



RUNNIN' ON

THE NEWSLETTER OF THE ASHEVILLE TRACK CLUB

January 2008

www.AshevilleTrackClub.org

President's Letter

Wally Dunn

Happy New Year! After a very successful 2007, the ATC closed out the year with a bash. If you missed the Christmas party, you missed a great time. With the biggest turnout for the party in many years, we recognized the winners of the Michelob Ultra Grand Prix and several key volunteers. Everyone in attendance really enjoyed the food, beverages, and music. Another huge thanks to the Carrier Park Runners and all of their efforts in organizing a fabulous party.

Along with the results of the 2007 race series, the 2008 ATC Grand Prix rules are posted inside and you'll notice a few changes in the scoring this year. The series kicks off on January 26th with a brand new race, the Hot Chocolate 10K, which will feature one of the flattest road courses in the area. There will be some new races on the schedule, which should be ready for release in just a few weeks.

We'll elect club officers and board members for 2008 at the general club meeting; a slate of the proposed officers and board is included in this issue as well. The general club meeting will mark my last official appearance as president of the ATC, as Wayne Stanko has graciously agreed to serve as president for this year — 20-some years after his first term in the office.

If you haven't renewed your membership yet, please take care of it soon. Don't forget the multi-year options that are available. Renewing for multiple years saves both you and the club time and money. And while you're at it, why not try to bring in a new member or two? I'm sure you know a local runner who should be an ATC member.

It's hard to believe that three years have gone by since I first typed out some words for this space. I could have easily filled this particular column with recognition of all the people who have helped ensure the continued success of the ATC. But I don't want to bore you with a list of names, and I'm sure I would forget someone. So allow me one general "Thank You" to everyone who has stepped up and made this a great club.

Please remember that the ATC is a wholly volunteer-run organization, and it will be only be as good as the people who are willing to put time and effort into it. It has been my pleasure and a source of pride to serve as an officer. While I'm stepping back a little bit, I will continue to devote my time and energy to the ATC, and I hope you will find some time during 2008 to contribute as well. Looking forward to seeing you at the meetings, at the races, at the track, and on the trails in the coming year.

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IDES Hot Chocolate 10k & Kid's Hill Climb January 26th, 2008

Asheville's flattest 10k now starts the 2008 ATC Grand Prix!!!

www.hotchocolate10k.com
See Page 10 for entry



Finish line at the 2007 Bele Chere

The Asheville Track Club

Track Club General Meetings are the second Monday of ODD numbered months, unless it is a major holiday, in which case the meeting may be rescheduled. Board meetings are usually the second Monday of each month. So, even if the Club Calendar lists events for only a few months at a time, you can mark your calendar now to be at some of the year's meetings!

January 2008

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Runnin' On

Club Officers

President Wally Dunn 606-2237	Vice President Doug Milch 298-2494	Secretary Daphne Weimer 329-2534	Treasurer Dolly McLean 274-5721
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Board of Directors

Wayne Stanko 253-8781	Mark Ledyard 255-8476	Karen Keever 669-9527	Rick Taylor 584-0663
Steve Parish 628-2695	Frankie Adkins 713-9415	Jim Hoer 684-2179	

Editor Jim Semon 225-6013	Circulation, Membership & Equipment Coordinator Wayne Stanko 253-8781	Web Master Tim Grotenhuis 301-3071
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Volunteer Coordinators

Ed Riester
edriester@charter.net

Cindy Bowers
cindybowers@charter.net

Advertising in Runnin' On		
Size	Single-Issue Price	Annual Price (6 issues)
Business Card (3.5 X 2)	\$10	\$50
Quarter-page (3.73 X 4.5)	\$15	\$75
Half-page (7.5 X 4.5)	\$25	\$125
Full page (7.5 X 9)	\$50	\$250

www.ashevilletrackclub.org

Runnin' On, the newsletter of the Asheville Track Club, is published bi-monthly

Asheville Track Club Membership Application

The Asheville Track Club offers a variety of membership options. A one-year membership is \$5 for students; \$15 for an individual and \$20 for families. A three-year membership is \$35 for an individual and \$45 for a family.

