



# The Arlington Runner

Fall 2006

www.arlingtonrunnersclub.org



## River-and-Rails Run – Haller Park

ARC is hosting a 5k/10k run to raise money to benefit the Cocoon House and we want you there! Join us **Saturday September 30<sup>th</sup> at 9:00 AM** on a charity run along the Centennial Trail. The race will start and end at Haller Park, address: 1100 West Avenue, Arlington. Pre-registration is \$15 and day-of-race-registration is \$20. Visit ARC's website or email Greg to pre-register and to get the race flyer.

## Thank You Runners and Sponsors!

This has been a very rewarding year so far given the fact that our club is still new and in its first year. ARC is making a great impact and forging some deep connections throughout our community. With your participation and support in ARC race events this year we have already raised several thousand dollars directly benefiting several local charities. Thanks again for making a difference in the lives of others! --Greg

## A Little Feat for Lots of Feet

I just heard about a novel way to help others benefit from our own individual running experience. But first let me ask you, "Where have you been putting all those old running shoes piling up around the house?" Personally, I go through shoes every 500 miles or so (recommended to prevent injuries) and have some sentimental favorites I've had a hard time parting with. The shoes are all still in great condition more-or-less, but its time for them to be retired and put out to pasture. Beginning at our next Sept. 30th River-and-Rails Run, ARC will be collecting previously-worn running shoes and donating them to those less fortunate. So say a parting goodbye and bring them to your next ARC race! --Grant

## The Examples We Set

Sure, all your hard-work and long-hours of sweating and puffing will help give you the rewards you so well deserve. But have you ever thought about what it may also provide to those around you? People often look to you for an example you may often unwittingly set. My newest neighbor just approached me the other day and said "Hey, you're the running guy. Would you go for a short jog with me sometime soon, I need to get back into shape?" Another gal just asked me more about our next race on Sept. 30th -- she wants to use this opportunity for her and her daughter to get back into shape again. Even my family thanked me because running has helped us to adjust our meals by making healthier choices.--Woody

## One Day at a Time

Sometimes the little things can hit us so fast we couldn't even see them coming. Often unfair and unpreventable, they have a way of quickly weaving themselves into seemingly insurmountable obstacles. That is, of course, if you let them.

*"Frustration is the first step towards improvement. I have no incentive to improve if I'm content with what I can do and if I'm completely satisfied with my pace, distance and form as a runner. It's only when I face frustration and use it to fuel my dedication that I feel myself moving forwards."*

- John Bingham

### **ARC Race Events**

#### **River and Rails Run**

5k/10k - Sat. Sept. 30, 9am

#### **Marines Toys for Tots Run**

5k/10k - Sat. Dec. 16, Noon

### **Questions/ Contact:**

Greg Woodman

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### **Club Mission Statement**

ARC is a non-profit group that exists to provide runners/walkers of all abilities a free forum to meet for the purpose of achieving personal fitness goals through charitable race events.

Case in point, this summer I'd planned to prepare for a marathon again, maybe even qualify for Boston until I was sidelined by a knee injury (a fluke unrelated to running) and my resulting cartilage surgery in July. Two weeks later came my diagnosis of diabetes with twice-a-day insulin shots (currently I'm now on oral meds). Talk about feeling turned upside down on your head. Personally, I had to draw energy through prayer and find inspiration from others. I thought of Dick Hoyt and son Rick who has literally carried and pushed his quadriplegic son to the finish line in 26 Boston Marathons and several triathlons. I looked to Lance Armstrong winning 7 unprecedented Tours after battling cancer. I found it in the eyes of a 73-year old in the marathon just last weekend as he was determined to finish. In common, they shared an incredible desire to succeed while working toward their goal, taking things just one day at a time. -- Greg

## Tales from the Pavement...

--Skagit Flats Marathon--

Very well organized and attended. 147 finished the marathon and 325 finished the half. Drew runners from across the country (Florida, New England, Hawaii and California) but most were local. Many Marathon Maniacs with their yellow shirts were present (guess about 30?). Some of them had run in over 50 marathons! Temperature was about 55 at the start but warmed to about 70 degrees by noon. The heat was my downfall and for fellow club member Shawn Bussert. We both became dehydrated and had leg cramps in the later stages of the race. Didn't qualify for Boston\* but turned in a personal best of 4 hours and 3 minutes. Better luck next time. -- Will

(\*Editor's note: by age group, Will was within his qualifying time pace for the first 23 miles. Congrats! )

## Running in Numbers

By now, many of you have benefited from a buddy-system or group-approach to help you to stay on track with your training and fitness goals. Running clubs or even just running with a partner can offer you that extra motivation to stick with it, valuable training tips and advice, added safety, accountability to keep you from slacking, companionship, these things to mention just a few. So if you love the freedom of running or walking solo, I challenge you to try something different for a change and join us. Check out our *weekly club run schedule* on our website. You'll likely see the results you've been looking for all along.

## Your Feedback Is Important!

We are only as good as we perceive ourselves to be, so without your input we'll never know what you like (or don't for that matter). Send us your ideas, suggestions, corrections, etc. and how ARC might draw from them. You never know what might be lurking around the next corner in our Winter Issue of the Arlington Runner. --Joe

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## Membership

*Enroll me now!*

*(Annual membership includes technical shirt, weekly club runs and newsletter)*

ARC Club Member \$20

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

(Tear along dashed line and return with payment)

Make checks payable to:  
ARC  
18603 Silverleaf Place  
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