

The Officers and Directors of the Lakewood Ranch Running Club are excited to announce the launch of our newly created **1,000 Miles Runner Club Program**.

Starting January 1st, 2010 and ending December 31st, 2010, each Lakewood Ranch Running Club member will be able to accumulate miles run to reach the 1,000 mile mark. Each member accumulating 1000 miles will be awarded a 1,000 Miles Runner Club Tech-Shirt. Miles will be accumulated on a monthly basis. It will be the responsibility of each club member to report her/his total miles to the coordinator at the end of each month. At the beginning of each month, the updated mileage standings will be posted on the Club's website.

The program is **free** to all active members. Registration will be open from January 1st, 2010 until January 15th, 2010. To register - e-mail your request to participate to the 1,000 Miles Runner Club Program coordinator at Mileage@LWR-RC.com. Program rules are listed below:

1,000 Mile Runner Club - Rules

Pre-Requisites

- All participants must be members of the Lakewood Ranch Running Club in good standing for miles to be counted.
- The mileage accumulation year runs from January 1st through December 31st.
- For new members the mileage accumulation starts immediately the date they pay their membership dues in full.
- Inactive members need to bring their membership current by paying past dues in order to participate.

Rules

- All miles run by an individual club member are counted towards their total accumulated miles.
- The Lakewood Ranch Running Club encourages all members to try to accumulate their miles during Club published and scheduled runs – the more the merrier.
- All officially registered and published races count for mileage accumulation.
- When traveling away from home or under similar circumstances, it's the individual member's personal choice whether or not to report miles accumulated on alternative courses or in alternative ways (treadmill, indoor track running, outdoor track running, etc.).
- It is the runner's responsibility to keep an accurate, written log of all mileage and to communicate the miles run each month to the coordinator no later than the last day of the corresponding month.

Motto

COME RUN WITH US AND LET'S HAVE SOME FUN!

If you have any questions, concerns, suggestions or you would like to sponsor our program please do not hesitate to contact us under Membership@LWR-RC.com.