



P A C E L E T T E R

News & Information for Members of the Port City Pacers Running Club



Jacob Collings is the winner of the “guess the celebrity” on the Do it in the Bush t-shirt.

June/July 2011
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Mobile, Alabama

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Port City Pacers

www.pcpacers.org

Online Race Results

Grand Prix Standings

Race Announcements

Forum

Links to Other Web Sites of Interest

Advertising Rates

The *PACELETTER* is emailed electronically and by mail monthly to approximately 700 members. If you are submitting flyers, please give us 100 flyers and an electronic copy in Word.

All materials must be camera-ready and received by the 10th of the month prior to first insertion issue.

The prepaid rates are:

Business Card	\$100 per year
¼ Page	\$25 per issue
½ Page	\$40 per issue
Full Page	\$75 per issue

2011/2012 PCP Officers

President

Jon Bowie
626-2891

Vice President

Gary Beeler
649-9705

Secretary

Joy Brewer
209-6364

Course Marshal

OPEN

Treasurer

David Dutton
340-7345

Membership

Joe McReynolds
662-3626

Promotions/Corporate Cup

Will Wright
342-1363

Programs

Roy Seewer
802-1569

Newsletter

Wanda Smith
401-3536

Registration/Results

OPEN

Race Coordinator

Kenny Pfeiffer
501-6980

Volunteer Coordinator

Lindsay Wilson
599-8990

Past President

Richard Leonard
607-9733

ATR Race Director

Peggy Olive
401-8039

Promotion Commotion

By Will Wright

ANOTHER COUNTRY, ANOTHER YEAR, SAME WIFE

By the end of July three important things will have happened in my life. Number one, I went to Tanzania, Africa, on a church mission trip; number two, I celebrated 50 years of marriage on the 8th; and number three; I turn a year older on the 23rd and will have entered the last year of the 70 to 74 year age group. I consider all these things to be significant in my life and I would like to make some comments about each.



Will is gifted the outer garment of the Masai tribesman for his ministry.

AFRICA -- I recently returned from Tanzania, Africa, where I ministered alongside 34 others in two different villages, Kwadinu and Choka. Medical professionals served in the clinic where some 2650 people were treated and given medicines. An evangelism team shared God's Word in a way which impacted the lives of many Muslims. We had a women's ministry where more than 700 women were educated in ways to improve personal hygiene; each received a health kit as well. I headed up the glasses ministry where 750 pairs of readers and distance glasses were given out in addition

to 650 pairs of sunglasses. More than 750 children played games, made handicrafts, and heard Bible stories that impacted their lives. I also had the opportunity to teach in the pastor's conference where some 30 pastors and church leaders were encouraged and trained deeper in the Word of God.



Some of the slowest runners in Africa.

During the evenings various ones traveled with the Jesus Film Teams for nightly showings where many accepted Christ. More than 2000 indicated decisions for the Lord when combining all outreach efforts.



One of the faster runners in Africa.

Continued on page 8.....

Port City Pacers Board Meeting June 7, 2011

The Port City Pacers Board meeting was held on June 7, 2011, at the Pacer Clubhouse. Jon Bowie called the meeting to order at 6:05 p.m.

Present: Jon Bowie, Gary Beeler, David Dutton, Lindsay Wilson, Peggy Olive, Kenny Pfeiffer, Wanda Smith, Joy Brewer, and Richard Leonard. Absent: Will Wright, Joe McReynolds, and Roy Seewer.

Minutes from the May 3, 2011, Board meeting were reviewed. Peggy made motion to approve, Kenny seconded and minutes were approved by all.

Treasurer's Report David Dutton read the Treasurer's Report, it was discussed and Peggy made motion to approve the report, Kenny seconded and accepted by all.

Promotions Report Will Wright was in Africa and could not attend the meeting. He sent a report that race forms are being distributed and races promoted. He asked for any feedback on the health seminar and would we want to do something like that again in the future?

Programs Report Roy Seewer – Absent.

Newsletter Report Wanda Smith – Nothing to report.

Membership Report Joe McReynolds was absent for the meeting but sent us an update on membership. Total membership is 547 with Head of Household 347 and Dependents 200.

Registration/ATR Race Director Report

Registration: Peggy Olive – Reports that we had 303 participants for Do It In the Bush.

ATR Report Peggy Olive – The next Azalea Trail Run will take place on March 24, 2012. The ATR gave \$10,000 to the Port City Pacers.

Race Coordinator Report Kenny Pfeiffer – Nothing to report.

Volunteer Coordinator Report Lindsay Wilson – new to the board. Introductions were made.

Course Marshal (Need to have vacancy filled.)

