

Paris Pacers

January Newsletter

Volume 1, Issue 1

January 1, 2017

BOARD MEMBERS

Betsy Higginbotham, Pres.

Lori Fonner, VP

Mary Beth Walls, Sec.

Alison Wirth, Treasurer

Jackie Jewell

Angie Adams

Ken Polky

Sarah Mitchell

New Year—New You By: Betsy Higginbotham

January is the beginning of the year and everyone says it is the time for a fresh start. When you look around there is always someone who is starting a New Year's resolution to get...

There is a new diet that can promise....

If you workout X times a week you will see...

We all did it, right? At the beginning of January our resolution for ourselves was to complete/run a half marathon in 2017. I know I signed up for Rock N Roll Half Marathon in April.

I no longer believe in New Year's resolutions. I believe in daily resolutions. Every morning when I get out of bed I ask myself, what am I going to do today that will help me become better, stronger, or faster for tomorrow? (This will work with any aspects of your

life, not just running.) How can I become a better mother? How can I become strong enough to handle the daily struggles/tasks that have been handed to me? How can I get faster at washing the dishes? Being better, stronger, or faster at everything we do in life matters. You matter, Make it count!

The Paris Pacers running club started back in 2015. It was our practice run. 2016 was our warm up and 2017 is our game time!

In 2017, we plan to offer solutions for you to make daily resolutions to yourself. Check our calendar of events to make sure you get signed up with use for our game time.

- March 17th: St. Patrick's Day Fun Run—Members only
- April 1st: Run, Walk, Craw 5K or 10K timed event

- Run Now, Wine Later—TBD—Members Only
- Prediction Run—TBD—Members only
- October 28th: Trick or Trot 5K or 10K timed event

Get registered today so you don't miss out on our Member Only events

Points Challenge Winners

- Martha Whitacre 248.6
- Daniel Alexander: 200.1
- Sarah Mitchell 167.2

*It's not too early to bank points for 2017.

Important dates

- January 14: Polar Bear Dare @ Mill Creek
- February 4: Charleston Mid Winter Classic 5K, 10K, 15K
- February 11: Heart Throb 6K Terre Haute
- February 18: Party Gras

- Virtual 5K Terre Haute
- February 18: Circle City Donut Dash Indianapolis
- February 25: Winter Trail Frosty Half & Quarter Marathon @ Eagle Creek in Indianapolis

Don't forget to renew your membership for 2017.

One is attached to this email for your convenience.