

Ridge Rider Athletic Club

*Promoting Fitness, Health, and Competition
throughout Northeast Arkansas*

RRAC Hot Summer Nights 4 mile Run and Walk

Friday Night August 10, 2007

The fourth Annual RRAC Hot Summer Night 4 Mile Run Walk was another great RRAC event! There were 159 participants that braved the Hot & Humid August Friday night here in Jonesboro... The RRAC again partnered with Scott Brown and the Trim Gym. The four mile course was supported by a number of volunteers that ensured the enjoyment of all participants... There were a lot of firsts for this years HSN race. We partnered with different community groups at the water stations. Mile one - the 1st Baptist church youth group, Mile two - the Brookland Boy Scouts, Mile 2.5 - the ASU Volleyball Team and Mile 3 was the RRAC. The HSN began the walker division 30 minutes before the runner's this year. And much to the surprise of all the competitors, the HSN went 10 deep in male and female overall awards... Michael Collins of Furtherdown entertained at the After Party... and let's just say you should have been there.

Individual Highlights:

HSN 4 Mile	1
Rivercities tri	1
Heavenly 100	2
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Le Tour de	
Forest	2
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Events	3

RRAC goes to the RiverCities Triathlon

Sunday August 5, 2007

The Rivercities Triathlon is held every year on the first Sunday in August. Registration opens on June 1st and the only take the first 1500 triathletes... This it filled up in 3.5 hours! The half mile swim, 18.2 mile bike and 3.1 mile run in a hot and fast course... The race packet is the absolute best you'll every get at any race. RRAC members Nicola Gregory, Kevin Diamond, Michael Mangrum, Ryker Robinson and Jim Stearns all raced this year and competed well.

RRAC goes to The Heavenly Hundred

Saturday August 18

The Heavenly Hundred is sponsored by the Columbia Cycling Club in Columbia Tennessee. This is about 30 minutes south of Nashville. Many were scared of the hills and the elevation maps posted on their website... (Columbiacyclingclub.com). RRAC members Mike Hanks, Tracy Grimes, Gene McDaniel, Jim Stearns, Mac Mcalister and Dylan Mcalister all went and had a great time. The course was beautiful. And the trip to Nashville Saturday night was pretty good too!!!

HOTTER'N HELL 2007

August 25, 2007

The RRAC had 12 members that took another road trip to Whitcha Falls Texas for the 26th annual HH100 on August 25, 2007. Jim Stearns, Brady Allmon, Jim Gann, Jolene Wolfe, Mike Hanks, Lisa Thomas, Scott Nelms, Gene McDaniel, Fred Harget, Kevin Diamond, Keith Johnson and Lee Fergus took the 8 hour drive south to participate in one of the largest 100 mile bike rides in the world. This year's HH100 had over 11,000 riders that tackled 25, 50, 52, or 100 miles in the Texas heat. All the RRAC members tolerated the Texas heat just fine and everyone did a little better than expected. Make plans to go in 2008 when we road trip again.

First Annual Gearhead & RRAC

Le Tour de Forest Mountain Bike Race

Gearhead Outfitters and The RRAC partnered to host the Tour de Forest Mountain Bike Race at Craighead Forest park on Sunday September 9, 2007. Over 100 racers signed up and were greeted to two days of rain and storms... The trails were muddy, but 84 racers stuck it out and competed. A great time was had by all... volunteers, racers support and family! Make plans for 2008... because were going to do this event again!!!



The Blessed Sacrament School 5K

Saturday September 8, 2007

Over 200 competitors came out for the BSS 5K Run & Walk. Many Local Cross Country team competed as well for the School's second annual 5K... Racers received a performance shirt and goody bag for their entry.

Local & Regional Events

Date	Event	Place	Contact
Sept 22	RRAC Running & Walking Series Turtle Creek Civitan Club Turtle Trot 10K	Jonesboro, AR	www.ridgerider.org
Oct 6	Medic One Ride for a Better Life	Jonesboro, AR	Tammy Evins @ 935-4673 Or tevins@betterlife.org
Oct 13	RRAC Running & Walking Series Fergus Snoddy Half Marathon	Jonesboro, AR	Jeff Owens @ 933-4604 or Jowens@jonesboro.org
Oct 20	Race for the Cure	Little Rock AR	
Oct 27	Cardiology Associates Foundation Heart & Sole 5K	Jonesboro, AR	Tracy Grimes @ 972-4147 or tgrimes@sbrmc.org
Nov 3	RRAC Running & Walking Series The Midsouth Marathon & Half Marathon	Wynne, AR	www.midsouthmarathon.com

Ridge Rider
Athletic Club

Membership Information 2007

The Ridge Rider Athletic Club of Arkansas annual dues are \$15.00 per individual and \$20.00 per family. Members can renew their membership by mailing a check or pay any current RRAC officer. Applications for membership must be made on official application form, available by attending the next regular meeting, or writing to the Ridge Rider Athletic Club P.O. Box 2432 State University, AR 72467. The Ridge Rider Athletic Club of Arkansas is Non-Profit.

We're on the Web!

See us at:

www.ridgerider.org

NEXT MEETING Officer Elections!!!

TUESDAY October 9th, 2007

6:00 PM

Jonesboro YMCA

