



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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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. The race will be at Craighead Forest Park at 9:00 a.m. See mapmyrun.com for a map of the course. The 5K will count toward participation in an RRAC event and the 10K will count toward points.

To view the course follow this link:

<http://www.mapmyrun.com/run/united-states/ar/jonesboro/200125380305870484>

For more information contact Jake Hampton at:

jake_hampton2001@hotmail.com



November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 Midsouth Marathon and Half-Marathon in Wynne Tour duh Sunken Lands Bike Ride
8	9	10 RRAC Meeting at the YMCA at 6:00	11	12	13	14 Last race in RRAC series 10K and 5K at Craighead at 9:00
15	16	17	18	19	20	21 Falcon 5K at Crowley's Ridge Academy in Paragould
22	23	24	25	26 HAPPY THANKS- GIVING	27 SHOP TILL YOU DROP!!!!	28
29	30					



Crowley's Ridge Academy

Glorifying God and Promoting Spiritual, Academic and Social growth in a Christ-Centered Environment for our Students

Your word is a lamp to my feet and a light for my path. Psalm 119 : 105

606 Academy Drive, Paragould, AR 72450 Phone: 870.236.6909 Fax: 870.236.6988


FIRST ANNUAL FALCON 5K

The event will start and finish on the campus of Crowley's Ridge Academy, 606 Academy Dr. in Paragould, AR. The course is diverse with several hills at the start, a long stretch of flat, then hills again at the end. An event T-shirt will be given to the first 200 runners registered before November 8th, 2009. Any remaining shirts will be handed out on the day of the race, while supplies last. Day of race registration will be from 7 until 8:45 am at CRA. This event will be officially timed by Stearns Race Timing. Awards will be presented to the top five overall male and female runners, the top three male and female master (over 40) runners, the top 5 male and female walkers, and 3



Competitors in the 3rd annual Mississippi Blues Marathon and half-Marathon will enjoy a faster layout as well as a new start/finish area in downtown Jackson. Race organizers are moving the start and finish lines to the intersection of state and capitol streets, in front of the old capitol. The redesign was done to offer a more historic backdrop and to eliminate some of the hills, especially in the final miles. The expo will run for two days (January 7th and 8th) at the Jackson convention center. For more information and to register for the race go the race website at:

Msbluesmarathon.com



***THE NEXT RIDGE
RIDER MEETING
WILL BE
NOVEMBER 10TH
AT THE YMCA AT
6:00.***