Past President Report Richard Leonard – Accounting for the Old Mobile 8K was discussed. The police department charged us a considerable fee. We are waiting for sponsorship money that was promised to come in. Once that has come in, it will be decided how much of a contribution will be given to Penelope House. Also, a new course for 2012 was discussed.

Vice President Report Gary Beeler – Nothing to report.

President's Report Jon Bowie – Nothing new to report.

Old Business New Board of Directors – the 2011-2012 Board of Directors were elected at the Do It in the Bush race.

New Business a. Race schedule 2011-2012

- i. Grand Prix – All Pacer races will be counted as Grand Prix races.
 - ii. Start times – Will remain the same in general but discussed on a race by race basis.
 - iii. Race fees – Will remain the same in general but can be discussed on a race by race basis.
 - iv. Race directors – We need race directors for Hurricane Run, Turkey 10 Miler and Battle of Mobile Bay.
- b. ATR Race Director – It was decided to pay someone for the position of ATR Race Director.
- c. Course Marshal – We need a Course Marshal for all races.

The meeting was adjourned by unanimous vote at 7:40 p.m. The next meeting at the Pacer Clubhouse is scheduled for July 12th at 6:00 p.m.



Road Runners Club of America

We Run the Nations Founded in 1958

HOT WEATHER RUNNING TIPS

The Road Runners Club of America wants to remind the running community about the importance of following our hot weather running tips. Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

- Avoid dehydration! You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10–15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20–30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.
- Visit [Gatorade Endurance's site](#). You will find great tools for developing a hydration strategy.
- To stay hydrated on your run, consider using one of the many products designed by [FuelBelt, Inc.](#) Get a 15% discount on online orders by using the RRCA coupon code: RRCA.
- Avoid running outside if the heat is above 98.6 degrees and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature. Check your [local weather](#) and humidity level.
- When running, if you become dizzy, nauseated, have the chills, or cease to sweat.... STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade Endurance. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life-threatening medical emergency, requiring emergency medical treatment.
- Run in the shade whenever possible and avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer off the top of your head.
- If you have heart or respiratory problems or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.
- Children should run in the morning or late afternoon hours, but should avoid the peak heat of the day to prevent heat related illnesses. It is especially important to keep children hydrated while running and playing outdoors in the heat.
- **Do** wear light colored breathable clothing. **Do not** wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits hot days to lose water weight is dangerous!
- Plan your route so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

Stay hydrated, cool, and safe this summer!



**Volunteer
Appreciation
Sunday,
June 5**



Red Dress Run

By Jimmy Matthews



On Saturday, August 9, 2008, I was visiting New Orleans with my family. We returned to Harrahs Hotel about noon. In the vicinity of the hotel we came upon a large group of adults, all in red dresses. There were men, women, old folks, young folks—just a variety of people of all sizes and shapes, all dressed in a wide variety of red dresses, or what passed for red dresses. It was a most a most congenial, friendly, well behaved crowd of fun loving people. We had stumbled upon the starting point of the Red Dress Run put on annually by the New Orleans Hash House Harriers. There were thousands of participants getting “primed” for a 1 P.M. run. The pre-race beer party had already started. The run would take them over most of downtown New Orleans, but particularly through the French Quarter. Most participants were still drinking beer after the race started, and I’m not sure if anyone was seen running during the run.



After watching the runners fade into the city, we visited a bar on Bourbon Street to listen to some live music. About 2:30 a young lady in a red dress came in and spoke to the manager of the bar. The bartender immediately started filling some 400-500 paper cups with draft beer. About 10 minutes later red dress runners started drifting into the bar to consume the beer and enjoy the music and dancing. The main contingent of runners literally took over Bourbon Street. After 30-40 minutes the “run” continued down the street. By six o’clock that night the red dresses had scattered but were still to be seen on the streets.

I heard that most of the entrance fee of \$50 benefited local charities. The fee covered the pre-race party and unannounced stops at bars along the route. Participants did not know the route prior to the race. I am not sure this was a typical Hash run and I understand that some of their events vary but this one perhaps should come under the heading of “pub crawl”.

.....Continued from page 3

In between the two village ministries, we went on safari in the Tarangire National Wildlife Park where God's creation of the animal kingdom was on display in abundance. Circumstances were such that I could not run and I missed it. But I thought about all the time I invested in running to benefit myself and the lesser amount of time I invested in the lives of others. Everybody gets twenty-four hours, but not everybody gets the same return on time spent. People talk about trying to "find time", but they need to quit looking; there isn't any extra lying around. After feeling guilty for a short time, I realized that investing in running for myself is on a level comparable to investing in the lives of others as one's health is so important. Without it, I could not go and serve. The problem is that so many invest in neither.

