



# P A C E L E T T E R

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



Joe Cain 1 Mile



Joe Cain Moon Pie Dash

**2011/2012 PCP Officers**

*President*  
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626-2891

*Vice President*  
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649-9705

*Secretary*  
Joy Brewer  
209-6364

*Course Marshal*  
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David Dutton  
340-7345

*Membership*  
Joe McReynolds  
662-3626

*Promotions/Corporate Cup*  
Will Wright  
342-1363

*Programs*  
Roy Seewer  
802-1569

*Newsletter*  
Wanda Smith  
401-3536

*Registration/Results*  
OPEN

*Race Coordinator*  
Kenny Pfeiffer  
501-6980

*Volunteer Coordinators*  
Cecilia Newsome  
Cathy Randall

*Past President*  
Richard Leonard  
607-9733

*ATR Race Director*  
Peggy Olive  
401-8039

# Port City Pacers

[www.pcpacers.org](http://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 10<sup>th</sup> 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

Race results found on the following web sites:

[pcpacers.org](http://pcpacers.org)

[productionsbylittleredhen.com](http://productionsbylittleredhen.com)

March 2012  
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Mobile, Alabama

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# Promotion Commotion

By Will Wright

## INVEST IN THE ATR AND THE BENEFITS OF LIFE MAY FOLLOW

March 24 brings the running of the 35th annual Azalea Trail Run. Hundreds of people will be running and walking the 5K, 10K, or 2K distances. For many, this will be their first 10K effort or perhaps their first race of any distance. For others, this is the only organized "race" event in which they participate. Regardless, it is an event that gets us moving, that thrusts us out of our normal routine on a typical Saturday morning. Take the plunge! Routine is familiar and change can be so difficult, but settling into a rut is dangerous also. Will Rogers used to say, "Even if you're on the right track, you'll get run over if you just sit there!" This may be the start of something bigger and better. Let me encourage you to continue "moving those legs," making this type of exercise a part of your lifestyle rather than hanging up your shoes until March of 2013.

There are so many benefits to a consistent running or walking program that will bring you enjoyment and health rewards now and for many years into the future. The Cooper Institute (the research division of Cooper Aerobics Center), pinpointed important benefits that go along with increased fitness, no matter how old you are:

**The longevity benefit.** Being fit can add three years to your life and you are 65% less likely to die prematurely than someone who is unfit.

**The mental health benefit.** Exercise more and you'll improve your mental health, with less likelihood of depression.

**The physical function benefit.** Establish good health habits, and you'll delay by several years the age at which you develop even minimal disability.

**The cancer protection benefit.** Exercise lowers your risk for every cancer.

**The strong bone benefit.** Weight-bearing exercise, such as walking or running, lowers your risk of excessive bone loss after age 50.

**The healing benefit.** If you're an older adult who exercises regularly, skin wounds heal faster. It might also help you recover from other ailments.

The ATR contains 15 age divisions from "0 to 9" all the way up to "75 and above". All divisions will contain names of folks that finished the race; yes, a race, and all are athletes in every sense of the word. Some will finish faster than others and some will receive recognition for their accomplishments; but all are winners. Age does not stop one from being an athlete; the lack of aging does! Think about it! Age is no longer an excuse for inactivity and inactivity is no longer the reward for getting old; it is the spirit of the sport that matters. Theodore Roosevelt said: *"It is not the critic who counts, not the man who points out where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena, who strives valiantly, who spends himself in a worthy cause and who, if he fails, at least fails while daring, so that his soul shall never be with those cold and timid souls who know neither victory nor defeat."*