Individual Lifetime memberships are also available: Age 30 and younger \$200; 31-40 \$180; 41-50 \$160; 51-60 \$130; 61-70 \$100; 71 and older \$60

Please circle one: Renewal New Member

Name _____

Address _____

City _____ **State** _____ **Zip** _____

Home Phone _____ **Work Phone** _____

E-mail _____

Please circle one: Student Individual Family

Please circle one: One-year Three-year Lifetime (individual)

Dues – please circle one:

\$5 \$15 \$20 \$35 \$45 \$60 \$100 \$130 \$160 \$180 \$200

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including extreme heat and/or humidity, the condition of the road and traffic on the course, all such risks being know and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Asheville Track Club, and all sponsors, their representatives and successors from all claims or liabilities any kind arising out of my participation in these activities.

Waiver must be signed:

Signature (parent or guardian must sign for anyone under 18 years of age)

Memberships are based on the calendar year and cover the period from January 1st to December 31st.

Make checks payable to and send application to:
Asheville Track Club
PO Box 7334
Asheville, NC 28802

Running Mad

Doug Milch, DPM

Do you ever have one of those days where a lot of stuff really ticks you off? Your boss treats you like crap. Your wife tells you that you need to help more around the house. Your best friend forgets to meet you for a lunch date...for the third time in a row. An acquaintance you haven't seen in a while asks if you've gained weight. Your kids don't listen to you, nor do they talk to you. Let's face it, you are a complete embarrassment to them. Then, it's 5 p.m. and time for your run.

You escape into the outdoors and the solitude of the woods. If it were a movie, it'd be like going from black and white into color. As the miles pass, the nargle that's been bothering you melts away as the sweat begins to pour. For all the times we complain about sore muscles or being tired, running is definitely worth it. It's cheaper than taking medication or going to a shrink, and it's healthier than getting drunk, which are alternative methods of handling stress. There have been many times when a run soothed the savage beast in me. The problem occurs when you have a running injury and you have to rest for a few weeks or longer. You can't dissipate the stress. It starts to get to you. That's why the non-running world gets more ulcers.

During a run recently with a friend at Warren Wilson, I got mad. He was ahead and pointed out a large overhanging limb, but I was looking down at the ground so I didn't see his signal. Bam! Right on the noggin. That got me ticked and my adrenaline surged. The rest of that run was at race pace. When we finished, I wasn't mad anymore.

One day I arrived at the trail mad because my wife said she didn't want me to compete anymore. Heck, all I do is Shut-In and maybe a few other races. Her reasoning was that it took too much time and took too much out of me so that I couldn't be as productive in other areas. I was spending too much of Sunday napping on the couch recovering from my long run. So I started wondering about taking Xanax instead of running. I'd probably have to add an anti-hypertensive as well. Throw in an Ambien for sleep, and that would probably cover it.

If a medication costs about \$30 a month, it costs more than running. I buy shoes about every six months at around \$90 a pop. I already have all of the other running gear. Do the math. I decided right then and there on that trail that I was going to run and compete as long as I had any cartilage left in my knees.

Then, I hit a root and fell really hard on my knee. I thought I'd bit the big one. I prayed to the running Gods. It finally healed after three weeks. I decided it wasn't a good idea to be mad. Anyway, don't anybody tell her. But I'm still going to compete!

Healthy New Year's Resolutions

Carol Shimberg, MS, RD, LDN

Losing weight and getting more exercise are two of the most common New Year's resolutions,— and are often the least successful. The beginning of the year is a good time to take a personal health inventory and seek out ways to enhance and improve your health. Try focusing on lifestyle changes that you can accept and live with. Setting unachievable goals will set you up for failure and can be frustrating.

Take a look at what your personal health goals are for 2008 and set two or three small, but achievable, goals. Examples might be; eating smaller portions, increasing running speed or distance by 10%, or adding weight training to your weekly fitness routine. Make sure you focus on an outcome you can truly achieve and one that fits your lifestyle. If not, it will be far more difficult for you to maintain that behavior or lifestyle change.

Don't forget to take time to reward yourself. Living a healthier life takes work, dedication and commitment. You deserve it! Try buying yourself a new pair of running shorts, or a treat at your favorite coffee shop.

The following are a list of healthy suggestions to jump-start your year. Try adopting two or three improvements to improve your health.

