

Elvehjem Neighborhood Running Club Mission Statement



The Elvehjem Neighborhood Association “Weekend Warrior” Running Club has been meeting since December 2010, and during our first year, we logged 1094.99 miles. We average 10-minute miles, with a few members willing and able to partner up with those who want to run a faster or slower pace. At the beginning of each run, we check in with all members to gauge how we are feeling, desired distance of run, and pace concerns. We typically run anywhere from three to six miles, depending on the route and group consensus. Our mission is to:

- promote the sport of running as one aspect of healthy living;
- provide a running option on the eastside of Madison;
- encourage entire family participation through use of jogging strollers;
- offer support, tips, guidance, and stories about past experiences to anyone training for a particular race or distance;
- notify members about local running events and facilitate carpooling;
- embrace the spirit of long slow distance runs by socializing;
- sponsor two neighborhood races—a 5K Turkey Trot on Thanksgiving and the Firecracker 5K/Kids Fun Run on the Fourth of July.

Our core group is about ten members, with several others on our weekly e-mail list, who join us when they are able. We meet at 5306 East Buckeye Road at the wooden staircase. A two-month schedule is distributed to all group members listing run times, days, and routes. The group helps build the schedule by deciding the time and day that works best for everyone. We are always looking for new members, from experienced marathoners to beginners.

Our dreams for the future include the following:

- Increased weekly participation numbers
- One special event per month
- Dri-fit shirts for all members
- Sandwich board for advertising

Contact coordinator Tiffani Roltgen at 608-513-9433 or tiffani@elvehjemneighborhood.org with any questions. Hope to see you out on the road!