



The Pace

www.planopacers.org

The Newsletter of the Plano Pacers Running Club

Faces at the Finish Line: Marylyn Patrick

By Don Wallace



Marylyn Patrick

Name: Marylyn Patrick

Age: 63

Occupation: Attorney

Pacer member since: 1994. I found out about the Plano Pacers prior to moving to the Dallas area and was ready to join when I came here!

I reside in: Plano

Family: My daughter, Stephanie, and a "grand-dog" McKenzie, who literally enjoys running more than eating!

Background: I grew up in Dallas. I lived in Vienna, Austria for five years, Austin for two years, and then Houston for over twenty years before moving back to Dallas in 1994.

Running since: 1985

Why did you start running: I lived across from a high school track and my next door neighbor made the suggestion that we run once around the track early in the morning before the football players began their practice. I was totally exhausted afterwards! However, I ran a five mile race about two months later and had so much fun that I kept wanting to go back for more races.

Why do you keep running: It can be fun! Running has been my unique friend in this journey through life and I have enjoyed so much the runners I have met along the way. It

has become such a part of my daily routine that I do not even think of life without running! Usually, I feel better and energized after running—it does something special for my soul.

What is your favorite running route and time of day: I am definitely a morning person and like to run very early (around 5:00 a.m.) when it is dark, cool, and quiet and I can think about the adventures the day will bring. I have always thought that running allows me to begin my day by doing something positive for myself. I like to run the Plano trails and, especially, to run up to 121 and Russell Creek for a 20 mile run. I also like to run at White Rock Lake when I have more time. I like to discover new routes in cities I visit, as well.

What is your normal training routine/mileage: I run six days a week and average about 60-70 miles per week. I do a track workout during the week and a long run on Sunday. I also lift weights twice a week at the gym.

What was your most memorable race and why: Of course, my first marathon will always be special (Houston marathon in 1986) because it gave me such a feeling of accomplishment. After considering myself a non-athlete, I found out that I could be athletic, too. However, I find that each of the marathons I am doing now are also very exciting and have their own memories attached to them.

What other sports and interests do you enjoy: I love going to the theater and movies, dancing, art, reading, learning, taking inspirational classes, and traveling and trying out some new adventures, such as white water rafting, canoeing, cross country skiing, etc.

What else would you like Pacers to know about you: That's enough—I have to keep some secrets!

Any advice for younger Pacers: Be positive about, grateful for, and consistent with your running. Visualize yourself as a winner, no matter how fast you were in your last race!

June 2007

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SOME IMPORTANT NEWS FOR ALL PLANO PACERS

The upcoming June 30th race includes the Millet mile, a 5K race and the Kids' K. Please be aware that It is not like every other race day Saturday.

The Millet mile will start one mile down the path from the gazebo. The finish line will be our normal finish line. Race day registration for the Millet mile will close at 7:45 a.m. A special awards ceremony for the Millet mile winners will be conducted directly after the 5K race.

The first Millet mile was run on July 29, 1989 at 10:00 a.m. Before attempting the mile you had an opportunity to warm up by running a 5K at 8:00 a.m. or a 10K at 9:00 a.m. Are we getting soft today or what?

The 5K will start at approximately 8:30 a.m. and will take place where we begin all of our other races. The Kids' K will start around 9:00 a.m.

Although dogs are great pets and make excellent running companions they really don't belong in competitive races. Our bylaws, our membership registrations, even our insurance prohibits dogs, skateboards, etc. from entering our races. Although you may know exactly how your dog is going to react to an upcoming runner, the runner does not. Please leave your favorite pets at home during our Saturday runs. Your consideration is appreciated by all the other runners.

MAY RACE RECAP

The pre-race weather pattern continued for the May race, with overnight storms clearing up just in time for the race. It was mostly cloudy, a bit humid and 72 degrees at the start. With just a single featured race, there was excellent competition within the age groups. To see a couple of videos of the runners crossing the finish line, please visit the web site under "May Race Report".

