

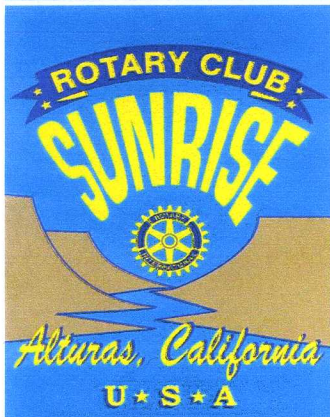
# The Weekly Hash

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"Service Above Self"



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Alan Cain

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Judge Dave Mason

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Bill Hall

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Dwight Beeson

Bill Hall

Frieda DuBois

Tom Boxler

Jim Irvin

Mike Martin

RI Foundation

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## Bill Hall shared the latest in his quest for a healthier life. Part 3 in his life changing journey. The first 5k run.

Bill shared his funny story of how wife Heidi finished her first 5k in world record time and how both Bill and Heidi did not really embarrass their son Grant at Nike World Headquarters, the site of the Nike sponsored Bowerman 5k. To watch the finish of the race and see Heidi cheat to set the world record log on to [http://www.runnerspace.com/video.php?video\\_id=52385-14-25-20-00-Finishers-Bowerman-Athletic-Club-5k-2011&utm\\_source=twitterfeed&utm\\_medium=twitter](http://www.runnerspace.com/video.php?video_id=52385-14-25-20-00-Finishers-Bowerman-Athletic-Club-5k-2011&utm_source=twitterfeed&utm_medium=twitter)

The slide show was funny and showed that Bill played the role of the tortoise quite well. Bill raised the point of all Rotarians becoming healthier. Is this something we should discuss? Let Monica know what and how we can help each other get healthier and promote a healthier city of Alturas and the county in general.

## How can you train for a 5K?

Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves.

You should ease into your running program gradually. In fact, the beginners' program we outline here is less of a running regimen than a walking and jogging program. The idea is to transform you from couch potato to runner, getting you running three miles (or 5K) on a regular basis in just two months.

To read more go to [http://www.coolrunning.com/engine/2/2\\_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml)



*Today's Guest  
Jessica Burns,  
Kim Velena,  
and Ted Fisher*



### MARBLE GAME.

Willy Hagge. Sorry!

### Happy Pot!

Willy-2nd place in horseshoes at Tribe Ride

Sandy-J. Paul Getty's Grandson

Bill W.-Survived Tribe Ride

Tom B.-Tahoe trip

Dan L.- Daughter and Grandkids home

Kimberley-Family Here

Frieda-Tribe Riders safe

Seab-Fair coming up

### Event Calendar

Quad Dinner, Aug. 28th

Block M Meeting Sept. 6th 5pm At BLM

Trap Shoot possibly Sept. 10th TBA

Punt, Pass and Kick, Sept. 11th Noon

Old Bags-Sept. 17th

*Executive Meeting Tuesday the 30th at 7:00 am @ Golf Course.*

Program Schedule: 8/25 Bill Wilson, 9/1 Assembly, 9/8 George Wistos