



# STONEY CREEK RUNNING CLUB NEWS

Volume 3,  
January 1,

## PRESIDENT'S CORNER

Hello club members and I welcome the opportunity to work with the newly elected board. I hope you all enjoyed your holidays and that you reach your goals in 2008. Thank you Pat for all your hard work establishing and leading our club. My pledge to the club is to continue Pat's legacy and try to do what is best for the club and our small running community.

At our annual meeting the Bylaws Amendments were approved. For a summary of the annual meeting please see the secretary's report (thank you Kathy O).

The first board meeting will be held Wed., January 9 at Pat and Mary's home at 7pm.

### AGENDA (tentative)

1. Call to Order
2. Minutes from Previous Meeting (Kathy O)
3. Treasurer's report (Wayne H)
4. President's report (Dr. Mike)
5. Committee Chairman Appointments and Reports (Dr. Mike)
6. Old Business
7. New Business
8. Announcements
9. Adjournment

If anyone has something that they want the board to discuss please let me know before January 6. This will allow whatever preparation that may be necessary to include it in the agenda. All announcements should be given to the president prior to the meeting for approval. Roberts Rules does not include open discussion. This may still be done before or after the meeting between those who wish to take part. Open discussion will not take place during the meeting. The only rules to be followed during open discussion will be up to the hosts (Pat and Mary) of the meeting.

Joe Baldwin requested that someone needs to provide a review of Robert's Rules for our members. I will attempt to provide an introduction to Roberts Rule.

Board Meetings are primarily for doing club business in an

efficient and orderly manner. In order for a motion to be considered a board member must make "A MOTION". Prior to discussion the motion needs to be "Seconded" by another board member.

Each member in turn may speak about the motion on the floor only after being recognized by the chairperson and has a limited time (to be determined by the board) to speak. A motion may be amended (changed) if a new motion is made and seconded. Note that if a motion is amended the discussion on the floor addresses the amendment first. If the amendment is passed the board then would discuss the amended motion. If the amendment fails to pass the board would then resume discussion of the motion. It will be my job as chairperson to make sure we do not get lost. There are some motions that do not require discussion and some motions may take precedent over the motion on the floor. This will be considered in a later column.

I would like to ask our members to pay your dues like one advises for voting. Do it early and Often!

Consider what you want from your club and let a board member know or better yet come to a meeting and let us know in person. Below is a preliminary list of committees with the name of the person who has agreed to be chairperson. Consider contacting the chairperson and volunteering to help with club activities. Remember this is YOUR club.

Stoney Creek Clean Up Committee (TBD)

Children's run Committee (Jim Karner)

Membership Committee (TBD)

Free Press Water Stop Committee (Jim Nardi)

Halloween Children's Activity Committee  
(Kathy Nardi)

Club Clothing Committee (Joe Baldwin)

Race for the Cure Committee (Pat Roche)

Finance Committee (Wayne Hanlon)

-Mike Yates

## DR. Mike's Marathon Training 2008

For those of you who do not know it I go to Northern Maine to work about one week per month. With the temperature around zero Fahrenheit and snow everywhere I was forced to do some training on a treadmill. The interesting part is it gives how many calories you are burning. While running I realized I was burning 750 calories per hour. Anyone wishing to do a 4 hour marathon may join me on Sundays since now I know I must eat 3000 calories at breakfast in order to have enough calories for my marathon.

## Secretary's Report

Minutes of 3<sup>rd</sup> Annual meeting, December 7, 2007

Meeting started at 7:50pm. All board members and 13 club members attended. There were 21 people in total.

### Treasurer's Report

The balance is \$1127.94. The club insurance has been paid for next year. Membership is at 140.

### Old Business

The president, Pat Roche gave a wonderful speech which included the last 2 years history. This includes as follows: 22 bagel Sundays, new T-shirts, sweatshirts, jackets, Kids run, prediction run, biking, hiking, Newsletter, post Crim party, Halloween and Chili party just to mention a few benefits.

