



The Regina Road Runners Club

The Regina Road Runners Club is a non-profit organization dedicated to the promotion of running and fitness in the Regina and surrounding areas, and to the enrichment of the running experience among its members. In fulfilling its mission, it serves recreational and competitive runners of all levels. Your membership in the RRRC gives you:

- A variety of non-competitive fun runs
- Organized attendance at out-of-town races
- Clinics, social events, and various opportunities to meet people with similar interests
- Discounted family membership fees
- The Roadworthy newsletter
- Discount of 15% on running shoes and clothing at Track and Trail

The 2009 Executive is:

President: Vicky Bonnell –
avti@accesscomm.ca
Vice-President: Greg Dyck
Treasurer/Registrar: Norm Freitag

The RoadWorthy Newsletter

RoadWorthy is published by the Regina Road Runners Club at least three times a year. It is sent by e-mail or regular mail to its members. If Sports Illustrated or Runners' World are not worthy of your articles, try us.

We would be thrilled to hear about your training experiences, your inspirational advice to other runners, or any other straight or quirky thing that you'd like to share with us. Feel free to include any photos, art, or other exhibits along with your article.

E-mail your submission to:

RoadWorthy Editor

Membership Application

- € Current or renewing member – fees to June 2010 (please ensure information is current)
- € New member – fees to June 2010

Name: _____

Address: _____ (street or P.O. box)
_____ (town or city)
_____ (province & postal code)

E-Mail address : _____

Individual membership = \$15.00 Family Membership = \$20.00 (please submit the names of each family member, indicating child or adult)

Make cheques payable to: Regina Road Runners
c/o Norm Freitag
909 McIntosh St.