1. Be physically active every day, in any way, for 30 minutes or more.
2. Aim to reach and maintain a healthy weight this year
3. Choose mostly plant foods, limit red meat and avoid processed meats.
4. Find healthy ways to de-stress your life
5. Have more fun. Take time for yourself.

(Contact Carol at Cshimberg1@charter.net or 828-329-3855)

Be a Frequent Grazer

Carol Shimberg, MS, RD, LDN

Eating small, balanced meals with healthy snacks in between will help keep your energy up and give you the stamina you need for these cold winter months of running. Studies have shown that people who eat frequently and always start their day with breakfast, will maintain weight easier, maintain blood sugar and have more energy than those who consume only 1-2 meals daily.

Always start your day with a good breakfast. Oatmeal and other hot cereals are good choices in these cold winter months. Add fruit, a glass of soy or skim milk, and a scrambled egg with low-fat cheese, and you have a great breakfast to jump- start your day!

Aim for three healthy meals, and at least two or three healthy snacks. Choose from a variety of foods (grains, vegetables, fruit, low-fat dairy or soy and meat or meat alternative, beans, peas, nuts, seeds). A balance of carbohydrates (whole grains, vegeta-

bles, fruit) and lean protein (lean meats, low-fat cheeses, chicken, beans, nuts) and a small amount of fat will keep your energy level up during the day and on those long runs.

Examples of balanced snacks include peanut butter and sliced apples, energy or protein bars containing at least 10 grams of protein, carrots or celery sticks with hummus and crackers, low-fat cheese and salsa on a whole wheat tortilla. Try not to skip meals or snacks. When you go too long without eating, you will be tempted to overeat at your next meal. Make sure you consume enough fiber foods. Fiber helps fill you up and regulates blood sugar. Whole grain breads and cereals, vegetables, fruits, beans are all good fiber choices.

When you are eating frequently, it is important to maintain good fluid intake. Always drink before you feel thirsty. The average adult needs about 2 ½ quarts of water each day, and runners need even more. Heat, activity and diet (high protein intake, caffeine, alcohol) increase your need for water. You can become dehydrated, even in the cold. By the time you feel thirsty, you may already be hydrated. Don't forget about heat loss during winter running. You can lose a tremendous amount of heat through your uncovered head, so always wear a hat or cap — and be sure to wear gloves, too. Make an extra effort to stay hydrated, warm and well-nourished to make it though your cold winter runs!

My Favorite Run

Running Among the Dead

Jim Semon

When runners get the urge for a run, most have a favorite time of day or season, group of running buddies, or a special place. Familiarity, after all, is a comfort zone, and runners are no different from the rest of the world. One of my favorite running routes is Riverside Cemetery in Montford, where I live. The cemetery is about a half-mile away and an inviting place for a short run, but the possibilities seem infinite, so to speak.

By design, the setting of a cemetery is meant to be peaceful and reflective, which makes it perfect for an hour's run when I need to relax and reflect on real-life problems. What better place to contemplate the problems of the living? The setting is agreeable for both inhabitants and visitors: no traffic hassles, little noise, and a "natural" environment with lots of rocks and trees.

Riverside Cemetery is probably Asheville's first gated community. It sits on a hill at the edge of Montford and overlooks the French Broad River, a half-mile below and west. This "community" has about three miles of smooth, narrow asphalt roads that wind over a few dozen choice rolling acres that are filled with a variety of deciduous and evergreen trees. The grass is carefully cut - just what you'd expect in a gated community.

None of the inhabitants complain about runners, and the community has an interesting variety of granite and marble dwellings packed tightly together - very ecofriendly! As I run by, I notice that some residents call attention to their abodes in various ways. Some prominently announce ownership with full name and dates of comings and goings. Thomas Wolfe - the most famous resident - has full name, dates, and two interesting quotes from his books,

which is what you'd expect of a writer. A few rest in four-square granite structures with iron front door and stained glass window out back. Is the window intended for looking in or out?

Many residents remain more mysterious with a simple "Brown" or "Pearson" and no first name or dates. Who would remember after a generation passes? Some have nothing on their stone, the most fascinating being a large, uncut granite monolith. Was this the owner's wish or some relative with a wry sense of humor or revenge? Anyway, it makes me wonder what I'd like on mine; maybe something like "1st AG 60-64 Burnsville 5K" and nothing else. Only an occasional passing runner would pause for contemplation!

