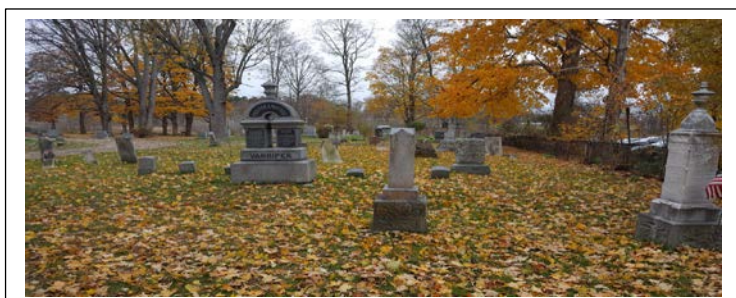


A2 RUN & TOUR. November 4th LAND & WATER DEXTER, MICHIGAN

It was a chilly and windy fall morning when we gathered for our second A2 Run & Tour on Sunday, November 4th. We huddled together and had a blast enjoying the beauty and mystery of a colorful day! Our tour was based in Old Dexter. We began at the Forest Lawn Cemetery, a nineteenth century landmark, where we heard from the cemetery's administrator. The town's namesake is buried at the cemetery which, we were told, is still "active" today. Our next destination was Nixon Farms, about to celebrate its 100th year! After entering Mill Creek Park, we ran through downtown Dexter and along rural roads. Awaiting us at the end of the 3-mile run was Ryan Nixon, fourth generation owner of the farm. He shared with us the successes and challenges of his great grandfather, grandfather, and father as they dedicated their lives to working the land.



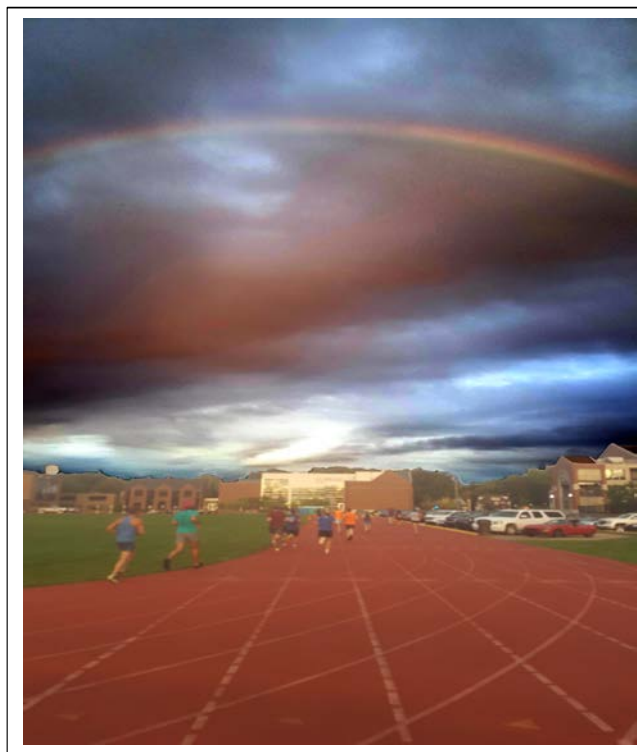
Lucky for us – or not - we then zig zagged our way through a cornfield labyrinth, trying to find our way out. We got a little dizzy, but managed to get in at least another mile's run.



Our tour ended with the 3-mile run back to town for cider and doughnuts at Dexter's Cider Mill. At the river's shore behind the mill, we heard from Anita Daley of the Huron River Watershed Council. She gave us Cora Balls! (coraball.com)

