

A Letter From Your President

Hi everyone! I hope you are all enjoying the warm weather we have been having and getting in lots of running. Always remember to, stay hydrated, be safe and most of all have fun!

Plans for our club picnic are in full swing. The picnic will be right after our Cole's Woods race at the Glens Falls YMCA. We had a nice turnout last year and are hoping for an even nicer time this year. So, bring your family, bring your friends and come on out and join us for a nice picnic with BBQ chicken and all the trimmings! I look forward to being there and seeing everyone and maybe even meeting some new people that don't come out as much as others.

As many of you know, as a whole, membership in the club is down. We are working on putting a committee together to work on ideas for increasing membership and to also put together a list of nominations for new club officers. If anyone is interested in joining this committee or have any suggestions for them, please do not hesitate to contact me. My home number is 696-6368 and my email address is adk5@roadrunner.com.

Now let's get out there and just enjoy the great outdoors.

Happy Running,

Becky