Farther and near the deepest part of Riverside, I pass the graves of two contingents of veterans, both arranged by rank and file, as one might expect. The first contingent has a tall pine standing behind, like a lone color guard. Each stone stands tall and erect, none bowing to the pushes and pulls of the ground. How do they resist nature's urge to pull them down? A second and much smaller contingent rests a few yards away and even farther below; they also have their tall pine sentinel behind. Was this second group a result of a different war, or segregation?

The rolling terrain of Riverside, like its residents, is typical of Asheville. I run about three miles without retracing my route, about four miles if I overlap one path near the top, or six if I reverse my entire route. For one circuit, enter the black "pearly" gates and stay right; you'll descend along cutbacks to the cemetery's lowest level, where the views are limited and the plots scarce. It's truly a lonely place at the lowest level. Are these Asheville's poor, or some of Dante's worst souls?

As I ascend, I often practice hill repeats in solitude like Sisyphus: repeating the joy of reaching the top, only to revel in the pain of my repeated task. When I've had enough, I make one long, hard uphill run back to the living, refreshed with a new perspective on life, after running among the dead.

(Send articles or stories to Jim Semon at www.asheville-trackclub.org.)



Start of the 2007 Shut In Ridge Run

2008 ATC Mich- elob Ultra Grand Prix Rules

Rick Taylor

1. You must be an ATC member to participate in the Grand Prix. For new members before July 1, 2008, retroactive scoring will be used. Note: retroactive scoring will not change original scoring results. Anyone joining the ATC after July 1, 2008, will be scored only on races performed after becoming a member.
2. Points will be awarded only for your position in the race designated on the Grand Prix schedule. For example, the Sunset Stampede 10 Mile is on the schedule, so no points will be awarded in the 4 Mile. **See exception 8.d below for 19 & under AG.**
3. There will be at least 20 races in the Grand Prix series. The schedule is subject to change.
4. Competitors may run as many series races as they choose. Full point scoring will be awarded as follows:
 - **Overall, Masters and Grand Masters competitors for their 10 best results**
 - **Age Group competitors for their 8 best results.**
 - **The 19 & Under competitors for their 8 best results with no minimum race requirement.** (All other competitors must complete a minimum of 8 races to be eligible for awards.)
5. Overall, Masters and Grand Masters competitors who finish more than 10 races will receive one race point for each additional race up to a **maximum of 5 race points**. Age group competitors can receive one race point for each additional race up to a **maximum of 4 race points**.
6. A **bonus point** will be awarded for completing ATC designated races: Bele Chere 5K, Thomas Wolfe 8K and the Jus' Running Turkey Trot 5K.
7. **Grand Prix competitors who serve as volunteers for the Bele Chere 5K, the Thomas Wolfe 8K or the Biltmore 15K will receive an additional bonus point for each event and may also compete in the event, if they choose.**
8. The Grand Prix will be scored as follows:
 - Overall: The top finisher in each race who is a member of the ATC will receive 100 points. The second finisher will receive **98 points**, and each subsequent finisher will receive one less point down to a minimum score of 1 point. Awards to

first three.

- Masters (age 40 and up): The top finisher will receive 10 points, second place receives 9 points, etc., down to a minimum of 1 point. Runners who turn 40 during the year will accrue masters points only for races in which they have passed their 40th birthday. Awards to first two.
 - Grand Masters (age 50 and up): Age-graded scoring will be used. Points on a 10 point down to 1 scale will be awarded based on how well each runner does relative to the world record for that race distance at his/her own age. See age-grading system at (http://www.heartbreakhill.org/age_graded.htm). The runner with the highest age-graded percentile will receive 10 points, the second place receives 9 points, etc. Runners who turn 50 during the year will accrue Grand Masters points only for races in which they have passed their 50th birthday. Awards to first two.
 - **19 and Under Age Group participants will be scored using the age-graded percentiles, thus leveling age differences. These participants will also be allowed to run the 5K races for those Grand Prix events featuring longer races. Age-grading will determine winners.**
 - Age groups: The top finisher in each age group will receive 10 points, second place receives 9 points, and so on down to a minimum of 1 point. Awards to first three.
 - Competitors who earn awards will receive the highest award for which they are eligible. No "double-dipping".
9. If you change age groups during the Grand Prix season, you will compete in your new age group. Points will be awarded based on your age at the time of the race. The total will be compared against other competitors in the age group in which you complete the year.
 10. The age groups are as follows: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & over.
 11. Final result ties will be broken by a comparison of the head-to-head race results for the runners who are tied. If ties still exist, results in the Bele Chere 5K and the Thomas Wolfe 8K will be compared.

