



The Mission of the Ridge Rider Athletic Club is to promote health, fitness, and competition in Northeast Arkansas.

Your membership in the RRAC allows us to be united to support Cycling, Running, and Recreation in Northeast Arkansas!

THE TOURISTER

2009 Race Season to Begin with St. Bernards Healthy Heart 2 mile Run/Walk

Saturday

February 28th at 9:00 a.m.

St. Bernards Auditorium

Contact:

**Jim Stearns 870-972-4564
jstearns@sbrmc.org**

Join St. Bernards Medical Center for the 6th annual Healthy Heart 2 mile run/walk. This will be the first

event in the RRAC 2009 Running and Walking series. This will be a ChampionChip timed race. If you fail to return the ChampionChip assigned to you, you will be charged a \$35.00 fee.

The run and walk will begin at the St. Bernard's auditorium at 505 E. Washington Avenue. The course is challenging with rolling hills. The course will be marked and supervised with volunteers. Each participant will receive a T-shirt and a goody bag. St. Bernard's will provide breakfast snacks and drinks after the race.

Registration for the race will be from 7:45 to 8:45.

The Run/Walk will start promptly at 9:00.

RRAC Club January Meeting

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The January meeting will be held at the YMCA at 6:00 p.m. on Tuesday, January 13th.

Guest Speaker—Jonesboro Police Chief, Mike Yates.

We will be discussing upcoming club projects and the 2009 race series schedule.



THE TOURISTER

New Officers Elected for the 2009 Season

PRESIDENT:

Jon Wilbanks jswilbanks@gmail.com

VICE PRESIDENT:

Lisa Carlton lcarlton44@live.com

MEMBERSHIP:

Guy Patteson guypat@swbell.net

PROMOTIONS:

Tracy Stearns tmstearns@suddenlink.net

NEWSLETTER:

Lena Manning run08@suddenlink.net

TREASURER:

Jim Stearns rrac@suddenlink.net

JANUARY QUOTE

“If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it“.

-Priscilla Welch,
masters great who won
the 1987 New York City
Marathon at age 42.

We are on the
web. Check us
out at:
www.ridgerider.org

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 DATES.

INDIVIDUAL MEMBERSHIPS \$15.00 FAMILY MEMBERSHIPS \$20.00

You may purchase your own personal RRAC ChampionChip to use at any and all Championship timed events world wide.

The customized Championship will look similar to the one below and will have your own individualized 7 digit code to distinguish it from any other chip in the world.

Download the order form and follow instructions to purchase your very own Championship today!!!

THE ORDER FORM IS ON THE WEBSITE:

WWW.ridgerider.org



PLANTAR FASCIITIS REHABILITATION EXERCISES

HEEL RAISE

Balance yourself while standing behind a chair or counter. Raise your body up onto your toes and hold for 5 seconds. Then slowly lower yourself down. Hold onto the chair or counter if you need to. When this exercise becomes less painful, try lowering on one leg only. Repeat 10 times. Do 3 sets of 10.

STANDING CALF STRETCH

Facing a wall, put your hands against the wall at about eye level. Keep one leg back with the heel on the floor, and the other leg forward. Turn your back foot slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 15 to 30 seconds. Repeat 3 times. Do this exercise several times each day.

FROZEN CAN ROLL

Roll your injured foot back and forth from your heel to your mid-arch over a frozen juice can. Repeat for 3-5 minutes. This exercise is particularly helpful if done first thing in the morning.

If you have information you would like to submit for the newsletter, please send to
Lena at: