

President's Message

Dear AARC Members,

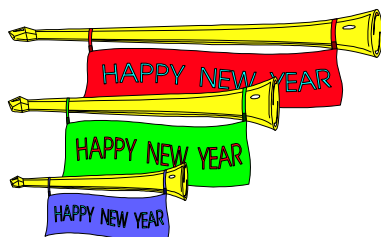
Well, I never thought Spring would get here. Huh? The calendar indicates it's December? Someone forgot to tell Mother Nature. Who would believe 70 degrees on the edge of winter? Normally I begin my winter hibernation, but this year I may be running instead of skiing. Oh, boo-hoo don't cry for me Ambler. Anyway, hope everyone is taking advantage of the mild weather while it lasts.

The Frostbite 5 miler is shaping up. We have secured Fresh Fields as our food sponsor. (Great work Joanne). If any of you have had the pleasure to run in a race they sponsored, you know we're in for a treat. However, Fresh Fields aside, we need some help generating cash sponsorship. We have lost some of our big sponsors from past years, so we need to make up the difference. Please contact Sean or Joanne if you have a lead.

I encourage everyone to come out to our January general meeting. Our speaker is going to help get you ready for training in the new year. We're also going to have an open discussion on the following topics: Spring running schedules and locations, what we should do with our club budget (beside the usual teams & socials). We also will take names for Frostbite volunteers. Remember, all club volunteers are eligible for the Broad St Run teams.

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

Regards and Good
Running,
Chris



**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.**

January Meeting: Jan. 17, 2002

Kennon Gregory, M.A. Director of
Diversity Counselor and Varsity Boys
Track Coach at Germantown Academy

"Strength and Cardiovascular Training
in the Family Room"

Kennon is an experienced runner and coach. He was a four year varsity letterman at Ohio State including being named Freshman of the Year. He captured several Big Ten individual titles in the 600m. As a senior he was named team captain and was also fortunate enough to run on the same 1600 relay team as the former 400 meter world record holder Butch Reynolds. His coaching experience includes three universities, Wittenberg University, Ithaca College and University of Rochester during 1991-2001. Hope all of you will make an effort to come out to hear what this talented, experienced coach has to say regarding how to stay in shape during the winter.