(Editor: Changes from 2007rules are highlighted in bold. If you have a question, contact Rick at rictaylor@charter.net)

Next Club Meeting

Join us at La Paz restaurant Monday, January 14th for a roundtable discussion on how to keep motivated to run during the cold, dark days of winter. An All Star panel - Anne Riddle Lundblad, Jay Curwen and Adam Pinkston - will discuss how they stay motivated to train and race while balancing the demands of a career and a family. Socializing starts at 6:30 pm, discussion at 7 p.m. We'll provide you with enough motivation to make 2008 your best year of running ever.

Renew ATC Membership

Annual memberships must be renewed every January. Have you sent in your membership dues? If you have a number 7 next to your address, you need to renew.

Submit Your Favorite Running Story

The ATC newsletter is looking for stories to fit a monthly column called "My Favorite Run". These could fit a wide variety of topics: a recent marathon that you recommend, memorable race from the past, how you set a PR, a particular trail that you like, a zany experience in some far away place, or just a fun story about a run you'll always remember. If unsure, submit it to Jim Semon, editor, and he will help you with it: www.ashevilletrackclub.org. Photos are always a great addition!

Get Your Newsletter Online

Would you like to be the first to get the latest news in our running community? Would you like to save trees? Would you like to save the track club money? If you answered yes to any of these questions, then you should subscribe to get your newsletter by email. If you would like an email subscription, please contact Wayne Stanko at wstanko@charter.net.

Take Out a Business Card Ad

The next issue of the ATC newsletter will have a separate page for business card ads. What better to publicize your business and to support the ATC! When a prospective client contacts you, you'll have more than Jus' Running in common. Walk into Dr. Gary Curran's examination room, and talk to a real runner about those leg aches and pains. Talk to Brenda Canter (CPA) and discuss which marathon to run and how to deduct it as a business expense. Send your business card and check to Wayne Stanko - it's that easy!

Grand Prix Begins in January

The first race in the 2008 Grand Prix will be the Hot Chocolate 10 K and Kids Hill Climb, 9 a.m. January 26, 2008. See Web site for details www.hotchocolate10k.com or e-mail Tim@hotchocolate10k.com and mail registration ASAP, because the first 200 entrants receive a long sleeve T-shirt. Tim says "It's Asheville's flattest 10K." It runs from Isaac Dickson Elementary to French Broad River Park and back (route posted on Web site). The race benefits the Isaac Dickson PTO. Volunteers or sponsors see Web site for details.

ATC Website Launches Resources Pages

Visit www.ashevilletrackclub.org and navigate to the Resources page by using the link at the top of the page. The Resources page is place to find out about local routes, group training, training programs, and past newsletters. A message board will also be active soon. Anyone interested in contributing to these pages should email Tim Grotenhuis at tgrotenhuis@huisware.com.

Mystery of the Lost Newsletters

Some members did not receive their November newsletter. We contacted our printer, but no one seems to know why. Please e-mail Wayne, if you do not receive your bimonthly copy at wstanko@charter.net. Sorry for the inconvenience.

Future Races

(* ATC Grand Prix Events)

*** 1/26/08 - IDES Hot Chocolate 10K & Kids Hill Climb** - Asheville, NC - The First Annual Isaac Dickson Hot Chocolate 10K and Kids (FUN!) Hill Climb will be held January 26, 2008. Asheville's Flattest 10K. Race starts and finishes at Isaac Dickson Elementary School. See www.hotchocolate10k.com for more information.

2/9/08 - Black Mountain Valentines 5K - Black Mtn, NC - February 9, 2008 starting at 2 p.m. Contact Renee Mas-trangelo, Town of Black Mountain Recreation Program Supervisor, at 828-669-8610 for more information.

