



Marines Toy-for-Tots Run 2006

The saying goes a picture is worth a thousand words, and so we include for you a glimpse into the day of Dec 16, 2006 when we held our inaugural Marines Toys for Tots Airport Run in Arlington. I'd also like to take this opportunity to extend a sincere thanks to all the friends, athletes, participants, sponsors and volunteers that helped make our first year as a running club so rewarding. Your contributions and support for ARC race events helped some very deserving local causes that touch and affect the lives of some very special individuals. Happy New Year and God bless! – Greg



Special Thanks to Ryan Thomas, our secret Santa!

"Keep on training so you can feel the acceleration of victory."
- Anonymous

2007

ARC Race Events

Walk and Roll Run

5k/10k - Sat. Mar. 31, 11am

Gleneagle Community Run

5k/10k - Sat. June 9, 10am

Arlington Airport Run for

Hope 5k/10k -

Sat. Aug. 11, 9am

River and Rails Run

5k/10k - Sat. Sept. 29, 9am

Marines Toys for Tots Run

5k/10k - Sat. Dec. 15, Noon

Questions/ Contact:

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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.

Walk-and-Roll Run – Haller Park – March 31st

Walk and roll run. That is what will be held on March 31st to raise money that benefits Eagle Wings disAbilities Ministries, assisting adults with a disability. Download the registration flyer from the ARC's website, www.arlingtonrunnersclub.org. So come and join us at Haller Park in Arlington, WA!



Tales from the Pavement...

--Marysville Trick or Treat run--

I was still conflicted 30 minutes before the run. I had re-injured my foot 30 days before and though walking was fine, I had not run on it at all during that time. However, I have some history with this run. I have not missed this race for the past 4 years and the course goes down the street behind my house. How could I not at least walk it. The weather was nearly ideal with cool temperatures and overcast. The run is unique in that the 5 mile and the 2 mile face each other at the start and we run past each other. This is a relatively small but fun community event with many runners in costume. This was my slowest 5 mile race but at least I finished ahead of the guy in a dress! ARC president, Greg, received a first place ribbon in his age group. – Will

The Marathon

It seeps out of you slowly like the sludge that builds up around a well-worn bearing. If you could hear it, the sound would mimic a barn door--complete with rusty, old hinges creaking from the wear and the incessant wind. Range of motion decreases suddenly, much like a freely roaming gazelle after having fallen prey to the lion's lair. Quicksand seems to devour every step. Athletes dot the roadside apparently frozen in pain, unable to put another step forward.

Such are the words that best describe the final few miles of a marathon. It's hard to say you can train sufficiently to avoid it. And it goes without saying; it's a gut-check like no other before. Maybe that's the reason why so few people actually attempt this 26.2 mile challenge and even fewer will ever finish it. The accomplishment is certainly something to savor. The triumph is rewarding. The wear and tear can take its toll. "To the victor goes the spoils" and "time heals all wounds" (eventually)--these two sayings couldn't be more connected. But what a sweet victory it is!

Miles for a Mission

One of our running club members will be testing his endurance in the ATT Austin Marathon Feb 18th in Texas. He would like you to know that he will be running to support ADA, the American Diabetes Association, the nation's leading organization to helping prevent and find a cure for diabetes. We wish him well in his endeavor! Please support him and the ADA cause: www.firstgiving.com/gregwoodman

Membership

Enroll me now!

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

ARC Club Member \$25

Name _____

Address _____

Phone _____

E-mail _____

(Tear along dashed line and return with payment)

Make checks payable to:
ARC
18603 Silverleaf Place
Arlington, WA 98223