercise more so he started jogging. Eventually, Steven was out there jogging with him. And so I wouldn't feel left out, I jumped into

the act with them a couple years later when I was around age 12.

When a contract position opened up for Dad at Rockwell International (defense contractor) in 1993, we relocated to Hanau, Germany. As an 8th grader at Hanau Middle School, I ventured out for my first cross country season. Competing in races around Germany the next three years was an awesome experience. We travelled throughout the country racing in Frankfurt, Ramstein, Mannheim, Neurnburg, the "Central European Championships" in Heidelberg and a host of other cities during track. We won a team championship during my second year there beating out all the American schools in Germany and the U.K. I ran back at Buford High my last two years getting my 5K time down to 17:04.

When I started at Georgia Tech, I looked into stepping up my training and trying out for their cross country team. Ultimately though, I weighed its impact on my academics there and decided to opt out of running on the team. I instead started to run with some other Tech students and in 1999, we formed a new running club on campus called Running Wreck. The number of active runners we had in the group fluctuated each term and I'm glad to say the club is still around today. Some of the runners from that group, including myself, started up another running club called SERG (Science and Engineering Running Group) whose runners can be seen in many of the local road races around Atlanta.

I currently find myself a part of three different running clubs here in Atlanta—the Hoochies of course, SERG, and the Atlanta Track Club. I race year-round in everything from the mile at the Emory track meets in the spring to a couple of marathons each year. One of my major goals this year is to run sub-2:40 at both the Boston or Akron marathons. Ultimately, if I continue to stay clear of injuries, I'd like to run a sub-2:30 on a faster course such as Chicago before I turn 30.

I feel blessed to have gotten the opportunities to race in 14 marathons including three Bostons, five Akrons, and one around the Sea of Galilee in Israel. I have also raced a 10K on the streets of London, dashed across the Golden Gate Bridge in San Francisco, climbed to the peak of Arthur's Seat in Edinburgh, ran in amazement on the roads and shoreline of Tel Aviv, conquered the Hart Bridge in Jacksonville, got lost in the endless fields and small villages of Germany, and sprinted between the historic sites in D.C. including the Washington and Jefferson Memorials. 'Why do I run?' The question should instead be 'Why would I ever stop?' What an amazing sport!!!!

Favorite Race: Boston Marathon

PRs: 2:40:40 marathon (2007 Akron), 33:07 10K (2006 CRR 10K), 15:57 5K (2006 Jacksonville)

*Next Month: Gary Jenkins will be featured here in our member spotlight section.*



# 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, is posted on the CRR website ([www.crrclub.com](http://www.crrclub.com)) each month. During the months of February, March & April the site receives over 15,000 hits a month, and during the rest of the year an average of 5000 hits a month. If you want broad based advertising this is the venue for you!!!

### 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)

6 month pre-paid contract receives one month free & 12 month pre-paid contract receives 2 months free.

If you are scheduled as a guest speaker at a monthly club meeting you would receive an additional month of advertising for free.

- Ads, entry forms, or business cards must be supplied ready for print as a WORD document, PDF or jpeg file.
- 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.
- Businesses that provide discounts to CRR members will receive a FREE business card size ad in the newsletter and will be listed on our "Sponsors" page at [www.crrclub.com](http://www.crrclub.com).

**ALL ADS MUST INCLUDE PAYMENT. DEADLINE FOR ADS IS THE 15th OF EACH MONTH for placement in the next month's newsletter.**

**MAIL TO: Mike Gerber; 951 Glenwood Ave. #1403; Atlanta, GA 30316. Or email to [editor@crrclub.com](mailto:editor@crrclub.com)**

*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 to in conflict with its standards or in conflict with our race sponsors will be refused.*



# 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 \_\_\_\_\_

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MAIL TO: Mike Gerber; 951 Glenwood Ave. #1403; Atlanta, GA 30316. Or email to [editor@crrclub.com](mailto:editor@crrclub.com)

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# 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](http://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](mailto: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