# The Busy Girls Guide to Finding Time to Train

## 20 Ways to Balance Your Training, Your Life and Your Sanity

By Amy Cotta

1. Make a training appointment with yourself. You schedule the rest of your life, pencil in your training.
2. Bike, or run while your child is at ball practice or ballet. Use a stroller or bike trailer for the younger kids.
3. Get up a half-hour to hour earlier.
4. Go to bed a half-hour to hour later.
5. Do a power cardio cleaning session through your house first thing in the morning (20-30 minutes).
6. Pick up messes as you walk through your house, this will keep your normal morning cleaning time to a minimum.
7. Don't watch TV or check e-mail first thing in the morning.
8. Limit daily Internet use to 20-30 minutes per day. Facebook and Pinterest will still be there after your event!
9. Return phone calls using a hands free device while commuting or taxing kids.
10. Limit TV time. Record your favorite shows, watch them later and power through the commercials.
11. Trade off kids. Find a family member, friend or neighbor to swap days with and train on your child free days/hours.
12. Return phone calls and take meetings while walking on the treadmill, bike trainer or elliptical. Yes... It can be done. I hold business calls all the time while doing low-intensity cardio.
13. Return emails on your smartphone while on the treadmill, bike trainer or elliptical.
14. Love to read? Me too! But, reading eats up precious time. Read your favorite book while on the treadmill, bike trainer or elliptical. If you don't like holding onto the book, download your book on your smartphone.
15. If your budget can handle it, look into a good mom's day out program. This will free up at least two days per week for you.
16. Get your life organized! Use to do lists. There is a great app called Remember the Milk if you have a smartphone.
17. Do your longer runs, bike and/or swim legs on the weekends.
18. Delegate daily chores to your family.
19. If you're a working girl try to pull off a quick training session during your lunch break if you can take a longer lunch. Yes, you might be a sweaty mess going back, but you'll be a fit one! Keep some wet-wipes, makeup and deodorant in your desk.
20. This one's going to hurt. Limit girl's night, date night, and other social activities. Time spent with your butt in a chair yapping or drinking can be time spent training (I've been planning dates with my hubby and friends biking and swimming).

Amy Cotta, a busy mom of 6 and grandmother of 2, is the best selling author of *Six Weeks to Skinny Jeans*, and a contributor for JaneTV [[www.jane.tv](http://www.jane.tv)]. At age 39 Amy learned to swim to become an Iron Girl at the 2009 Lake Las Vegas IronGirl. Today you can find her preaching her motto "Get Uncomfortable" to all those who will listen. Her passion for mixing athletic events with charity is infectious. Amy has dedicated 2012 to raising money and awareness for the many needs of our military. You'll see Amy running 5k, 1/2 marathons, Iron Girl triathlons, and her first 1/2 IronMan all in USMC combat boots. Why in combat boots you ask? Her eldest son, Tyler is a United States Marine; every step she takes is a "Thank you" note to the men and women of this country who make sacrifices for us everyday. Besides, anyone can run in running shoes. Monies raised goes to support The Boot Campaign [[www.bootcampaign.com](http://www.bootcampaign.com)] and Not Alone [[www.notalone.com](http://www.notalone.com)]. You can follow Amy's adventures via her websites [www.GetUncomfortableDare.com](http://www.GetUncomfortableDare.com) and [www.AmyCotta.com](http://www.AmyCotta.com) Later this spring you can watch a documentary on Amy's training for the Beach to Battleship half IronMan on Jane.tv

## **Port City Pacers Board Meeting February 7, 2012**

The Port City Pacers Board meeting was held on February 7, 2012, at the Pacer Clubhouse.

Present: Gary Beeler, David Dutton, Cecilia Newsome, Cathy Randall, Will Wright, Peggy Olive, Joe McReynolds, Joy Brewer, Richard Leonard, Roy Seewer and Rodney Brown.

Absent: Jon Bowie, Kenny Pfeiffer and Wanda Smith.

Gary Beeler called the meeting to order at 6:02 p.m.

Minutes from the January 3, 2012, Board meeting were reviewed. Peggy Olive made motion to approve, Gary Beeler seconded and minutes were approved by all.

### **Treasurer's Report**

David Dutton read the Treasurer's Report, it was discussed and Peggy Olive made motion to approve the report, Cecilia Newsome seconded and accepted by all.

### **Promotions Report**

Will Wright – Putting forms out, putting the schedule out in the magazines, there will be no scholarship recipient this year.

**Programs Report** Roy Seewer – Nothing new to report.

**Newsletter Report** Wanda Smith – Not present.

### **Membership Report**

Joe McReynolds – Membership is going down.

### **Registration/ATR Race Director Report**

Peggy Olive -

The next ATR meeting will be after Mardi Gras. Using the old 10K course this year.

### **Race Coordinator Report**

Kenny Pfeiffer – Report emailed about preparations for the BOMB.

