

# Inside TIMARRON

November 2007, Volume 1, Issue 8

OFFICIAL PUBLICATION OF THE TIMARRON OWNER'S ASSOCIATION

## Annual Holiday Lighting And Decor Contest



Winter holidays are here and the Timarron Community is holding the Annual Holiday Lighting and Decoration contest. Judging takes place the evening of Monday, December 10th or the next day if weather results in delays. So don't forget to have your lights on by 6pm for judging.

ValleyCrest donates poinsettias for first and second place winners. Neighborhoods with more than one-hundred homes receive two first place awards. Winning yards will also have a sign posted in their yard for everyone to see. First place winners may not win two consecutive years. So let your creative side come out as 'tis the season!!!

**DATE: MONDAY, DECEMBER 10th**

**TIME: 6:00 p.m.**

*Happy Holidays from the  
Timarron Owner's Association.*

## FALL TIMARRON GARAGE SALE

**Date: Friday, November 9th  
Saturday, November 10th  
Time: 9:00 AM to 4:00 PM**

Give your fall cleaning a great reward by getting your items ready to sell and turn them into cash as well as helping the needy in this giving season.

Simply place balloons by your mailbox or gate when you want to be open for shoppers. Timarron is posting advertisements in the Journal publications.

### **PRESALE NIGHT:**

Your fellow residents will be able to preview the merchandise on Thursday, November 8th. Place your balloons outside between 4:00-7:00 PM if you are ready get an early start.

### **AFTER THE SALE:**

You can donate what is left by calling a charity of your preference to pick up your items and receive a tax receipt. Here are some places that would be happy to receive your clothing & household items in good condition:

The Second Glance Resale Shop - Benefits the Open Arms Shelter. 817-909-8765 (ask for Albert or leave a message)

The Arc of Texas - Support people with disabilities. 817-624-7001

Graceful Buys & Touch of Grace - Support food pantries and housing for the needy. Clothing and small items must be taken to their donation station in Grapevine. They will pick up furniture and working appliances 817-305-4673

# TIMARRON

## Newsletter Information

### Editor

Kathy Epperson.....Kepperson@principal-mgmt.com

### Publisher

Peel, Inc.....www.PEELinc.com, 888-687-6444

Advertising .....advertising@PEELinc.com, 888-687-6444

## ATTENTION TIMARRON RESIDENTS!!!

Our newsletter is in need of volunteers to help coordinate articles and information gathering. We are very fortunate to have the "Inside Timarron" newsletter. It has opened a great communication forum to help us build and maintain a stronger community, free of charge to our readers.

This could be a great opportunity for those interested in positive journalism to get involved in helping your community. Please contact the office to volunteer at 817-424-3027.

## Mission Statement

*The Mission of the Timarron Owners Association is to provide its members a superior residential development with amenities, policies, and standards which maintain the quality of life for its neighborhoods, maximize the property values of its homeowners, and provide uniform administration and enforcement of its policies*

*The principle points of focus to fulfill the mission are to:*

- Administer strict but fair enforcement of covenants and restrictions
- Maintain the high standards of Timarron landscaping and infrastructure
- Respond to property owners particular needs and ideas
- Maintain accountability to the elected neighborhood delegates

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## Current Projects Happenin' in Timarron

**Note:** This article will be updated each month to summarize projects either currently in process or being considered over the following 12 months.

- New Irrigation Well The City of Southlake reissued our permit and the under street drilling is complete. You should see purple pipe beside Byron Nelson and Continental. The new well irrigation will run through purple pipe to differentiate itself from City water lines. Where is this new well location? Look just east of the hole 14 of the Timarron Golf Club along Continental. New pump equipment will be above ground just east of the Bent Creek tennis court, beside the existing pump equipment.
- Signage Do you know of a missing or faded street sign? Management is preparing a replacement list for spring 2008. Please feel free to call the office and notify management.
- Fitness Facility Timarron recently performed minor wall repairs in the fitness facility and expect flooring replacement for the 2008 year.
- Bent Creek Clubhouse Have you rented the Timarron Clubhouses lately? Several regular maintenance items took place at the Bent Creek clubhouse: new sofa purchased, air conditioning units serviced, building power sprayed, windows and carpets cleaned, and minor wall repairs addressed.
- Bent Creek Fountain Take a look at the new lighted fountain at the Bent Creek pond.