Jenny Swan, who won the 5K in January, came back to win the women's title with a time of 19:50. Jenny remained undefeated at a Pacer race but was challenged by Molly Burke, who showed a big improvement finishing second in 19:52. Frances McKissick won the Masters title running a fast 20:04, while Linda Kelly-Ashby took the Seniors crown in 22:06.

On the men's side, it was Matt Caterisano who took all of 17:17 to cross the finish line first, with Alex Wallace finishing as the runner-up with a time of 17:29. Alex also won his age group (15-19). Visitor Richard Leiboult ran the course in 18:32 and another visitor, Kenneth Legernes, completed the 5K in 20:01. Richard and Kenneth were the Master and Senior winners respectively.



May Day 5K !

The Kids' K also featured some great efforts from Morgan Devaney and Meghan Barnes . Meghan's 4:02 is now the fastest 1K by a female on this course!

As usual, the volunteers did a great job to make sure everyone was signed up, timed and fed. We did have some problem with our water supply, but thanks to Clyde and Kelly Shank's quick run to the store, the day was saved!

Trail Running By Joshua Thompson

A good friend of mine just had knee surgery for a torn meniscus. His doctor told him a big reason for this injury was his accumulated miles on the harsh concrete of the roads that he normally runs. When running daily on concrete trails like our very own Chisholm Trail in Plano, the pounding will inevitably add up. Want to ease the pounding on your joints? Want a fun alternative to your normal road running? Want to explore Mother Nature and run amongst trees rather than cars?

If you answered "Yes!" to any of those questions, then you may want to try trail running. Although I still run on the roads most of the time, I have found many benefits to occasionally going off road. The first, as mentioned above, is the alleviation of the pounding experienced on the roads. For an illustration of how different the pounding on the joints is between concrete and a dirt trail, a friend of mine was fond of using a golf ball analogy; bounce the ball on each surface and see which bounces higher. Now think of what the constant impact with that harder surface is doing to your joints!

Another reason to run trails is the strength that you will gain by doing so. The trails that I discuss below all have twists and turns, up-hills and down-hills, and occasionally challenge you with the terrain. Running trails makes you a stronger runner.

A third reason to run trails is simply for the enjoyment! A run in the woods amongst singing birds, rabbits, squirrels and other wildlife is simply great. And it sure beats dodging soccer moms in SUVs!

So, if I've sold you on the benefits of trail running, why not check out one of the following North Dallas area trails. All three are great places to run that I'm sure you will enjoy; I hope to see you on the trail sometime!

Arbor Hills Nature Preserve, Plano...The Arbor Hills Nature Preserve is in Plano on Parker Road just west of Midway Road. Although many people run the concrete trail at Arbor Hills, there's a great system of trails that take you all the way through the Reserve. On the southwest corner of the Preserve is a 2-mile loop full of twists and turns, hills and valleys, all on a soft dirt surface with occasional roots to avoid. You can do multiple loops of the trail or cross the creek halfway through the run and you'll find many more miles to run, and more options of directions to go than you could imagine! A nice thing about exploring the trails at Arbor Hills is the fact that wherever you run, if you get confused by your direction, the concrete trail is always nearby so you can always find your way back.

Rowlett Creek Preserve, Garland...The Rowlett Creek Preserve, just a 10-15 minute drive from Plano, is another great place to find trails to run. Located near the eastern end of the President George Bush Turnpike, Rowlett Creek features approximately 12 miles of dirt trails, with more being added. You can do shorter loops, longer loops, or any combination. The terrain varies from very flat to very hilly; you will always get a great workout at Rowlett Creek.

