



P A C E L E T T E R

News & Information for Members of the Port City Pacers Running Club



2010/2011 PCP Officers

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626-2891

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649-9705

Secretary

Mona Denton
479-3209

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OPEN

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340-7345

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662-3626

Promotions/Corporate Cup

Will Wright
342-1363

Programs

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802-1569

Newsletter

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401-3536

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OPEN

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501-6980

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209-6364

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607-9733

ATR Race Director

Peggy Olive
401-8039

Port City Pacers

www.pcpacers.org

Online Race Results

Grand Prix Standings

Race Announcements

Forum

Links to Other Web Sites of Interest

Advertising Rates

The *PACELETTER* is emailed electronically and by mail monthly to approximately 700 members. If you are submitting flyers, please give us 100 flyers and an electronic copy in Word.

All materials must be camera-ready and received by the 10th of the month prior to first insertion issue.

The prepaid rates are:

Business Card	\$100 per year
¼ Page	\$25 per issue
½ Page	\$40 per issue
Full Page	\$75 per issue

STATE RECORDS

The dynamic duo of Melanie Moore and David Jeffrey are entering the state record books in nearly every race. Both set new records in the recent Azalea Trail 10K: for age 59, Melanie Moore (44:10) and age 69, David Jeffrey (41:36). They did the same in the Old Mobile 8K: for age 59, Melanie Moore (35:40) and age 69, David Jeffrey (33:23). Marian Loftin also covered the 8K distance in state record time for age 64, (40:53). David set a 5K state record for age 69 (20:35) at the Tour de LADR 5K and Melanie set a 5K record for age 59 (21:55) at the St. Jude Run. Keep up the great running!

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Mobile, Alabama

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Port City Pacers to Host Health Seminar

Plan to join us on May 17, 6:30 to 8:00 PM, at the Pacer Club House located in Midtown at 358 Morgan Avenue for our Spring Health Seminar. Light refreshments will be served and followed by two informative speakers, Lynn Barnes and Dr Suanne White-Spunner.

Lynn is a registered and licensed dietitian and is Mobile's FIRST certified Sports Nutritionist. She will discuss the latest findings in nutrition and answer any questions associated with that field.

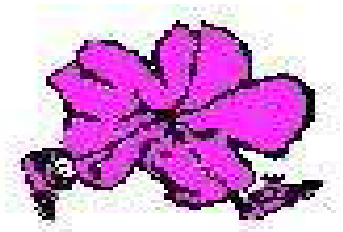
Suanne is an orthopaedic surgeon who attended medical school at the Univ. of Florida and did her orthopaedic residency at the Univ. of So. Alabama. She has been practicing in Mobile since 1988 and is currently on staff with the Alabama Orthopaedic Clinic located on the Beltline close to Springhill Memorial Hospital. She will discuss bones and joints and answer any questions in her field.

Plan to take this opportunity to receive great health information at no charge and with no waiting!

Thank you to Old Mobile 8K Volunteers

Sheila Baggett
Gary Beeler
Jon Bowie
Ruth Breland
Bill Breland
Joy Brewer
Peggy Cronin
Douglas Carleton
Beth Carlisle
Amy Cowling
Rena' Davis
Raechel Davis
Mona Denton
Neal Denton
Katherine Dubuisson
David Dutton
Lou Felis
John Griffin
Bill Hines
Gwyn Howard
Jeremy Hyde

Lu Jeffrey
Cindy Leonard
Richard Leonard
Jimmy Matthews
Joe McReynolds
Angela Mott
Cecilia Newsome
Oakley Newsome
Peggy Olive
Trey Oliver
Jean Powers
Cathy Randall
James (Bo) Reynolds
Tom Rigdon
Roy Seewer
John Sharp
Zack Walley
Gabrielle Washington
Camilla Wayne
Suzie Wilder
Adrienne Woods



AZALEA TRAIL RUN

A very special thank you goes to ATR Race Director, Peggy Olive.

Thank you to everyone who supported the Azalea Trail Run through volunteering. The volunteer effort required to put on an event of this magnitude is tremendous, and we could not do it without your help. The names of the volunteers are too many to mention here, but if you participated in the event (or not), please join me in thanking the volunteers who made it all possible.

Promotion Commotion

By Will Wright

PERFORMANCE PRINCIPLES FOR RUNNING

Efforts to evaluate the risks and benefits of exercise, especially prolonged endurance exercise, are almost as old as scientific medicine itself. Hippocrates, the father of scientific medicine, included a chapter on athletic training in his book Regimens in Health and suggested that exercise should be moderate and only part of a healthy lifestyle. Hippocrates was a near contemporary of Pheidippides, an Athenian who, in 490 BC, reportedly died after running 40 km (24.8 miles) from Marathon to Athens to announce the Athenians' victory. Unfortunately, this often-quoted story is probably only partly true. The runner was unlikely to have been named Pheidippides. The distance was likely much greater and probably extended from Athens to Sparta to recruit more soldiers, back to Athens to announce that the Spartans were not coming, and from Athens to Marathon and back, a total distance of approximately 500 km (310 miles). Furthermore, the exhausted runner probably did not die, because his death is not noted by Herodotus, the major historian of the event.