## Advertising Information

Please support the businesses that advertise in the Timarron Community Newsletter. Their advertising dollars make it possible for all Timarron residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com). The advertising deadline is the 20th of each month for the following month's newsletter.

**At no time** will any source be allowed to use the Timarron Community Newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from the Timarron Association and Peel, Inc. The information in the newsletter is exclusively for the private use of Timarron residents only.



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# TIMARRON

## Hello TIMARRON HOMEOWNERS!

The 2007- 2008 Board of Directors and Neighborhood Delegates are elected and, by the time you receive this newsletter, the Board has approved the 2008 Budget. Please watch your mail over the next few weeks for account statements as assessments are due January 1st of each year.

And with the year end upon us, the Newsletter Committee is taking a break during the holidays so expect minimal reporting during the next couple newsletters. Feel free to send pictures of a recent vacation, Timarron activity, or City event. The Board encourages articles on Timarron, Southlake, or Colleyville and, upon Board approval; we can submit these stories or articles in the Association newsletter.

Please feel free to call the office at (817) 424-3027 to speak with either Melissa Prior or myself with any questions.

Kathy Epperson

Timarron General Manager

## *The Lawn Guy and The Pool Man*

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## “WALK TO SCHOOL DAY”



Did you see a crowd of people on the morning of Wednesday, October 3rd at your local school? Texas residents gathered at school yards that Wednesday and participated in the “Walk to School Day” event. In Timarron, Peace Officers assisted walkers and bikers as they crossed roadways. And vehicle traffic lightened as a result of participation.

National Walk To School Day is sponsored by the Partnership for a Walkable America. The goal of this event is to encourage adults and children to walk or bike to school together, and, in the process, raise awareness and stimulate local action in three areas:

- **To enhance the health of kids**

Increased physical activity can combat a host of health problems facing kids today.

- **To improve air quality and the environment**

Replacing car trips to school with walking or bicycling can help reduce air pollution.

- **To create safer routes for walking and bicycling**

Sidewalks, education programs and traffic calming measures are some of the ways to improve conditions.

Thank you to all participants and volunteers for caring about our Kidlets!

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## Musicians, Singers, Magicians, Dancers, Cheerleaders, Bakers, Etc.! ... *We Need Your Talent*

*Calling on all Timarron residents.....* We are planning an evening of Seasons Greetings in Mid-December for all our residents to gather in the Bent Creek Club House Area to enjoy some of our own talent including caroling, fun games, music, magic and hopefully bake goods with your donations. This is a great opportunity for our teens, adults, and all Youth Groups to get involved in a fun community event. We welcome your suggestions and any donations for this event. Please contact [Ichagnot@yahoo.com](mailto:Ichagnot@yahoo.com) ASAP so we can get this party started! Watch the website at [www.timarron-hoa.com](http://www.timarron-hoa.com) for more information.

## Welcome 2007 – 2008 Timarron Board of Directors

Timarron held the Annual Meeting on Monday, September 17th at the Bent Creek Community Center. The Neighborhood Delegates elected Mary Peck, Paul Thompson, and Jonathan Wiersum to serve for the next 2-years term as the Timarron Board Members. Thank you to Ken Cole and Dick Martin, the outgoing Board Members, for their service and time dedicated to Timarron over the past few years. Your 2007-8 Board Officers are:

<b><u>President</u></b> 2006-2008	Orest Dachniwsky 375 Silverwood Circle Southlake, TX 76092 Phone: (817) 416-1765	<b><u>Secretary</u></b> 2007-2009	Paul Thompson 1215 Bent Creek Drive Southlake, TX 76092 Phone: (817) 416-1759
<b><u>Vice President</u></b> 2007-2009	Jonathan Wiersum 632 Chandon Court Southlake, TX 76092 Phone: (817) 455-4103	<b><u>Asst. Secretary</u></b> 2006-2008	Tom McCullough 7212 Balmoral Drive Colleyville, TX 76034 Phone: (817) 424-2976
<b><u>Treasurer</u></b> 2007-2009	Mary Peck 1218 Strathmore Southlake, TX 76092 Phone: (817) 421-5737		

