

# On the Go

Athletics NorthEAST Newsletter

12/1/2013



## December Events

### Christmas Social & Christmas Coffee Run

Every year ANE holds a Christmas social event. This year it looks like we will be trying a new format. **Watch your emails** for details about the event and date!

ANE also holds an early morning Christmas Coffee Run, usually on or just before

Christmas Eve. We meet at the Sheraton parking lot, go for an easy pace, short run through downtown, and then convene at Coffee Matters for some coffee and conversation. Once again, **watch your emails** for details and timing.

## December Birthdays!

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- 4<sup>th</sup> – Will Small
- 6<sup>th</sup> – Rob Gamberg
- 11<sup>th</sup> – Chris Jackman
- 13<sup>th</sup> – Joan Hartery
- 14<sup>th</sup> – Ryan Aucoin
- 16<sup>th</sup> – Margo Murphy
- 19<sup>th</sup> – Melvin Layden
- 21<sup>st</sup> – Rosemary Lahey
- 21<sup>st</sup> – Noleen Wadden
- 21<sup>st</sup> – Jason Whalen
- 22<sup>nd</sup> – Sonya Mackey
- 23<sup>rd</sup> – Elizabeth Milne
- 24<sup>th</sup> – John Ryan
- 24<sup>th</sup> – Christiane Martin
- 30<sup>th</sup> – Danielle Groves
- 30<sup>th</sup> – Janet Furey

## New Members Since September

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Please welcome the following new members to ANE that have joined since September:

Krissy Dooling	Richard Spencer	Ed Spurrell
Kirk Farrell	Craig Dawe	Holly Strong
Karen Stacey	Susan Hayward	Don Fagan
Colin Jackman	Janelle Miller	

## Editor Needed Volunteer Opportunity!

ANE is looking for a member to volunteer to prepare this monthly newsletter. As editor you would be responsible for gathering club info from our

event organizers and other club members and leaders. If you are interested, please email [sdelaney@nfld.com](mailto:sdelaney@nfld.com).



## ANE Club Runs

### Looking for Company on a Run?

A club run is any regularly scheduled run that you can count on at least a few other club members always being there. And when we say always, we really mean it – it has to be really, really awful weather for no one to show up.

We have regularly scheduled morning, evening, and weekend runs. Check the boxes on this page for schedule details.

There are two email groups that you can join for announcements, workouts, and schedule changes for the club runs – one for the evening workout runs and one for the morning runs. If you want to join one or both of these email listings, please advise [sdelaney@nfld.com](mailto:sdelaney@nfld.com) or the contact people for the runs.

Club runs encourage all paces to participate and always have regroup points along the way.

The morning run group is looking for more attendance from those of “moderate” pace. This will allow multiple pace groups for each run.

## Morning Runs

Contact: Ed Durnford  
[Ed.Durnford@mi.mun.ca](mailto:Ed.Durnford@mi.mun.ca)

Tuesday – 6:00 AM – Aquarena  
Workout

Thursday – 6:00 AM – Quidi Vidi Dominion  
Workout

Friday – 6:00 AM – Quidi Vidi Dominion  
Run

Saturday – 7:30 AM – Churchill Square  
Easy Run

Sunday – 8:00 AM – Quidi Vidi Boathouse  
Long Run

## Evening Runs

Contacts: Will Small  
[wsmall@nf.sympatico.ca](mailto:wsmall@nf.sympatico.ca)  
Paul Shea  
[pablois40@gmail.com](mailto:pablois40@gmail.com)

Tuesday – 6:00 PM – Churchill Square  
Workout

Thursday – 6:00 PM – Wedgewood Rec Ctre  
Workout

Wednesday All Comers – Quidi Vidi Boathouse  
5:30 PM (5:00 for Extra Quidi Vidi Loop)  
Contact: Bill Pomeroy [acdcbp@gmail.com](mailto:acdcbp@gmail.com)

Some morning and evening runs are likely to be cancelled during the Christmas season.