The Vice President, Dr. Mike awarded the President, Pat Roche a plaque along with the clubs thanks of appreciation for a great 2 years as our leader.

Mary Roche, the President's wife also expressed the clubs gratitude and thanks for an impeccable job.

The revised by-laws were voted upon by all the club members present. Dr. Mike motioned to accept the revised by-laws, a second motion received to endorse.

The by-laws were accepted unanimously.

### New Business

Nominations were directed by Dr. Mike for new elections as follows:

For the President, Dr. Mike was nominated. Nomination closed and zero votes opposed.

For the Vice President, Michelle Sebaly and Bobby Schreiber were nominated. Nominations closed.

For the Treasurer, Wayne Hanlon was nominated. Nomination closed and zero votes opposed.

Bobby Schreiber withdrew nomination for Vice President and accepted the Membership board position.

For the Vice President's nomination, zero votes opposed Michelle Sebaly.

For the Secretary, Kathy Omilion was nominated. Nomination closed and zero votes opposed.

For at large BOD, Jim Nardi and Rob Roy were nominated in. Nominations closed and zero votes opposed. Joe Baldwin, Jim Karner and Currell Pattie have accepted to remain on the BOD by acclamation.

Jim Karner needs volunteers for the upcoming football games December 23<sup>rd</sup> and 26<sup>th</sup>.

Transportation will be provided to Ford Field. Any questions, contact Jim.

John Hoffman drove from Pennsylvania to be at our Annual meeting.

Carol Yates has expressed new ideas for next year's Annual Halloween party.

Joe Baldwin is taking shirt orders.

The next Board meeting is January 9<sup>th</sup> 2008.

Meeting adjourned 8:27 pm.

-Kathy Omilion

## Thanks

Thanks to Jim and Kathleen Nardi for once again allowing us to use their house to host our annual meeting, and also for the great food they provided afterwards. There are a few people that you can always count on and you are definitely among them!

Thanks to Jeff and Tracey Rizer for hosting the December Bagel Sunday. We had a surprisingly big turnout and I was glad to see that you bought extra!!

## Birthdays

Happy birthday to the following club members: Joann Carlson, Alberto Delavega, Jason Di Grande, Erika Erich, Keith Hanson, Melissa Marsh, Chuck Maxwell, Jeannie McDonald, Hank Osier, Tracey Rizer, Mary Roche, Marilyn Tarantino and June Yaeger. An especially Happy Birthday to: Glen Ashbrook, Martin Horneck and Currell Pat-tie who are entering new age groups.

## Welcome New Members

We are fortunate to have the following member join the club: Dave Bolam, Kimberly and Dave Cadman, Pat Catlin and Nicki McCormick. Please make every effort to make them welcome!!

## Errors and Omissions

I know you will find this hard to believe but sometimes I make a mistake and in this column I hope to correct them!! Please feel free to bring them to my attention!!



## On The Road

If you are going to a race and are looking for someone to share a ride or room with we will be glad to use this column to help put you two together.

## Did You Know

If you have an article or story that you would like to see in the Newsletter please contact me. We are always looking for an interesting piece to include in the newsletter.

-Pat Roche

## Share Your Pictures

If you have pictures that you would like to see in the next newsletter, please forward them to me at pm7303@aol.com. Don't forget to include the names of the person and/or people as well as the location.

## DEADLINE

FEBRUARY NEWSLETTER

01/20/2008

## NEXT BOARD MEETING

Wednesday

January 9th, 7 P.M.

Pat/Mary Roche's Home

1920 Smallbrook Court

Troy, MI 48085

## Bobby Sez

Hi Everyone,

Well the chili party has come and gone. By far this was the most successful of them all. It appears all had a good time and was a nice way of kicking the Christmas season off. I would like to give special thanks to Kendra Kneer, Lee Ann Bury and Hank Osier for bringing their chili's which really added variety to the chili theme. Also would like to thank those who brought cookies and salads and other munchies. They were all excellent and again thank you very much. I mustn't forget Kathy O who helped me set up, I was sure I would never be ready. Again can't say thank you enough. I am looking forward to doing this again next year so mark your calendar, around Dec 7th or 14th probably the 7th.