(Submit race info, results, or articles to Jim Semon at newsletter@ashevilletrackclub.org)



Start of the 2007 Bele Chere



Bill Russell
State Farm Insurance

2007 Michelob Ultra Grand Prix Winners

OVERALL

Male

1. Joel Collier
2. Dave Perkins
3. Stuart Moran

Female

1. Diane Wilson
2. Aileen Mason
3. Wanda Burnette

MASTERS

Male

1. Mark Ledyard
2. Robert Travers

Female

1. Heidi Sherman
2. Teresa Warstler

GRAND MASTERS

Male

1. Jim Grodnik
2. Rick Taylor

Female

1. Martha Marshall
2. Melissa McCulloch

AGE GROUP

Male	Female	Male	Female
< 20 1. Ethan Pearce 2. Max Pearce	< 20 1. Sarah Hope 2. Celine Skrivanek	25 - 29 1. Martin Mattsson	25 - 29 1. Amber Moran 2. Jessica Garner
30 - 34 1. T.J. Bristle 2. Frankie Adkins 3. Alan Feiler	30 - 34 1. Karen Ostergaard 2. Cindy Feiler 3. Katie Adams		35 - 39 1. Laura Norris
40 - 44 1. Roger Bates 2. Jay Dale	40 - 44 1. Lori Bristle 2. Kim Lachler 3. Jennifer Dale	45 - 49 1. Lincoln Cross 2. Wally Dunn 3. P. Running Bear	45 - 49 1. Katherine Fincher 2. Lynn Plemmons 3. Dolly McLean
50 - 54 1. Tom Keever 2. Jim Early 3. Scott Murison	50 - 54 1. Jennifer King	55 - 59 1. Florindo Forero 2. Robert Goodwin 3. Stephen Parrish	55 - 59 1. Marcia Tate 2. Karen Keever
60 - 64 1. Alan Cameron 2. Jim Semon 3. Rick Cochran	60 - 64 1. Dayna Feist	65 - 69 1. Bill Finley 2. Wayne Stanko	
70 + 1. Charles Dotson 2. Howe Legarde 3. Larry Fincher			



Age Group Winners
Cindy Feiler, Alan Feiler, & Laura Norris

ASHEVILLE PODIATRY ASSOCIATES

Dr. Douglas Milch Dr. Debra Wright
Sportsmedicine / Running Injuries / Orthotics

“Runners Who Treat Runners”
Doctors Park, Suite 3 G Asheville, NC
828 - 252 - 9424

Candid Camera

(Can You Name That Race?)



January 2008

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Runnin' On



2008 Entry Form Isaac Dickson Hot Chocolate 10K & Kids Hill Climb

January 26th, 2008
Asheville, North Carolina
www.hotchocolate10k.com

Welcome to the Isaac Dickson Hot Chocolate 10K & Kids Hill Climb, a race to benefit the non-profit Isaac Dickson PTO. Enjoy Asheville's flattest 10K followed by entertainment and a steaming cup (or two!) of hot cocoa for a tasty post-race treat. This event is chip timed by Set Up Events and long sleeve t-shirts are guaranteed to the first 200 runners.

Registration/Package Pickup

Drop Off: Entry forms can also be picked up, as well as dropped off, until January 25th, 2008, at the Isaac Dickson Elementary School office located at 125 Hill Street in Asheville, NC.

Mail-In: The Mail-In entry deadline is Wednesday, January 16th, 2008. Entries must be postmarked no later than this date. Please send to: The Isaac Dickson Hot Chocolate 10K, c/o Tim Grotenhuis, 17 Sylvan Ave., Asheville, NC, 28801

Race Morning: Race morning registration will be between 7:30 and 8:30 a.m. at Isaac Dickson Elementary School.

Package Pickup: Package pick up and additional pre-registration will be held from 5:00 to 7:00 p.m. on Friday evening, January 25th at Isaac Dickson Elementary School in the Gym located at 125 Hill Street in Asheville. On race morning Package pickup will be located next to the finish line in the IDES parking lot 7:30 to 8:30 a.m. Timing chips will be distributed the morning of the race in the same place. Race number must be presented in order to get your timing Chip.

Entry Fees

10K: \$17/\$12 adult/14 & under if postmarked by January 17th, 2007. \$20/\$15 afterwards. **1K Kids Hill Climb** is \$5. Make checks payable to the IDES PTO. There is a \$10 fee for unreturned timing chips.