Some 350 years before Pheidippides, however, the Bible records that the prophet Elijah ran 100 miles from

Jezreel to Beersheba (1 Kings 19:1-3) to escape the death threats of Jezebel, wife of King Ahab of Israel. Elijah was running for his life and we do as well but not under the same threat. We just want to go on living and enjoying the benefits of a healthy body from an exercise that is perhaps more than moderate and definitely a part of a healthy lifestyle...

The recurring theme of running a race in the ancient games was dear to the Apostle Paul who may have watched such from a stadium in Athens or Corinth. Regardless, parallels between game events and the "race of life" were often on his mind. In his Biblical writings he, along with the author of Hebrews, gives us seven principles that are still applicable today for running a race.

1. Run to win

"Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize." (1 Corinthians 9:24-25) Every finisher is a winner and we need to give our best effort for a personal record.

2. Observe strict discipline

"Everyone who competes in the games goes into strict training I beat my body and make it my slave so that after I have preached to others, I myself will not be disqualified." (1 Corinthians 9:25-27) Our times in races reflect the quality of our training.

3. Don't look back

"Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:13-14) "You never know who's gaining on you!"

4. Get constant encouragement

"Therefore, since we are surrounded by such a great cloud of witnesses, [see chapter 11 for a list of encouragers] let us... run with perseverance the race marked out for us. Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart." (Hebrews 12:1-3) Runners are a community, a source of help and encouragement.

5. Throw off restraints

"... let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us."

Continued on page 12.....

Port City Pacers Board Meeting

Tuesday, March 1, 2011

The Port City Pacers Board meeting was held on Tuesday, March 1, 2011, at the Pacer Clubhouse.

Present: Jon Bowie, Gary Beeler, David Dutton, Mona Denton, Will Wright, Peggy Olive, Joy Brewer, Joe McReynolds, Richard Leonard and Wanda Smith. Absent: Kenny Pfeifer and Roy Seewer

Jon Bowie called the meeting to order at 6:00 p.m.

Minutes from the February 1, 2011 Board meeting were reviewed, Gary made motion to approve, David seconded and minutes were approved by all.

Treasurer's Report

David Dutton read the Treasurer's Report, it was discussed and a motion was made by Peggy to accept the report which was seconded by Gary and accepted by all. Discussion was had about members who want to pay other than check or cash, i.e., credit card or automatic check payment, but it is not feasible for us to do that.

Promotions Report

Will Wright stated that he has the race forms out. State records were set at the BOMB and were made by Melanie Moore and Louise Mitchell. Our congratulations go out to them. Will has been in contact with a sports nutrition and wellness person regarding helping us put on a program/seminar/discussion time for our Pacers members and for anyone else in our community who might be interested. We discussed others who might also be a part of this program. Will is to seek those out and get back to us.

Programs Report Roy Seewer – absent – no report.

Newsletter Report Wanda Smith – nothing to report.

Membership Report Joe McReynolds reported that we now have Total members 548, Head of Household 348, Dependents 200. We gained a few and lost a few so it balanced out.

Registration: The BOMB had 448 Registered participants - 347 pre-registered; 101 day of race.

Lansing Steed was the 83 year old participant - he fell near the end of the race, at the ferry dock - EMT said he had a bump on his head and drove himself home.

Ten states represented = AL, FL, GA, IL, LA, MS, OK, TN, VA, and WA

ATR Report Peggy said that there has been established a Richard Overby Fitness Program Grant for which proposals will be coming in on ways to use the grant money. Also, Peggy will need volunteers to help with ATR race packets.

Race Coordinator Report Kenny Pfeifer – absent – nothing to report.

Volunteer Coordinator Report Joy Brewer said that there was good participation for the BOMB.

Course Marshal (Need to have vacancy filled.)

Past President Report Richard Leonard said we might save money at the Old Mobile 8K by having more volunteers on the course and less police coverage, if that is feasible. Since the toilets at Ft. Conde are not working properly, he will need to obtain more portalets and will shop around for those.

Mona Denton has contacted Jim Sherman at Firehouse Subs on Grelot, and he said he would be happy to handle some of the food for us for the Old Mobile 8K on April 9. He will prepare 100 large subs, cutting them into thirds, which is what he did for the last GO Run. Richard will be following up with him by email and/or by telephone.

Vice President Report Gary Beeler said we should eventually get the \$30 back from the tag of the van we sold.

President's Report Jon Bowie – nothing to report.

New Business a. Board Nominating Committee – We will need 4 outside Pacers members and 3 Board members to make up this committee. Elected from the Board are Wanda, Richard and Will. They will find the other 4 Pacers to join in the search for several replacements on the Board for next year. Positions to be filled at this time are : Course Marshal, Race Coordinator, Volunteer Coordinator and Registration.

