



GAZETTE

Volume 1, Issue 2

August, 2001

President's Message

Dear AARC Members,

We had another successful Phil's Tavern 5k. Although attendance was down from last year, we did have 326 finishers. I want to thank all the members that came out to help with the race, all of our sponsors, and especially Phil's Tavern for all the great food.

Now that we have the race behind us, the executive board is turning their attention to the general administration of the club. In the works we plan to have monthly club meetings with guest speakers each meeting. Our first speaker will be club member Ira Meyers. He is our resident podiatrist. He will speak about foot care and treatment for common running issues. Plans for future speakers include orthopedics, nutrition, running shoe fit & selection, and training development. Look inside for details on time & location.

Currently, we have over 130 members. However, about half of the membership is past due for renewal. Please note your address label for your renewal date. For anyone with July 2001 or earlier, this will be you last issue. Please fill out the attached membership form and send it in. It's important to fill out the form so we can keep track of address changes, phone numbers, and email.

We are also organizing some social activities. We have a Family Night scheduled at the Garden Golf and Sports in Montgomeryville. We also have a prediction run scheduled at Peace Valley Park. See inside for details. If you have any thoughts on these or any other activities, please contact our social director Gina Orsino. She is looking for ideas for Fall and Winter activities.

Finally, you will find an application for the Run for Rett 5k. AARC member, Suzanne DiBrino, who's daughter has Rett's Syndrome, is putting on this race to bring awareness and generate funds to support the Rett's Foundation. I encourage everyone to participate in this race.

PREDICTION RUN?

Can you predict to the second how long it will take you to run 3 miles? Can you predict this without wearing a watch? Can you predict your time without really knowing what the course will be like? Well, come find out if you really can predict your time at AARC's Prediction Run.

WHEN: Saturday, Sept. 8th at 9 am

WHERE: Peace Valley Park

DIRECTIONS: From Rt. 202 North make left onto Rt. 152 North (Limekiln Pike), make right onto New Galena Road. Follow to the 2nd main entrance **(Boat Launch).**

RUN: 3 miles through the park

Food will be provided after the run (bagels, muffins, coffee, water, maybe a surprise) .

Phil's Tavern 5k shirts and Frostbite hats available to all participants.

The top male and female who come closest to their predicted time will win a prize. More prizes may be awarded based if the number of entrants warrants it. Please bring prospective members to this run.

RSVP: Gina by Sept. 5th at 215-393-5717 or via e-mail gorsino@voicenet.com.

The actual headcount is important to guarantee sufficient food for all.

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