Have a Happy New Year and see you on the trails.

On a different note.....I would like to take this time to apologize for my behavior at the annual meeting..

Bobby



## Race Results

09/30/07 Boyne to Boyne Marathon

Dennis Keener 3:43:00 3rd AG

10/21/07 Detroit Marathon

Dennis Keener 3:53:00

11/22/07 Detroit Turkey Trot

Marilyn Tarantino 5K 32:32 1st AG

John Tarantino 10K 42:47

11/23/07 Howell Fantasy 5K

Kelly Ferrell 26:22

Chuck Ferrell 22:12

12/01/07 Troy Reindeer 5K

Kelley Ferrell 25:02

12/02/07 West Palm Beach Marathon

Tom Penn 3:50:40 1st AG

12/09/07 N B Jingle Bell 5K

Kelley Ferrell 23:35

Chuck Ferrell 21:26 3rd AG

Jim Gilroy 23:39

John Hofmann 29:37

Kim Jacobson 27:09 2ns AG

Harold Jacobson 29:22

Chuck Maxwell 26:13

Jim Nardi 26:37

Kathy Omilion 29:28 PR

Currell Pattie 26:00

Mary Roche 30:13 1st AG

Pat Roche 26:02

Marilyn Tarantino 32:17 3rd AG

John Tarantino 20:08 1st AG

Bobby Schreiber 38:45

Marvin Stevenson 28:12 1st AG

12/15/07 Jingle Bell 5K

Bill Guisinger 43:49

Mike Schwedt 45:30 PR

There are probably many results that have not been listed and we'd love to!!

Please either call or email me with your results so that we can share in your successes.

Pat Roche: 248 828-7303 or

pm7303@aol.com

## Upcoming Races

01/19/08 Portland Winter Run

5K Run and Walk

10:00am Portland, MI

Voted Favorite Small Race in Mid-Michigan

Contact: portlandrunning-club.homestead.com

01/19/08 Snowflake Races

5 & 10 K Runs 5k Walk

10:00am Flushing, MI

Contact: riverbendstriders.com

01/26/08 Paint Creek 50K

50K or 25K your choice

09:00am Paint Creek Trail

Duck Pond Rochester

NO FEE NO FEE NO FEE

Contact: Dan Dewey 248 203-4614

### [SCRC at U.S. Women's Olympic Marathon](#)

The Men's Olympic Marathon Trials, in New York, for the Hansons-Brooks team, and a lot of fun for Women's Olympic Marathon Trials are coming up, in women's team will have 5 runners competing, in addition Jackie Rzepecki. Come out and enjoy both the Olympic Boston Marathon weekend atmosphere. Brooks will did in New York.



was a tremendous success for U.S. distance running, those who made the trip to spectate. The Boston, on April 20<sup>th</sup>. The Hansons-Brooks addition to some other local women, like club member pic Trials race, the Boston Marathon, and the whole even be throwing in some more activities, like they

A block of hotel rooms has been reserved at the Taj ½ blocks past the finish line. Anyone interested reserve one of those rooms. There are a limited number. Even if you have other lodging arrangements, you still want to be on Joe's e-mail distribution, for updates on discounts and other club and Hansons-Brooks activities that weekend. This group trip is not limited to just Stoney Creek Running Club members. Additional info will be sent as it becomes available.

Boston, for a group trip. The Taj is located about 3 should contact Joe Baldwin right away, for info to ber of rooms, and they're first come, first reserve.

Contact: Joe Baldwin

[joerun1971@aol.com](mailto:joerun1971@aol.com)

(586)731-0153

## [Bits and Pieces](#)

### Rob Sez:

This is really cool! Go to the link below. Type in your name and you can find the results of most of the races you have ever run.

