

## Runners are everywhere

The crowd gathering in front of Jack Quinn Irish Ale House and Pub on the average Tuesday night is comprised of people of all ages, shapes, and sizes. These people are members of the ever-growing Jack Quinn's Running Club, a newly-founded club for fitness enthusiasts of all abilities. The group meets every Tuesday at 6:00 pm and embarks on a 5K run, with shorter walk routes available.

Following the exercise, Jack Quinn's provides a free buffet, beer specials, and a positive atmosphere for fitness enthusiasts to socialize. On a participant's fifth attendance, he or she receives a Jack Quinn's Running Club t-shirt and becomes a "shirted member" of the club, courtesy of Boulder Running Company, Jack Quinn's Irish Pub, and Bristol Brewing Company.

The Jack Quinn's Running Club was formed through the efforts of a group of individuals who believed that Colorado Springs needed "a laid back social running club that would appeal to a diverse crowd," according to founder Ryan Shiningier. The club differs from other running organizations in that it allows people of all abilities to get involved without the fear of being left behind by others. Jack Quinn Irish Ale House, which serves as the club's start and finish, provides a welcoming atmosphere.



*Runners help fitness image of the area*

The club has numerous benefits for all involved. Individuals are provided the opportunity to socialize, while building their personal fitness levels. The sponsoring organizations reach and interact with a diverse group of fitness enthusiasts. By hosting the club, Jack Quinn's has been able to reach out to a different audience, many of whom may not have previously visited the pub.

According to Shiningier, the feedback from participants has been very positive and word of mouth has been the most effective means of advertising the club. The club used flyers to promote the first run and received a promotional mention in the *Gazette* in June; however, most other participants have joined because of the

positive experiences of friends. Shiningier credits the work and support of the other individuals who have been integral in ensuring the success of the club through their work taking pictures, maintaining the club's website, and helping with general organization.

The future for the Jack Quinn's Running Club is very promising, as membership continues to grow. The group hopes to become more involved in the community as well and hosted an aid station for the Pikes Peak Ascent and Marathon.

Additional information about the Jack Quinn's Running Club can be obtained at [www.jackquinnrunners.com](http://www.jackquinnrunners.com).

Photo, Courtesy of Jack Quinn Running Club

## Gala to return in 2007 after year's absence

Look for the Gala in the Garden to return in 2007—bigger, re-energized and with a possibly revised format. You may or may not have noticed we didn't have our Gala this summer, the first time since 1995 that we had not conducted our summer outing and silent auction.

This summer was just too packed with other activities for

us to pull it off. However, we are already planning next year's event. We have a date, August 10, 2007, and a location, Rock Ledge Ranch again.

We are looking at changing the format to an island theme with new music and decorations. If you would like to serve on the planning committee, call us at 633-6884.

We also are looking for sponsors for next year's Gala. Please call us and we would be happy to meet with you or send you a sponsorship package.

