



WHO ARE WE?: We are an all-abilities running club with over a hundred members, Orange County's oldest and *friendliest* running club, on the go since 1961! But don't let our name fool you, we are also road and trail runners, tri-athletes, marathoners and power walkers--who enjoy good runs, good times, good company and good food!

SPEED WORK: We offer to members supervised track workouts at 6:00 p.m. every Tuesday night at the Orange Coast College track in Costa Mesa. Our coach, Charlie Appell (voted "Coach of the Year" by the OC Register) supervises workouts with goals ranging from better 5K times to marathon "PR's" (personal records).

TRAINING RUNS: Many of us also get together for informal weekend runs and marathon training in the hills of Carbon Canyon, along the bike path of Huntington Beach and the shores of Corona Del Mar. Check out our OCTC website for more running events Club contacts: www.octrackclub.org

MONTHLY RACES: Every month, our members select which local races will be designated as OCTC "Club Races." At those races, we support our members with a Club Canopy for members' gear storage, post-run refreshments and a visible meeting place for socializing with other participants before and after the run. Sometimes we compete as a team, representing OCTC, and the club helps subsidize our race entry fee!

POT LUCK MEETINGS: Enjoy the hospitality of monthly club meetings held the first Monday of the month at a member's home. They sometimes feature a short fun run but always include a pot luck dinner and lively meeting.

FOR MORE INFORMATION, CHECK OUT OUR WEB SITE: www.octrackclub.org

MEMBERSHIP BENEFITS SUMMARY:

- Official Orange County Track Club logo T-shirt
- Monthly Orange County Track Club Newsletter
- Weekend training runs – variety of surfaces, inclines and distances
- Monthly pot luck dinners at a member's home
- Free weekly coaching at Orange Coast College track
- Support at monthly OCTC designated Club races

DUES: Membership dues are only \$35.00 individual or \$45.00 family, and your annual renewal is only \$25/\$35.

READY TO JOIN? Make out your check to "ORANGE COUNTY TRACK CLUB" (\$35 individual/\$45 family), fill out the information below and mail to the address below:

Full Name: _____ Age: _____ Male: Female:

Street: _____ Apt: _____ Birthday: ____/____/____

City: _____ State: _____ Zip: _____

Phone: (____) ____-____ Email: _____ Referred by: _____

IMPORTANT: How would you prefer to receive the club newsletter? Online (helps control club costs) Snail Mail

Mail with your payment to:
Membership Chairperson, P.O. Box 1307, Costa Mesa, CA 92628; OCTC voice mail: (949) 863-6166.