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## TOA Calendar

### Bent Creek Clubhouse

November 6 – Ladies Bridge 9-3:00pm  
November 6 – Highland Ladies 7-9:30pm  
November 12 – Womens Book Club – 7:30 – 9:30pm  
November 15 – Eagle Bend Bunco 7-11:00pm  
November 16 – Couples Bridge 7-10:00pm  
November 22 - Thanksgiving  
November 27 – Pokeno RSVP Monica @ 817-424-2455  
6-10:00pm  
December 4 – Ladies Bridge 9-3:00pm  
December 4 – Highland Ladies 7-9:30pm

### Wentwood Clubhouse

November 5 – New Construction/Modifications 9:30am  
November 19 – New Construction/ Modifications 9:30am  
November 22 – Thanksgiving/Timarron Office Closed  
November 23 – Holiday/Timarron Office Closed  
November 28 – Neighborhood Delegate Meeting 7:00pm  
December 3 - New Construction/ Modifications 9:30am  
December 10 – Holiday Light Judging 6:00pm  
December 14 – Office Party/Timarron Office Closes at noon  
December 17 - New Construction/ Modifications 9:30am

## See History In The Making At The Ryder Cup Matches, September, 2008



Imagine yourself greenside at Valhalla Golf Course as the US Team takes on the Europeans to reclaim the Ryder Cup. Few events in sport rival the drama, the competition or the prestige of capturing one of golf's most revered titles.

Now, you can join Brad McCollum, PGA Head Golf Professional at Timarron Country Club as he looks to take a team to Kentucky to watch as the drama unfolds. See how Paul Azinger, Captain of the US Team and three-time Masters winner Nick Faldo, Captain of the

European Team match players in Four Ball and Foursome matches on Saturday followed by the Singles match play on Sunday. You'll enjoy exclusive access to the International Pavilion and celebrate victory at the closing ceremony before reliving the highlights of the match over a nightcap and cigar.

On Monday, you'll then head for the fairways to play the finest championship course in the heart of Bluegrass country.

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[www.southlake-travel.com](http://www.southlake-travel.com)



## THANK YOU FOR YOUR DONATIONS!

Thank you to the following companies for donating items to the Delegate and Annual Meeting drawings:

**Busy B's Bakery,**  
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**Brickman Group Landscaping**  
1252 W. Dove Road  
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**Tommy Pennington Realty Group**  
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Southlake, TX 76092  
817-416-9000

**ValleyCrest Landscape Maintenance**  
7700 Northaven Road  
Dallas, TX 75230  
214-360-1556

## CRESCENT ROYALE HOMEOWNERS

### Winter Rye Grass

Winter is here and there are several homeowners new to the Crescent Royale Neighborhood. Brickman reduces their mowing services during the winter months to the following:

October (3) mows  
November (2) mows  
December (1) mow  
January (1) mow  
February (2) mows

For homeowners wishing to use winter rye in the front yard, please make arrangements to properly maintain your grass during this time.

*Thank you to everyone for the kind words and cards you sent me over the past month due to my father's unexpected passing. At the office, we hear stories of neighbors welcoming new homeowners and see families wave to drivers. Over the past month, Timarron residents shared with me the same compassion they extend to fellow residents and it is much appreciated.*

*Kathy Epperson  
Timarron General Manager*



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## Timarron Country Club

*"A real Jewel."*

Have you ever used that expression before? From time to time you hear someone comment about another person or something as being a real Jewel. Unlike the familiar Southern comment of Bless your Heart (which isn't always a good thing you know) to be described as a jewel is a very good thing! And ask most women their favorite jewel, and the response may well be Diamonds!

The golf course at Timarron Country Club is tagged as 'Nelson's Jewel.' Did you know that?

When I first arrived at the Club I'm not sure I truly understood why this nickname had been bestowed on the Course. Now that I've been here for a while, I'm beginning to get it. It makes perfect sense, and is indeed the perfect name to be given to the Course. After all, the Course is part of one of the finest private clubs in the Metroplex, located in one of the most prestigious cities in the entire state of Texas, and is set in the center of the Timarron neighborhood of said city. Why the location alone should make it sparkle!

Sparkle. It's what Jewels do. And while the waters of Little Bear and Big Bear Creeks streaming through the Course may on occasion sparkle the reflection of the clear skies of Fall, I don't think the reference to Jewel has to do with the creeks. And I'm pretty sure the reference to Jewel has nothing to do with the sparkling beads of sweat it may bring across your forehead as it challenges you to stretch your

golf game just a wee bit more each time you play. I'm sure the tag line has to do more with the reference to the prized example of Byron Nelson's work.

