



The Health Benefits Of Running

Every time we pick up the paper we read about what is believed to be healthy and harmful today. These beliefs are constantly changing, and it's hard to know what to believe.

Common sense plays a big role in good health. Meeting the basic needs of the body is essential to optimum health. To meet these basic needs, here are a few tips:

- Eat a balanced diet
- Control stress
- Exercise
- Rest

Running is a great way to get exercise, reduce stress, and allow the body to rest as well.

It's no secret that runners enjoy good health and reap all of the benefits of the healthy lifestyle. If you are not currently running, and wish to start, check with your doctor. Then, come and join us for a run.

THE INTERRUBAN RUNNERS CLUB

The Interurban Runners Club is an organization for runners and walkers of all ages and abilities. The Club provides the opportunity to meet other runners and to improve running performance through regular workouts, and for walkers to meet for fitness walks. The Club also organizes social gatherings and other outings for members, their families and friends. The Club is based in the South King County area. Everyone is welcome.

SCHEDULED WORKOUTS

- INTERVALS
- DISTANCE
- TRAILS
- HILLS

For a complete schedule of our workouts, times, and locations, call one of our contact persons or check us out on the Web at:

www.interurbanrunners.net/

RELAYS

- MT. SI
- RAINIER TO PACIFIC
- HOOD TO COAST
- HANEY TO HARRISON

The relays are big favorites with many of our runners. We enter multiple teams in many of the relays. Some of the teams are competitive, and some are purely recreational.

We would love to have you join us! Contact us for information or send in the enclosed form.

Membership Application

The Interurban Runners Club

Name(s) _____

Address _____

City _____

State _____ Zip _____

E-Mail _____

Day Phone _____

Evening Phone _____

Please do not list my phone number in directory.

Date of Birth (M-D-Y) _____ - _____ - _____

New Renewal

Type of Membership: *Please Indicate Interests:*

Individual (\$15.00) Regular Workouts

Family (\$17.00) Marathons

Student (\$ 5.00) 5 & 10 k Races

Must be in HS or college Ultra Runs

Relays

Waiver: I, my heirs, executors, administrators, and assigns waive, release and discharge any and all rights or damages against the Interurban Runners Club (IRC) and its sponsors, directors and agents for all claims arising or resulting from traveling to or from and participating in IRC events. I attest that I have full knowledge of the risks involved in running and that I am physically fit and sufficiently trained to participate.

Signature (Parent or Guard if under 18)

Date

Please make checks payable to:
Interurban Runners Club

Mail to:
**Interurban Runners Club
Membership Coordinator
P.O. Box 24882
Federal Way, WA 98093 - 1882**

Join

**THE
INTERURBAN
RUNNERS CLUB**

Membership Benefits

- REGULAR EXERCISE
- RACE TRAINING
- RELAY TEAMS
- CROSS TRAINING
- NON-COMPETITIVE RUNS
- SOCIAL ACTIVITIES

Members have an opportunity to meet other runners and share all the gains and pains of running.

Receive a copy of our monthly newsletter and membership directory to keep in contact with support groups.

Information:

Rick Garrison253-638-0476
windblown@netscape.com

J. Ellis253-564-4340
jellis6355@aol.com

Deone Docken253-840-0290
Deoneyd@aol.com

Find us on the web at:
www.interurbanrunners.net

Interurban Runners Club
PO Box 24882
Federal Way, WA 98093-1882



**THE
INTERURBAN
RUNNERS**

Join us for

- ✓ Fun
- ✓ Fitness
- ✓ Training tips
- ✓ Group support

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www.interurbanrunners.net