This meeting was adjourned by unanimous vote at 6:55 p.m. The next meeting at the Pacer Clubhouse is scheduled for April 5, 2011 at 6:00 p.m.

The Best 6.2 miles of the Azalea City

by Jackie Garvin



I consider Mobile, AL to be my hometown. My family moved there when I was 6 years old and that's where I spent the next 24 years of my life. You spend 24 years in a place and it grows on you. My husband was born and raised there. We met, got married and had our two oldest children in the Azalea City. We celebrated Mardi Gras, fished at Dauphin Island, raised funds to bring the USS Alabama home, got sunburned at Gulf Shores, attended the Senior Bowl and marveled at the beauty of the city during azalea bloom season. I have history with Mobile.

In 1929, Mr. Sam Lackland and the Mobile Junior Chamber of Commerce, started the [Mobile Azalea Trail](#) as a way of encouraging residents to plant azaleas. A pink line painted down the middle of the road indicated the route which would wind through many areas of the city, including neighborhoods, and show off the breathtaking blooms. My family would look forward to the time each year when we would travel down the road along side the pink line take in the brilliant shades of pink, red and orange. Sometimes I felt some of the displays, especially the large ones, were so awesome I couldn't look without blinking. The Azalea Trail meant something to me. It still does.

Out of a desire to stay healthy, I have always paid attention to the amount of exercise I get. A balance between strength training and cardio is important. Walking has been my preferred method of cardio. After my mother died from cardiovascular disease when I was 52, I was motivated to step up my cardio to a much more demanding level. Something, not sure what, told me I need to start running. At 52 years of age. Nothing was chasing me, either.

Being cardiovascularly fit, which I was, didn't mean that I could just strike off and start running. I had to train. A lot. With the help of a walk-to-run training program from [Runner's World](#), I got serious about conditioning for running. This post isn't about the trials and tribulations of going from a walker to a runner.

I need several posts to describe them. Let's just suffice it to say I had things happening to my body that were unpredictable (each side of my body had a mind of it's own and they would argue with each other), funny (a gentleman telling me to be careful when I'm *walking* in the road as I was *running* in the road) and embarrassing (it's too embarrassing to tell).



I continued on with my training and eventually participated in two 5k races. My motivation to run is for health, not to be competitive. With a little bit of time, and with my 55th birthday in the rearview mirror, I decided that I wanted to participate in a 10k

(6.2 miles). But not just any 10K. I wanted to go back to my hometown of Mobile and run in the Azalea Trail Run. That same Azalea Trail that had meant so much to me as a child was now taking on a new meaning. I was going to attempt to do something I had never done before. Something a few years back I would have never considered. I was going to run on the same roads and pass the same beautiful azaleas that had dazzled me as a child. Running my first 10k in this particular race would make this event just so special. I couldn't even think about it without crying. Training was hard. I'm not a natural runner and I waited so dadgum late in my life to start. There were many, many times I hated it. It was hard and it hurt and I couldn't breathe. And my toenail polish kept getting chipped off. But I wasn't going to miss the street view of those azaleas. So..... I signed up for the race.



Let's fast forward to the week of the race. We had been breaking pollen counts records for the past few weeks. Every time you walked outside and breathed, you inhaled pollen particles into your respiratory system. Not breathing while outside just wasn't working out for me. The pollen was just about to kill me dead. I was feeling it in a big sort of way. Amy and the babies got sick and I wouldn't even go

to their house for fear of catching a virus and not being able to run my race. I wanted to cook for them, because Amy was so sick, so I met them in a park and passed off food to them.

There's more than one way to lace a tennis shoe! We traveled to Mobile on Thursday before the race on Saturday. I was coughing and sputtering and sputtering and coughing the whole way. My chest hurt. My head hurt. My ears were clogged. But I was not getting sick.

Ain't no way. Ain't no how. Some time in the middle of the night Thursday, I was awakened because my eyes were painful. Not scratchy or itchy. I had eye pain. I've never had eye pain before. Fearful of what I might see in the mirror, I elected not to get out of bed. I felt for my eyes. They were still there. I turned over and went back to sleep. In the morning, I awakened and tried to open my eyes. They were sealed shut. And they hurt. A lot. A very lot. So, let's review. We are now one day pre-race and I'm coughing and sputtering. The following items hurt: chest, ears, eyes, head.

The following items don't work: eyes (sealed shut) and ears (totally stopped up from congestion). I also had a hang nail. I want to run my first 10K at the tender age of 55 and somebody just doesn't seem to want to cooperate. I didn't need any additional challenges! Just being me is a big enough challenge all unto itself. It could be worse, I suppose. At least I did have few things that appeared to be in working order. I could still walk and use my arms and hands. At any rate, I'm not missing those azaleas.

By some good graces, I was able to get treatment on Friday for the laundry list of ailments. Confident that I was going to be well enough on Saturday to participate in the race, my thoughts, once again focused on the significance of this race. A lot of hard work had gone into training for this. This race had special meaning to me.