This beautiful golf course pulls us back week after week challenging us to take our game to a new level. It can, at times, create a beautiful, joyous moment and flip right over in the next moment of our game and cause more frustration! It can entice us to leave work early on Friday, and keep us up late on Saturday night. Today we look out and see the fairways just beginning to turn a luscious color of gold. And the greens that have been over-seeded will continue to remain bright green through our short winter months. And it sure looks pretty.... but it wasn't always the case.

I wasn't here when the Course was being designed. I wasn't here when the Course was bare and the bent grass was suffering and the greens were dirt. Like a diamond in the rough the brilliance of the Course is still being defined, cut and polished. If it weren't the careful attention our Course Superintendent, Charlie Trammell gives to the Course day after day there would be no sparkle at all. Just like a diamond the Course now sparkles – and just like a diamond it requires constant care to remain a special treasure to enjoy in the years to come.

*(Continued on page 11)*

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## Timarron Country Club - (Continued from page 10)

Maybe Charlie's true title should be Head Jeweler. But knowing Charlie as little as I do, I'm sure he would be quick to step back and point to his incredible, dedicated and very hard working staff and say, "There are the true keepers of Nelson's Jewel."

A few of the Members have been kind enough to share stories of the early days of the Club with me. And the more stories I hear the more I understand why the simple tag line of 'Nelson's Jewel' says volumes.

I'm sure we could fill volumes if we were to ask any of you to share just one story of your own personal memory of Timarron Country Club when the Course was just first getting started. And that's what I'd like for you to do. Write your story down. (Okay, type it out so we can all read it as well) and when you're ready send a copy to my attention at the Club.

But you weren't here when The Club first started - that's okay. Write down something about when you first joined Timarron Country Club, even if it was just this summer. Most likely, life around Timarron Country Club will be different ten years from now.

This Jewel we play week after week was designed by a Legend, Lord Byron Nelson. And this Jewel with care can and will go on to sparkle, shine and be handed down in our family of Members for generations to come.

Susan Merrill

Membership Director, 817-481-7529

## FOUND

Did you lose a full set of keys? The on-site office has a set of keys found at the corner of Byron Nelson and Southlake Boulevard.

Did you leave a pair of sun glasses at the Wentwood Tennis Court on either the 18th or 19th of October? Please pick up your sun glasses at the on-site office.

For additional information, please contact the management office at (817) 424-3027 or 700 Wentwood Drive, Southlake, TX 76092.



## PET OWNER REMINDER



*Please be sure to pick up after pets.*

## *Don't want to wait for the mail?*

View the current issue of the  
Timarron Newsletter on the 1st day of  
each month at [www.PEELinc.com](http://www.PEELinc.com)



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**AFTER**

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# TIMARRON

## TIMARRON 2008 ANNUAL ASSESSMENT

**Reminder:** Please watch your mail for the 2008 Timarron annual assessments. Statement mail out is scheduled soon and assessments are due before January 1, 2008.

### Thanksgiving Trash and Recycling Schedule

Trash and recycling pick-up on Thursday, November 22nd is rescheduled to Friday, November 23rd for ALL Timarron homeowners, due to the Thanksgiving holiday.

## STREET LIGHT OUTAGES

To report a street light not working properly:  
Call 1-888-313-4747

Go online <http://www.oncorgroup.com/community/streetlights/form.aspx> or [www.oncorgroup.com](http://www.oncorgroup.com) then click community, from the pull down menu click streetlight report

Be ready to report the exact address or location of the streetlight along with your name, and phone or e-mail address.

## City Holiday Celebrations

### COLLEYVILLE

Saturday, December 1  
1:00 p.m. - 6:00 p.m.  
Colleyville Center  
5301 Riverwalk Drive

Get into the holiday spirit with the City of Colleyville's annual holiday event "Celebrate Colleyville." Activities include entertainment, food, children's area and Santa's arrival. The City tree lighting, also, takes place at this event.

### SOUTHLAKE

Saturday, November 17, 2007  
5:30 p.m. - 8:30 p.m.  
Southlake Town Square  
Tree lighting ceremony at 6:30 p.m.