[www.athlinks.com](http://www.athlinks.com)

(He's right!! It works——thanks for sharing Rob)

### Mike Ward tells us:

I back up to Stony Creek...the trail off Parkview and Pierce is all cleared...blacktop all the way up into the park, and going west to Dequindre has also been cleared...no ice or snow...great running...usually that way all winter. (12/20/07)

Thanks Mike, the park gets monotonous after a few months—I wonder if anyone else has safe winter running options that they can share??

Thanks to Bobby for once again providing a great post Jingle Bell Run Chili party. He and his elves outdid themselves this year. If you missed it you missed both a wonderful time—great food and a chance to meet a lot of fabulous people..runners and non-runners alike. Mark your calendars as soon as the date is announced so that you don't miss next years bash!!!

**Please check and make sure that you have paid your renewal dues as you won't want to miss an issue of this newsletter nor what Dr. Mike and the Board have in the works for next year!!!**

## 2007 SCRC Board

President.....Mike Yates  
248 969-1323  
[runyatesrun@sbcglobal.net](mailto:runyatesrun@sbcglobal.net)

Vice President...Michelle Sebaly  
586 677-9883  
[gmsebaly@comcast.net](mailto:gmsebaly@comcast.net)

Treasurer.....Wayne Hanlon  
248 375-0720  
[hanlonwayne@hotmail.com](mailto:hanlonwayne@hotmail.com)

Secretary.....Kathy Omillion  
248 608-2601  
[katlady1120@yahoo.com](mailto:katlady1120@yahoo.com)

Membership.....T .B.D.

BOD at large.....Joe Baldwin  
586 731-0153  
[joerun1971@aol.com](mailto:joerun1971@aol.com)

BOD at large.....Jim Karner  
248 651-9627  
[jimanitak@aol.com](mailto:jimanitak@aol.com)

BOD at large.....Currell Pattie  
586-354-3666  
[currellpattie@hotmail.com](mailto:currellpattie@hotmail.com)

BOD at large.....Jim Nardi  
248 672-8227  
[jamesnardi@hotmail.com](mailto:jamesnardi@hotmail.com)

Past President .....Pat Roche  
248 828-7303  
[pm7303@aol.com](mailto:pm7303@aol.com)

## Non-Board Frequent Contacts

Newsletter.....Patrick Roche  
248 828-7303  
[pm7303@aol.com](mailto:pm7303@aol.com)

Webmaster.....Mark Carlson  
248 944-6117  
[mac14@Chrysler.com](mailto:mac14@Chrysler.com)

## Currell's Corner

### Conventional Wisdom

With Internet pundits and chat rooms now at full stride, there is no end to the stream of running advice, now combining with the traditional book and magazine outlets. There are a few oft-repeated Rules For the Road that I think are just plain wrong.

1. Run into the wind when you start. When you return with the wind, you won't be chilled by your sweat.

The problem here is that runners, especially here in frigid Michigan, are most vulnerable and sensitive to the wind when they begin a workout. And later perspiration isn't much of an issue these days,

due to advances in wicking technology that keep you pretty dry throughout your run. So start out with the wind while you're still a bit stiff, and not yet acclimated to that 15 degrees out there.

2. Always run on the left side of the road, facing traffic.

This is true 99.9% of the time. When I see runners (joggers?) on the right, with traffic bearing down just behind them, I'm tempted to stop and do a quick Running 101 lecture. But here's an exception: When you are on a road with little or no shoulder (translation: escape path), and the road ahead is bending in a sweeping, blind left, (a right for the oncoming vehicle) a driver may not see you until very late, and you have limited options; either cross the road quickly to the other lane with traffic possibly coming from behind, or desperately move to your left, where that ditch, wall embankment, or stream makes room basically non-existent. A better solution is to briefly present yourself almost in the middle of the road, ever mindful of traffic from the rear, where the oncoming driver can see you earlier, and thereby position his vehicle more to the center of the road. Then quickly run back to the left side. Examples of roads with this problem are Indian Lake and Drahner, near the Hanson's Lake Orion store. They often are used for SCRC training runs. Also, Silver Bell, near the Paint Creek Trail.