Saturday morning has arrived. Race day. I lay in bed with my eyes shut. Please let them work today, dear Lord. The pain was noticeably less. I s-l-o-w-l-y attempted to

open my left eye. IT OPENED!! Let's not get carried away. The left eye is one of a set. Then, s-l-o-w-l-y I attempted the remaining eye....the right one. SUCCESS! Maybe I should take a look at them. They were still red and a little puffy, but not sealed shut and not too painful. I could deal with this. I got ibuprophen and a decongestant in me in enough time for it to take effect before race time. I'm going to make it after all! The azaleas were mine for the taking.

My oldest daughter made the trip with us to participate in the race, also. I got calls from my two remaining children that morning to find out if I was feeling well enough to run and to wish me well. Sam drove us to the [Mobile Civic Center](#) where the race was being staged. He wanted to be there to support me. Bless his heart! I was so glad he made that decision!

It's time to line up! Five minutes to race time. Let's work out some kinks.



The national anthem was sang. I'm not ashamed to tell you I get misty eyed every time I hear it. Especially this time.

Time now to collect my composure and convince myself that I feel good.

And...we're off!!!! I took my swollen eyes, stuffy ears, congested chest, hurting head and hang nail with me.

We are ALL running the Azalea Trail Run 2011 10K! Sho' as the world.



The air quality was poor that day with high humidity AND high pollen counts. Like I needed something else to slow me down. We found out afterwards that the race times were the slowest they had been in decades. So it seems I wasn't the only person the pollen was about to kill dead. Nonetheless, I was on my way to see the beautiful azaleas I had loved so as a child. Except I wasn't sitting in a car. I was running!

The race took us down Government Blvd. and through parts of the [Mobile Historic District](#) where we eventually got to some residential areas. People were lined up all along the way and cheered us along. In the residential areas, they were out in their bedroom slippers, sipping their morning coffee, eating Krispy Kreme doughnuts and relaxing in their lawn chairs. Some held up homemade signs. The azaleas were beautiful. I was now at about the 4 mile mark. Over half way done.

Then.....it hit me. A wave of nausea like I had never experienced while running. I'm talking about "making me turn green" nausea. Just up the road, I saw a sweet lady standing on the curb of her front yard holding up a homemade sign who had on fuzzy animal print slippers. I promised myself that I would do everything in my power not to throw up on the sweet lady's nice slippers. I had to stop running completely for about 1/2 mile while I prayed for a diversion or divine intervention or something just to let me finish this race with all my stomach contents. Some residents were playing the theme from Rocky. Unable to jump up and down, I felt obligated to hold up both arms and pump both fists. After thanking them for the nice gesture, I was feeling a little better and picked up my pace.

As I got closer to the finish line, I could hear a band playing and a race organizer speaking over the sound system. That means I'm almost finished. Turning the corner to head down the home stretch, I was like every child who has ever been in a Christmas pageant, Little League Ball Game or dance recital. I was searching the crowd for my special person. I wanted to find my husband.

And there he was. He had spotted me first and had taken his position past the finish line so he could snap my photo as I crossed. As soon as I saw him, the nausea, headache, swollen eyes didn't matter anymore. I no longer noticed them. Instead, I felt as though I could remember every second of our 35 year marriage. They had somehow been capsulized into that moment in time. I stayed focused on him and I did it!



finish line. My first 10k in Mobile, AL down the streets I had driven as a child to see the azaleas, was written in the history books. My daughter and mother-in-law were there to greet me, also. Despite having mobility issues herself, my mother-in-law made the effort to come out to the race. That's a sweet gesture that I will never forget. Both of my other two children called and sent their congratulations, also.

This is one of my 2011 goals that I can check off my list. Done. I got emotional. Just couldn't help it.

I crossed the finish line and saw my pot o' gold. He had the camera in his hand and his arms outstretched toward me.

I'm a very rich person.



See results
for
ATR 2011
at
pcpacers.org

Training Runs/Walks

Monday

6:00 pm Heroes Sport's Bar and Grill, Dauphin St. Downtown

6:30 pm Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

Tuesday

5-5:30 pm Blue Bell Bombers

Commerce Park near Blue Bell Plant off Rangeline Rd.

Variable distances depending on pace

5:45 pm Mellow Mushroom at the Loop – 5K run, all abilities, discounted beverages at Mellow Mushroom at the Loop,

<http://www.mobilemellowmilers.com/> for info.

