



GAZETTE

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President's Message

Dear AARC Members,

On April 27 we had our official club elections. Even though I called the elections, somehow I had a memory failure and missed the meeting. So it only seemed appropriate that I was elected president. (That's the last time I miss a meeting.) We have a great group of people aiming to improve our club. The executive committee (EC) is working on a number of club improvement issues.

The top of the list is a regularly published newsletter with standard content. I hope you enjoy this first issue. Some of the things you'll regularly see in our newsletter will be a summary of club meetings, club budget update, EC contact list, local race schedule, and track workout schedule. I encourage members to feel free to submit articles. These can include such things as race summaries, member profiles, training/racing tips, and nutrition/health tips. Even articles from publications are acceptable. Contact Connie if you would like to submit anything.

We are working on organizing and updating our membership. Please make note that we are moving to a yearly membership. Your renewal time will be noted on the address label. Anyone who has a date of June 2001 or earlier please renew your membership now. Everyone else, please renew by the date printed on the label.

We are also organizing some social activities. We are considering activities for both members and their families. If you have any thoughts for activities, contact Gina.

We need volunteers for Phil's Tavern 5k on Wednesday, July 11. Look inside for details.

As always, if anyone has comments or suggestions for club improvement please feel free to contact me. The more you participate, the better our club will be.

Regards and Good Running,

SUMMER SIZZLERS

As summer approaches, your body has to work harder to keep you cool. When you exercise, your muscles are generating 20 times more heat than they do when they are resting. Summer heat and exercise together provide a scenario where overheating is easy unless you are cautious. Here are some suggestions to help you keep your cool throughout the summer season.

*Run in the early morning before the sun is up.

*Wear light colored clothing designed to allow for maximum cooling. Runners can benefit from advances in athletic clothing in recent years. Choose shirts, shorts. Shoes and socks that wick moisture effectively.

*Drink a lot before, during and after exercise.

*Choose a sport drink to replace sodium and electrolytes.

*Get acclimated before you take on long or hard workouts in the heat.

*When it's very hot, reduce exercise intensity and duration.

*If you feel sick or light headed, get out of the sun, drink cool liquids, and cool down.

*Take a cool shower or a swim before your run. Research has shown that you can run longer and harder in heat if you are precooled.

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