

Pine Belt Pacer Newsletter by Audrey Jackson

Happy New year to all of you with the best wishes for all of you to obtain your fitness goals! The intention of this newsletter is to keep our members informed and keep our hand on the pulse of our club. This newsletter will help give you a snapshot of events and items of interest. We will continue to adjust our agenda to help this club meet your needs. This newsletter will be posted every few months and will evolve as I evolve and basically figure out the interests of all of you! Please review the minutes of our last meeting to see all the exciting changes our club has in mind for 2012.



Local Upcoming Races/Events for January/February

For complete information on these upcoming races and out of town races and events, please go to our web-site at <http://www.pinebeltpacers.org/>

Jan. 21 Oh What a Beautiful Day to Run 5 mile at Jackson Station

Feb. 04 Run to Eat 5k Hattiesburg

Feb. 11 Bunker Hill Baptist Church Head Over Hills 5K Columbia

Please note that many members travel out of town. We will attempt to gather before or after many of these runs to share tall tales, laugh together and cry together! Please see face book prior to the event for a scheduled meeting place and time.

Also, many members have asked about training groups who meet at scheduled dates and times. Please feel free to post on face book groups interested in sharing camaraderie at a scheduled time. Post distance of run, place and pace and any other information regarding your group. If you are nervous regarding posting this information on face book, you can request that folks e-mail you or call you for specifics.

Business Matters

Thanks to all our new officers and all our outgoing officers, and thankfully, those officers who have graciously stayed the course. Our web-site will have a list of all our new officers and contact information.

The club has grown over the past few years and currently we have approximately 200 families. Please note that membership renewals have been mailed out so please get those back to us at your earliest convenience so that we can place orders for the shirts as soon as possible. We have several options available to include a lifetime member option. If there are any questions regarding membership or shirts, please feel free to contact any officers or info@pinebeltpacers.org

Please note that we will schedule the annual Pine Belt Pacer banquet shortly and we would like to see all of you there to share in good food and better company! Details to follow soon and will be posted on face book and the website.

A survey will be posted soon and I encourage all of you to please take the time to fill this out.

Special Interest Section

Running has made me crazy but kept me sane. I am sure all of you who run can relate to how I feel. When I am running and I have a bad workout, I become upset. I will wake up in the morning planning my run for the day in my head. Sometimes I dread the run, other times I look forward to the run. If something gets in the way of my run, I can become anxious. Sometimes, I wish something would get in the way because I feel the pressure of meeting a certain goal. Running makes me crazy! But wait, if I can't run I miss it! If I feel the stress of work, or life in general, I can run long and feel the stress fall behind me with every mile. There is no certain speed or distance that makes a person a runner. Running helps me find balance where I can be alone with myself and God, or choose to share the run with my companions. So remember, "Run for your Life", and here's wishing whatever your running or life goals are for this year, that success will be at your finish line! Ta Ta for now, Audrey