6:00 pm Team Spiridon

McGill H.S. track Bayside 5-6

Workout begins @ 6PM....arrive early enough to warm-up beforehand

6:00 pm - Bay Area Runners, Fairhope Library, westside parking lot, all paces/distances

6:30 pm Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

Wednesday

6:00 pm Picklefish on Old Shell Road

6:30 pm Cottage Hill Runners – Track at University of South Ala

Thursday

5:00-5:30 pm Blue Bell Bombers

Commerce Park near Blue Bell Plant off Rangeline Road

Variable distance depending on pace

6:00 pm Team Spiridon / Bay Area Runners

Daphne - Centennial Park.....variable distances and pace

6:30pm Cottage Hill Park Runners – Meet by the Tennis Center, 4-6 miles at 7 – 9 minute mile pace

Saturday

7:00 am (summer) Springhill College, Stewartfield Mansion

Sunday

6:00 am – Blue Bell Bombers

Commerce Park near Blue Bell Plant off Rangeline Road (longer distances)

6:00 am – Cottage Hill Runners – Cottage Hill Park

(usually a 10 mile run from park to USA and back)

6:00 am Team Spiridon / Bay Area Runners Fairhope Pier varied pace, 4-22 miles

Please email Wanda Smith at wan7124@hotmail.com for any corrections or additions. Thank you!

Recipe Corner

By Jackie Garvin

Syrup and Biscuits

2011 ATR 10k finisher

Cane Syrup Cake

1 stick butter, softened

2 cups flour

½ cup sugar

2 cups cane syrup

2 eggs

1 tsp salt

½ tsp baking soda

½ cup buttermilk

2 tsp vanilla extract

Chopped pecans and whipped cream for topping

Grease and flour a tube pan, large loaf pan or 13x9 inch baking pan. Cream butter and sugar until fluffy and light. Mix in syrup and eggs. In a separate bowl, combine flour, salt and baking soda. Add half of this mixture and half the buttermilk to syrup mixture and mix well. Repeat with the rest of the flour mixture and buttermilk. Add vanilla and mix. Pour into prepared pan and bake at 350 degrees for 45-60 minutes until cake is springy to touch. Cool and serve with whipped cream and pecans.

(read related story here:
<http://wp.me/p1lazE-3>)

Corporate Cup

By Will Wright

We have completed 14 races, but at this writing the results of the Old Mobile 8K are not yet available. We had great participation in the Azalea Trail 10K Run with 250 runners competing for their respective teams. One race remains, the Do It In The bush 5K on May 14 at Medal of Honor Park. Please support this race and contribute to the Pacer Scholarship Fund.

The best nine of the 15 races are used to determine final standings and several of the Divisions have a tight "race" for the top three spots.

Our average runners per race increased from 110 to 120 after the great ATR showing. We have three new team indicating an interest in joining the competition next season. Standings based on all 13 races along with Participation Leaders are as follows:

DIVISION I

1. Bombers
2. Team PE - Participation Leader
3. Port City Pacers and Bay Area Runners tied
5. CHARR

DIVISION II

1. Sheriffs - Participation Leader
2. Spring Hill Baptist Church
3. Univ. Of South Alabama
4. Evonik
5. All Saints Episc. Church

DIVISION III

1. Hargrove
2. Mobile Police
3. PEI (Precision Engineering)
4. The SSI Group - Participation Leader
5. Shipbuilders

DIVISION IV

1. Dupont
2. CPSI - Participation Leader
3. Dayspring Baptist
4. Providence
5. Standard Furniture

DIVISION V

1. Bodies By Cindy - Participation Leader
2. White-Spinner
3. Crimson Shipping
4. Automotive Computing
5. Amerprise Financial Services
6. Airbus
7. BALEU/ERA
8. CPA's

The last race along with finishing line duties (passing out of Corp. Cup finishers' cards) is as follows:
15. Do It In the Bush 5K - May 14 - All Saints

Please note the Corporate Cup Standings and Division Results are posted on the Port City Pacers web site. Go to the PCP home site and click on Corporate Cup.

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ROBBING A TRAIN TAKES TIME & PREPARATION... AND SO DO OUR BURGERS!!



Hood to Coast Relay

197 miles from majestic Mt Hood to beautiful Pacific Ocean in Seaside.

The website is www.hoodto coast.com

Tristate Trotters, a newly formed team, needs at least 6 maybe 9 more people. The cost will be \$100 per person if we get 12 and if registered by May 1st. After May 1st there will be an additional \$10 per person. We have two vans rented for \$300 so we will split 12 ways. Hotels at finish are \$100 per night. A complete list of rules will be forwarded to anyone requesting. Your 10k times will be needed for registration.

This a fundraiser for the American Cancer Society. We will fundraise as team, not mandatory but encouraged and appreciated. We all know someone affected by cancer.

If interested, please contact:
Wendy Robinson, cell phone 586-524-9528
email wrobinson007@att.net

or

Doug Craig, cell phone 251-599-9524
email dogacr@aol.com



.....Continued from page 4

(Hebrews 12:1) Minimize the extra weight; even the shoes are moving in that direction.

6. Discount pain

"And now, compelled by the Spirit, I am going to Jerusalem, not knowing what will happen to me there. I only know that in every city the Holy Spirit warns me that prison and hardships are facing me. However, I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me, the task of testifying to the gospel of God's grace." (Acts 20:22-24)
There is some truth in "no pain, no gain!"

7. Don't let up until you cross the line

"For I am already being poured out like a drink offering, and the time has come for my departure. I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have longed for his appearing." (2 Timothy 4:6-8) The ultimate goal is to finish.