ANN ARBOR TRACK CLUB MEMBERSHIP DAY DECEMBER 4TH 7:30 PM RUN & PARTY

THE FINISHERS DAY



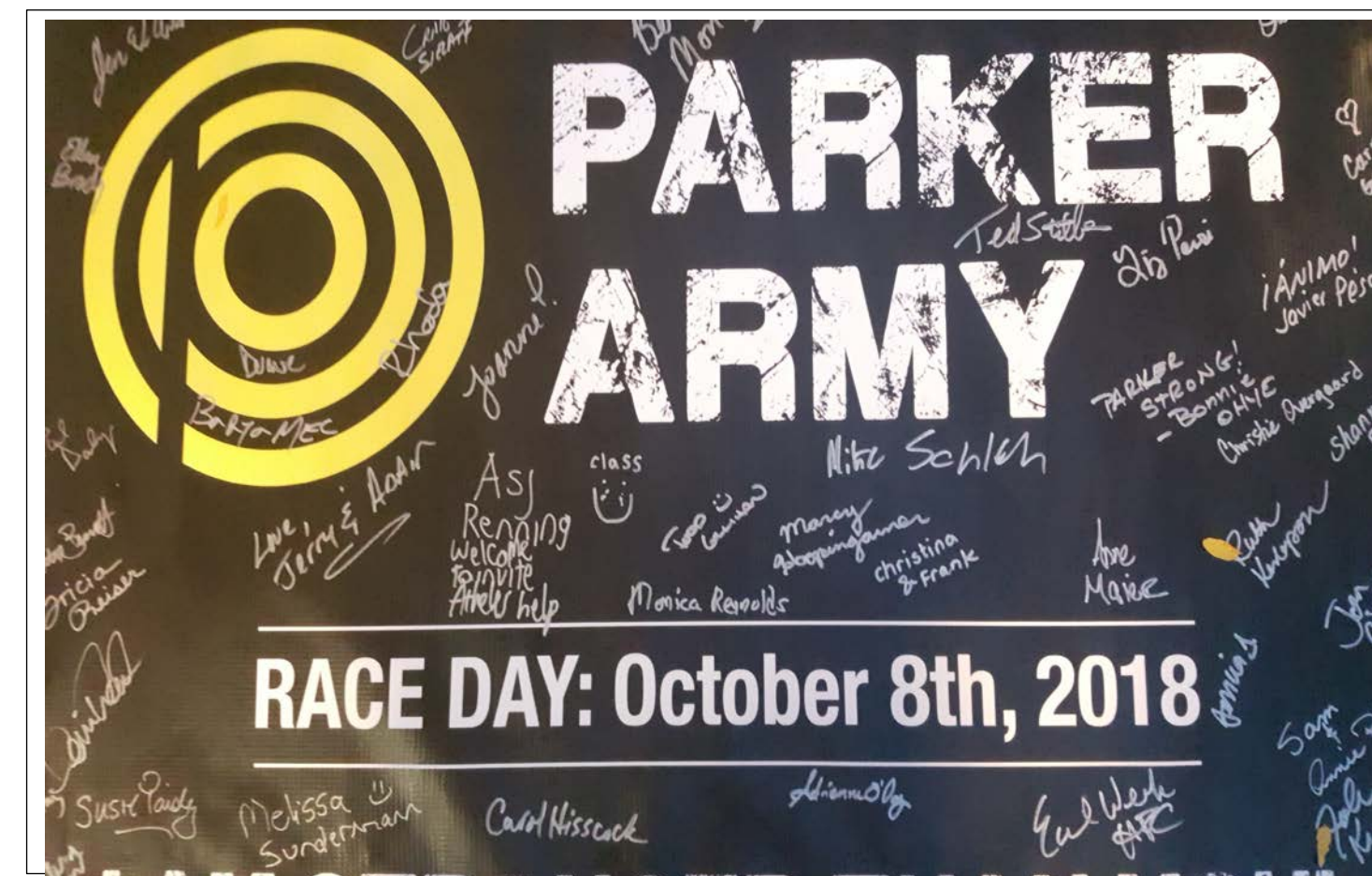
BRING YOUR 2018 FINISHER MEDALS TO DONATE TO U. OF M. MOTT CHILDREN'S HOSPITAL. TAKE A PICTURE AT THE EMU TRACK WITH ALL YOUR MEDALS. BRAG ALL NIGHT ABOUT YOUR ATHLETIC ACHIEVEMENTS. JOIN US FOR FREE PIZZA AND NON-FREE BEER AFTERWARDS.



