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

DON'T BE CAUGHT WITHOUT YOU CLUB COLORS!

The kick-off to the spring marathon training season is just around corner and we should all be proudly wearing our L Street colors for the first run of the season. So don't forget to bring your green to buy some L Street green to the December 13th meeting so College Hype can make sure we all look great in our L Street colors. (Of course checks and credit cards as well as cash are accepted.)

ANOTHER EXCUSE TO PARTY?

Who wants another excuse to have a party? If you do and would be interested in attending a club sponsored party drop an email to jbagni@jhancock.com to let us know.



The L Street Flyer

N O V E M B E R 2 0 0 5

Congratulations to the over 100 members that completed a fall marathon this year. It's a tribute to the members that helped out, together with Bob Grant's leadership, so many reached their goal of finishing a marathon. Cold weather and the early sunset calls for warmer gear and a vest. Membership renewals are included in this flyer, please don't send them to our P. O. Box but do send them to Michael Hunt. Elections will be held at our December meeting, all positions are available. Thanksgiving Day fun run and our delivering of Christmas Baskets will be on our agenda for membership participation. Fun runs on Sunday will be at 8:00 AM at L St. Have a great season of winter running, be careful, be alert, be smart, stay warm and most of all.....MAINTAIN MAINTAIN MAINTAIN.

CLUB CALENDAR

Annual Thanksgiving Run - November 24th - 8:00am

Join fellow club members for our annual six mile fun run or three mile walk. We'll all meet in the Seniors Room (M Street Entrance) and go out together for this festive event. Then afterwards join us all for snacks and a great kick-off to the Thanksgiving holiday. If you do plan on attending please bring something for all to share (bagels, cake, cookies some little treat).

Club Meeting - December 13th - 7:00pm

This is one meeting not to miss. Not only because you see all the club's hard work pay-off with donations to local charities but of course the pizza!!! During the meeting the following will take place -

- Distribution of the funds raised from the Jim Kane Sugar Bowl Five Miler to local charities.
- Election for club board members (All positions are open for nomination) Contact Bill Smith at 617-954-2170 or wsmith@massconvention.com if you want to nominate someone.
- We will honor the two L Street 2005 Grand Prix winners, Monica Smith and Billy MacLeod. Please come to congratulate them and get psyched up for the next season of grand prix races, beginning in early spring 2006.
- L Street team members who placed during the BAA 1/2 marathon will be recognized

And.... College Hype will be there to get us all wearing our club colors and of course the pizza will be hot and delicious.

Christmas Basket Distribution - December 17th - 8:00am

This is truly a time where L Street members come together and make a difference for those less fortunate in the communities we run through every week. Christmas Baskets are put together and then distributed to those families. Meet in the Card room to help assemble. There will be coffee and bagels served.

Annual New Years Fun Run - January 1st - 8:00 am

Start the New Year off right and join the club for our annual Fun Run into downtown Boston to view the ice sculptures on the Common. Meet outside the L Street Entrance, as the Curley facility will be closed because of the holiday.

First Spring Marathon Training Run - January 8th - 8:00am

Before you know it - it's time to dust off the cobwebs from your running shoes and work-off those extra holiday pounds. The 2006 first spring marathon training run is the perfect start. Meet at the M Street Entrance. Stay tuned for more information to come.

L STREET RUNNING CLUB - 2006 MEMBERSHIP APPLICATION

Has the information requested below changed since your last application? yes [] no []

To join on-line go to lstreet.org and select **Membership** and then **Apply On Line**.

Membership Plan - Please check one:

Individual Renewal \$20 []

New Individual Membership \$35 []

Family Renewal \$25 []

New Family Membership \$40 []

Please Print All Entries Clearly:

Last Name: _____ First Name: _____

Male [] Female []

List first name of any family members (spouse and children 18 years old or younger) to be included in the Family Plan:

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Name: _____ Age: _____

Your Contact Information:

Street: _____ Apt #: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Office Phone: _____

E-mail address: _____

Make checks payable to: **L STREET RUNNING CLUB** and please **mail to:**

LSRC (c/o Michael Hunt)

169 Walnut Street, Apt #1

Dorchester, MA 02122

Membership Renewals

- The Deadline for membership is **January 15, 2006**.
- Late renewals can be made anytime after January 15, 2006 at the "New Member" rate.
- To renew your membership you must be a 2005 LSRC member.

New Members

- Membership year starts on January 1st, 2006 and ends on December 31st, 2006.
- You can still join at any time during the year.
- If you sign up on October 1, 2005 or later, there is a grace period so that you will be considered paid for the year 2006.

Note

- The family membership plan includes a husband and /or wife and children 18 years old or younger.
- Becoming a member of the L Street Running Club this precludes you from running in the Jim Kane Sugar Bowl Five Mile Road Race in July. You will also be asked to volunteer to-work this-race.
- The L Street Running Club and the Curley Community Center are separate entities and require separate memberships.