Let's join Elijah and Pheidippides in applying these principles!

**Port City Pacers Race Calendar
2010-2011**

Aug 10, 2010
Chickasabogue 2 Miler

Sep 11, 2010
Hurricane Run 5k

Nov 20, 2010
Turkey 10 Miler

Dec 11, 2010
Holiday Half

Feb 19, 2011
Battle of Mobile Bay5k

Mar 26, 2011
Azalea Trail Run 10k

Apr 9, 2011
Old Mobile 8k

May 14, 2011
Do It In The Bush 5k

**Board Elections
will be held at
Do It In The Bush
2011**

**Tune in every Thursday morning at
6:50 AM for the Port City Pacers
Report on WNSP radio.**



Graham, Brown & Dutton, PC
CERTIFIED PUBLIC ACCOUNTANTS

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Calendar

By Sylvia Rogers

See the list of running clubs that are referred to only by abbreviated names. Please verify the date and time of an event before traveling. **Note which courses are certified with an asterisk.**

April

- 23 New Orleans, LA**
Crescent City Classic 10K
10K Start: 8:30 am
<http://www.ccc10k.com>
- Satsuma, AL**
Footsteps for Jesus 5K Family Walk/Run
First Baptist Church Satsuma
5K Start: 8:00 am LRH
- 26 Gulf Shores, AL**
The Naked Tour Run with author Christopher McDougal
The Hangout, 101 E. Beach Blvd.
Contact: Tara
tara@thehangout.com
251-654-5285
- 29 Fairhope, AL**
Hoot Scoot 5K Prediction Run
5K Start: 6:30 pm
Fun Run: 6:33 pm
LRH
- 30 Pensacola, FL**
27th Annual Fiesta 10K and 5K Run/Walk
Pensacola State College
fiesta@pensacolarunners.com
- Woolmarket, MS**
Woolmarket Biathlon #1
5K Run/11 Mi Bike
Race Start: 8:00 am
GCRC
- Monroeville, AL**
Mocking Bird 8K/1Miler
2197 S Mt Pleasant Ave.
8K Start: 8:00 am
Fun Run Start: 9:00am
LRH
- Mobile, AL**
8th Annual Bulldog Run
2 Miler and Fun Run
UMS Wright School
2 Mile start: 8:30 am
LRH

May

- 1 New Orleans, LA**
Run Forest Run
Race Start: 8:30 am
429 Decatur St.
Contact:
LBelsome@chnola.org
504-896-9375
- 7 Fairhope, AL**
Run-Way for Ronald 5K
Sanctuary Salon, 70 S Section Street
Race Start: 5:30 am
LRH
- Mobile, AL**
USA Campus SGA Pavilion
Young Leaders Society 5K
Race Start: 9:00 am
LRH
- 14 Mobile, AL**
Do It In the Bush 5K*
Medal of Honor/Cottage Hill Park
5K Start: 8:00 am
PCP
- Biloxi, MS**
Fatima Festival 5K
Race Start: 8:00 am
GCRC
- Orange Beach, AL**
Stargazer 5K Run and Fun Run
The Wharf Conference Center
Race Start: 8:00 am
LRH
- 21 Chickasaw, AL**
Chickasaw Freedom Run 5K
Chickasaw Civic Center
Race Start: 8:00 am
LRH
- Gulfport, MS**
Pursuit of Fun 5K
5K Start: 8:00 am
GCRC
- Pensacola, FL**
2nd Annual Navy Federal 5K
Seville Square – Downtown
Race Start: 8:00 am
Contact: Carla McKeag
Carla_McKeag@navyfederal.org
850-912-0962

Lucedale, MS

- SPIRIT School's Out-Run
George County Middle School Campus
5K Start: 8:00 am
Fun Run Start: 9:00 am
- 22 Gulf Breeze, FL**
3-Mile Bridge Swim and Aquathon
Beach Bay Resort
Contact: Steven
racepensacola@att.net
850-549-5454
- 28 Mobile, AL**
USA Intramural Fields
Animal Rescue Run 5K
5K Start: 8:00 am
1Mi Start: 9:00 am
- Woolmarket, MS**
Woolmarket Biathlon #2
2 Mi Run/11Mi Bike/2 Mi Run
Race Start: 8:00 am
GCRC

LOCAL RUNNING ORGANIZATIONS

GCRC

Gulf Coast Running Club
P.O. Drawer 3569
Gulfport, MS 39505
Phone: (228) 875-6855
www.gulfcoastrunningclub.org

NOTC

New Orleans Track Club
P.O. Box 52003
New Orleans, LA 70152-2003
Phone: (504) 467-8626
www.runNOTC.org

PCP

Port City Pacers
P.O. Box 6427
Mobile, AL 36660
Phone: (251) 473-7223
www.pcpacers.org

PRA

Pensacola Runners Association
P.O. Box 10613
Pensacola, FL 32524
Phone: (850) 969-9924
www.pensacolarunners.com

