

Pine Belt Pacer 10th Anniversary Run/Walk and Becky Ryder's 65th Birthday Celebration

You are invited to join me in this event:

When / Where: Saturday, November 14 - 10:00 am Oak Grove High School Track - To Benefit the Oak Grove High School Track Program

Five years ago when I turned 60, I marked the occasion by running 60 laps on the Hattiesburg, MS track. I asked people to run/walk with me and make donations toward the Hattiesburg High School Track and Field program. Many of you donated to the effort and we raised about \$3000.

This year I will turn 65 and I will once again celebrate by running and fundraising. Running and coaching and all things running and track and field have been a huge part of my family and our lives. Our son, Robin, was a scholarship runner at the

University of Southern Mississippi and is now the track and field and cross country coach at Oak Grove (MS) High School.

In 1999, when Hollie and I moved to Hattiesburg, we founded a running club, the Pine Belt Pacers. This club now has over 250 members. The purpose of the club was to provide a way to meet, run, and socialize with other runners. The Pacers put on three races each year, the proceeds of which go to charities. So, to celebrate their 10th anniversary, the Pacers will assist me in my fundraising effort.

On Saturday, November 14, I will run for 65 minutes on the Oak Grove High School track. Pine Belt Pacers and other participants in the run/walk are asked to donate a minimum of \$10 for the privilege of joining me in my run. Participants who donate a minimum of \$20 will be given a t-shirt. All proceeds from this event will go to the Oak Grove High School Cross Country and Track and Field program. T-shirts will be awarded to those participants who cover the 10K (6.2 mile) distance. Those who cover 10 miles will get a t-shirt and a \$10.65 gift certificate to Soccer Locker and City Runners. A record sheet for recording lap times will be provided and a limited number of volunteers will be available to act as recorders. Participants are encouraged to bring someone who will record their laps.

Oak Grove Cross Country athletes will also participate in the event by taking pledges for each lap run/walked. Please consider supporting them in their effort.

Additional information about the event may be found on the Pine Belt Pacer website at www.pinebeltpacers.org or by contacting Becky at 601-434-2619 or by email at hryder29@comcast.net.