BIRTHDAYS -- Getting a year older reminds me to be thankful for every birthday, especially when you consider the alternative. As far as I know my health is good and I am still able to run at some speed over a reasonable distance. But this 74th year of life, which includes some 32 years of running, causes me to consider four things. First is **Recognition**. It is a time when I can proclaim my age proudly knowing that running transcends age; I can connect to a younger self and truly make age just a number. I may move slower and stop more often, but I am respected for what my body can do. As runners and walkers we can be proud knowing that what we do can in general help us live a little longer and have a better of quality of life. Second is **Perspective**. Some see ageing as depressing, a loss of power, importance, influence, and visibility. While I know that the younger runners in the bottom of the age group will have an advantage, I am excited that in twelve months I get to move to the next age group (perhaps the last age group)! I will be grateful to be alive and running at 75. Third is

Decision. Retaining inspiration is easy to say but more difficult to do. Running is always a challenge and takes more time with age. Not only do I hurt, but mentally I entertain the negative thoughts of not being able to do the things I used to do. Sometimes it is a daily decision to keep on pounding the pavement! The best decision is to take whatever action is necessary to overcome the crisis. Fourth is **Action**. I must implement my decision to the best of my ability. I am committed to fitness and hope to continue to juggle my life in order to maintain a balance and to stay in the game. I don't want to be in great shape for a man my age; I want to be in great shape, period!

MARRIAGE -- I am happy and proud to have celebrated my golden anniversary. I have to admit that much of the gold was "tarnished" from the storms and adversaries of life, but commitment prevailed in holding our relationship together. I have learned a lot and am still learning. I have changed a lot and am still changing. I have forgiven a lot and have been forgiven. Love is work made visible and my eyes have been opened. I am thankful and blessed, and I believe getting into better physical shape has made my marriage stronger as well.

Help someone else, keep yourself in good shape, celebrate every birthday God allows, and be thankful. Deposit a lot of happiness in the bank account of memories; then as you get older you can withdraw from what you've put in.

Charlie Spencer Memorial Scholarship -- I would like to thank everyone who participated in the annual Do It In The Bush 5K Run with special thanks to those who made a contribution to this cause. If you are aware of a high school runner going to college with plans to participate in cross country and/or track, please let me know. We will begin accepting scholarship applications in September.

Chickasabogue 2 Miler August 8, 2011

The first race on the PCP calendar for 2011-2012 is always a great event with food, fun and bugs. The race starts at 6:30 pm after which everyone gathers at the beach pavilion for the post race party. PCP will provide grilled food (hotdogs and/or hamburgers) and beverages. Please bring a covered dish or dessert or snack or whatever you like. A serving spoon for your dish will be needed as well. This is a great time to renew your PCP membership and receive free entry to this event. Registered racers will also receive their choice of a T-shirt or an award from previous races. Grand Prix and Corporate Cup awards will be presented at this time. Please join us and don't forget your bug spray!

See the attached race flyer for more details.



Will Wright introducing Lynn Barnes

The **Health Seminar** hosted by the Port City Pacers on Tuesday, May 17 was a great success. We had two interesting speakers: 1) Lynn Barnes, a registered and licensed dietitian and is Mobile's FIRST certified Sports Nutritionist. 2) Suanne White-Spunner, an orthopaedic surgeon on staff with the Alabama Orthopaedic Clinic. Many guests enjoyed the speakers and the delicious array of hors d'oeuvres.



Suanne White-Spunner



Frequent Runner Number

By Peggy Olive

Do you participate in two of more local races produced by the Port City Pacers or Little Red Hen? Do you get writer's cramp when filling out applications for friends, family, and multiple races? Want to save time when registering for a race? Do you want to reduce the possibility of your name being skipped when the Grand Prix or Corporate Cup points are being assigned? Have you ever noticed that your penmanship worsens as the closing of day of race registration nears?

Apply for a Frequent Runner Number (FRN). It's FREE. The mission of the FRN is to reduce errors and save time. Once you have been assigned your unique FRN, all you will need to do when registering for a race is fill in your last and first names, write your FRN on the address line, mark your event, and sign the waiver. Yes, of course, you will still need to pay the race entry fees. Give it a try. If you don't want an FRN, or if you forget your FRN, no harm – no foul – you can still fill in all the info as usual.

