



The Ridge Rider Athletic Club

The Tourister

Volume 21 Issue 3

March 2008



What's going on?

- RRAC Bike Drive
- Women Can Run
- RRAC Running/Walking Series
- Group bike rides begin

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

rracnews@suddenlink.net

Inside this issue:

March Schedule of Events	2
2008 Bike Rides	3
Workshops for members	4
Opportunities to Serve	4

The Ridge Rider Athletic Club welcomed runners and walkers back to the RRAC Running & Walking Series with the St Bernards Healthy Heart 2 Mile Run & Walk Saturday March 1st. The Healthy Heart was the first event of 14 in the series. The weather was nearly perfect as 244 runners and walkers raced their ways to some very fast times.

A special thanks to San Francisco Bread Company for the providing a great bagel breakfast after the 2 miles. As always thanks to all our Series partners—Dr. Walter Hayes, Master Printing and Mr. Trophy.

Brad Reach or State University broke the course record with a time of 10:24, Ted Herget was second in 10:52, Chris Cone was third in 11:14, Joseph Pearce was forth in 11:20, and Steve Lovell was fifth in 11:26.

The top five female runners were; Abby Wise in first place with a time of 13:07. Linda Farris was second in 13:29, Carol Earles was third in 15:20, Lisa Fowler was forth in 15:29, and Heidi Rigsbee was fifth in 15:36.

Complete results are posted at www.ridgerider.org



RRAC “Bike Drive”

We're still collecting bikes! Contact any club officer if you have a bike you would like to donate. We are talking to the Pediatric Day Clinic about donating the bikes to local foster children. The community support for this project has been great. We have between 25—30 bikes but we still need more. Spread the word!!!!





RRAC Club Meeting—Tuesday, March 11th Jonesboro YMCA @ 6:00 PM

Agenda: Upcoming workshops free to members, Bike Drive, Ride the Ridge, Kids Triathlon, Gearhead Mountain Bike Race and the RRAC Running and Walking Series.

We have a lot of work to do and would like to encourage everyone to attend the meeting.

ANNUAL RRAC MEMBERSHIP RENEWAL

Show your support for The RRAC and renew your annual membership. Renewal letters and membership forms are mailed a month prior to renewal date.

Individual membership \$15.00 Family membership \$20.00

Membership forms can also downloaded at ridgerider.org

Schedule of Events

March 2008

- **Group Mountain Bike Ride @ Craighead Forest, Access #6.**
Monday nights @ 7:30 PM. Contact: jowens@jonesboro.org
- **RRAC Series Event #2**
March 8, Colleges Against Cancer 5K for the Relay. Starts at 9:00am from the ASU Student Center.
- **March 11, RRAC Club Meeting** at the Jonesboro YMCA @ 6:00 pm
- **March 29, American Heart Association Heart Run/Walk.**
Starts at 7:30 from Joe Mack Campbell Park
- **GROUP BIKE RIDES**
Leaving from Baptist NEA Medical Center. Ride begins at 5:45 pm so get there early enough to be on your bike and ready to roll.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8 ASU Relay 5K @ 9am
9	10	11 RRAC Club Meeting 6 pm YMCA	12	13 Group Bike Rides	14	15
16	17	18 Group Bike Rides	19	20 Group Bike Rides	21	22
23	24	25 Group Bike Rides	26	27 Group Bike Rides	28	29 AHA Heart Walk/Run 7:30 am
30	31					





2008 Bike Rides

Pending	RRAC Ride the Ridge	Jonesboro	www.ridgerider.org
12-Apr	Tour de Hills	Harrison	www.harrisonparks.org
3-May	AR Wine Tour 100	Altus	www.tri-peaks.org
4-May	Tour de Toad	Conway	wesp@conwayarkcc.org
31-May	Tour de Hoot	McGehee	kennygober@hotmail.com
31-May	Tulsa Tough	Tulsa OK	www.tulsatough.com
1-Jun	Tulsa Tough	Tulsa OK	www.tulsatough.com
14-Jun	Carti Tour de Rock	Little Rock	www.carti.com
15-Jun	Big Dam Bridge Duathlon	Little Rock	www.dltnmultisport.com
12-Jul	Tornado Alley 110	Joplin MO	www.ta110bike.com
23-Aug	Hotter N Hell 100	Wichita Falls, TX	www.hh100.org
27-Sep	Big Dam Bridge 100	Little Rock	www.dltnmultisport.com
4-Oct	Tour de Cure	Bentonville	www.tour.diabetes.org
19-Oct	Medic One Better Life Ride	Jonesboro	

If you know about a ride not listed, send the information to rracnews@suddenlink.net



THE RIDGE RIDER
ATHLETIC CLUB

P.O. Box 2432
State University, AR 72467
E-mail: rrac@suddenlink.net

Newsletter:
rracnews@suddenlink.net

We're on the web
www.ridgerider.org



Our mission is to promote health, fitness, and competition in Northeast Arkansas



There are over 250 women signed up for the clinic this year. They meet on Monday and Thursday mornings at 5:30 am at JHS track or Monday and Thursday evenings at 6:00 at both of the ASU tracks. Contact Amanda Herget for more info. 926-1450 Or aherget@gearheadoutfitters.com

Upcoming Workshops

Free to RRAC Members

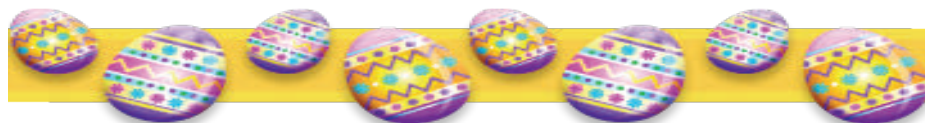
The swim workshop will be first and Lance Bryant is working on the dates. Free to RRAC members, \$20 for non-RRAC members. Most likely it will be March 29 and 30th. We will discuss this and future workshops offered by Lance at our club meeting or anyone interested can contact Lance at lbryant@astate.edu

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 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 Herget, 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 870-931-0601