THE STREAK

ANN ARBOR TRACK CLUB NEWSLETTER
"RUNNING, FITNESS, FRIENDSHIP AND FUN"
NOVEMBER-DECEMBER 2018

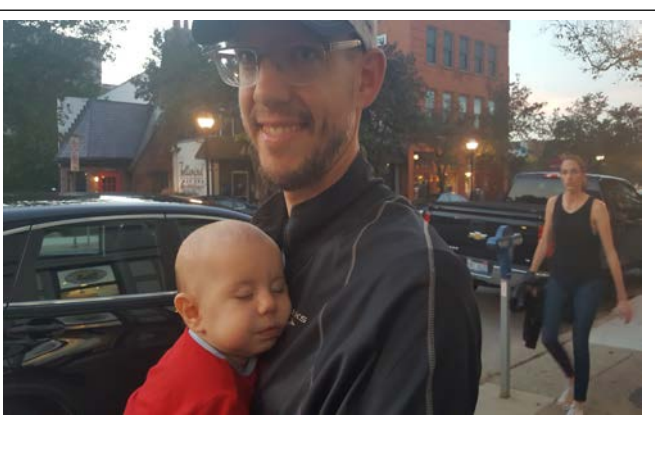
MICHAEL'S RACE



Michael is a pillar in the running and triathlon community as a coach, race organizer, and athlete. He has a gift for inspiring others and helping them reach their goals. It was natural for this community to come together and "join" Michael's race.

Eva Solomon, Director, Epic Races

PARKER ARMY



Michael Parker, a coach and trainer for local athletes, was diagnosed with cancer and is now undergoing treatment. A community of runners and tri-athletes came out to support him and his family.

We decided to dedicate our workout to Michael on October 8th, the day Michael started treatment. We printed out Parker Army bibs to wear. Over 70 people showed up, and people who could not be here sent photos of them wearing their bibs during their workouts. Bonnie Ohye

All the support tonight at this workout and on social media was amazing. People are offering so much help, everything from housework to yard work. We are humbled. It makes it easier on my family and gives us something else to focus on.
Michael Parker
It's a great community that can come together to help a family.
Chrissy Parker



NEW DIRECTOR FOR THE 2019 DXA2 RACE



CLINT McCORMICK WILL FOCUS ON GROWTH

Clint McCormick of RunToledo is our new race director! Welcome Clint!

"It is excited to be part of the Ann Arbor Track Club's Dexter-Ann Arbor Half Marathon. Its rich history and commitment to the running local lifestyle displays the type of energy, no worries attitude we thrive in."

RunToledo, through its association with Toledo's Dave's Running Shop, has been managing events since 2009; now over 25 annually.

"Our signature event, the Mercy Health Glass City Marathon, has seen 1100% growth since 2009 — a top 25 Boston Qualifier with ever-increasing first-time marathoners and half marathoners each year. Run Toledo is ready to meet the challenge of the DX-A2 event and increase participation numbers back near the peak 5,000 mark by 2020."

"We develop content, tell the stories, and create an experience that motivates and engages the wide-range target audience leading up to race day and beyond — from beginners and first-timers, to weekend warriors, committed runners, Boston Qualifiers, and elite athletes alike. We have a staff of event management, marketing, and logistics experts; as well as two RRCA Certified and four USAT Certified Race Directors."

"Thank you for inviting us to be part of the great Dexter to Ann Arbor running community. We look forward to nurturing this privilege for years to come."

Clint McCormick and the Entire RunToledo team

ANN LITTLE AND HER DAUGHTER KELLY TOGETHER RAN THE INDY MARATHON

Ann Little started running 7 years ago, in 2012, to improve health. She was looking for an exercise with maximum cardiovascular benefit accomplished in minimum time. Running seemed to fill the bill, and Gallup Park was just down the road. Within 6 months, she signed up for Big House 5K and the rest is history. Ann Little is hooked on racing! Her interest in racing eventually led her to "discover" the Ann Arbor Track Club 4 years ago.



"The Ann Arbor Track Club has been integral in helping me improve my speed over the last few years. The workouts bring out my best efforts and have improved my performance in races."

Ann's daughter Kelly Little, a diehard Disney fan, also started running in 2012 with goal of eventually running in the Disney Princess half marathon - dream accomplished in 2014 - with mom. Two Disney Dopey marathons followed. Ann and Kelly run more than 20 races together each year in and around Ann Arbor with the occasional destination race. Their year includes lots of 5Ks, a few 10Ks, and the occasional half marathons - and now - marathons. "There is always that next challenge awaiting around the corner. It never occurred to me that I would be running marathons in my 60's, but here I am." Marathons are a relatively new addition to their repertoire within the last year. Ann and Kelly just ran the Indianapolis Monumental Marathon on November 3, both setting personal records. And what did they do the next day? The Ann Arbor Track Club Run & Tour in Dexter, of course! Too interesting and too much fun to miss!



"Running started as exercise, evolved into a passion, and has unexpectedly led me to new friendships with some of the nicest people in the world."

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