Application for Frequent Runner Number

Last Name: _____ First Name: _____

Current Age: _____ Sex: _____ Date of Birth: _____

Address: _____ City, State & ZIP: _____

Best Contact Phone Number: _____

Emergency Contact Number: _____

Email:

Race Walker: Yes No PCP Member: Yes No

Preferred T-Shirt Size: YS YM YL S M L XL XXL

Corporate Cup Team Name:

Mail completed applications to: Frequent Runner Number; PO Box 6976; Mobile, AL 36660 or **drop off** the completed application at the Port City Pacer office (358 Morgan Ave.), McCoy Outdoor (Spring Hill Ave., Mobile), or Running Wild (Fairhope Ave, Fairhope) or **email** the completed applications to Peggy at mlolive@bellsouth.net.

Training Runs/Walks

Monday

6:00 pm Heroes Sport's Bar and Grill, Dauphin St. Downtown

6:30 pm Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

Tuesday

5-5:30 pm Blue Bell Bombers

Commerce Park near Blue Bell Plant off Rangeline Rd.

Variable distances depending on pace

5:45 pm Mellow Mushroom at the Loop – 5K run, all abilities, discounted beverages at Mellow Mushroom at the Loop,

<http://www.mobilemellowmilers.com/> for info.

6:00 pm Team Spiridon

McGill H.S. track Bayside 5-6

Workout begins @ 6PM....arrive early enough to warm-up beforehand

6:00 pm - Bay Area Runners, Fairhope Library, westside parking lot, all paces/distances

6:30 pm Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

Wednesday

6:00 pm Picklefish on Old Shell Road

6:30 pm Cottage Hill Runners – Track at University of South Ala

Thursday

5:00-5:30 pm Blue Bell Bombers

Commerce Park near Blue Bell Plant off Rangeline Road

Variable distance depending on pace

6:00 pm Team Spiridon / Bay Area Runners

Daphne - Centennial Park.....variable distances and pace

6:30pm Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

Saturday

7:00 am (summer) Springhill College, Stewartfield Mansion

Sunday

6:00 am – Blue Bell Bombers

Commerce Park near Blue Bell Plant off Rangeline Road (longer distances)

6:00 am – Cottage Hill Runners – Cottage Hill Park (usually a 10 mile run from park to USA and back)

6:00 am Team Spiridon / Bay Area Runners Fairhope Pier varied pace, 4-22 miles

Please contact Wanda Smith for any corrections or additions at 251-401-3536 or wan7124@hotmail.com. Thank you!

Recipe Corner

By Mona Denton

Monterey Jack Salsa

(Serves 4-6)

1 - 4 oz can green chilies, chopped

1 - 3 ¼ oz can black olives, chopped

4 green onions, chopped

¼ lb Monterey Jack cheese, shredded

1 tomato, chopped

½ cup Italian salad dressing

¼ cup chopped fresh cilantro

Blend all ingredients and serve with tortilla chips

Corporate Cup

By Will Wright

Another successful season has been completed with 28 teams competing for the top spots while averaging 118 runners per each of the 15 races. The final team standings appear below along with the Participation Award winners in each Division. While the participation is based on all fifteen races, the team competition standings are based on the best nine of fifteen races. When this was analyzed, there was a tie in Division I for the third position and in Division II there was a tie for the first position. When this happens, the best 10 of 15 races are considered. If a tie still remains, the best 11 of 15 are used etc. until the tie is broken. When applying the tie-breaker rule, the Bay Area Runners edged the Pacers after the best 10 races. In Division II, the Sheriff's edged Spring Hill Baptist after the best 14 races! Congrats to all. The top three teams in each division and the participation winners will be recognized at the Chickasabogue Two Miler on August 9.

The Corporate Cup kickoff for the 2011-2012 season will be held Thursday evening, August 18, 7:00 PM at Spring Hill Bapt. Activities Center - same as last year. Please mark your calendar. The team captains will align the divisions and select next season's races. Every existing team needs to be represented and prospective team representatives are invited to attend. If your team does not plan to participate next season, please let me know.

Final results are as follows:

DIVISION I

1. Bombers
2. Team PE -- Participation Leader
3. Bay Area Runners
4. Port City Pacers
5. CHARR

DIVISION II

1. Sheriffs -- Participation Leader
2. Spring Hill Baptist Church
3. Univ. Of South Alabama
4. Evonik
5. All Saints Episc. Church

DIVISION III

1. Hargrove
2. Mobile Police -- Participation Leader
3. PEI (Precision Engineering)
4. The SSI Group
5. Shipbuilders

DIVISION IV

1. CPSI -- Participation Leader
2. Dupont
3. Dayspring Baptist
4. Providence
5. Standard Furniture

DIVISION V

1. Crimson Shipping
2. Bodies By Cindy -- Participation Leader
3. White-Spinner
4. Automotive Computing
5. Amerprise Financial Services
6. Airbus
7. BALEU/ERA
8. CPA's

Please note the Corporate Cup Standings and Division Results are posted on the Port City Pacers web site. Go to the PCP home site and click on Corporate Cup.

