

Melissa S. Eder

From: Janie B. Lane
Sent: Sunday, August 25, 2019 4:00 PM
To: Craig B. Clifton
Subject: Re: Meeting/Group Run/Walk Info

Hi Craig!

It was great meeting everyone on Thursday - and I appreciate your efforts leading this group! Thank you!

- 1) Meetup dates/times - For west campus folks, Monday and Tuesday work best for us. If there are really 40+ of us, may we could even get 2 days a week going?
- 2) Shirt - I personally prefer the racerback tank or sleeveless v-neck tee. Might be nice to stick to a blue for AC.
- 3) I am happy to do any race 😊

THanks,
Janie

From: Craig B. Clifton
Sent: Thursday, August 22, 2019 1:16:34 PM
To: Annette Watts; Ashley B. Mader; Ashlie E. Lang; Brian L. Frank; Carol Bevel; Cheryl L. Jones; Christine E. Diaz; Cindy Lanham; Courtney Milleson; Craig B. Clifton; Danielle N. Arias; Diane L. Sharber; Erica D. Brassfield; Ernesto F. Olmos; Heather L. Finsterwald; Ileana L. Jennings; Jaime Rios; Janie B. Lane; Joseph E. Kautchick; Julie A. Norman; Kathy U. Snider; Kay Crandall; Keegan S. Ried; Kevin J. Ball; Kristin D. McDonald-Willey; Matthew Q. Snyder; Michelle K. Orcutt; Pamela Madden; Rose Dukes; Sami Landers; Shannon D. Gonzales; Sharonda Davis; Shelby N. Moore; Sherrie S. Buss; Stefanie M. Carruth; Stephanie Billingsley; Tamara T. Clunis; Teresa A. Herrera; Tiffani L. Crosley; Toni B. Gray; Victoria A. Zuniga
Subject: Meeting/Group Run/Walk Info

Hey runners/walkers,

Currently we have 40 members. Wow!!! Don't forget our first meeting/group run/walk today at 4pm at Carter Fitness Center. If you are wondering what this may entail, I put together a suggested format below. This format is totally flexible and if you want to do something different, feel free(I thought that some kind of initial structure would be good).

4pm-4:10pm- Initial meet-up at Carter Fitness Center Court 4. You can enter through the main entrance of Carter or through the side doors facing North towards 24th (will be open).

-Hang out and do some light stretching. I will give some basic tips if you are New to running/walking.

4:10pm- Take a group picture and then begin the group run/walk. Talk about discussion items as we run/walk.

Each of you can run/walk as long or far as you want.

Run/Walk Location options are:

1. Inside Carter running/walking in the gyms on the inside track
2. Inside Carter on the treadmills
3. Outside around the park
4. Outside wherever you want to go

It might be good for us to all start out by walking/running one time around the park so that we at least start off together and are in the same vicinity for at least one lap. This would allow us to match up with walkers/runners of similar paces. Just to be clear, this is not a race. Each of you should run/walk at your own pace and not feel obligated to keep up or slow down in order to stay with someone else. Don't get offended if someone runs ahead or holds back because they want to go at their pace. Try to spend some time with another person to discuss at least one of our discussion items. The weather seems to be great today to be outside. As far as clothing goes for this, a good pair of shoes is most important. Beyond that just wear what you would be comfortable in. Below are the links from my first email. Also, Christine Diaz put together the attached file of women's shirts to choose from. It is a little tricky navigating the site. This is very helpful. Thanks Christine!!!. See you all soon.

1. New York Times article for anyone who is just starting out: <https://www.nytimes.com/guides/well/how-to-start-running>
2. "Well's Running newsletter." https://static.nytimes.com/email-content/RU_sample.html?module=newsletterconfirmationemail&version=regi&contentId=RU&eventName=readlatestnewsletter®ion=copy&emc=confirmregi_RU_20190805&nl=RU
3. Lone Star Running Club Race Calendar: <http://lonestarrunnersclub.net/Calendar.htm>
4. Runner's World Race Finder Link: <http://www.runnersworld.com/race-finder>
Running USA Race Map Link: <http://runningintheusa.com/Race/>
5. Link to shirt catalog: www.companycasuals.com/amarilloscreengraphics

Craig Clifton

Carter Fitness and Wellness Center Director
Amarillo College
cbclifton@actx.edu
(806)358-9578