



About Us

Learn what we do

Join Today

It's quick and Easy

Races

Reviews, Results and more

My Running

Members only area

Runner's Forum

Discussions & Announcements

Photo Gallery

View member and event photos

Club Members

View the members and officers

NERC News

Up to date club news

Upcoming Events

Mar 30 Maple Sap Runs

Apr 13 Glass City Toledo Marathon

Apr 13 Hathaway Brown 5k Run

Apr 19 Mayfield/Rich Wojticek Run

click here for a full list

Come Move With Us!

JOIN THE NORTHEAST RUNNING CLUB TODAY AND ENJOY OUR MANY BENEFITS...

Welcome

Nov	December 2007						Jan
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
25	26	27	28	29	30	1	
2	3	4	5	6	7	8	
13 miles	1 miles	4 miles	4 miles	3 miles	4 miles	9 miles	
9	10	11	12	13	14	15	
	4 miles	4 miles	7 miles	4 miles	4 miles	9 miles	
16	17	18	19	20	21	22	
	5 miles	4 miles	7 miles		5 miles	9 miles	
23	24	25	26	27	28	29	
			12 miles	5 miles	4 miles	9 miles	
30	31	1	2	3	4	5	
	5 miles		3 miles	7 miles	4 miles	9 miles	

My Links

- My Profile
- Personal Information
- Mileage Report
- My Images
- Upload Images
- Member Profiles
- Grand Prix Standings
- Monthly Newsletter
- Help

Question of the Month

Would you be able to attend more monthly membership meetings if:

- 6:00pm - 6:30pm social & the speaker at 6:30pm
- 6:30pm - 7:00pm social & the speaker at 7:00pm
- 7:00pm - 7:30pm social & the speaker at 7:30pm
- does not matter, I can never attend these times
- I have no interest in attending these meetings

submit

- Local events
- Monthly newsletter
- Club meetings
- Organized group runs
- Discounts at area running stores
- Access to 'Members Only' portions of our web site
- My Running calendar and mileage log

Joining is easy!

Choose from an individual membership (\$20/year) or a family membership (\$25/year) to get all the great benefits of NERC membership. Join online or print a membership form to mail in. We look forward to running with you!

Visit our web site for more information and to join:

<http://www.northeastrunningclub.org>

Mileage Report

Please select criteria to report on.

Start Date:

01/01/2008 (mm/dd/yyyy)

End Date:

01/31/2008 (mm/dd/yyyy)

Workout Type: Select All

- Casual Run Hills Speed
- Long Slow Distance Intervals Race
- Biking Swimming Treadmill
- Elliptical Machine

Run Report

Date	Workout Type	Miles
Saturday January 05, 2008	Casual run	9
Tuesday January 08, 2008	Casual run	5
Wednesday January 09, 2008	Intervals	7
Friday January 11, 2008	Casual run	4
Saturday January 12, 2008	Casual run	15
Tuesday January 15, 2008	Casual run	5
Wednesday January 16, 2008	Intervals	7
Friday January 18, 2008	Casual run	4
Saturday January 19, 2008	Intervals	10
Tuesday January 22, 2008	Casual run	5
Wednesday January 23, 2008	Intervals	7
Saturday January 26, 2008	Long slow distance	17
Tuesday January 29, 2008	Casual run	5
Wednesday January 30, 2008	Intervals	7
Total Miles		107