Northshore Trail, Grapevine...The Northshore Trail at Lake Grapevine is my personal favorite place to run in the Metroplex. It's a bit of a drive – 25 or 30 minutes from Plano – but well worth it! This trail is a bit more technical than the other two discussed above, but is not so bad that you couldn't run it in normal running shoes rather than trail shoes. If you park at Rockledge Park, you can do an 18-mile run from one end of the trail to the other. A nice feature of the Northshore Trail is that it is essentially out and back, so you and your training partners could run different distances. It's a beautiful place to run, and I highly recommend running there.

A few trail running disclaimers: don't try to run your normal training pace. Since your feet will be in contact with the ground longer, your pace will naturally be slower. I usually use the minute per mile rule: if you normally train at an 8:00/mile pace, plan on running 9:00/mile pace for an equivalent workout. Additionally, trail running can be tough on the ankles initially, so start off with a few shorter runs before you attempt to run the entire Northshore Trail. Third disclaimer – pick your feet up! I don't want to hear any stories of Pacers doing face plants on the trail because they weren't watching their footing!

For additional resources, I recommend two websites for more information:

<http://www.nttr.org> – Site of the North Texas Trail Runners containing a wealth of information on trail running.

<http://www.dorba.org> – the home of the Dallas Off Road Bicycle Association. They have maps, driving directions, and even trail conditions for these three trails and all the other trails in the area.

Note: Joshua Thompson is the former Secretary and Newsletter Editor of the Plano Pacers. For more information about trail running, you can reach him at livin@peoplepc.com



May Race Results

5K & Jr. Sprint @ Harrington Park, Plano, TX 5/26/07

5K TOP FINISHERS

MEN

1	Matt Caterisano	17:17
2	Alex Wallace	17:29
3	Connor Doyle	17:43
4	Matthew Miller	17:59
5	Justin Nickel	18:19
6	Ryan Loehding	18:29
7	Richard Leiboult	18:32
8	Bob Smeby	18:54
9	Michael Held	18:56
10	Chris Puhala	19:06
Overall:	Matt Caterisano	17:17
Master:	Richard Leiboult	18:32
Senior:	Kenneth Legernes	20:01
14-un:	Colby Mehmen	19:48
	Colton Barnes	22:49
	Andrew Barnes	26:52
15-19:	Alex Wallace	17:29
	Connor Doyle	17:43
	Matthew Miller	17:59
20-24:	Charles Gorman	22:37
	Eric Wang	24:34
25-29:	Calvin Ly	22:34
	Matthew Sunna	24:03
	Michael To	24:03
30-34:	Ryan Loehding	18:29
	Chris Puhala	19:06
	Kevin Helm	19:10
35-39:	Michael Holland	22:51
	Joe Clay	22:54
	Sam Teruyama	25:04
40-44:	Michael Held	18:56
	Steve Stamos	20:03
	Chris Orth	21:57
45-49:	Gabriel Sapien	20:30
	Mark Olateju	20:40
	Martin Leister	20:45
50-54:	Bob Smeby	18:54
	Don Wallace	20:21
	Paul Art	21:36
55-59:	John Nance	22:36
	Scott McKissick	25:15
	Angelo Prieto	27:53
60-64:	Bryce Wilson	21:49
	Mike Koskan	25:15
	Freddie Smith	27:07
65-69:	Bob Abbott	21:09
	Bill Blackburn	23:54
	James Matthews	24:16
70-ov:	Dewey Fambry	29:48
	Roy Peyton	31:10
Clydes:	James Royal	19:21
	Nate Gardner	21:51
	Bobby Hoskins	23:33

