

The Tourister

Ridge Rider Athletic Club

Our mission is to promote health, fitness, and competition in Northeast Arkansas. For membership information visit www.ridgerider.org.

Healthy Heart 2-Mile Run/Walk



Please join St. Bernards and The Ridge Rider Athletic Club and fellow athletes for the “Healthy Heart”, 2-Mile Run/Walk. This is the 2nd event of 17 in the 2007 Northeast Arkansas Running/Walking Series.

The Run and Walk will begin and finish at the St. Bernards Auditorium at 505 E. Washington Avenue and go through downtown Jonesboro, AR.

Registration will be from 7:30 - 8:45 AM. The Healthy Heart 2-Mile Run/Walk will begin promptly at 9 AM. Cost is \$15 per person before February 18th and \$20 per person after the 18th.

The course will be marked and supervised with volunteers. There will be plenty of food and drinks at the finish! Points will be awarded in the NEA Running/Walking Series.

You may download a registration from from the club’s website, www.ridgerider.org, or contact Jim Stearns at jstearns@sbrmc.org or 870-972-4564 for more information.



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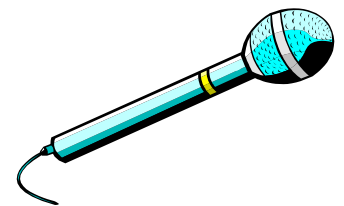
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RRAC to Have Guest Speaker

Please make plans to attend the **February RRAC meeting at 6:00 PM at the YMCA on Tuesday the 13th**. Refreshments will be served.

Dr. Blair Dean, a new RRAC member and local runner, will

provide us with a brief lecture. Invite a friend, and make plans to attend this meeting. For more information, e-mail Jim Stearns at rrac@suddenlink.net.





I always drink one or two beers the night before a marathon.

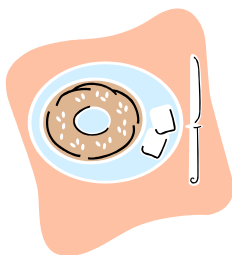
Shanda Rogers
2 X Boston Qualifier

I would run the 5K course about 30 minutes before the race started at a 7 minute mile pace for a warm-up. That way ...

I was confident and warm for the start.

*Jerald Spencer
5K PR 15:30*

Event Number	Date	Event Name
2	2/24/07	The Healthy Heart 2 Mile run/walk
3	3/10/07	ASU 5K (Red Beans & Rice)
4	3/31/07	American Heart Association 5K
5	4/14/07	Physical Therapy Fit for Life 5K
6	4/28/07	Jonesboro Jets Swim Team 5K
7	5/19/07	Loose Caboose 5K
8	6/03/07	Gary Schuchardt 5K
9	6/09/07	Flat as a Pancake 5K
10	7/04/07	Freedom 5K
11	7/28/07	Sensational Kids 5K
12	8/10/07	Hot Summer Nights 4 Miler
13	9/08/07	The Blessed Sacrament 5K
14	9/22/07	The Turtle Creek Civitan Club 10K
15	10/13/07	The Fergus Snoddy Half Marathon
16	10/20/07	The Race for Awareness 5K
17	11/03/07	The MidSouth Marathon & Half Marathon



Peanut butter on 1/2 of a whole wheat bagel 2 hours before a race.
Selena Barber

For contact name, registration forms and more information, please visit www.ridgerider.org for each of these events.

Winter Triathlon Series

Jim Stearns and Scott Brown (owner, Trim Gym) have partnered with the Winter Triathlon Series. Every other Friday, for RRAC & Trim Gym members, a swim, bike, run workout will be held. There is no fee for this workout. RRAC will keep track of times for the series. The workouts will consist of a 500 or 1,000 meter swim, a 15 mile recumbent bike ride, and a 3.0 treadmill run.

If you are interested here is some information, and you'll need to contact Jim Stearns at rrac@suddenlink.net to get on the participants list, and receive more information.

Dates

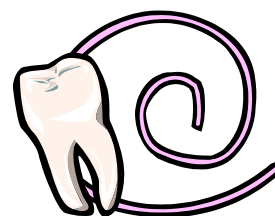
January 26

February 9

February 23

March 9

Start time is 5:30 PM



I floss my teeth right when I arrive at the race ... I think it helps me suck in air ... which I know is crazy! Brian Agee



Have you always wanted to walk or run but didn't know how to get started? Join the 10th annual "Women Can Run" walking and running clinic.

Members of the Women Run Arkansas Run/Walk Club, local running clubs and former clinic participants will be leading you through this 10 week program. Your commitment is to attend

the sessions during this period and to walk or run the Women Can Run 5K graduation event in Conway on May 12th. We have training programs for any level of walker or runner that will help you meet this goal. Even if you have never walked or run before! The graduation event will be attended by participants of other clinics just like this one all across the state of Arkansas.

Come let us help you get fit!

Clinic begins the week of February 25th and ends May 12th. Registration forms can be picked up at Gearhead Outfitters, or NEA Wellness Center.

Email Amanda Herget at acherget@hotmail.com for more information. You may also visit www.womenrunarkansas.net.

"My sports bra has to match SOMETHING I'm wearing or it bugs me."

Leslie Tucker

Central Baptist Church "A Better You" 2 mile

Race day was 50 degrees with no wind for the over 345 registered participants for the Central Baptist Church "A Better You" 2 mile event.