### **Volunteer Coordinator Report**

Cecilia Newsome & Cathy Randall – Discussion about volunteers for the BOMB.

**Course Marshal** (Need to have vacancy filled.)

### **Past President Report**

Richard Leonard – Has mapped a possible alternate course in Brookley for the Old Mobile 8k; has written a letter to the City.

### **Vice President Report**

Gary Beeler – Clocks have been duct-taped.

### **President's Report**

Jon Bowie – Discussion was had about which board members will be returning and what vacancies need to be filled.

This meeting was adjourned by unanimous vote at 7:00 pm. The next meeting at the Pacer Clubhouse is scheduled for Tuesday, March 6, 2012 at 6:00 p.m.

## 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.mellowmilers.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

### Corn Dip

3 (11 ounce) cans Mexican-style corn

1 (4 ounce) can diced green chiles, drained

5 green onions, chopped

1 (8 ounce) container sour cream

1 jalapeno pepper, chopped

3/4 cup mayonnaise

10 ounces shredded Cheddar cheese

In a medium-size mixing bowl, combine Mexican-style corn, green chilis, green onions, sour cream, jalapeno pepper, mayonnaise, and cheddar cheese. Mix well. Cover and refrigerate until ready to serve.

# Corporate Cup

By Will Wright

We have completed 13 races, but at this writing the results of the SEEDS 5K are being reviewed for any changes. Last year the SEEDS 5K and the Joe Cain 5K fell on the same weekend with one being on Saturday and the other on Sunday. This year the BOMB and the Joe Cain Run fell on the same weekend. Again, the participation was down some as it is difficult for many to race both weekend days. Perhaps the calendar will permit a better schedule next year!

Our 14th race, the Azalea Trail Run, will be our last race until May when the Do It In the Bush 5K will conclude our current season. Since the best nine of the fifteen races are used to determine final standings, there are still opportunities to improve team positions. Several of the Divisions have some close competition for the top three spots.

Our average runners per race has dropped to 143, but the ATR should give this number a boost. Standings based on all 12 races along with Participation Leaders are as follows:

## DIVISION I

1. Bombers
2. Spring Hill Baptist Church -- Participation Leader
3. Bay Area Runners
4. Team PE
5. Port City Pacers
6. Sheriffs

## DIVISION II

1. Mobile Police
2. CPSI

3. Univ. Of South Alabama
4. Saraland YMCA
5. Hargrove -- Participation Leader
6. Evonik

## DIVISION III

1. Bodies By Cindy
2. PEI
3. Dupont
4. Daily Access Corp -- Participation Leader
5. The SSI Group and Orphans Tied

## DIVISION IV

1. Minshew Electric
2. Dayspring Baptist Ch and White-Spinner -- Tied
4. Thyssen Krupp and Providence Hospital -- Tied
6. Omni Fitness -- Participation Leader

## DIVISION V

1. Austal -- Participation Leader
2. American Tennis courts
3. Mitternight
4. Ameriprise Financial Services
5. Virginia College
6. Airbus

The final race along with finishing line duties (passing out of Corp. Cup finishers' cards) is as follows:  
15. Do It In the Bush 5K - May 12 - Personal Edge Fitness

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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**UNIVERSITY OF SOUTH ALABAMA  
HOSPITALS**

CHILDREN'S AND WOMEN'S HOSPITAL  
THERAPY SERVICES DEPARTMENT

TELEPHONE (251) 415-1670  
1610 CENTER STREET . STE B  
MOBILE, AL 36604-1512

Ms. Olive,

The Therapy Services Department at USA Children's and Women's Hospital would like to thank you for the many gifts you brought for the children here at Christmas. We always "adopt" one of our families in need and provide toys, clothes, toiletries, etc. so they can have a special Christmas. But with the additional gifts the Port City Pacers donated, we were able to help many, many more children. It is such a blessing to be able to put a smile on their faces and we couldn't have done it without your thoughtfulness.

Thanks again!

Sincerely,

*Karen Walker*

Karen Walker  
Director of Therapy Services



## State Records

Three state records for the one mile distance were set in recent races. David Jeffrey, 69, did so at the Joe Cain event, (6:15.637), and Melanie Moore, 60, (6:55.151), and Suanne White-Spunner, 53, (6:54.425) did so at the SEEDS event. Keep up the great running!