Free activities include photoboots with Santa and Mrs. Claus, Santa's Mailbox (be sure to write a letter to Santa and he will respond), horse-drawn carriage rides, face painting, cookie decorating and much more! Performances by the Southlake Community Band & all Carroll ISD Elementary and Intermediate School Choirs. Free activities include Santa Photo Buttons, Face Painting, Crafts & More.

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Wendover Estates \$324,900*



*4827 Lakeside Drive—Colleyville  
Brook Meadows \$549,000*



## TIM'S Kids

**Hey Tim Kids!**

**Would you like to post your summer photo in the Newsletter? Just email it with your parents OK to the Managers Office.**

*See my boat.  
Chase Carver  
in Florida.*



## The Meaning of Thanksgiving... for Tim Kids

- Explain the ancient origins of the harvest festival to your children.

In ancient times, people of many cultures (including the ancient Greeks, Romans, Hebrews, Egyptians and Chinese) gave thanks to their god or gods for a successful harvest, and some of the traditions associated with modern Thanksgiving celebrations have their roots in these ancient festivals.

- Discuss the roots of the American Thanksgiving celebration.

In 1621, near the end of the Plymouth colony's first year in America, the settlers gave thanks for a plentiful first harvest. The pilgrims and the natives celebrated together (they had arranged a peace treaty), and everyone feasted on geese, ducks, deer, corn, oysters, fish and berries.

- Explain when and why Thanksgiving became an official holiday.

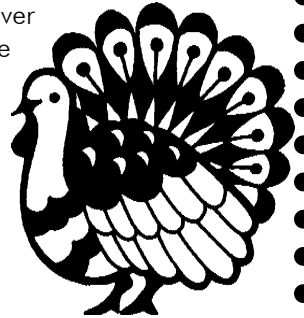
In 1863, during the Civil War, President Abraham Lincoln proclaimed that Thanksgiving should be a national observance. To some degree, this was a way to brighten the spirits of the American people, who were dealing with a great deal of difficulty and deprivation.

- Talk turkey.

The wild turkey is native to the eastern states and northern Mexico, and while it probably wasn't served at the first Thanksgiving feast, it has become a symbol of the holiday.

- Let your children help with preparations for your Thanksgiving meal, and encourage them to make appropriate decorations. This gives you an opportunity to discuss the symbolism of many objects associated with Thanksgiving, and to share family traditions with them as you prepare the feast together.

- While you may want your children to understand the true history of the Thanksgiving holiday, try to emphasize the joy of the harvest feast, too. Whatever Thanksgiving may have been in the past, it is now a time for people to celebrate with family and friends, to be grateful for the peace and love they share, and to help those who may have less than they do.



**HAVE A LOVING THANKSGIVING**





## Attention KIDS: Send Us Your Masterpiece!

Color the drawing below and mail the finished artwork to us at 203 W. Main Street, Ste. D, Pflugerville, TX 78660.  
We will select the top few and post their artwork online at [www.PEELinc.com](http://www.PEELinc.com). DUE: November 30th

Be sure to include the following  
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(first name, last initial)

Email Address: \_\_\_\_\_

Age: \_\_\_\_\_

[This information will only be used to notify you  
or your parents if your artwork was selected.]



Timarron

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**NEOCLASSIC STYLE BACHELOR'S CHEST.** Hickory White manufacturer, Collage Collection, color blonde. 42 length x 20 depth x 32 height. Excellent condition \$475 Call 817-251-9814 or email JF727@verizon.net.

**NEOCLASSIC STYLE CHEST.** Hickory White manufacturer, Collage Collection, color blonde. 57 length x 20 depth x 46 height. Very good condition. \$675 Call 817-251-9814 or email JF727@verizon.net.

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**BALDWIN SPINETT PIANO**, Walnut Finish, Great Condition. \$900.00 OBO Call 817-251-4913

**BUFFET WOOD CLARINET**, Gently used. This is the brand the CISD band directors require \$500.00 Call: 817-251-4913

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## Classified Ads

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**Business classifieds** (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office at 888-687-6444 or [advertising@PEELinc.com](mailto:advertising@PEELinc.com).

