



A Running Experience Club (AREC)

Angela Holder (Pres.): angelarunsarec@gmail.com

Sidney Vong (V.P.): ms_sidneyv@yahoo.com

Info: info@arec-lb.com Web Site: www.arec.run

A Running Experience Club (AREC) was founded in 1982 to provide a safe running environment for athletes of all ages and abilities in and around the southern California community of Long Beach. As a member of the Road Runners Club of America (RRCA) and US Track and Field (USATF), we share the goal of uniting American running clubs in educating people about the benefits of running. We also strive to provide a fun and encouraging atmosphere at the same time. AREC offers a variety of workout opportunities all year round.

- Large crowds meet on Wednesday evenings at 6:30pm from Malainey's Grill (168 Marina Dr.) in the Alamitos Bay Landing for walk/run routes of 3.3 or 5.0 miles, and all ages and abilities are welcome. This is a very social night as well with many people gathering inside Malainey's afterward for conversation, and to enjoy happy hour food and drink specials.
- AREC also holds coached Saturday morning "long distance" training runs from mid-May through September starting at 7:00am from the former Joe's Crab Shack parking lot (6550 Marina Dr.) geared towards the Jet Blue Long Beach Marathon events in early October (www.runlongbeach.com). Periodic seminars/clinics are offered with guest speakers in relevant fields, water/aid stations are set up to support runners as necessary, and weekly emails keep them informed. For more information, contact our Marathon Training Coordinators and RRCA certified coaches Chris Matuszak (chris.matuszak@gmail.com) or Kelly Motyka (kmotyka@mac.com).
- From November through April, we also leave from the same former Joe's Crab Shack parking lot at 7:00am for trail running destinations around Orange and L.A. counties in preparation for the Catalina Island Marathon in March and other trail races. These runs build strength and endurance, and offer a completely different experience in beautiful southern California areas that should not be missed! For more information, contact Trail Master Bob Filacchione at bobf1965@gmail.com.
- If you want to improve your overall speed, coaches Brian Conboy (cruzbomb@yahoo.com) and Chuck Sohaskey (sohaskey@yahoo.com) offer intense, yet still somehow entertaining and fun, track workouts at Chittick Field Park for 3 months during the summer!
- If you want to complete a 5k, but need some structure and motivation, then jump into one of our two annual Couch-to-5k programs. The 10-week schedules are geared towards the Run Like It's Recess 5k in November (www.runlikeitsrecess.com) and Wrigley River Run 5k in June (www.wrigleyriverrun.com). This can be the first step towards the active, healthy lifestyle that you desire!

Membership in AREC is currently only \$35 annually per individual (or \$55 for single family households), and runs from January 1 – December 31. New members joining after September 30 of a calendar year will be extended to the following year. Dues include liability insurance coverage from RRCA for members at all club events, an always anticipated monthly AREC newsletter, some form of club gear, the Saturday marathon training and trail runs, Wednesday fun runs, promotional items from Clif Bar, a Member Appreciation Party in October, social events throughout the year and all of the experience, motivation and camaraderie you might expect from a club. And we are a 501(c)(4) non-profit organization. There is arguably no better deal anywhere!

AREC thrives through the voluntary efforts of a Primary and Secondary Board of Directors, and is a true "runners club." All of our members have a hand in creating the kind of club they want through participation in scheduled quarterly Board meetings to discuss the direction the club should take. We all have a great time while staying in shape for road and trail races, other competitions, and general health. Come join us for a run or walk, and support the club by becoming a member today!



A Running Experience Club - Membership Form

Mission Statement – A Running Experience Club (AREC) is committed to providing a variety of safe, fun and friendly environments for runners and walkers of all ages and abilities in order to support their personal objectives and promote the benefits of a healthy lifestyle. We foster camaraderie through communication, member participation in club functions and running events, leadership opportunities and social activities. We also strongly encourage participating in, volunteering at or raising money for charitable causes that benefit the local communities.

AREC is a member of the Road Runners Club of America (RRCA) and USA Track and Field (USATF)

PLEASE PRINT LEGIBLY

Name _____ / _____
 (Last) (First)

Male ____ Female ____ Shirt Size: S__ M__ L__ XL__ Date of Birth ____ / ____ / ____

Address _____

City _____ State _____ Zip _____

Phone # (for club purposes only) _____

Where did you hear about AREC? _____

Why did you decide to join AREC? _____

Email address _____
 (Print legibly in Block Letters)

Add me to: Newsletter / Weekly Updates List

Personal Best times:
 5K _____ 10K _____ ½ Marathon _____ Marathon _____

I have not run any races. Do not track my races. I have read & agree with the Code of Conduct.

Dues are \$35 / calendar year (Jan 1 – Dec 31) per individual (or \$55 for single-family households).

New members joining after September 30 of a calendar year will be extended to the following year.

Make checks payable to: **A Running Experience Club**

Mail to : AREC (c/o Tam Premsrirath); 11432 South St. #249; Cerritos, CA 90703

Waiver: I, my heirs, executors, administrators, and assigns waive, release, and discharge any and all rights or damages against A Running Experience Club (AREC), the Road Runners Club of America (RRCA), its sponsors, directors and agents for all claims arising or resulting from traveling to or from and participating in AREC events. I attest that I have full knowledge of the risks involved in running and that I am physically fit and sufficiently trained to participate. I also agree to abide by the AREC Code of Conduct which is available for viewing in its entirety on the club web site at www.arec.run I understand that AREC may use pictures of its members at various club events on its web site or in its club correspondence. I hereby grant AREC permission to use my likeness in a photograph in any and all of its publications, including web site entries without payment or any other consideration. I also grant AREC permission to distribute my name (though not my contact information) as necessary for membership privileges.

Signature (Parent or Guardian if under 18) _____

Date _____

For Club Use Only:	CA	CK	GR	SC
--------------------	----	----	----	----