Start Times and Course

The 10K begins at 9:00 a.m. from the lower parking lot at IDES and travels down to Hill St. and then to Riverside Drive. It then continues south on Riverside Dr. and onto Lyman St. until it reaches Amboy Road. The course crosses the French Broad and does a short loop of French Broad River Park before returning back to IDES. The 1K kids Hill Climb starts at 9:45am and finishes in the IDES parking lot.

Awards

10K: Prizes will be awarded to the top three male and female overall finishers and to the first male and female in the Masters Division (40+). Awards will go to the top three finishers in each of the following age divisions: 14 and under; 15-19; 20-24; 25-29; 30- 34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; and 70 and over. Overall placers not eligible for age group awards. **1K Hill Climb:** Every runner gets a medal!

Contact Us

If you want to, email us at info@hotchocolate10k.com, otherwise feel free to call (828)301-3071.

-----cut-----Isaac Dickson Hot Chocolate 10K and Kids Hill Climb Entry Form-----cut-----

Name: _____ Male:___ Female:___
 Address: _____ Phone: _____
 City/State/Zip: _____ T-Shirt Size: Adult: S M L XL
 10K:___ 1K Kids Hill Climb:___ Youth: S M L
 How Did you hear about us? _____ Birthdate: _____
 Release my contact info to sponsors? Yes:___ No:___ email: _____

Race Waiver (please read carefully):

In consideration of the foregoing, I for myself, my executors, administrators and assignees, do hereby release and discharge the Isaac Dickson Elementary School PTO, Isaac Dickson Elementary School, Asheville City Schools, race organizers, and other sponsors and supporters for all claims and damages, demands, actions and whatever in any manner arising out of my participation in the Isaac Dickson Hot Chocolate 10K and Kids Hill Climb. I attest and verify that I have full knowledge of risk involved in this event and I am physically fit and trained to participate in this event.

Signature (parent or guardian if under 18)

Date



JUS' RUNNING

523 Merrimon Ave., Asheville, NC
(828) 252-RUNR (7867)

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Moving Comfort - BOA - Thorlo - Spenco - Polar - Freestyle - Timex
Race Brochures, Information, Books & so much more!

Jus' Running...The Name Says It All!

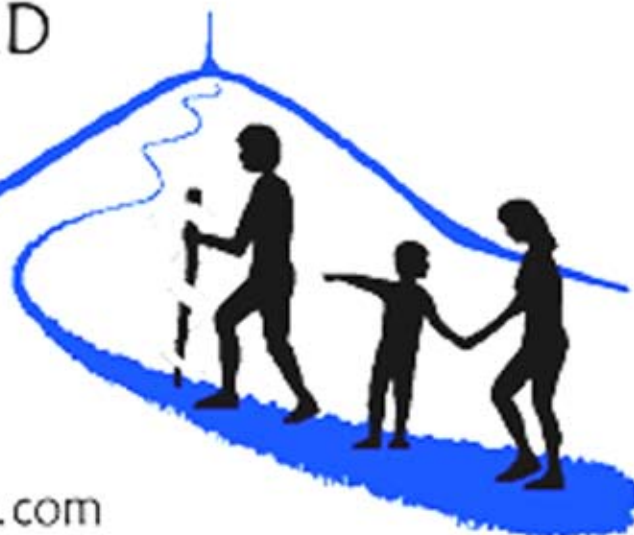
PISGAH FAMILY HEALTH

Gary A. Curran, MD

220 Ridgefield Court
Asheville, NC 28806

(828) 670-7077

www.PisgahFamilyHealth.com



COMPREHENSIVE CARE FOR NEWBORNS TO SENIORS



Club #354

THE ASHEVILLE TRACK CLUB

www.ashevilletrackclub.org



ATC GROUP RUNS - ALL PACES

North Carolina Arboretum, Bent Creek

Sunday Mornings 8:30 am

Call 828-628-7637 for information

Meet at the NC Arboretum in the Greenhouse Parking Area



Jus' Running

Wednesday Evenings 6:15 pm

Call 828-252-7867 or go to www.jusrunning.com for information

Meet at the store at 523 Merrimon Avenue



Asheville Track Club

P.O. Box 7334
Asheville, NC 28802

CHANGE SERVICE REQUESTED

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