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*"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has."*

*Margaret Mead (1901-1978)*

**THE COLLEYVILLE CITY COUNCIL IS ACCEPTING  
APPLICATIONS FOR THE FOLLOWING BOARDS,  
COMMISSIONS AND COMMITTEES  
SEPTEMBER 17 THROUGH NOVEMBER 30, 2007**

### PARKS AND RECREATION ADVISORY BOARD

The Board acts in an advisory capacity to City Council and staff in all matters pertaining to Parks and Recreation and coordinates with other governmental agencies, civic groups and all citizens of Colleyville in the advancement of sound Parks and Recreation planning and programming. The Board meets on the first Monday of the month at 6:00 p.m. at the Park Annex and the term of office is two years.

### COLLEYVILLE CENTER ADVISORY COMMITTEE

The Committee reviews and makes recommendations to the City Council on issues related to policies, procedures and fees; develops plans for the use and marketing of the Center and provides a written annual report of the Committee's activities and future plans to the Council. The committee meets quarterly and the term of office is two years

### CELEBRATE COLLEYVILLE STEERING COMMITTEE

The Committee reviews and makes recommendations to City Council on the schedule, structure, venue(s), budget and long range planning of the Celebrate Colleyville event. The Committee meets as needed and the term of office is two years.

### SH26 ADVISORY COMMITTEE

The SH26 Advisory Committee acts in an advisory capacity to City Council for the design and construction of planned improvements to SH26 and will serve to promote public awareness of the need and the benefits of the SH26 Improvement Project. The Committee will meet once every two (2) months until the completion of the SH26 Improvement Project and the term of office is two years.

### COLLEYVILLE TRAILS AND SIDEWALKS COMMITTEE

The Committee makes recommendations to City Council regarding a proposed priority spending plan for the allocation of funds for sidewalk and trail construction. The Committee meets quarterly and the term of office is two years.

### TRAFFIC SAFETY ADVISORY COMMITTEE

The Committee acts in an advisory capacity to City Council in all matters pertaining to traffic safety. The Committee meets quarterly on the second Monday of the month and the term of office is two years.

Please access a City of Colleyville Application for Appointment at <http://www.colleyville.com/content/view/29/49/> and submit to the City Secretary via email at [singletonc@ci.colleyville.tx.us](mailto:singletonc@ci.colleyville.tx.us), or fax 817.503.1139 or mail to City of Colleyville, City Secretary, 100 Main Street, Colleyville, Texas 76034. If you have any questions, or would like an application mailed or faxed to you, please contact City Secretary Cynthia Singleton at 817.503.1130.

## Something to think about from the Southlake DPS:

### CRIME TIP: Family Emergency Plan

An emergency preparedness plan is your family's guide to safety. Learn about potential disasters that can occur in your community and discuss what each family member should do. To help your family survive and cope during an emergency consider the following:

- Identify a place for family members to meet if separated by a disaster.
- Establish an out-of-town friend or relative to act as a point of contact for separated family members to call. Make sure everyone has the number.
- Ask your local emergency management office about your community's warning system, evacuation plans and routes and the location of public shelters near your home, work or school.
- Complete an emergency preparedness checklist and review it with your family.
- Depending on the type of disaster, determine the best escape routes from your house, and find the safest place in your house.
- Locate the main electric fuse box, water service main, and natural gas main. Teach responsible family members how and when to turn these utilities off. Keep necessary tools near gas and water shut-off valves.

- Post emergency numbers by the telephone. The National Neighborhood Watch Program offers phone stickers for this purpose.
- Learn emergency first aid and Cardio Pulmonary Resuscitation (CPR). Contact your local Red Cross chapter for details.
- Install smoke detectors on every level of your home. Test them monthly and change the batteries at least once a year. Use the change over from daylight savings time to standard time at the end of every October to help you remember when batteries are to be changed.
- Show each family member where the fire extinguisher is kept. Get training on how to use it.
- Identify potential hazards in your home and take corrective action to help reduce the risk of injury. Secure large or heavy items that could fall and cause damage or injury.
- Practice implementing your plan.

The Federal Emergency Management Agency offers a wealth of information on disaster preparedness planning on their web site: [www.fema.gov](http://www.fema.gov).





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# Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

## Children and Running

You know it's important to help your kids develop the exercise habit so they can grow to be healthy, active adults. So, if your children have expressed an interest in running or a desire to participate in a race or two, don't discourage them! Running is a great natural sport that requires very little equipment. The important thing is to let them determine their own pace and to run only if it's fun and enjoyable.

