



The Arlington Runner

Summer 2007

www.arlingtonrunnersclub.org



DOWN THE HUMOROUS ROAD By Will Miller

The Staff of ARC submits the following PROPOSED DISCLAIMER FORM to the Membership for review:

Please read this summary of information completely before you start or join ARC.

WHAT IS ARC – ARC is for everyone. ARC is used to treat every kind of physical or personal problem. The most common side effects of ARC are:

- Alertness and mental clarity (able to solve all of the worlds problems)
- Lightheadedness (the Runners High)
- Weight loss (that Super Model look)
- Self confidence and Esteem (the swagger in your stride)
- Physical attractiveness to the opposite sex (well maybe not this one)

SPECIAL CONCERNS – Although ARC is completely safe if used as prescribed, please be aware the following conditions may occur:

- Tolerance – After a few weeks, your body will lose all sensation of pain. The pain is replaced by an ecstatic feeling known as the Runners High (see Dependence below).
- Dependence – ARC is completely habit forming. Cutting back or stopping will cause unpleasant symptoms (see Withdrawal below).
- Withdrawal – Mild to severe withdrawal symptoms can include weight gain, sluggishness, depression, and other nasty things that effect your disposition (see Changes in Behavior and Thinking below).
- Changes in Behavior and Thinking – People under the influence of ARC can become fanatical (i.e.: Marathon Maniacs). Their whole life revolves around ARC. They tend to invent ridiculous excuses to explain why they can't attend important activities on the day of an ARC event.

Note: ARC helps Restless Leg Syndrome. For more information about ARC, talk to one of our staff or go to our website. arlingtonrunnersclub.org.

The Staff of ARC submits the following proposed additional paragraph to our disclaimer statement on the registration flyers for the membership to review.

NOTE: New text appears after the first sentence and is underlined.

I am aware that participating in running events involves certain risks of physical injury and death, and that I should consult with a physician concerning participation in said events. NEW PARAGRAPH. Should I become bug squat on the front of a motorized vehicle, I do hereby bequeath all of my worldly possessions to ARC. Furthermore, my successors or heirs will hold ARC completely harmless. My heirs agree to hire a greedy lawyer to collect damages from the guilty motorist and to give all the proceeds to ARC. Please provide feedback on this proposed addition before we insert it into our next race flyer.

Letter from a Race Participant

To Greg and team members of ARC,
The effort and interest Arlington Running Club provides our community, has been of great value to walkers,

Words of Wisdom

"don't ever say you can't do it."
"keep smiling." "get a minimum of 30 minutes of exercise a day."
"you should do something--running, cycling, swimming or skating--or your body will deteriorate and you'll become old before your time." "I climbed Mt. Kilimanjaro for my 65th birthday. I ran 70 miles on my 70th birthday. Now I have to decide what to do for my 75th. George Bush Sr. parachuted out of an airplane on his 80th birthday--that's still on my to-do list."

-Michael Breeze

71-year old runner, just ran the Easter Seals 24-hour Relay all by himself, 80 miles.

2007 ARC Races

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.

runners, and rollers. Saturday's 5k/10k Gleneagle fun run was done very well. Though running has been my main form of entering events of ARC since '06, it has also led our 10 year old son Noah to his 2nd 5k finish since March. At the Walk n Roll event last spring, he and his Aunt Pennie from SPC walked the entire course. Finding he has the willingness to run parts of course, made Gleneagle just as rewarding. You see Noah has Autism, and finds great joy and inspiration in "People". The race course spotters and entrants along the way provide a supportive sense of making to the finish. His last hill and left hand turns to the finish were a challenge taken. The added encouragement along the course was greatly appreciated! Arlington Running Club goes a long way and helps us both.

Noah's Dad, Darrell R. Smith

2nd Annual Gleneagle Fun Run

The second annual Gleneagle community fun run for Dollars for Scholars was held Saturday June 9 at Pioneer Elementary School. About 75 runners and walkers including volunteers braved the rain and raised almost \$1,000 to be awarded to a deserving student as a scholarship. Gleneagle resident Jack Shouman who's son a former NCAA 3:50 miler, escorted the pack of runners on his motorcycle through the golf-course community. Overall winners were 1st place 5k – Luke Passalacqua, 18:17, Arlington and 1st place 10k – Bryan Robertson, 37:06, Bellingham.

...Pictured here are husband and wife finishers Will and Lorraine Miller, Marysville, each 1st place by age group. Race results and info about upcoming events can be found on the clubs website

