



A Running Experience Club (A.R.E.C.)

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A Running Experience Club (A.R.E.C.) was founded in 1982 to provide a safe running environment for athletes of all ages and abilities in and around the Southern California community of Long Beach. As a member of the Road Runners Club of America (RRCA), we share the goal of uniting American running clubs in educating people about the benefits of running. We also strive to provide a fun atmosphere at the same time.

A.R.E.C. offers two weekly workout opportunities all year round. Large crowds meet on Wednesday evenings at 6:30pm from Buster's Beach house (168 Marina Dr.) in the Alamitos Bay Landing for a 5 mile loop run or 3 mile walk, and all ages and abilities are welcome. This is a very social night as well with many people sticking around afterwards for food and/or drinks. A.R.E.C. also holds coached Saturday morning "long" training runs from mid-May to mid-October starting at 7:00am from the Joe's Crab Shack parking lot (6550 Marina Dr.) geared for the Long Beach International City Bank Marathon events, and offers periodic seminars/clinics during this time with guest speakers in the fields of holistic chiropractic/sports medicine, podiatry, foot type/shoe selection and sports yoga! Water/aid stations are set up to support runners, and weekly emails keep them informed. Contact Todd Rose at toddrunsarec@aol.com to be added to this email list. On Saturdays from November through April, we leave the same parking lot at 7:00am for trail running destinations around Orange and L.A. counties geared towards the Catalina half marathon (Buffalo Run) in February and the full marathon in March. These runs build strength and endurance, and offer a completely different experience in beautiful areas that should not be missed! Contact Bob Filacchione at rfilacchione@earthlink.net to be added to this email list.

Since 2002, A.R.E.C. has been a partner with the Long Beach International City Bank Marathon (LBICBM), which has been a premiere Southern California event since its reinstatement in 2001. Through A.R.E.C., LBICBM staff provides members with up-to-date race and course developments as well as marathon training tips while A.R.E.C. supports the marathon and its related events by volunteering in race promotion and production as well as in fielding a strong local running contingent.

This year's Long Beach International City Bank Marathon and its related events will take place on Sunday, October 17, 2010. The marathon course is flat, fast and very scenic with most of the course along the Long Beach coastline and the CSULB campus. More information is available at www.runlongbeach.com.

Membership in A.R.E.C. is currently \$25 annually per individual (or \$40 for single family households), and runs from January 1 – December 31. New members joining after September 30 of a calendar year will be extended to the following year. This fee includes liability insurance coverage from RRCA for members at all club events, an always anticipated monthly A.R.E.C. newsletter, some form of A.R.E.C. club gear, the Saturday marathon training and trail runs, organized social events throughout the year and race information/discounts.

A.R.E.C. is a true "runners club." All of our members have a hand in creating the kind of club they want through participation in scheduled Board meetings held during the year to discuss the direction the club should take. We all have a great time while staying in shape for road and trail races, other competitions, and general health. Come join us for a run and support the club by becoming a member today!



A Running Experience Club - Membership Form

Mission Statement – A Running Experience Club (A.R.E.C.) is committed to providing a variety of safe, fun and friendly environments for runners and walkers of all ages and abilities in order to support their personal objectives and promote the benefits of a healthy lifestyle. We foster camaraderie through communication, member participation in club functions and running events, leadership opportunities and social activities. We also strongly encourage participating in, volunteering at or raising money for charitable causes that benefit the local communities.

A.R.E.C. is a member of the Road Runners Club of America (R.R.C.A.)

New Membership _____

Renewal _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____ (check one) cell _____ home _____ work _____

E-mail address _____ Date of birth _____

(Print legibly in Block Letters)

Add me to: Newsletter E-mail List Trail Training List Half and Full Marathon Training List

I can help the club out with:

Social Activities Assisting at Training Runs
 Writing Newsletter Articles

AREC Activities I may participate in:

Regular Workouts Fun runs/races Social Events
 1/2 & Full Training Trail Runs Ultra Runs

Why did you start running? _____

What are your running goals? _____

Why did you decide to join A.R.E.C.? _____

Where did you hear about us? _____

Personal Best times:

5K _____ 10K _____ 1/2 Marathon _____ Marathon _____

*Membership includes Wed. fun runs, 1/2 and full LB marathon training, trail runs, monthly newsletter, a piece of AREC gear (see club Pres. to receive), pasta party in Oct., organized social events, race info. and discounts.

Dues are \$25 / calendar year (Jan 1 – Dec 31) per individual (or \$40 for single-family households). New members joining after September 30 of a calendar year will be extended to the following year.

Make checks payable to **A.R.E.C.** and mail to: AREC; 552 Bellflower Blvd. #105; Long Beach, CA 90814

Waiver: I, my heirs, executors, administrators, and assigns waive, release, and discharge any and all rights or damages against A Running Experience Club (A.R.E.C.), the Road Runners Club of America (RRCA), its sponsors, directors and agents for all claims arising or resulting from traveling to or from and participating in A.R.E.C. events. I attest that I have full knowledge of the risks involved in running and that I am physically fit and sufficiently trained to participate.

Signature (Parent or Guardian if under 18)

Date