3. In a race, don't go out too fast.

Again, true most of the time, and absolutely so for a Marathon. But your individual running style may be a factor for shorter races, especially the 5K. For example, some racers, when attempting to hold a moderate pace early, get into a rhythm of sorts, and struggle to increase effort in the middle or latter stages of the competition. You may be better suited to (and let's use the 5K as an example) hang a fast first mile, relax a bit for the second, and then slowly increase effort for the final mile, with a special push the last quarter. Again, your mileage may vary, as the automobile CAFE standards folks like to say, and don't blame me if your running buddy/fierce opponent dusts you because you had nothing left after commit-

ting the Going Out Too Fast sin.

4. Baby your shoes! After all, you paid something north of a G note for them.

Hey, back during the Running Boom, when shoes were (ahem) something less than perfect, they saw major surgery, compliments of the owner. As in: X-acto blade slashings, extra custom padding, exotic lacing schemes, and bring on the moleskin, foam, and slabs of EVA (I think we made Dr Scholl's stock triple in those days). Got a bunion problem? Cut a hole in those Belchfire Supreme Deluxe Lmt. 10 1/2 D uppers, right where the bunion is killing you. No support in the arch? Gimme scissors and a sheet of padding. And glue. True, running shoes were in their Prehistory Era then (just emerging from the sea, almost ready to walk on land), but we made 'em work. Still, don't be intimidated by the flash, dash and hype that shoes bring to the running scene. And I will tell you...if you don't cut a hole for that pesky bunion or whatever, it will do it for you. Painfully.

5. Try to get about 500 miles, or maybe a bit more, from your shoes.

The local running stores didn't give me kick-back \$ to say: make it 300 miles (or maybe a bit more). Running shoes keep that "new", cushy feel only about 50-75 miles, then it's all downhill, which I admit is a bad figure of speech for something Runner Negative. Today's midsole technology, combined with durable heel counters and other pronation devices, have lengthened the window for acceptable shoe performance. But look at it this way...we have an inexpensive sport, with shoes the only significant expense. (Check out the price of a carbon fiber bike handlebar if you don't believe me). You are purchasing injury insurance when you Purple Heart your shoes around 300 miles. And no one is putting a gun to your head to buy one of those GPS watches or pricey Look-At-Me workout ensembles. You can get by just fine in gym shorts, K-Mart socks, and your 1991 Crim T-shirt.

-Currell Pattie

## January 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00am SC Boat Launch	2 9:00am SC Boat Launch	3 5:15pm SC Boat Launch	4	5 8:00am SC Boat Launch 9:00am West Branch walk
6 8:00am SC Boat Launch Bagel Sunday	7	8 5:15pm SC Boat Launch	9 Same as above BOD MT	10 Same as above	11	12 8:00am SC Boat Launch 9:00am West Branch walk
13 8:00am SC Boat Launch	14	15 5:15pm SC Boat	16 Same as above	17 Same as above	18	19 8:00am SC Boat Launch 9:00am West Branch walk
20 8:00am SC Boat Launch	21	22 5:15pm SC Boat Launch	23 Same as above	24 Same as above	25	26 8:00am SC Boat Launch 9:00am West Branch walk
27 8:00am SC Boat Launch	28	29 5:15pm SC Boat	30 Same as above	31 Same as above		

## Weekly Contact Information

The Tuesday, Wednesday and Thursday Runs and 9:00am Saturday Walks are subject to change so please call the contact person listed below to confirm both the times and locations.

Tuesday & Thursday contact Pat Roche at pm7303@aol.com  
 Wednesday contact Jim Karner at jimanitak@aol.com  
 Saturday contact Catherine Serra at catherineserra@yahoo.com

The Saturday and Sunday 8:00am runs are set and will not change unless weather conditions make running impossible!!

