

On the Run

By Fred Rainey

Carolyn Corrigan, chairperson of the Running Committee, reports that the group, after meeting in May and June, have come up with several long- and short-term goals to help Club runners.

In the long term, they are planning to encourage member participation in running, stressing the benefits to your health and the joy of competition. Over the short term, they will be providing information on up-coming races, keeping running records and preparing members for the Honolulu Marathon.

For recommended races, the committee will be picking up entry forms and will have them at the front desk; cards will be posted on the committee's bulletin board by the men's locker room listing the races for which forms are provided. The committee is hoping to bring in more speakers and they welcome interested members to both their special events and regular meetings. Contact Carolyn Corrigan for more information.