LRH

LRH Productions
Peggy Olive, mlolive@bellsouth.net
(251) 401-8039
www.productionsbylittleredhen.com

Do It in The Bush 5K

Saturday May 14, 2011 8 AM

Benefits: Port City Pacers Scholarship Fund

Organized by: Port City Pacers (www.pcpacers.org; 251-473-7223)

Location: Medal of Honor Park/Cottage Hill Park; 1711 Hillcrest Rd; Mobile, AL 36695

Registration: Register by mail (entries should be postmarked by 5/7/11), in person at McCoy Outdoor in Mobile or Running Wild in Fairhope until noon on the 05/12/11, or online (www.Active.com) until midnight 5/12/11. Race day registration: Cottage Hill Park/Medal of Honor Park from 6:30-7:30 A.M.

Entry fees: With Shirt:
Pre-registered PCP member - \$15 adult; 15 and under - \$8
Pre-registered Non-member - \$18 adult; 15 and under - \$10
Day of Race - \$20.00 adult; 15 and under - \$15.00

No Shirt Option: Subtract \$3 from the entry fee.

Course: 5K Cross-Country through the trails of Cottage Hill Park

Awards: Top three male and female Overall, Masters, Grandmasters, Senior Grandmasters, and Walker (walkers do not run at all during the race). Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-99.

Shirts: To guarantee a shirt on race day, you must submit your application and fees by May 12, 2011.

Post-Race Party: Special "end of year" party after race, food & beverages provided. Election of 2011 - 2012 PCP board members to be held at this time.

If the weather is unseasonably warm or cold, use the customary racing precautions with which you should be familiar and take advantage of the water along the course. Stop running/walking and seek help if you stop sweating and feel nauseous or dizzy. If you see a fellow runner/walker who appears to be in trouble, please stop and help if you can.

Last Name: _____ First Name: _____

Age: _____ Sex: _____ Date of Birth: _____ I am a: Runner Walker

Address: _____

City, State & ZIP: _____ Phone Number: _____

T-Shirt Size: S M L XL XXL No Shirt Donation to PCP Scholarship Fund: \$ _____

Your guess of who will be on "The Shirt" this year: _____

A "special" award will be given to the person who pre-registers and correctly guesses the honoree.

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Port City Pacers, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ Date _____

(Parent/Guardian must sign for participants under 19)

Make checks payable to: Port City Pacers

Mail completed applications and fees to: PCP; Do It in the Bush; P.O. Box 6427; Mobile, AL 36660

The Sanctuary Salon presents:

Run-Way for Ronald 5K Run

Saturday, May 7, 2011 at 8:30 a.m.



Benefits: Proceeds to the Ronald McDonald House Charities of Mobile

Location: Sanctuary Salon, 70 S Section Street, Fairhope, AL

Distance: 5K course through the scenic "fruit and nut section" of Fairhope.

Registration: Register by mail (postmarked by April 30), in person at McCoy Outdoor in Mobile, Running Wild or the Sanctuary Salon in Fairhope until noon on the May 5, or online (www.Active.com) until midnight May 5. Race day registration at the Sanctuary Salon from 7:00 a.m. - 8:15 a.m.

Entry fees: **Pre-registered:** 5K - \$25 **Day of Race:** 5K - \$30
Additional donations to the Ronald McDonald House Charities will be gratefully accepted.

Awards: Top male and female Overall, Masters, Grandmasters, and Senior Grandmasters Top three male and female in age groups: 9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-99. **Special award to the runner with the craziest hair!**

T-Shirts: To guarantee a shirt on race day, you must submit your application by April 30.

After Party: The after party and awards will take place at McSharry's Irish Pub (101 N Bancroft Street, Fairhope)

Last Name: _____ First Name: _____

Age: _____ Sex: _____ Address: _____

City, State & ZIP: _____ Date of Birth: _____

Phone: _____ Email: _____

T-Shirt Size: S M L XL XXL Donation to Ronald McDonald House Charities: \$ _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Sanctuary Salon, City of Fairhope, McSharry's Irish Pub, LRH Productions, all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: The Sanctuary Salon
Mail completed applications and fees to: Run-Way for Ronald; LRH Productions; P.O. Box 6976; Mobile, AL 36660

CHICKASAW KIWANIS FREEDOM RUN 5K & 1 MILE FUN RUN

I-65 Exit 10 West Lee St, East to Grant St., Left on Grant St.

May 21, 2011 at 8 a.m.

