



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) and US Track and Field (USATF), we share the goal of uniting American running clubs in educating people about the benefits of running. We also strive to provide a fun and encouraging atmosphere at the same time.

AREC offers two weekly workout opportunities all year round. Large crowds meet on Wednesday evenings at 6:30pm from Malarkey's Grill (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 Malarkey's afterward for conversation and to enjoy happy hour food and drink specials.

AREC also holds coached Saturday morning "long distance" training runs from May to October starting at 7:00am from the Joe's Crab Shack parking lot (6550 Marina Dr.) geared towards the Jet Blue Long Beach Marathon events, and offers periodic seminars/clinics during this time with guest speakers in the fields of foot type/shoe selection, podiatry, nutrition, chiropractic/sports medicine, sports psychology and common running injury causes, prevention and treatment! Water/aid stations are set up to support runners, and weekly e-mails keep them informed. For more information, contact our Marathon Training Coordinators and RRCA certified coaches Todd Rose (toddrunsarec@aol.com), Chris Matuszak (chris.matuszak@gmail.com) or Kelly Motyka (kmotyka@mac.com).

From November through April, we also leave from the same Joe's Crab Shack parking lot at 7:00am for trail running destinations around Orange and L.A. counties in preparation for the Catalina Conservancy Marathon in March and other trail races. These runs build strength and endurance, and offer a completely different experience in beautiful southern California areas that should not be missed! For more information, contact our Trail Coordinator Bob Filacchione at bob1965@gmail.com.

Since 2002, AREC has been a partner with the Jet Blue Long Beach Marathon, which has been a premiere southern California event since its reinstatement in 2001. The marathon and its related events take place every year in October. The 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.

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 include 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 membership appreciation party in October, social events throughout the year and all of the experience, motivation and camaraderie you might expect from a club. And we are a 501(c)(4) non-profit organization. There is arguably no better deal anywhere!

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 or walk, 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) and USA Track and Field (USATF)

PLEASE PRINT LEGIBLY

Name _____ / _____ (Last) (First)
Male _____ Female _____ Date of Birth _____ / _____ / _____
Address _____
City _____ State _____ Zip _____
Phone # (for club purposes only) _____

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 type="checkbox"/> Newsletter / Weekly Updates List <input type="checkbox"/> Half and Full Marathon Training List <input type="checkbox"/> FB Trail List

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** / mail to: AREC (c/o Emmett Rahl); 552 Bellflower #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 its entirety on the club web site at www.arec-lb.com. I understand that AREC may use pictures of its members at various club events on its web site or in its club correspondence. I hereby grant AREC permission to use my likeness in a photograph in any and all of its publications, including web site entries without payment or any other consideration. I also grant AREC permission to distribute my name (though not my contact information) as necessary for membership privileges.

Signature (Parent or Guardian if under 18)

Date