### *A Few Precautions Before Getting Started*

Check with a physician to rule out any physical limitations that may prevent your child from participating in a running program. Keep in mind that children's bodies, although young and energetic, are not capable of performing at the same level as an adult's. For example, kids are more sensitive to heat, so it is essential that they drink plenty of water and avoid running in the heat of the day. "Children have a higher body mass to skin surface ratio and may not be able to dissipate heat as well as adults," says Dr. Gabe Mirkin, a board-certified specialist in sports medicine and pediatrics.

As muscles begin to heat up, it is OK to begin running. Also, show them how to stretch their calves, hip flexors and hamstrings after cooling down at the end of each run.

### *Finding Their Form*

Since running is a natural action, most children will develop their own form. Encourage your child to relax his or her hands and face while running. A scrunched face and clenched fists indicate tension, which usually means the intensity is too high and the child is straining rather than having fun.

Like adults, kids should be able to carry on a conversation while running and should



be able to smile. Urge them to slow down if necessary and keep their shoulders relaxed while steadily and smoothly swinging their arms.

To help them avoid slapping their feet on the ground, have children imagine running on light feet. For example, rather than pounding like a herd of elephants, tell them to run as if they are angels running on clouds or tigers running very lightly so they don't scare their prey.

### *How Far Should They Go?*

Children will gauge their own limitations, so always listen when they say it's time to stop. Children should run only as far as they are comfortable.

Lyle Mitcheli, M.D., director of the Division of Sports Medicine at Children's Hospital in Boston, recommends that children under the age of 14 run no farther than 3 miles

at a time. The reason, he says, is that bones are still growing and the growth cartilage at the ends of the bones is softer than adult cartilage and more vulnerable to injury.

Don't put pressure on your child to run. Encourage kids to come with you on short runs, but keep the pace slow enough that they can talk to you, and stop when they are tired. Kids should not begin running races above 5 kilometers (3.1 miles) until they are at least of high school age.

Most marathons will not allow athletes under the age of 18 to enter due to possible skeletal injuries.

Although running requires minimal equipment, it is important to invest in some supportive running shoes for your children. Look for a high-quality shoe that is made for running, with proper cushioning in the forefoot and heel as well as arch support. Depending on how often your child runs, replace running shoes as soon as they show signs of breakdown, which usually occurs after about three months.

### *Set Attainable Goals*

For children, the goal of running is to stay in shape and have fun, with a greater emphasis on the fun. Running fast or winning races is less important and may cause children to dislike exercise or abandon it altogether.

Focus instead on improving your children's self-esteem by praising their efforts and helping them reach their goals. Chances are that if they enjoy running and feel a sense of pride when they are finished, they will remain active for life.



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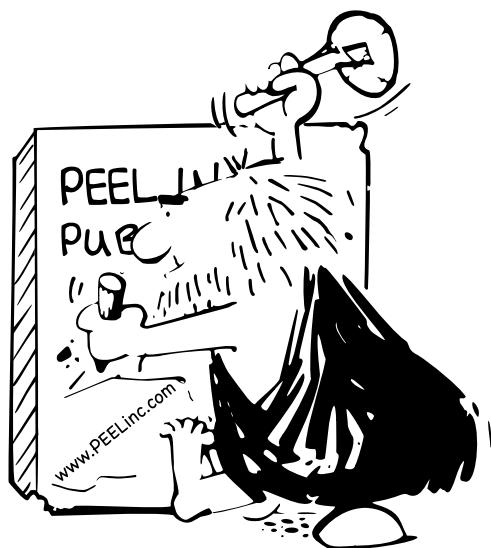
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7309 Braemar Ter	\$880,000
716 Inwood Dr	\$420,000
600 Northwood Ct	\$437,500
300 Glenrose Ct	\$459,500
632 Chandon Ct	\$465,000
617 Chandon Ct	\$475,000
604 Northwood Ct	\$520,000
601 Fairway View Ter	\$600,000
1209 Strathmore Dr	\$679,500
1201 Lansdowne Ct	\$690,000
2012 Thames Trl	\$739,900
609 Aberdeen Way	\$775,000
1417 Eagle Bend	\$2,100,000

Statistics as reported by NTREIS as of Oct 20, 2007



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