WOMEN

1	Jenny Swan	19:50
2	Molly Burke	19:52
3	Frances McKissick	20:04
4	Julie Wall	20:52
5	Sachi Wisner	22:00
6	Jessica Kirchner	22:01
7	Linda Kelly	22:06
8	Ellen Stow	22:15
9	Maria Moore	23:45
10	Debbie Laude	24:00
Overall:	Jenny Swan	19:50
Master:	Frances McKissick	20:04
Senior:	Linda Kelly	22:06
14-un:	Ashley Mims	29:16
	Claire Kamenish	30:08
15-19:	Jessica Kirchner	22:01
	Ellen Stow	22:15
	Alexandra Barinka	27:40
20-24:	Molly Burke	19:52
	Julie Wall	20:52
	Amy Falco	24:31
25-29:	Debbie Laude	24:00
	Deanna St Gernain	34:14
30-34:	Michelle Mire	25:19
	Kelley Smith	32:11
	Claudia Delgado	33:05
35-39:	Sachi Wisner	22:00
	Dana Mackert	26:31
	Tami Ishii	28:23
40-44:	Heidi Nagel	24:39
	Mariquta Gordon	24:58
	Beth Kohler	27:17
45-49:	Maria Moore	23:45
	Dawn Burke	24:22
	Debbie Brewer	27:29
50-54:	Josie Warrington	27:57
	Connie Trautman	32:03
	Debye Humphrey	32:42
55-59:	Jeanne Pitz	28:44
60-64:	Susan Sams	24:25
	Marylyn Patrick	25:33
	Rae Mills	29:52
Clydes:	Wendy Teutsch	32:29
	Norie Alvarez	38:49
	Lee Ann Collins	42:51

May Race Results (Continued) 5K & Jr. Sprint @ Harrington Park, Plano, TX 5/26/07

JR. SPRINT RESULTS

BOYS 0-8

1	John Burnett	05:35
2	Ivan Delgado	05:44
3	Mauricio Salinas	06:27

GIRLS 0-8

1	Samantha Gant	05:18
2	Ellie Erickstad	05:57
3	Amy Flower	06:38

BOYS 9-12

1	Morgan Devaney	03:53
2	Drew Keske	04:18
3	Marshall Erickstad	04:38

GIRLS 9-12

1	Meghan Barnes	04:02
2	Rachel Schiemann	05:13
3	Ranee Samaniego	05:26



Nicholas Landry (top) discovered the easiest way to complete the course while giving dad a hair makeover. Joe is collecting used running shoes to take with him on a trip to Mexico. Please bring your retired running shoes to our June race.



Jenny Swan puts on a last minute charge to pass Molly Burke and win the women's overall title. Behind Jenny and gaining ground is the Master's winner, Francis McKissick.

Smiling Faces



Approaching the finish line is overall winner Matt Caterisano. On his shoulder is Alex Wallace who finished second.



The kids put on their "game faces" for the start of the race. Is that a foot across the starting line?



A group of familiar runners approaching the finish line all with their bibs visible. Thanks guys. All numbers are recorded and used to validate the timing system. The system was used as Mike Koskan (5th) and Scott McKissick (8th) crossed the finish line in a virtual tie. Recorded numbers and photos helped give the slightest edge to Scott.