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ROBBING A TRAIN TAKES TIME & PREPARATION... AND SO DO OUR BURGERS!!

**Port City Pacers Race Calendar
2011-2012**

Aug 9, 2011
Chickasabogue 2 Miler

Sep 10, 2011
Hurricane Run 5k

Nov 19, 2011
Turkey 10 Miler & 5k

Dec 10, 2011
Holiday Half & 8k

Feb 18, 2012
Battle of Mobile Bay 5k

Mar 24, 2012
Azalea Trail Run
10k, 5k, Fun Run

Apr 14, 2012
Old Mobile 8k

May 12, 2012
Do It In The Bush 5k

**Tune in every Thursday morning at
6:50 AM for the Port City Pacers
Report on WNSP radio.**



Graham, Brown & Dutton, PC
CERTIFIED PUBLIC ACCOUNTANTS

David Dutton, CPA
6000 Grelot Road
Mobile, Alabama 36609
251.340.7345 • Fax: 251.340.7346
ddutton@gbdcpa.net





Membership Application

Port City Pacers Road Runners Club, Inc
P.O. Box 6427, Mobile, Alabama 36660
358 Morgan Avenue, Mobile, Alabama 36606
PH: 251-473-7223; Fax: 251-473-7997
Info at www.pcpacers.org



The Port City Pacers (PCP) was organized in Mobile, AL in 1979 as a non-profit chapter of the Road Runners Club of America (RRCA). It was founded to educate Mobilians about the benefits of running. Membership in the Pacers includes a subscription to the *PaceLetter*, the club's monthly newsletter and membership in the RRCA. Membership in the Pacers and the RRCA is open to all regardless of running ability.

Last Name: _____ First Name: _____ Middle Initial: _____ SEX(M/F) _____

Address: _____

City: _____ State: _____ ZIP: _____

Age: _____ Birth Date (mm/dd/yy): _____ Occupation: _____

Home Phone: _____ Work Phone _____ Cell Phone _____

E-Mail _____

Membership Type: Individual (\$20) Family (\$25) Supporting (\$30)

Family Membership: List other family members below

Name of Spouse/Partner Last/First/Initial	Birth Date Mm/dd/yy	Sex M/F	Email Address

CHILDREN UNDER AGE 19

Name (Last, First, Initial)	Birth Date mm/dd/yy	Sex	Name (Last, First, Initial)	Birth Date mm/dd/yy	Sex

VOLUNTEER WORK: I would like to help in the following areas:
Newsletter _____ Race Organization _____ Club Promotions _____ Other _____

I would like to make a tax-deductable donation to the Port City Pacers. I would like this donation to go to the:
\$ _____ Scholarship Fund \$ _____ Shoe Fund \$ _____ Richard Overbey School Grant Fund \$ _____ FCP General Fund

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities. I know that I should not participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete an activity safely. I assume all risks associated with participating in club activities. I know that such risks include, but are not limited to falls, contact with other participants, harmful effects of extreme weather and dangers posed by road conditions and traffic. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and for anyone entitled to act on my behalf, waive and release the Road Runners of America, the Port City Pacers Road Runners club and all sponsors and their representatives and successors from all claims of liabilities of any kind arising from my participation in club activities even though a liability may arise from negligence on the part of persons named in this waiver.

