



December 1982

Sixteen people showed up for the first meeting of the new running club, which is without a formal name at this point. Think about it - perhaps you can come up with some creative ideas. Because we are affiliated with the Essex Racquet & Health Club, it would be advantageous to have the word "Essex" appear somewhere in the name.

We had trouble finding anyone willing to be an officer, so we compromised and five members volunteered to form a leadership group and get the club going. Members are: Craig Van Dorn, John DeHart, Jim Terry, Kathryn Williams and Jeff Hartke. Karen Mishler will be in charge of the newsletter.

Members talked about some of their goals for the club and the purpose for forming a new one. This is to be a club for people of various degrees of expertise and experience - we can all learn from and help each other.

One of our first activities will be group runs once a week. Most preferred Sunday morning at 9:30. First one was on Dec. 19. It doesn't have to be a long run; you can start with the group and break off wherever you like. Those who like to do long "slow" distance can just keep going. The rest of us can head back to the club for breakfast or a swim in the pool.

We will have monthly meetings and John DeHart has some speakers lined up. We'll have to try to find a suitable meeting place and then we can pick a regular meeting time. For the time being, the next meeting will be on Sunday morning, Jan. 2, at 9:30, to be followed by a group run. Come out and work off all those parties you've been going to.

Going to races will be an important part of our club and we decided to aim for the Millburn Spring Run which is held in March. There is a 1-mile fun run, a 5K and a 10K - a little something for everyone. Watch for more details.

Dues: consensus was for \$15 a year.

John DeHart will work on getting a bulletin board at the health club for our running club where we can post notices to each other, race applications, etc.

I've included a preliminary membership list with your addresses and phone numbers. Please let me know about any errors or changes. I would also like to include the pace you run at during your training runs as well as your personal best in your favorite race distance.

The purpose of the newsletter is to establish lines of communication between members. It should help us get to know each other better and I would like to include some profiles of various members, so be prepared when I call on you. Eventually I'll get around to everyone. I'd like to know when you run, where, how long you've been running, if you race, and also some non-running info that will give your name some personality.

The newsletter will, naturally, include results from your races (date, where, distance, your time, your finish position and anything else you might like to add). Please send me any race results or leave them with John DeHart at the health club.

This newsletter can be only as good as you make it, so please keep me informed of what you're up to. I reserve the right to call you up if you don't talk to me.

Finally, this is your club. What you get out of it may depend to a large extent on what you put into it. Let us know what you're thinking. Talk to other members and share your suggestions with the leadership group. We have a good nucleus of people which will be the core of a dynamic running club. Isn't this a great way to start off the New Year!

Karen Mishler