

President's Message

Dear AARC Members,

Autumn is my favorite time of the year. As a child I always looked forward to making large piles of leaves to run and jump in. As a teenager, I enjoyed the competition of high school cross country. As an adult, I look forward to long weekend runs in the woods: the feel of crisp air and the crunch of leaves under foot. All the hard work in the summer heat finally pays off in the Fall. As the temperature and humidity drop, running seems to become effortless. Many of our members have been training for various marathons, others running just for fun and fitness. Whatever your reason, I wish you the best of luck. Go out and enjoy the change of seasons.

We had a good start to our monthly club meeting on Sept 20. About 15 people came for a discussion with Ira Meyers. Ira will be back at our next meeting to show us some slides of common foot problems. We also have Nathan Relles speaking about his trip to Oregon for the Hood to Coast relay. See inside for details.

We have our Christmas social scheduled for Dec. 7 at Tex Mex in North Wales. Hilary says we have enough money in the club account to cover the meal again. Look for future emails on how to RSVP.

We're starting to organize next year's Frostbite 5 miler. Anyone who is interested in helping please contact Joanne or Sean.

As always, if anyone has comments or suggestions for club improvement please feel free to contact me.

Regards and Good Running,
Chris

In this issue.....

Monthly Club Meeting	1
Executive Committee/Meeting Notes	2
Preventing Chronic Fatigue	3
Why Run a Marathon	3
Upcoming Race Events	4
Distance Run Results	4
Half-wit 1/2 Marathon	5
Charlie Horse 20K	5
AARC Social Eent Updates	5
What has 36 Legs and 24 Feet	6
Pain in the Big Toe Joint	7
AARC Membership/Renewal Application	8



Monthly Club Meetings - 3rd
Thursday of each month,
7 P.M. at the Lower Gwynedd Twp
Bldg. on Bethlehem Pike in
Springhouse (across from Genuardi's)
Each meeting will have a guest
speaker.

Thursday October 18
Speakers:
Ira Meyers, AARC resident
Podiatrist: treatment and
prevention of foot related
running problems (continued)
Nathan Relles: The Hood to
Coast Relay
Guest Speaker from South
Africa