SIGNATURE _____ DATE _____

If under age 18, signature of parent or guardian _____ DATE _____

MAKE CHECKS PAYABLE TO PORT CITY PACERS AND MAIL TO PORT CITY PACERS, P.O. BOX 6427, MOBILE, AL 36660



2011 Chickasabogue 2 Miler

Grand Prix and Corporate Cup Awards Celebration

Tuesday August 9, 2011 6:30 PM

- Organized by:** Port City Pacers Road Runners Club, Inc. For information: (251)473-7223
- Location:** Chickasabogue Park - From I-65, take exit 13. Head west at the end of the exit. Turn left onto Shelton Beach Road. Continue on this road - you will pass the entrance to Mobile University. Turn left onto Whistler Street and follow the signs to the park.
- Distance:** 2 Mile certified course (AL01027JD) starting at the entrance of Chickasabogue Park
- Registration:** Register by mail (entries should be postmarked by August 2, 2011), online at Active.com until midnight August 8, or in person at the PCP office at 358 Morgan Ave., McCoy Outdoor in Mobile, or Running Wild in Fairhope until 5 PM on August 6, 2011. Race day registration at the park from 5:30 until 6:15 PM. **BRING INSECT REPELLENT**
- Entry fees:** Pre-registered: PCP Members: \$5 Nonmembers: \$10
****Special Pre-registration Offer****
PCP members - renew your membership and your entry in the Chickasabogue 2 Miler is FREE. Offer good only during the pre-registration period.
Nonmembers - become a member of the PCP and your entry in the Chickasabogue 2 Miler is only \$5. Offer good only during the pre-registration period.
- Day of Race:** Everybody - \$10
- 2 Mile Awards:** None. Results will be posted on the PCP website and in the PaceLetter.
- Special Awards:** 2010 - 2011 Grand Prix and Corporate Cup Awards will be presented at the post-race party
- Safety Pins:** Bring all those safety pins you have been hoarding to the race so they can be recycled.
- Race Gifts:** You may select from a collection of shirts and unused awards from previous races.
- Post-Race Party:** Grilled food (hot dogs and/or burgers) and beverages will be provided. Please bring a covered dish (with appropriate serving utensil), dessert, or snack to share at the post-race party.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can. **BRING INSECT REPELLENT**

Last Name: _____ First Name: _____ Age: _____ Sex: _____

Address: _____ City, State & ZIP: _____

Phone Number: _____ Email: _____

Date of Birth: _____ PCP Member: Yes No New Member

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Chickasabogue Park, Port City Pacers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 18)

Make checks payable to: Port City Pacers.

Mail completed applications and fees to: Chickasabogue Run; Port City Pacers; PO Box 6427; Mobile, AL 36660

The Port City Pacers Present
HURRICANE RUN 5K and Fun Run
Saturday - September 10, 2011 - 8:10 AM

Start Time: 5K starts at 8:10 AM Fun Run starts at 9 AM

Organized by: Port City Pacers Running Club

Location: Dauphin Island Sea Lab; 101 Bienville Blvd, Dauphin Island, AL 36528

Distance: 5K Certified Course (AL98017JD) - Fun Run approximately ½ mile.

Registration: Register by mail (entries should be postmarked by September 3), in person at McCoy Outdoor in Mobile or Running Wild in Fairhope until noon on the Thursday, September 8, or online (www.Active.com) until midnight Thursday, September 8. Race day registration at DI Sea Lab from 6:45 - 7:40 AM.

Entry fees:	Pre-registered	5K: \$18 Non-PCP members	Day of Race:	5K: \$23 Everyone
	(with shirt)	5K: \$15 PCP members	(with shirt)	Fun Run: \$10 Everyone
		Fun Run: \$10 Everyone		

Pre-registered:	5K: \$15 Non-PCP members	Day of Race:	5K: \$20 Everyone	
	(NO SHIRT)	5K: \$12 PCP members	(NO SHIRT)	Fun Run: \$7 Everyone
		Fun Run: \$7 Everyone		

Awards: 5K: Top 3 Overall male and female, and top male and female Masters, Grandmasters, Senior Grandmasters, and Race Walkers. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-99.
Fun Run: Top three overall boy and girl, top three boy and girl in age groups: 10-12, 7-9, 6 & under.

Shirts: Shirts guaranteed to pre-registered runners who select the tee shirt option. Tee shirts available on race day while supplies last. Shirts will not be reordered after the race.

Post-Race Party: Food and beverages will be provided after the race.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

Last Name: _____ **First Name:** _____ **Age:** _____ **Sex:** _____

Address: _____ **City, State & ZIP:** _____

Phone: _____ **Date of Birth:** _____ **Email:** _____

Race Walker: Yes No **Event:** 5K Fun Run **PCP Member:** Yes No

T-Shirt Size: YM S M L XL XXL No shirt **Donation to Dauphin Island Fire & Rescue:** \$ _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Dauphin Island Sea Lab, Port City Pacers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ **Date** _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: Port City Pacers
Mail completed applications and fees to: Hurricane Run; PCP; PO Box 6427; Mobile, AL 36606



