



The Ridge Rider Athletic Club

The Tourister

Volume 21 Issue 2

February 2008



RRAC "Bike Drive"

Community project for all club members! We need everyone's help to make this successful. The goal is for RRAC to be able to donate bikes to children in our area who may not have the privilege of already owning one. This is where club members come in. We are going to need somewhere to store these bikes for a couple of months. If anyone has any storage or knows someone who has storage they would like to donate to the club for a couple of months that would really help us out. *Also...the bikes!* It's time to pull those old bikes out of your garage, dust them off and donate them to a great cause. While we prefer bikes in working condition we will accept those in need of minor repairs. If every club member could forward this information to friends and co-workers we could really end up with a lot of happy children. Anyone willing to make a bike donation can contact any club officer, rracnews@suddenlink.net. To make this easy for those donating bikes, we will make arrangements to come pick them up. Help spread the word...you should be seeing this advertise in the Jonesboro Sun and other venues soon.



What's going on?

- Let the Series Begin

Submit articles, race results, training schedules, group rides/runs/swims, upcoming events, etc.

rracnews@suddenlink.net

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St Bernards Healthy Heart 2 Mile Run/Walk

Saturday March 1, 2008

9:00 A. M.

Contact:

Jim Stearns @ (870) 972-4564 or jstearns@sbrmc.org

Join St Bernards Medical Center for The 5th Annual Healthy Heart 2 Mile Run & Walk. This is the 1st event of 14 in the 2008 Ridge Rider Athletic Club's Running & Walking Series. This will be a ChampionChip timed race. If you fail to return the ChampionChip assigned to you, you will be assessed a \$35.00 fee.

The Run & Walk will begin and end at the St Bernards Auditorium at 505 E. Washington Ave. The course has some rolling hills that are challenging yet it is very fast. Course record is 10:31. The course will be marked and supervised with volunteers. Each participant will receive a T-shirt and race goody bag. St Bernards will also provide breakfast snacks and drinks after the race.

Registration will be from 7:45 a.m. to 8:45 a.m.

The Healthy Heart 2 mile run & walk will start promptly at 9:00 a.m.

Entry fee will be \$15.00 up to February 20, 2008. Entry fee will be \$20 after February 20, 2008 and on the day of the race. T-Shirt sizes will be guaranteed to those that register by February 20, 2008!!!

RRAC Club Meeting—Tuesday, February 12th Jonesboro YMCA @ 6:00 PM

Guest Speaker: Lance Bryant, Professor at ASU, Speaking on Swim techniques and water exercise

We plan to discuss some new and exciting things the club is involved in as well as some proposed additional benefits for members. Come out find out what's going on and how you can help.

The running and walking series is upon us. It's time to order your club running apparel.



Schedule of Events

February 2008

- **Group Mountain Bike Ride @ Craighead Forest, Access #6. Monday nights @ 7:30 PM. Contact: jowens@jonesboro.org**

- **February 25th will be the first clinic for this year's Women Can Run program. Contact Amanda Hergett, acherget@hotmail.com**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Group Mountain Bike Ride 7:30 PM	5	6	7	8	9
10	11 Group Mountain Bike Ride 7:30 PM	12	13	14	15	16
17	18 Grp Mtn Bike Ride 7:30 PM Women Can Run Clinic registration	19	20	21 Women Can Run Clinic registration	22	23
24	25 Women Can Run Clinic Begins @ 6pm	26	27	28 Women Can Run Clinic	29	

THE RIDGE RIDER
ATHLETIC CLUB

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State University, AR 72467

E-mail: rrac@suddenlink.net

Newsletter:
rracnews@suddenlink.net

We're on the web
www.ridgerider.org



HELP WANTED

RRAC would like to purchase a bullhorn to use for announcements at club events. Any members able to donate a couple of bucks towards the purchase would be forever appreciated. You can give the money to Jim or mail it to the club address in the left column of the newsletter.



We have more and more participants at our events and the announcements are very hard to hear. Even though Jim is LOUD...some still cannot hear him. We want all participants to be able to hear about our races, the club and our sponsors.

Opportunities to Serve

Running and Walking Series Volunteers: Everyone is encouraged to come out and participate in the event. However, anyone unable to participate is welcome to volunteer. The race directors can always use the help.

March 1st—Healthy Heart 2 Mile Run/Walk, event #2 sponsored by St. Bernards Medical Center. Contact Jim Stearns @ jstearns@sbrmc.org

March 8th—ASU Colleges Against Cancer 5K Run/Walk, event #3 Contact Chris Enger @ 972-3974 or cenger@astate.edu

April 5th—St. Bernards/HMG Family 5K Run/Walk, event #4 Contact Jim Stearns @ jstearns@sbrmc.org

2008 Club officers

President—Amanda Hergett, achergett@hotmail.com;

Vice President—Guy Patteson, guypat@swbell.net

Treasurer—Jim Stearns, jstearns@sbrmc.org

Newsletter—Tracy Grimes, tmgrimes@suddenlink.net

Promotions—Lisa Carlton, lcarterton51@hotmail.com

RRAC Apparel

Check it out at
www.ridgerider.org

To place an order contact Jim Stearns:
rrac@suddenlink.net or 870-931-0578