

Paris Pacers

April Newsletter

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BOARD MEMBERS

Angie Adams, President

Betsy Higginbotham, VP

Mary Beth Walls, Sec.

Sarah Mitchell, Treasurer

Cale Shonk

Jackie Jewell

Angie Adams

Ken Polky

Lori Fonner

Eagles on the Fly by: Sarah Mitchell

The following article was submitted to the Prairie Press:

There is a new group of runners at Crestwood School this spring. Girls in grades 3-5 have been laboring over their training runs since February. They are preparing to run a 5K or 3.1 miles. Girls train two days a week for about 30 minutes while working on increasing their distance. Girls are encouraged to run as much as they can while taking the

breaks that are needed. The group focuses on female empowerment and the attitude that regardless of how the world or society looks at you, how you perceive yourself is more important. As a group, coaches and participants are promoting friendship and exercising. The girls have focused on improving their own ability to run/walk by pacing themselves and being better than the day before. When they run, the girls

will high five each other and say encouraging words to keep going.

Paris Pacers is a non-profit club that encourages the health and well-being of all community members. Pacers donate proceeds of their races to various community organizations such as Crestwood Student Council and Interact Club at Paris High School. Pacers do not receive any grants and strictly rely on membership

Please submit your 2018 registration to Sarah Mitchell if you have not done so yet.

An email was sent with a copy and you should have received a copy in the USPS mail.

Important dates

- April 7: Miles for Our Military Terre Haute, IN
- April 14th: Swamp Stomp Terre Haute, IN
- April 21: Tusk Tri & 5K Terre Haute, IN

Trick or Trot 2017

Betsy still has leftover long sleeve tech shirts from TOT. They are black with orange and white writing. If you would like one, please contact Betsy @ 251-5533. They are \$10 each.