Save-A-Sole



Sunday

2 Mile Run/Walk 2011

August 7, 2011

8 AM

- CONDUCTED BY:** Complete Sports Productions For more info call 639-0303.
- DATE & TIME:** Sunday, August 7, 2011 at 8:00 AM
- RACE LOCATION:** Providence Hospital, Mobile, AL (east side) Building B
- DISTANCE:** Flat course double loop for the 2 Mile Run/Walk
- SPLITS:** Splits called at mile mark.
- AWARDS:** 2 MILE RUN: Awards to top ten men and women overall. We'll also have random drawing for other prizes.
- REGISTRATION:** Pre-register by mail (postmark by July 30), walk-in at McCoy Outdoor in Mobile or Running Wild in Fairhope by noon August 5, or online at Active.com by midnight August 5.
- ENTRY FEE:** Pre-registered: \$8.00 Day of race - \$10.00.
Register Day of race from 6:30 to 7:30 AM at Providence Hospital.
- SHIRTS & SHOES:** Please bring gently used shoes and unused race shirts to donate to the Waterfront Mission
- SPONSORED BY:** *KIKER CORPORATION (www.kikercorp.com),
SACRO WEDGY® (www.sacrowedgy.com),
PROVIDENCE HOSPITAL (www.providencehospital.org),
HYDRALYTE(VITALYTE) (www.hydralyte.com)*

ENTRY FORM FOR SAVE-A-SOLE 2 MILE RUN/WALK 2011

Last Name: _____ First Name: _____ Age: _____ Sex: M F

Address: _____ City, State, Zip: _____

Date of Birth: _____ Phone: _____ Email: _____

WAIVER, RELEASE & COVENANT NOT TO SUE (read carefully and sign)

In Consideration of Complete Sports Productions & LRH Productions, it's sponsors, agents, servants, representatives, licensees, contractors, successors & agents organizing & conducting the above said race & allowing me to participate & run in said run. I hereby waive & discharge forever said Complete Sports Productions & LRH Productions, it's sponsors, agents, servants, representatives, licensees, contractors successors & assignees from any & all known or unknown, foreseen or unforeseen, bodily & personal injury, damage to property & the consequences thereof resulting from my running &/or participating in said race & covenant not to sue for any said injuries &/or damage. I attest & verify that I am physically fit & have sufficiently trained for the completion of this event & a licensed medical doctor has verified my physical condition. Further, I hereby grant full permission to any & all of the foregoing to use any photographs, videotapes, motion picture recordings, or any other record of this event for any purpose whatever.

Signature _____ Date _____
(Signature of Parent or Guardian if participant is under 19)

Make checks payable to: Complete Sports Productions
Mail to: Save A Sole; LRH Productions; PO Box 6976; Mobile, AL 36660





Dash and Splash Duathlon 5K Race and 50 yard Swim

Saturday August 27, 2011 5 PM

- Date and Time:** Saturday, August 27, 2011. Race will start at 5 PM on Museum Drive.
- Location:** Registration and Post-Race Activities at Springhill Swim Club (736 Museum Dr.)
- Sponsored by:** City of Mobile Swim Association **Benefits:** CMSA programs
- Distance:** 5K course along Museum Drive and through Langan Park followed by 50 yard swim in club pool. Fluids will be provided along the race course.
- Registration:** **Pre-register** by mail (entries should be postmarked by August 20, 2011), in person at McCoy Outdoor in Mobile or Running Wild in Fairhope until 4 PM on August 25, 2011, or online (www.active.com) until midnight August 25, 2011. **Race day registration at the Springhill Swim Club from 3:30 – 4:30 PM.**
- Relay Option:** In the relay, the 5K run/walk must be completed by an adult (19 years and over) and the swim completed by a child (18 years and under).
- Entry fees:**

Individuals	Adult run with child swim relay option
Received by July 31: \$25	Received by July 31: \$35
Received by August 10: \$30	Received by August 10: \$40
Received after August 10: \$35	Received after August 10: \$45

Entry fees include short sleeved tee shirt, water, soft drinks, draft beer and fruit. Register by August 19 to guarantee a shirt on race day.
- Awards:** Top male and female overall, top relay team, and top male and female finishers in age groups: 8 and under, 9-10, 11-12, 13-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, and 70 and above.
- Post-race Fiesta:** Water, soft drinks, draft beer, fruit, and chips and salsa are included with entry fees. Additional tickets for the Fiesta available at \$10 per person. Premium beers, wine and frozen margaritas and the full menu from Smokin' Gringos food truck will be available for purchase. (Check out their menu at: <http://www.smokingringos.com>)
- Weather Disclaimer:** Event officials reserve the right to postpone, cancel, or alter portions of the event should weather conditions on race day not allow for the safe for completion of all or some of the event activities.

