



## 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.

A.R.E.C. offers three weekly workout opportunities all year round. Large crowds meet on Wednesday evenings at 6:30pm from K.C. Branaghan's Irish Pub (5734 E. 2<sup>nd</sup> St.) in Naples for a 5 mile loop run or 3.3 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 during this time on a myriad of subjects including shoe fit and selection, running injuries, and training tips for first time half and full marathoners and more! 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 in February and the full marathon in March. These runs build strength and endurance, and offer a completely different experience that should not be missed! Finally, a small and dedicated group meets at the corner of Redondo Ave. and Hill St. on Mondays for runs of various lengths up and around Signal Hill starting at 6:30pm.

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 12, 2008. The course is flat, fast and very scenic with 80% of the course along the Long Beach coastline. More information is available at [www.runlongbeach.com](http://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 October 20 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, promotional items from Clif Bar and awards and food at special club events.

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home phone \_\_\_\_\_ Work phone \_\_\_\_\_

E-mail address \_\_\_\_\_ Date of birth \_\_\_\_\_

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

I am interested in participating and/or assisting with:

_____ Regular workouts	_____ Fun runs and races	_____ Race volunteering
_____ Social events	_____ Relays	_____ Marathons
_____ Newsletter	_____ Fund raising	_____ Trail 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 \_\_\_\_\_ ½ Marathon \_\_\_\_\_ Marathon \_\_\_\_\_

A.R.E.C. gym/race bag \_\_\_\_\_ OR A.R.E.C. technical running hat \_\_\_\_\_  
# of additional bags at \$15 each \_\_\_\_\_ # of additional hats at \$12 each \_\_\_\_\_

Dues are **\$25 / calendar year (Jan 1 – Dec 31) per individual** (or \$40 for single-family households). New members joining after October 20 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