



Don't Miss the Last Two Events in the RRAC Running Series

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!

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OCTOBER 31ST



Student Physical Therapy HOWL AT THE MOON 5 K RUN/WALK. Begins and ends on the ASU campus at the Student Union. Special Kids Run after the race with trick-or-treat stops. There is also a group competition and costume contest. Contact Roy Aldridge at raldridge@astate.edu.

NOVEMBER 14TH



This is the final event in the series. Lambda Chi Alpha RUN CRAZY FOR C.A.S.A 10K and 5K RUN/WALK.

Contact Jake Hampton at:
jake_hampton2001@hotmail.com

FOR MORE INFORMATION ON RACES AND TO REGISTER GO TO THE RIDGE RIDER WEBSITE AT WWW.RIDGERIDER.ORG

OTHER AREA EVENTS

OCTOBER 10TH

The Fifth Annual Medic One Ride for a Better Life will be held in Jonesboro. There will be a 10, 25, and 62 mile routes with supported rest stops and SAG Support with medical personnel on board. The proceeds from this ride will go to the “Samaritan Fund” which enables clients to come to the clinic regardless of their ability to pay. All riders will receive a sports bag, event T-shirt and a registration in a drawing for a Green Specialized Globe Vienna 1 bike. Lunch will be provided beginning at 11:00 until the last rider comes in. Routes are posted and online registration is active.





SATURDAY, OCTOBER 24TH
AT 8:00 IN CONWAY.
PROCEEDS BENEFIT THE
SOARING WINGS RANCH
WHICH IS A CHRISTIAN HOME
FOR CHILDREN. REGISTER
ONLINE AT
WWW.RACESONLINE.COM

MIDSOUTH CHAMPIONSHIP MARATHON AND HALF

NOVEMBER 7, 2009 * 8:00 AM * WYNNE, AR

**THIS IS THE 11TH ANNUAL MIDSOUTH
MARATHON AND HALF-MARATHON. LATE
REGISTRATION AND PACKET PICK UP IS
FROM 6:00 TO 7:30. THE RACE STARTS AT
8:00**



**THE MARATHON-HALF MARATHON AND
GRIZZLIES HOUSE 5K WILL BE HELD SATURDAY,
DECEMBER 5TH. THE HALF-MARATHON IS
CLOSED, HOWEVER, THERE ARE A FEW SPOTS
AVAILABLE IF YOU WANT TO SIGN UP AS A ST.
JUDE HERO. YOU HAVE TO BE COMMITTED TO
RAISE \$500.00 IN ORDER TO PARTICIPATE.**

October 2009

Sun

Mon

Tue


Wed

Thu

Fri

Sat

				1	2	3
4	5	6	7	8	9	10 <i>RIDE FOR A BETTER LIFE</i>
11	12	13 <i>RRAC MTG. 6:00</i>	14	15	16	17
18	19	20	21	22	23	24 <i>CON- WAY SOARING WINGS HALF</i>
25	26	27	28	29	30	31 <i>HOWL AT THE MOON</i>



***THE NEXT RIDGE
RIDER MEETING
WILL BE
OCTOBER 13TH
AT THE YMCA AT
6:00.***

HOW DO YOU FEEL ABOUT BANDITS?



First of all, “what is a bandit?” A running bandit simply is an unregistered runner—running the course without registering. Its not strictly illegal but most runners think it’s the wrong thing to do and there are several reasons for this.

- 1. they should pay just like everyone else*
- 2. many races have proceeds designated for charitable causes and these bandits are cheating these organizations out of much needed dollars.*
- 3. Many race directors and volunteers plan on runner support (water, Gatorade, post-race food, etc) based on registered runners so these bandits could potentially be causing a shortfall for these resources for paying runners.*

The simple fact is this: It takes money and resources (including people’s time) to put on a race. So pay the fee. If you don't want to pay the fee, go enjoy a run somewhere else.