Last Name: _____ **First Name:** _____ **Age:** _____ **Sex:** _____

Address: _____ **City, State & ZIP:** _____

Phone Number: _____ **Date of Birth:** _____ **CMSA Member:** Yes No

Email: _____ **T-Shirt Size(s):** YM YL S M L XL XXL

Team Name: _____ **Swimmer's Name and age:** _____

Additional Fiesta tickets: ____ @ \$10 each **Additional donation to CMSA:** \$ _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and MP3 players, earbuds, and headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the city of Mobile, the Springhill Swim Club, City of Mobile Swim Association, LRH Productions, its employees, officers, and agents, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant(s): _____ Date _____
(Parent/Guardian must sign for children under 19)

Make checks payable to: **CMSA** Mail to: **Dash and Splash; LRH Productions; PO Box 6976; Mobile, AL 36660**

Dash for Disabilities – 2 Mile Run/Walk

Saturday - August 20, 2011 - 6 PM

Date and Time: August 20, 2011 Race will start at 6 PM.

Location: Start at Matthews Park and Finish at Baumhower's Wings

Benefits: Goodwill Easter Seals projects

Distance: 2 Mile certified course (AL09018JD) – road and trail. Fluids will be provided along the course.

Registration: Pre-register by mail (entries should be postmarked by August 13, 2011), in person at McCoy Outdoor in Mobile or Running Wild in Fairhope until noon on August 18, 2011, or online (www.Active.com) until midnight August 18. **Race day registration at Matthews Park from 4:30- 5:30 PM.**

Entry fees:	Pre-registered	Day of Race
	Adults: \$18	Adults: \$20
	Children (12 and under): \$7	Children (12 and under): \$10

Entry fees include custom neck cooler and entry to the post-race party.

Awards: Top male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Race walkers. Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-99.

Post-Race Party: Post race party featuring assorted foods, beverages, and music

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

Last Name: _____ **First Name:** _____

Age: _____ **Sex:** _____ **Date of Birth:** _____ **Phone:** _____

Address: _____ **City, State & ZIP:** _____

Email address: _____ **Race walker:** Yes No

Additional Donation to Goodwill Easter Seals: \$ _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Goodwill Easter Seals, Little Red Hen Productions, its employees, officers, and agents, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for children under 19)

Make checks payable to: **Goodwill Easter Seals**

Mail applications and fees to: **LRH Productions; Disability Dash; PO Box 6976; Mobile, AL 36660**



Alabama Teen Challenge presents

Turner Walk at the Hank

Saturday August 13, 2011 7:30 AM

Join Mobile BayBears manager, Turner Ward, for the first annual Turner Walk at the Hank - part of Faith Night at the Hank

- Date and Time:** Saturday, August 13, 2011 Walk starts at 7:30 AM
- Location:** Hank Aaron Stadium (755 Bolling Bros. Blvd, Mobile, AL)
- Benefits:** Alabama Teen Challenge (ATC) programs. By applying biblical principles, Teen Challenge endeavors to help people become mentally sound, emotionally-balanced, socially-adjusted, physically-well, and spiritually-alive. For more info about Alabama Teen Challenge, visit alabamateenchallenge.org or call Orville Johnson at (251)580-0091
- Distance:** 1 Mile course around Hank Aaron Stadium.
- Registration:** Pre-register by mail (entries should be postmarked by August 6, 2011), in person at McCoy Outdoor in Mobile or Running Wild in Fairhope until noon on August 12, or online (www.Active.com) until noon August 12. **Race day registration at Hank Aaron Stadium starting at 6:30 AM.**
- Entry fees:** Pre-registered with shirt: \$20 Day of Walk with shirt: \$22
Pre-registered - no shirt: \$17 Day of Walk - no shirt: \$19
Entry fees also a BayBears program and entry to post-walk party.
- Awards:** All finishers will receive a medal.
- Shirts:** Pre-registered participants will be guaranteed a t-shirt on August 13. Shirts to late registrants while supplies last.
- Post-Walk Party:** Food and beverages will be provided after the race. All registered participants will be eligible for door prizes.

Last Name: _____ First Name: _____ Age: ____ Sex: M F
 Address: _____ City, State & ZIP: _____
 Phone: _____ Date of Birth: _____ T-Shirt Size: S M L XL XXL No Shirt
 Email: _____ Donation to ATC: \$ _____
 Cash Check MC Visa Discover Amex Card # _____
 3 Digit Security Code (See Back of Card) _____ Expiration Date: MM/YY ____/____
 Today's Date: ____/____/____ Representative Signature: _____

I know that participating in an athletic event is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Alabama Teen Challenge, its employees, officers, and agents, Mobile BayBears, Hank Aaron Stadium, LRH Productions, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ Date _____
 (Parent/Guardian must sign for children under 19)

Make checks payable to: **Alabama Teen Challenge**
 Mail completed applications and fees to: **Alabama Teen Challenge; 9280 Hurricane Road; Bay Minette, AL 36507**