



Running Arizona 2010 was mailed out to all ARR members on December. 7, 2009, as a new annual membership benefit. It is also available for purchase for \$14.95, plus shipping. It would be a great holiday gift for your athletic friends! If you are not a member, now is the time to sign up so you get your free copy of Running AZ before the new year! An individual membership is \$20 (includes 1 copy of the logbook), and a family is \$30 (includes 2 copies of the logbook). The book features a 2010 race schedule, listing over 300 running, biking and triathlon events, a training log, and a resource guide. There are also wonderful photographs of area race events throughout the book.

Send check to
 Arizona Road Racers
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