- Sponsored by:** The Kiwanis Club of Chickasaw (251-666-5566)
- Proceeds Benefit:** Children's & Women's Hospital and other local Kiwanis projects
- Conducted by:** Little Red Hen Productions (251-401-8039)
- Course:** 5K course - Certification code: AL08007JD
- Awards:** Special awards to be presented to the fastest male and female runners. Awards to top male and female master, and grandmaster. Awards for the top three male and female runners in each age group. Age groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-up. Racewalkers: Top three male & female overall. Awards to top male and female runner in 1 Mile Fun Run.
- Registration:** Pre-register by mail (entries should be postmarked by May 16, 2011), in person at McCoy Outdoor in Mobile or Running Wild in Fairhope until noon on the Thursday, May 19, 2011, or online (www.Active.com) until midnight Thursday, May 19, 2011. Day of race registration takes place at Chickasaw Civic Center, 224 Grant St., from 6:30-7:30 a.m., Saturday, May 21, 2011.
- Entry fee:** Pre-registered: Adults \$17 Children (18 and under) \$12 1 Mile Fun Run \$10
Day of Race: Adults \$20 Children (18 and under) \$14 1 Mile Fun Run \$12
- T-Shirts:** Early Bird (before Noon May 2, 2011) Pre-registered participants will be guaranteed T-shirts & size requested, on race day. Day of race registrants will receive shirts as long as supply last.
- Post Race:** Award ceremonies will be held at the West side of the Civic Center. Water and beverages provided for all race participants along with red beans & rice from D.C.'s Restaurant and pizza from Godfather's Pizza.

Freedom Run 5K Make checks payable to Chickasaw Kiwanis Club, and mail to G. Givens, 1909 Bent Tree Ct., Mobile, AL 36609

Last Name: _____ First Name: _____

Age: _____ Sex: _____ Address: _____

City: _____ ST: _____ ZIP: _____ Date of Birth _____

Phone number: _____ Email: _____

Please check: Runner _____ Racewalker _____ 1 Mile Fun Run _____ T- Shirt Size S _____ M _____ L _____ XL _____ 2X _____

50% discount with military ID: _____ Branch _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter & run unless I am medically able & properly trained, & by my signature I certify that I am medically able to perform this event, am in good health & am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic & the conditions of the road, all such risks being known & appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, & radio headsets are not allowed in the race & I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself & anyone entitled to act on my behalf, waive & release the Little Red Hen Productions, City of Chickasaw, Chickasaw Kiwanis Club, sponsors, their representatives & successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ Date _____
(Signature of parent or guardian for participants 18 and under)



Animal Rescue Foundation

Rescue Run and Wiggle Waggle Walk

Saturday, May 28, 2011

5K Rescue Run – 7:30 AM

Wiggle Waggle Walk – 9 AM

No dog to walk? No problem!
Rent a Rescue for the Wiggle
Waggle Walk. To reserve a
rescue, email
Sherry@animalrescuemobile.org



Children 4 & under
are FREE!

Benefiting: Animal Rescue Foundation (www.animalrescuemobile.org)
Location: University of South Alabama – Intramural Fields (SGA Pavilion)
Distances: 5K Rescue Run - certified 5K course Wiggle Waggle Walk - approximately 1 Mile
Registration: Register by mail (entries should be postmarked by May 21, 2011), in person at McCoy Outdoor in Mobile or Running Wild in Fairhope until noon on Thursday, May 26, 2011, or online (www.Active.com) until midnight, Thursday, May 26, 2011. Race day registration at the USA's Intramural Fields (SGA Pavilion) from 6:00 to 7:00 AM.

Entry fees:

Pre-registered:	Day of Race:
\$20 5K Rescue Run - with shirt	\$25 5K Rescue Run - with shirt
\$15 5K Rescue Run - without shirt	\$20 5K Rescue Run - without shirt
\$20 Wiggle Waggle Walk - with shirt	\$25 Wiggle Waggle Walk - with shirt
\$15 Wiggle Waggle Walk - without shirt	\$20 Wiggle Waggle Walk - without shirt
\$10 Stay in Kennel Option (t-shirt/no running or walking)	

Pet Contestants: Dogs are welcome in the Wiggle Waggle Walk. Owners are responsible for their pets and pet products.
Awards: 5K - Top male and female Overall, Masters, Grandmasters, and Senior Grandmasters.
Top three male and female in age groups: 9 and under, 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80-99.
Wiggle Waggle Walk finishers will receive treats and ribbons.
Shirts: To guarantee a shirt on race day, you must submit your application by May 21, 2011.
Post-Race Party: Food and beverages will be provided after the race. Vendors will be available for your pet shopping pleasure.

Last Name: _____ **First Name:** _____
Age: _____ **Sex:** _____ **Date of Birth:** _____ **Event:** 5K RESCUE RUN W W Walk
Address: _____ **City, State & ZIP:** _____
Phone: _____ **Email:** _____
T-Shirt Size: S M L XL No Shirt **Additional donation to ARF: \$** _____

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature I certify that I am medically able to perform this event, am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I assume all risks associated with running or walking in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the 5K race and I will abide by these guidelines. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release University of South Alabama, Animal Rescue Foundation, LRH Productions (Margaret Olive), all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event on May 28, 2011, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature of Participant _____ Date _____
(Parent/Guardian must sign for participants under 19)

Make checks payable to: Animal Rescue Foundation
Mail completed applications and fees to: 5K Rescue Run, LRH Productions, PO Box 6976; Mobile, AL 36660

