

**Paris Pacers**

# April Newsletter

**Volume 1, Issue 1**

**April 1, 2017**

## BOARD MEMBERS

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## Running Club Improves Community by Betsy Higginbotham

Being a part of something new can be scary and intimidating. However, it can also be rewarding in ways that you never thought possible. If you look closely, there is something for everyone in our community.

One thing that our community has always been good at is athletics, especially team sports.

Team sports teach us many things that we carry with us throughout life. The Rec Center has adult basketball, volleyball and other sports. At the Legion, you can participate in adult softball. Running or walking is also possible with a running club.

Being a part of a team/club brings people together and running can be a team sport. The feeling of satisfaction and camaraderie running alongside teammates is very gratifying. Come rain or shine, your running club will be with you, helping you through those

dark, cold winter/spring evenings or mornings as well as the balmy summer days. Some races have team awards! You will make new friends, even if you thought you didn't need any more. You'll realize that the people in your club have more in common with you than you first thought. Before you know it, you'll be hanging out at the pub with fellow club members after training and signing up to do crazy distance races that you never thought possible.

Whatever your level is, you will find a training group that fits your speed. Running clubs are all about improving oneself. You will soon find that you will start pushing yourself more than if you were running solo. Even though running is a team sport with your group of friends, you will find yourself competing with yourself. Your teammates might be the ones helping you set that new personal best, a PR.

Training with friends keeps you moving, more active and gives you that accountability we all need. Knowing that your friends are counting on you to show up means you are more likely to show up and run yourself.

Do you ever feel tired and sluggish throughout the day? Running can change that tired feeling. Have you ever heard of a runner's high? Running releases endorphins which block pain and make you feel energized.

Rediscover your own community and find new local routes to run. There is no way you will experience running boredom when running in a group.

Paris Pacers is a local non-profit running club that give back to the community. Local events are held to raise money for different organizations.

Instead of lonely times pounding the pavement, join a club!

## RWC 2017

- April 1st 8:00 am, across from Tom's Fitness on Wood Street
- 5K/10K option
- Medals for overall winners and age group winners of each race
- If you haven't signed up, we still have shirts. You can sign up the morning of the race.

## Important dates

- April 8 Swamp Stomp Hawthorn Park, TH
- April 15th: 4th Annual Run for the Rescue, TH
- Down on the Farm Clark County Fair 5K: Marshall, IL
- April 22 Christie Clinic Illinois Marathon: Champaign/Urbana

## St. Patrick's Day Fun Run

Thanks to those who came out for the St. Patrick's Day Fun Run, members only event. We even picked up a new member! I think it's safe to say that we are definitely a group of runners, not golfers since most of us didn't follow the holes in order.