



SPIRIT OF L STREET RUNNING CLUB (LSRC)

We all value each opportunity we get to run. It's a particularly special experience for us when we're surrounded by over 300 friends/LSRC members each and every Sunday.

This year, members made suggestions to the Board of Directors about how to ensure safety; fun and quality while participating in LSRC activities. The Board listened. Additionally, the website and forum were referred to as THE most instrumental tools in "connecting with LSRC friends" and "finding out what's going on with LSRC."

With that, the web got a fresh look with updated content, a brand-new forum, adjustments were made to the home page and new training courses outlined and posted to name a few. 2012 started as the year of challenges and we're putting a few more to all LSRC members to maintain a standard of excellence:

- Conduct yourself as a LSRC ambassador by being respectful to all other LSRC members on the forum, during organized workouts, at social events and races.
- Honor LSRC by positively promoting Club activities and members via social media, including Facebook and Twitter.
- Contact the Board of Directors in the event you need assistance in resolving issues among club members. The issue will be reviewed by the Board with a recommendation for action.
- Welcome new members to LSRC and make introductions to others.
- Appreciate the different experiences, abilities and skills of other LSRC members.

"As every runner knows, running is about more than just putting one foot in front of the other; it is about our lifestyle and who we are."

Joan Benoit Samuelson