## Mr. Incredible Strikes Again

### Rocket City Marathon

It was 61 degrees with a light drizzle for the start of the 31st Annual Rocket City Marathon in Huntsville, Alabama. The start gun went off and so did about 1,500 marathoners including one guy dressed in a custom-made costume as Disney's/Pixar's Mr. Incredible. Yes, that was me... Mr. Incredible. I walked until I hit the start line because I needed to save my legs for the end of the marathon. I followed my plan, well actually the 3 plans... Jeff Galloway's (Run, Walk, Run), John "The Penguin" Bingham's (Run until you're tired... walk until you're bored) and my plan (Just wing it!) for this marathon.

My goal was to do a 5 hour 30 minute marathon and I was on track as I hit the halfway point. Even at mile 15 I was still on track. Then ALL OF A SUDDEN it hit me. I have never had this happen during a marathon. R... P... S...

RPS is Runner's Portapotty Syndrome.

From Mile 16 to Mile 20 was through nice subdivisions and I kept stopping and I didn't need to rest. There was not a portapotty along this area until Mile 20. I knew I was losing valuable time because of stopping so many times. I headed for the portapotty, opened the door and then realized another problem... the costume!

I had to remove the costume, or most of it. I did what I needed to do. It took me some time to get re-dressed inside the portapotty. I lost about 13 minutes according to my Garmin ForeRunner GPS download. My time would have been worse if there was a newspaper inside.

As I exited the green and white portable runner's commode, I went back to my occasional jog but mostly speed walking, trying to maintain a sub 14:00 per mile (or less) during the speed walk. At mile 22 I noticed flashing lights reflecting in the red stop sign. I turned around and saw two police cars following me with their flashing red and blue lights. I know they couldn't be pulling me over for speeding. I was at the back of the marathon!

Then realization set in, I lost so much time for RPS, I was the last official marathoner. I felt like O.J. Simpson in a Low Speed Chase, with the two police cars behind me. There were other marathoners behind them but they had to move to the sidewalk and off the road. I was still within the maximum allowable time pace for a 6 hour marathon. From Mile 22 to the very end of the marathon I had my own "Reverse Police Escort!" Mr. Incredible followed by two police cars.

As the three of us passed the major road intersections, there were additional police stopping traffic for the marathoners. What made this amusing was that almost each and every cop pulled out their cell phone and took pictures of ME, as I passed by them, with my escorts in tow.

I saw the end of the marathon and there was a woman just in front of me about 200 feet. I decided only to trot up to her but not pass her, yet I felt I could run. Since I picked up the police escort I wanted to be LAST! My official chip time was 06:00:09.

Afterwards, I downloaded my Garmin ForeRunner 305 information to my computer. I found some interesting information. From Mile 16 to Mile 20, I stopped 14 times, though for the entire race I stopped 22 times. If I did not stop and "pose" for pictures with the spectators or for the RPS, I would have been close, very close to my 05:30:00 goal. For nearly an hour after the marathon I did more photo ops with other runners and their families.

The Rocket City Marathon was my fifth marathon this year and the MOST FUN! Now I have a new goal to strive for at the 2008 Walt Disney World Marathon Weekend, a 5:00 hour pace. I know I will always be stopping for photographs with my fans along the way. Maybe I can finish under 5-1/2 hours!

Mark "Mr. Incredible" Carlson

mr.incredibile.runs.marathons@gmail.com

## Unique Club Benefits

### KRAFT CHIROPRACTIC CLINIC

165 W. Auburn Rd., Rochester Hills  
248 299-2620

(100 yards West of Rochester Rd. on  
South side of Auburn Rd.)

First adjustment, exam and x-rays  
are FREE!!!!

When you call for the first appoint-  
ment mention that you are a mem-  
ber of the Stoney Creek Running  
Club and that's all that's necessary.



