



The Long and Short of It – Dale Peterson

Where has the Summer Gone? or Time to Renew

I am sitting here on the last day of July struggling to get something into the August newsletter. I just dug through my box filled with ER Newsletters looking for old articles for *The Doctor is In* and the *Blast from the Past*. It is very hard to look through the old newsletters without getting distracted and impossible to do so without noticing the passing of time.

Before I started on these newsletter chores I got online and renewed my State Parks Pass and my USATF membership. Both of these are important – the parks pass for what I hope are by now obvious reasons and the USATF membership for the upcoming PA Cross-Country season.

There is still one more **Summer Track Series** all-comers meet at Santa Rosa HS starting at 6:30pm sharp on Tuesday August 9th. If you have not yet come out, you are missing a lot of fun. This is your chance to run something much shorter than you typically would do all year and see how fast you really are.

If you are thinking about running in any of the upcoming **PA Cross-Country** meets you will need to be a member of the USATF. Without a membership you can still run, but you cannot score, which is the whole point of being on a team. So, google USATF-PA and sign-up or renew today!

USA Track and Field Olympic Team Trials – Eugene OR July 2012

I understand that you can still get tickets for the Olympic Trials next summer. I am not sure if you can still get complete full-week packages, but individual days apparently are still available. If you have never gone you really owe it to yourself to do so. This not just a track meet, it is a carnival and festival and a celebration that spills far beyond the stadium walls. The entire town gets into the spirit and you will too.

Go to Eugene2012.com to learn more!

If you *are* going you should start checking on lodging soon as it fills up very fast.

Fall will be here before you know it or Time to Get Going

If you are thinking about a marathon in October you are already behind schedule. If you are looking to November or December than it is time to go over your plans and get started. I know at least a few club members are planning on doing CIM – Cal International this year which will be on December 4th in Sacramento.

I did my first long run this morning in preparation for CIM and hope that I see many of you out there on the roads and trails during as the dog-days of August and September lead into the cooler and shorter days of October and November.

Pick an event. Sign up. Make it happen.