June Prediction Run Results

Schimelpfenig Library- 6/12/2007

Place	Name	Predicted	Actual	Diff(secs)
1	Vernon Hodge	25:30	25:32	2
2	Hector Delgado	19:55	19:49	6
3	Day-ruey Liu	26:00	26:07	7
4	Shehzan Devani	20:00	20:07	7
5	Cyndi Graves	27:17	27:25	8
6	John Beall	31:30	31:21	9
7	Juan Sanchez	18:45	18:54	9
8	Alex Wallace	18:45	18:55	10
9	John Mehmen	25:30	25:40	10
10	Claudia Delgado	33:43	33:59	16
11	John Ahrens	30:00	29:44	16
12	Don Wallace	22:04	21:44	20
13	Justin Nickle	18:00	18:21	21
14	Mark Salamasick	34:20	33:58	22
15	Charles Gorman	22:45	22:22	23
16	James Matthews	27:15	26:50	25
17	Mary Marks	33:15	33:42	27
18	Thomas Faulkner	21:40	21:12	28
19	Gordon Gamme	23:30	24:00	30
20	Calvin Ly	22:58	23:29	31
21	Tony Tang	23:10	23:42	32
22	Blade Norman	21:16	21:50	34
23	Mike Koskan	27:28	26:53	35
24	James Gabhart	28:28	27:53	35
25	Barbara Stohl	32:00	32:39	39
26	Ken Ashby	24:00	23:18	42
27	Bryce Wilson	23:20	24:02	42
28	Keith Campbell	23:12	23:56	44
29	James Dunn	26:00	25:13	47
30	Jim Carlsen	27:54	27:07	47
31	Dennis Chupp	33:30	34:17	47
32	Rachel Johnson	23:00	23:49	49
33	Megan Rozman	21:00	20:08	52
34	Colby Mehmen	21:00	20:06	54
35	Emily Stohl	33:00	33:55	55
36	Tina Jasper	29:30	28:35	55
37	Jeff Hashe	23:58	23:01	57
38	David Graves	31:30	30:28	62
39	Jaque Wise	30:00	31:23	83
40	Robert Gammon	18:45	20:12	87
41	Jason Bogardus	20:30	21:57	87
42	Craig Smith	32:13	30:40	93
43	June Orth	28:00	29:43	103
44	Ella Montgomery	29:30	27:46	104
45	Emily Campbell	22:00	23:52	112
46	Sandra Bienskowski	33:33	35:29	116
47	Chris Slay	33:34	35:30	116
48	Joseph Salazar	18:45	20:41	116
49	Nina Tucker	39:00	37:00	120
50	Paul Smith	30:00	27:13	167

Note : Computer Timing was used and times were accurate to the 0.01 sec. Places were based on closest computer time. Times above were rounded off.

Timers/Finish Line Cards/Results:

- Angela Ahrens
- Ruben Saguil
- Jerry Powell

Course setup

Ken Ashby

Conditions: 93 deg F, Sunny and humid

Course: Start @ Library parking lot. Finish @ Gazebo.

Place	Name	Predicted	Actual	Diff(secs)
51	Mary Lewellyn	37:20	40:16	176
52	George Kampas	29:41	32:45	184
53	Matt Hall	27:00	23:28	212
54	Austin Tucker	23:00	26:34	214
55	Stephen Xi	28:00	31:42	222
56	Kate Wynne	33:00	36:43	223
57	Ashley Rossini	33:00	36:50	230
58	Don Horsman	38:00	42:20	260
59	Antin Haugile	28:00	33:11	311
60	Joey Pogostin	33:00	27:20	340
61	Josh Salazar	21:00	26:46	346
62	Ronda Mehmen	35:36	41:22	346
63	Noah Smith	32:00	37:59	359
64	Madison Munson	30:00	38:06	486
65	Kennedy Munson	30:00	38:37	517
66	Callie Bateman	28:00	36:41	521
67	Christian Stephen	31:00	42:19	679



Pacers relaxing at Einstein's after the May Day race.

Upcoming Races

2007-2008 Schedule of Races at Harrington Park

Date	Name	Event
June 30	Millet Mile	Millet Mile, 5K
July 28	Ice Cream & Peaches Run	5K
August 25	Dog Days Relay	3K x3 relay
September 29	Five-Mile Fling	5 Mile Run
October 27	Boo Scoot	5K, 10K
November 24	Turkey Run Off	5K, 15K
December 29	Holiday Hustle	3K, 8K
January 26	Fresh Start	5K, 10K
February 23	Bead Bash	5K, 15K
March 29	Spring March	5K, 10K
April 26	Spring Scamper	3K, 8K
May 31	May Day Run	5K

Races are on Saturday at 8:00 am sharp. There is a **Jr. Sprint** (1K) for ages 0-12 each month.