### Port City Pacers Race Calendar 2011-2012

Aug 9, 2011  
Chickasabogue 2 Miler

Sep 10, 2011  
Hurricane Run 5k

Nov 19, 2011  
Turkey 10 Miler & 5k

Dec 10, 2011  
Holiday Half & 8k

Feb 18, 2012  
Battle of Mobile Bay 5k

Mar 24, 2012  
Azalea Trail Run  
10k, 5k, Fun Run

Apr 14, 2012  
Old Mobile 8k

May 12, 2012  
Do It In The Bush 5k

### DID YOU KNOW

Ketchup ice cream was once tested by Baskin Robbins. They made gallons of it only to realize that it would not sell to anyone buy maybe eight year old boys wanting to disgust girls. Lucky for us this flavor was never offered for sale or added to the 51 flavors.

**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

David Dutton, CPA  
6000 Grelot Road  
Mobile, Alabama 36609  
251.340.7345 • Fax: 251.340.7346  
ddutton@gbdcpa.net

## RACE CALENDAR

### March 2012

3	SEEDS 5K	Daphne, AL	8 AM	LRH
3	Mranatha 5K	Mobile, AL	8 AM	LRH
3	Sombrero Beach Run	Marathon, FL	8 AM	PRA
3	Resurrection Runs 10K,5K	Prattville, AL	8 AM	R3
3	Run Thru History 10K, 5K	Vicksburg, MS	8:30 AM	MTC
3	Spring Classic 8K	Auburn, AL	8 AM	AORTA
4	Rock 'n' Roll Marathon and Half	New Orleans, LA	7 AM	NOTC
10	Funky Monkey 5K	Mobile, AL	8 AM	LRH
10	Cow Patty Trot 5K	Millbrook, AL	8 AM	R3
10	Legal Beagle 5K	Jackson, MS	8:15 AM	MTC
11	Leprechaun Chase	Robertdale, AL	8 AM	
17	Shamrock Shuffle 5 K	Mobile, AL	8 AM	LRH
17	Lucky Leprechaun 5K	Ft Walton, FL	8 AM	PRA
17	Centerpoint Half Marathon,5k	Prattville, AL	7 AM	R3
17	St Paddy's Parade 5K	Jackson, MS	8 AM	MTC
<b>24</b>	<b>Azalea Train Run</b>	<b>Mobile, AL</b>	<b>8 AM</b>	<b>PCP</b>
24	Dogwood Dash 5K	Pensacola, FL	8 AM	PRA
24	Team Fox 5K Poker Run	Navarre, FL	9 AM	PRA
24	Be Fit For Life 5K	Jackson, MS	8 AM	MTC
24	AlaGa FLI By Run 10K, 5K	Lanette, AL	8 AM	AORTA
30	Sunset to Sunrise Relay	Jensen Beach, FL		PRA
31	The Diva Dash 5K	Foley, AL	8 AM	
31	Opp Rattlesnake 5K	Opp, AL	9 AM	
31	Great St Charles Ave Road Race	New Orleans, LA	7:45 AM	NOTC
31	Life Without Limits 5K	Montgomery, AL	8 AM	R3
31	Dilla Dash 5k	Port Gibson, MS		MTC
31	Short Circuit 5K	Auburn, AL	8 AM	AORTA
31	Mud Mania 5k	rural Auburn, AL	9 AM	AORTA

