

McGuire's Running Club

Run/Walk Etiquette

Just like driving, please stay on the right and pass on the left. Try not to run or walk with others in such a way that will create a wall that may block the sidewalk or road.

Walkers if you are walking the regular run route please do not leave until all the runners have started running. If you must leave early, please be aware that runners will be approaching you from behind at a much greater speed most likely in large clusters. Runners, if you happen upon a wall of runners/walkers, **please be courteous** and let them know that you are approaching from behind to pass. Shout "on your left" or "I'm about to pass". Overall, please be polite and courteous.

Keys Anyone

From: Michael Baker

If anyone is missing a set of Hyundai keys, they were left after the run last night. Call 292-5805.

By the way, the wheels shake above 100mph

Make a day of it!

From: Rochelle Murrell

I would like to invite you and your running club to a new race in Daphne, Alabama. I have listed below specific information about the race. I would love it if you could communicate this information to your running team.

The big day is **May 17, 2008**...

05.17.08 - Jubilee Run 5 mile and 2 mile fun run to be held in Daphne, AL.

5 mile starts at 8:00

2 mile starts at 9:15

Applications available at www.jubileechurch.com/jubileerun

Please contact rochelle@jubileechurch.com for information or 251.979.7371.

The race starts in front of the Daphne City Hall. It will be an exciting day with live bands and the Daphne Zydeco Festival follows. This will be a great event for you guys to be a part of and its not far from your hometown. It sure would make a fun trip for you guys. I hope you can make it.

Please let me know if you have further questions.

Rochelle Murrell
Jubilee Run

Fiesta Volunteers

We need around 4 more volunteers for the McGuire's Running Club water stop during the Fiesta 5k/10k May 3rd. Please email me your name and phone number if you would like to help out. Thanks to those who have already volunteered. You know who you are...

Mullet Man Pictures

This is just a message to pass on to all racers and fans that were at the 2008 Mullet Man Triathlon that there are lots of photos at <http://www.johnhillphotography.com/>
There are also photos from the 2007 race in case you missed seeing them. You can also click on the Flora-Bama web site for results and photos. Please forward this info to other clubs and athletes that may have participated in either year's race.

Thank you, John Hill

DISCLAIMER - This email was sent by Cousin Nathan, but the content provides contact information. Cousin Nathan may act like he knows everything, but the stated contact within the email message may be your best bet for information. If all else fails, Cousin Nathan will respond to your questions (usually with "I dunno", but you may get lucky).

EXCLUSION INFO - If you elect to be excluded from the McGuire's Runners group e-mail messages, please respond to this message stating so.

Include your free business text ad at <http://www.pensacolalist.com>.

Provided by