### Peak Performance Massage Therapy

(Therapeutic and Sports Massage)

134 W. University, Suite 102

Rochester, MI 48307

248 941-0194

[www.peakperformance.cc](http://www.peakperformance.cc)

Jeffrey D. Gaudette (massage thera-  
pist) specializes in athletic and per-  
formance-enhancing massage. As a  
professional runner with the Han-  
sons-Brooks Olympic Development  
Project he has first-hand knowledge  
of the specific injuries that plague  
endurance athletes.

Members of the SCRC receive a dis-  
count of \$10. off a 1 hour session  
and \$5. off a ½ hour session.

When you call for the first appoint-  
ment mention that you are a mem-  
ber of the Stoney Creek Running  
Club.

### Hansons Running Shops

10 percent discount on all nonsale  
items; this is in addition to their own  
discount, which is based on the  
number of shoes you buy. All you  
have to do to get the discount is  
show your club membership card.

### Hanson's Coaching Services

We would like to provide members  
of the Stoney Creek Running Club  
with discounts on all coaching ser-  
vices:

Services include:

Vo2 max/Anaerobic Thresh-  
old testing

Regular price \$90.00

SCRC price \$65.00

Metabolic Testing

Regular price \$90.00

SCRC price \$65.00

"Hands-Off" Training Sched-  
ules

Regular price \$120.00-  
\$240.00

SCRC price \$ 90.00-\$180.00

"Hands-On" Coaching

Regular price \$250.00/12  
weeks

SCRC price \$200.00/12  
weeks.

Check out [www.hansons-running.com](http://www.hansons-running.com)  
for more information on ser-  
vices, or email Luke Humphrey at  
[humphrey.luke@yahoo.com](mailto:humphrey.luke@yahoo.com).

Office

Location3 South Broadway

Lake Orion MI 48362

Phone: 248.693.4883

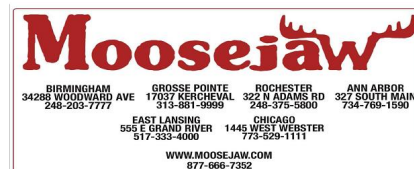


### FuddruckerS

Located at 40995 Van Dyke at the  
corner of 18 mile road in Sterling  
Heights.

Club members will now receive a  
10% discount on any food and non-  
alcoholic beverage purchased. Show  
your SCRC membership card and  
receive your discount. The discount  
is valid when you join the Tuesday  
post speed training group for dinner  
and any night you dine at the 18  
mile location.

Runnin Gear will offer a 10% dis-  
count to all SCRC members on all  
non-sale shoes, wearing apparel and  
accessories. It is applicable at all 3  
stores. You must show your SCRC  
membership card to obtain the dis-  
count.



### Moosejaw

Provides members of the SCRC with  
a 10% discount on any regular  
priced item and an additional 5% off  
any sale item; discount is available  
anytime at any location. Discount  
does not apply to boats and food  
items and is for in-stock items only.  
You also get 5% in Moosejaw Re-  
wards Points with every purchase;  
go to [www.moosejaw.com/rewards](http://www.moosejaw.com/rewards)  
for details. If you prefer to shop  
online simple use the code "moose"  
to get your discount.

Closest location: 322 N Adams,  
Rochester Hills, MI 248 375-5800.

M. Maska Engraving

420 Main Street

Rochester, MI

248 652-0455

20% off any hand or machine engraving on all metals; expert at free hand designs. Medical alert bracelets engraved.

(Long time club member)



Midwest Jewelry Services, Inc.

420 Main Street

Rochester, MI

20% off any jewelry item for club members; just show your membership card. We also do watch repair and custom designs

PRAYER FOR THE NEW YEAR

May you have enough happiness to keep you sweet;

Enough trials to keep you strong;

Enough sorrow to keep you human;

Enough hope to keep you happy;

Enough failure to keep you humble;

Enough success to keep you eager;

Enough friends to give you comfort;

Enough wealth to meet your needs;

Enough faith and courage to banish depression and

Enough determination to make each day a better day

than yesterday.