### April 2012

7	Dowling Memorial 5k Trail Run	Dothan, AL	8 AM	DRC
7	Resurrection Run 10k/5k/1mi	Montgomery, AL	8 AM	AORTA
7	Amphibious Warrior Run 4 mi	Auburn, AL		AORTA
7	JSL Rabbit Race 5k & ½mi Hop	Panama City, FL	8 AM	NWFTC
14	Smokin' in the Pines 5k	Jackson, AL	8 AM	LRH
14	Junior League 5k	Auburn, AL	8 AM	AORTA
14	Gulf Coast Classic 10k,2mile	Pass Christian, MS	8 AM	GCRC
14	Run for the Roses 5k	Prentiss, MS	8 AM	MTC
14	Minuteman 5k Trail Run	Dothan, AL	8 AM	DRC
14	Boll Weevil 5k	Enterprise, A L	7:30 AM	DRC
14	Emerald Coast Science Ctr 5k	Ft Walton, FL	8 AM	NWFTC
14	Crestview Center 5k	Crestview, FL	8:30 AM	NWFTC
15	Running for St Jude 5k	Theodore, AL	8:30 AM	LRH
15	Gulf Coast Half Marathon	Pensacola Beach , FL		
21	Statue To Statue 15k	Birmingham, AL	8 AM	
21	Wooten memorial 5k	AU Campus	8 AM	AORTA
21	Soaring Eagles 5k	Mobile, AL	8 AM	LRH
21	Brick Street Firefly 5k	Clinton, MS		MTC
21	Earth Day Sunset 5k	Destin, FL	6 PM	NWFTC
21	Heritage Museum 5k	Valparaiso, FL	8 AM	NWFTC
22	Trailblazer – 5 miles	Elgin Reservation	2 pm	MWFTC
27	Navarre Fun Fest 5k	Navarre Bch, FL	7:30 AM	
27	Hoot Scoot 5k Prediction/1mi	Fairhope, AL	6:30 PM	LRH
28	Auburn City Fest 5k	Auburn, AL		AORTA
28	Natchez Trace Festival 10k/5k	Kosciusko, MS		MTC

## RUNNING GROUPS/CLUBS

### **PCP**

**Port City Pacers**  
P O Box 6427  
Mobile, AL 36660  
251-473-7223  
[www.pcpacers.org](http://www.pcpacers.org)

### **LRH**

**Little Red Hen Productions**  
Peggy Olive  
[mlolive@bellsouth.net](mailto:mlolive@bellsouth.net)  
251-401-8039  
[www.productionsbylittleredhen.com](http://www.productionsbylittleredhen.com)

### **AORTA**

**Auburn-Opelida Running  
& Track Association**  
P O Box 975  
Auburn, AL 36831  
[www.auburnrunning.org](http://www.auburnrunning.org)

### **BAR**

**Bay Area Runners**  
P O Box 2161  
Daphne, AL 36526  
[www.bayarearunners.com](http://www.bayarearunners.com)

### **DRC**

**Dothan Runners Club, Inc**  
P O Box 887  
Dothan, AL 36302  
[www.dothanrunners.com](http://www.dothanrunners.com)

### **GCRC**

**Gulf Coast Running Club**  
P O Drawer 3569  
Gulfport, MS 36505  
228-875-6588  
[www.gulfcoastrunningclub.org](http://www.gulfcoastrunningclub.org)

### **HTC**

**Huntsville Track Club**  
8811 Edgehill Dr  
Huntsville, AL 32502  
256-881-9077  
[www.huntsvilletrackclub.org](http://www.huntsvilletrackclub.org)

### **MTC**

**Mississippi Track Club, Inc**  
P O Box 1414  
Ridgeland, MS 39157  
[www.mstrackclub.com](http://www.mstrackclub.com)

### **NTOC**

**New Orleans Track Club**  
P O Box 52003  
New Orleans, LA 70152  
504-467-8626  
[www.runnotc.org](http://www.runnotc.org)

### **NWFTC**

**Northwest Florida Track Club**  
[www.nwftc.com](http://www.nwftc.com)

### **PRA**

**Pensacola Runners Association**  
P O Box 10613  
Pensacola, FL 32524  
850-969-9924  
[www.pensacolarunners.com](http://www.pensacolarunners.com)

### **R3**

**River Region Runners**  
P O Box 6350  
Montgomery, AL 36103  
334-595-9786  
[www.riverregionrunners.org](http://www.riverregionrunners.org)

### **TRAC**

**Tennessee River Athletic Club**  
P O Box 1019  
Florence, AL 35631  
256-760-9502  
[www.shoalstrac.com](http://www.shoalstrac.com)

### **TTC**

**Tuscaloosa Track Club**  
Box 860005  
Tuscaloosa, AL 35486  
[www.tuscaloosatrackclub.com](http://www.tuscaloosatrackclub.com)

## Frequent Runner Number

By Peggy Olive

Do you participate in two of more local races produced by the Port City Pacers or Little Red Hen? Do you get writer's cramp when filling out applications for friends, family, and multiple races? Want to save time when registering for a race? Do you want to reduce the possibility of your name being skipped when the Grand Prix or Corporate Cup points are being assigned? Have you ever noticed that your penmanship worsens as the closing of day of race registration nears?