2007-2008 Schedule of Prediction Runs at Schimelpfenig Library

Date
July 10
August 14
September 11
October 9
November 13
December 11
January 8
February 12
March 11
April 15
May 13
June 10

Runs start at 7:00 pm. Predict your time in a 5K. No watches allowed.
5024 Custer Road (1 block south of Spring Creek on the east side of Custer)

Group Runs

Tuesdays at 5:10 am

Meet @ [Einstein Bros Bagels](#)

Southwest quadrant of US 75 and 15th Street.

The group runs 6 miles at about a 10 minute pace.

Contact Clyde Shank at **972.423.5854** for more information.

Tuesdays at 6:00 am

Meet @ [Starbucks](#) next to Barnes & Noble on the west side of Preston Road just north of Park Blvd.

The group runs 5 to 7 miles, for more information contact

Sue Yates at sue@sueyates.com, cell phone **972.333.3747**.

Wednesdays at 6:00 am

Meet @ [PSHS track](#) for a speed workout.

For more information contact Sue Yates at sue@sueyates.com, cell phone **972.333.3747**, or Marylyn Patrick at **972.618.0240**.

Thursdays at 5:10 am

Meet @ [Einstein Bros Bagels](#)

SW quadrant of US 75 and 15th St.

The group runs 6 miles at about a 10 minute pace. Contact Clyde Shank at **972.423.5854** for more information.

Thursdays at 5:45 am

Meet @ Legacy and Tracey (halfway between Coit and Independence) for 2-mile repeats.

Fridays at 6:00 am

Meet @ [Starbucks](#) next to Barnes & Noble on the west side of Preston Road just north of Park Blvd.

The group runs 5 to 7 miles, for more information contact

Sue Yates at sue@sueyates.com, cell phone **972.333.3747**.

Saturdays and Sundays at 7:00 am

(excluding race days)

[Einstein Bros Bagels](#)

SW quadrant of US 75 and 15th St.

We run on an attractive trail alongside Spring Creek, up one side of the creek and back the other.

Our typical route is a 6-miler, but some go as little as 4 while others go 20+. There is ample car parking and there are drinking water fountains along the trail. Everyone is most welcome—not just club members—and we can divide into groups to match pace.

After the run we stay for coffee and Bagels.

Please note: The group runs listed above are not sponsored by the Plano Pacers Running Club, but members often participate. Contact the specific individuals listed above for additional information or schedule changes before attending.

PHOTOGRAPHERS WANTED / ARTICLES SUBMISSIONS NEEDED

Photographers are needed for all Pacers events so that we can include photos in the newsletter. Additionally, we welcome any article submissions. If you are interested, or have a friend or family member who would be willing, please contact Jerry Powell at: jpowell34@msn.com

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214-821-0909

Coppel

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Coppel, Texas 75019
972-956-5550

McKinney

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972-540-0333

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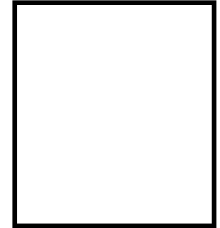
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_____	____/____/____	____
_____	____/____/____	____
_____	____/____/____	____

Waiver of liability: In consideration of membership with the Plano Pacers, I, for myself, and my minor children, and anyone entitled to act on my behalf, forever release and discharge the Plano Pacers, its officers and members, any sponsors, volunteers, and their representatives from all claims and liabilities for any kind, whether injury, death, or property damage, arising out of my or my children's participation in Plano Pacers' activities. I understand and assume all risks associated with running and participating in the Club activities, but not limited to falls, contact with other participants, the effects of weather, the conditions of the course, and vehicles on the course, all such risks being known and appreciated by me. I will assume and pay for any medical and emergency expenses in the event of accident, injury, illness, or other incapacity regardless of whether I have authorized such expense. I understand that bicycles, skateboards, baby strollers, roller blades or skates, animals, and headsets are not allowed in Club races and will abide by this guideline. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other records for any legitimate purpose.

I have read the above and agree to it. _____

Membership Dues \$20 Individual \$30 Family
 \$10 Student (18 and under)

