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L STREET RUNNING CLUB
P.O. BOX 445
SOUTH BOSTON, MA 02127



YOUR 2007 CHECKLIST

- Renew your membership
- Cover a water stop or provide other Sunday support
- Send in your bus application
- Send in your marathon party application
- Order your LSRC marathon gear

Maintain, Maintain, Maintain



The L Street Flyer

J A N U A R Y 2 0 0 7

Four training runs down, my how the time flies by. You've done some hills, ran in the cold weather and fought some wind. Now comes the tough part of your training. More hills, colder weather and stronger winds and longer mileage. Stay with the training, run your own pace, find a niche, keep it, and "Maintain Maintain Maintain." Welcome to all the new members and a reminder to everyone about the obligation to cover a water stop or other Sunday support (contact Billy Hartford for more info.) and to dress warm and keep the body moving at all times.

Curley Community Center where we call home is a separate entity from "LSRC." If you use the facilities for showering or the weight room or steam room you must be a member of the Curley Community Center. Fee is \$50 a year from the date you join to the following year. The training bus and party forms are in this flyer, sign up early so we can plan these events. Your training is in your hands, do the homework and you will pass.

Good luck to all.
Mac



**Don't Forget to Renew
Your Membership!**

Forms can be found on-line

NEW YEAR'S RUNSOLUTIONS

By Jennifer Mitchell

In a futile attempt at small talk this holiday season, I asked some acquaintances about their New Year's resolutions. I got the same responses all across the board: "What New Year's resolution?" "What's the point?" and "I never make New Year's resolutions." Apparently the idea of taking the time to make some life-altering decision, that no one ever follows through on, is about as appealing as a bad pun (*see above). No one had anything compelling or juicy to begin or abolish from his or her life, and I noticed animosity towards this normally exciting and forgiving time of year.

In past New Years, I felt like everyone was trying to at least loose a couple of pounds—even if that were a boring and over-used resolution. This year, however, people wanted no part, and were borderline irritated with me for asking! Now it's halfway through January, no one's doing anything cool with their lives, and the other dreaded holiday is looming in the shadows: Valentine's Day. By now I know not to even mention the latter—lest I want a swift kick to the shins! Again, everyone seems miserable about "Feb Fourteen." If you're single you resent the fact that the retail shops resemble the aftermath of a bender hosted by Cupid and his posse, complete with doilies and cardboard cutouts. Similarly, if you've got that special someone you resent the fact that the card companies created this day, and you are thus obligated to drop money just so you don't have to sleep on the couch. It's a lose-lose situation for all. As runners I bet the only reason we get through January and February is due to the brain freeze incurred on those 15 and 17-mile runs, which blinds us to this nonsense. I was thinking today about uplifting subject matter for this article—which is hard considering the rainy and chilly day it became. Then I realized that L Street Running Club IS making New Year's resolutions and celebrating love. (You just don't realize it!) When each of us signed those checks and filled out membership forms, we were taking the first step. We resolved that no matter how ugly the snow and sleet would get this winter or how hard the hills would be in the summer sun, we would carve out time for our favorite pastime and the familiar faces we have come to know as our "second family." One needn't look further for a new commitment than the January 7th run, where over 200 people showed up and waived their right to a social life for another round of spring marathon training. Although to us it's what we do, there are a lot of people out there who really admire all the discipline we have and who are inspired by the miles we log. It's a pretty extraordinary dedication—just ask Lance Armstrong (oh snap!).

Second, you are all off the hook for Valentine's Day—you know that other "celebration" coming up that everyone loves to hate. Being the master of excuses, as well as the undisputed queen of B.S., I will tell you how: Our love of running, coupled with the support we lend each other, gives each of us a "Get-out-of-V-Day Card." Our results page is not only impressive because of the number of people participating in races all over the world in 2006, but also because, well, LOOK AT ALL THOSE PR's! That wouldn't happen if we didn't truly love what we do. Furthermore, I don't know ANYONE who would stand out in the New England elements waiting for 2 hours to hand off water to a heard of thirsty lunatics. That's amore! And if we had to give out the Miss Valentine's Day award, it would surely go to Laura "Sarge" Hurley who doles out more love every Sunday than Dr. Phil and "The Girls Next Door" combined! We're brimming with warm fuzzies!

Somewhere a long time ago each of us had a run or a race result that we thought was impressive. Through the years our accomplishments and defining moments became part of who we are, and eventually we lost appreciation for what we can do with nothing more than a pair of sneakers and the open road. Running is just something we do, and after a while it's no longer as impressive to do another race or shave off a few seconds. Similarly, we get used to having all the encouragement and love from our club mates every week and don't realize that not every runner has this kind of support system. LSRC is an exceptional group of people who demonstrate the "Valentine's Day Way" everyday (minus all the trans fats and annoying decorations of course).

If someone asks you about your New Year's resolution this year, or what you're doing for Valentine's Day—just tell them to bug off because you've got your bases covered! You're out there every week renewing your commitment to being the best runner you can be, surrounded by a bunch of people who'd give you the last carb gel off their race-readies! And maybe you can make it a point to tell yourself how much you rock—glorifying yourself in small amounts never hurt anyone!

LSRC BUS APPLICATION

Please send this completed form as well as a check for **\$18 per bus payable to L Street Running Club**.
Remember you must be a LSRC member and you must have covered a water stop or provided other support on one of the Sunday runs to be allowed on the buses.

College Hype - Training Bus
Attn. Jack or Joe
540 Gallivan Blvd.
Dorchester, MA 02124

Water Stop/Sunday Support Covered

Date: _____

Location: _____

Natick (\$18) _____ Hopkinton (\$18) _____ Marathon (\$18) _____ Total Enclosed _____

Please Print Clearly

Last Name _____ First Name _____

Street _____ Apt # _____

City _____ State _____ Zip _____ Phone Number _____

Waiver and Release

Please be advised the Training buses and the Marathon day bus are exclusively for L Street Running Club members. Bus seats are assigned based on the individual L Street Running Club member's seniority date. All bus payments are final with the exception of an oversold situation when a member is unable to be accommodated the day of the trip. No refunds are given for seats that are not used on the given date. The proceeds collected are used to supplement the cost of the L Street Running Club's marathon program and the expense of providing the transportation.

I understand and agree to the waiver and release _____

Sign Here

MARATHON PARTY SIGN-UP FORM

Again this year, we'll have a post marathon bash held in the Senior's Room. We need to get an accurate head count to provide a quality event. **Please sign-up yourself and any guests you may wish to bring now.** Party starts at 2:30pm. Don't forget to enclose your check or money order made payable to the L Street Running Club for the correct amount.

Mail to:
Lisa Mikes
880 East 4th St. Apt. #23
South Boston, MA 02127

\$10 Per Person (on or before 4/14) \$15 Per Person (after 4/14) \$5 Children 6-12

Name (please print): _____ # of guests: _____

Guest Names: _____ Total enclosed: _____