

## Welcome to 2010

Contributed by Dan  
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Well 2009 is in the books. We've had a lot of fun, training, and races. Met new friends and others have left the area (one escaped the country completely).

Our newest member is a bit of a slacker, just riding around in the "BOB", but what can you expect from a newborn. Congrats to Heidi and Tim.

Last year we never got Ken to the Grand Canyon, I guess we'll have to try again this year.

Upcoming races: 1/9 Mini-Tri in Prescott Valley, 1/17 PF Chang Marathon in Phoenix, 2/13 Skirt Chaser 5K in Tempe, and 2/14 Lost Dutchman in Apache Junction. Don't forget the Skull Valley 10K on 4/10 or the Whiskey Row races on 5/1. I plan to do the GORD on 3/20 and will be training on the course at Pioneer Park weekends, if you'd like to come out and go for a couple of runs and a ride, let me know and we can hammer out the details.