Apply for a Frequent Runner Number (FRN). It's FREE. The mission of the FRN is to reduce errors and save time. Once you have been assigned your unique FRN, all you will need to do when registering for a race is fill in your last and first names, write your FRN on the address line, mark your event, and sign the waiver. Yes, of course, you will still need to pay the race entry fees. Give it a try. If you don't want an FRN, or if you forget your FRN, no harm – no foul – you can still fill in all the info as usual.

### Application for Frequent Runner Number

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Current Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City, State & ZIP: \_\_\_\_\_

Best Contact Phone Number: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_

Email: \_\_\_\_\_

Race Walker: Yes No

PCP Member: Yes No

Preferred T-Shirt Size: YS YM YL S M L XL XXL

Corporate Cup Team Name: \_\_\_\_\_

**Mail** completed applications to: Frequent Runner Number; PO Box 6976; Mobile, AL 36660 or **drop off** the completed application at the Port City Pacer office (358 Morgan Ave.), McCoy Outdoor (Spring Hill Ave., Mobile), or Running Wild (Fairhope Ave, Fairhope) or **email** the completed applications to Peggy at [mlolive@bellsouth.net](mailto:mlolive@bellsouth.net).



## Membership Application

**Port City Pacers Road Runners Club, Inc**  
 P.O. Box 6427, Mobile, Alabama 36660  
 358 Morgan Avenue, Mobile, Alabama 36606  
 PH: 251-473-7223; Fax: 251-473-7997  
 Info at [www.pcpacers.org](http://www.pcpacers.org)



The Port City Pacers (PCP) was organized in Mobile, AL in 1979 as a non-profit chapter of the Road Runners Club of America (RRCA). It was founded to educate Mobilians about the benefits of running. Membership in the Pacers includes a subscription to the *PaceLetter*, the club's monthly newsletter and membership in the RRCA. Membership in the Pacers and the RRCA is open to all regardless of running ability.

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Middle Initial: \_\_\_\_\_ SEX(M/F) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Age: \_\_\_\_\_ Birth Date (mm/dd/yy): \_\_\_\_\_ Occupation: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

**Membership Type:**   
  Individual (\$20)                     
  Family (\$25)                     
  Supporting (\$30)  
                         
  Life - Individual over age 65 (\$250)  
                         
  Life - Family - Head of Household over age 65\* (\$300)

\*Life membership may not be passed on to children.

**Family Membership:** List other family members below

Name of Spouse/Partner Last/First/Initial	Birth Date Mm/dd/yy	Sex M/F	Email Address

### CHILDREN UNDER AGE 19

Name (Last, First, Initial)	Birth Date mm/dd/yy	Sex	Name (Last, First, Initial)	Birth Date mm/dd/yy	Sex

**VOLUNTEER WORK:** I would like to help in the following areas:

Newsletter \_\_\_\_\_ Race Organization \_\_\_\_\_ Club Promotions \_\_\_\_\_ Other \_\_\_\_\_

I would like to make a tax-deductible donation to the Port City Pacers. I would like this donation to go to the:

\$ \_\_\_\_\_ Scholarship Fund   
 \$ \_\_\_\_\_ Shoe Fund   
 \$ \_\_\_\_\_ Richard Overbey School Grant Fund   
 \$ \_\_\_\_\_ PCP General Fund

**WAIVER:** I know that running and volunteering to work in club races are potentially hazardous activities. I know that I should not participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to complete an activity safely. I assume all risks associated with participating in club activities. I know that such risks include, but are not limited to falls, contact with other participants, harmful effects of extreme weather and dangers posed by road conditions and traffic. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I, for myself and for anyone entitled to act on my behalf, waive and release the Road Runners of America, the Port City Pacers Road Runners club and all sponsors and their representatives and successors from all claims of liabilities of any kind arising from my participation in club activities even though a liability may arise from negligence on the part of persons named in this waiver.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

If under age 18, signature of parent or guardian \_\_\_\_\_ DATE \_\_\_\_\_

**MAKE CHECKS PAYABLE TO PORT CITY PACERS AND MAIL TO PORT CITY PACERS, P.O. BOX 6427, MOBILE, AL 36660**