



## A Running Experience Club (AREC)

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A Running Experience Club (AREC) 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.

AREC 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 walk/run routes of 3.3 or 5.0 miles, and all ages and abilities are welcome. This is a very social night as well with many people going inside Buster's afterward for food and drink specials at happy hour prices.

AREC 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, sports nutrition and common running injury causes, prevention and treatment! Water/aid stations are set up to support runners, and weekly e-mails keep them informed. Contact President Todd Rose at [toddrunsarec@aol.com](mailto:toddrunsarec@aol.com) to be added to this e-mail list (or subscribe yourself at: [http://arec-lb.com/mailman/listinfo/training\\_arec-lb.com](http://arec-lb.com/mailman/listinfo/training_arec-lb.com)).

From November through April, we also leave from the same parking lot at 7:00am for trail running destinations around Orange and L.A. counties in preparation for the Catalina half marathon (Buffalo Run) in January 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 Trail Coordinator Bob Filacchione at [rfileacchione@earthlink.net](mailto:rfileacchione@earthlink.net) to be added to this e-mail list (or subscribe yourself at: [http://arec-lb.com/mailman/listinfo/catalina\\_arec-lb.com](http://arec-lb.com/mailman/listinfo/catalina_arec-lb.com)).

Since 2002, AREC 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. This year's Long Beach International City Bank Marathon and its related events will take place on Sunday, October 16, 2011. The marathon course is flat, fast and very scenic with most of the course along the Long Beach coastline and through the CSULB campus. More information is available at [www.runlongbeach.com](http://www.runlongbeach.com).

Membership in AREC is currently only \$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. Dues includes liability insurance coverage from RRCA for members at all club events, an always anticipated monthly AREC newsletter, some form of club gear, the Saturday marathon training and trail runs, Wednesday fun runs, promotional items from Clif Bar, a pasta/awards party in October, social events throughout the year and all of the experience, motivation and camaraderie you might expect from a club. And since we are a non-profit organization, the fee is tax deductible. It's truly an incredible deal!

AREC thrives through the voluntary efforts of a Primary and Secondary Board of Directors, and is a true "runners club." All of our members have a hand in creating the kind of club they want through participation in scheduled quarterly Board meetings 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 (AREC) 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.

AREC is a member of the Road Runners Club of America (RRCA)

New Membership \_\_\_\_\_

Change of Address Renewal \_\_\_\_\_

### PLEASE PRINT LEGIBLY

Name _____	Date of Birth _____
Address _____	
City _____	State _____ Zip _____
Phone # _____	(check one) cell _____ home _____ work _____

What are your running goals for 2011? _____
Where did you hear about AREC? _____
Why did you decide to join AREC? _____

E-mail address _____ (Print legibly in Block Letters)
Add me to: <input checked="" type="checkbox"/> Newsletter E-mail List <input type="checkbox"/> Trail Training List <input type="checkbox"/> Half and Full Marathon Training List

I can help the club out with:	AREC Activities I may participate in:
<input type="checkbox"/> Social Activities <input type="checkbox"/> Assisting with Training Runs	<input type="checkbox"/> Wednesday runs <input type="checkbox"/> Fun runs/races <input type="checkbox"/> Social Events
<input type="checkbox"/> Writing Newsletter Articles <input type="checkbox"/> Helping New Members	<input type="checkbox"/> ½ & Full Training <input type="checkbox"/> Trail Runs <input type="checkbox"/> Volunteering

Personal Best times:  
 5K \_\_\_\_\_ 10K \_\_\_\_\_ ½ Marathon \_\_\_\_\_ Marathon \_\_\_\_\_  
 I have not run any races.

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 **AREC** 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 (AREC), 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 AREC 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. I also agree to abide by the AREC Code of Conduct which is available for viewing in it's entirety on the club web site at [www.arec-lb.com](http://www.arec-lb.com).

\_\_\_\_\_  
Signature (Parent or Guardian if under 18)

\_\_\_\_\_  
Date