Every participant received a long sleeve t-shirt, a Chic-Fil-A free sandwich certificate, 7-day

membership to NEA Wellness Center, and refreshments provided by Pepsi and Country Mart.

Michael Dougan won the gym quality elliptical machine donated by Spirit manufacturing.

Great job to all at Central Baptist Church (in particular Brian Agee) who secured fantastic door prizes for registered participants.



I drink one or two cups of coffee before an event. This keeps anything from knocking at my back door ... if you know what I mean.
- Clay Spencer



Formerly known as "Red Beans & Race."

ASU's Campus Quick 5K

Saturday, March 10, 2007 at 9 AM is the date set by Arkansas State University's Development Office for the third of RRAC's 2007 Series.

There are many reasons to participate in RRAC Series Events, our favorite reasons to enter the Campus Quick 5K run/walk are:

The first 200 entries will receive an ASU fanny pack and a FREE pancake breakfast for all

registered participants. All entries received by Thursday, March 1st are guaranteed correct t-shirt size and a goody bag.

Register the family for this event because ASU's RED spirit character will be running in the race and will be on hand for photo opportunities!

To find out more about this fun event, e-mail RRAC's

Christy Brecklein at cbrecklein@astate.edu or call 870-972-2758.

Be sure to wear your red and black! Go A-State!

Because atmospheric refraction causes the sun to be seen while it is still below the horizon, both sunrise and sunset are, from one point of view, optical illusions.

Wikipedia

Sunrise or Sunset

Runners come in two types. No ... not fast and slow. Not thick or thin. Runners come in morning, or evening. Generally, I've always been in the morning category. I love the quietness of the morning. Not much traffic, and a feeling that I've got a jump on the day. And, I also get to experience the moon phases, shooting stars, and the phenomenon of the sun waking-up the sky.

However, due to schedule changes I've been toying with the strange idea of running later in the day. Primarily because of traffic, it seems that I am confined to Craighead Forest.

I love the forest. We are blessed enough to have the option of trails or nice asphalt, the trees

provide good wind cover, and God provides the nature show.



Have you got a favorite place to run? Please share your experiences with the club. E-mail your favorite routes with a brief explanation to Aimee Spencer at spenceraimee@yahoo.com.

Member Profile: Doctors David & Rebecca Matthews

The marriage of science and sweat. Typically a phrase used when athletes of today are striving to swim faster, throw farther, or jump higher than their competitors. However, in the case of David and Rebecca Matthews, this is a marriage that needs a closer look.

RRAC: Tell us a little about your family.

David: We've been married since 1975. 31 long, hard, bitter years (this is a quote from my Dad who has been married 57 years). Truthfully, we have enjoyed being married and we are each other's best friend. We meet on a weekend, fell in love, started writing, and were married 14 months later. We did not know each other very well.

David is a pediatrician at the Children's Clinic. Rebecca is an assistant professor of nursing at ASU. Rebecca just completed her doctorate so now we are a paradox!

We have four kids. Micah (28), Ben (25), Ben's wife Heather (26), and Meghan (20). We moved here from Stockton, CA 10 years ago.

RRAC: How long have you been athletic? And, how do you incorporate it in your busy life?

David: Rebecca started running when Ben was a baby to cope with the challenges of two young boys. I was a resident and was not always able to exercise regularly. After we moved to CA from Arkansas (David finished his residency at Arkansas Children's Hospital), we began running together about 3 days a week. We would run around and around our block so that if any of the kids got in trouble ... we could hear them screaming!

Rebecca: Incorporating it into our life is hard, but we are persistent. We usually walk, use the gazelle, ride a stationary bike, or lift weights 3 -4 times a week. In the summer we swim in our pool.

We began the series sort of by accident. We were just going to participate in a week end event. We had fun doing it. We started trying harder, taking longer training walks at Craighead Forest, and found ourselves very satisfied. We kept attending the events, meeting cool people, becoming a little competitive, and were glad to continue the exercise.

RRAC: What are your favorite aspects of competitive walking?

David: It is fun, it gives us a fitness goal, and we like to compete against each other. All is fair in love and war ... right? I can officially say "I beat my wife today" and it is okay! Until Rebecca hears me. Then I experience a sudden, sharp shoulder pain.



Doctors David & Rebecca Matthews.



Your 2007 RRAC Officers

- President: Amanda Herget
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- Vice-President: Bobbi Fowler
bpfowler@inet-direct.com
- Treasurer: Jim Stearns
rrac@suddenlink.net
- Secretary: Paul Kilvington
pkilvington@aol.com
- Publicity: Selena Barber
sbarber@mylibertybank.com
- Newsletter: Aimee Spencer
spenceraimee@yahoo.com



The mission of Ridge Rider Athletic Club is to promote fitness, health and competition throughout Northeast Arkansas. Become a member today!!!

www.ridgerider.org

We are on the web!
www.ridgerider.org

Feedback

If you have something you would like to see, know about, good news, items for sale, favorite running trail, a bike event, a swimming training schedule, etc., in our newsletter, please send me an e-mail. **I'd love to have your feedback to sharpen the newsletter.**

Membership Drive to be held in March! Be watching for details. We have some fantastic membership incentives for you, and all you recruit.

So ... get involved! Help us make this newsletter and RRAC better and better.

Thanks! - Aimee

spenceraimee@yahoo.com



Happy Valentine's Day!