

## Fall 2008

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## President Letter



Time for the fall / holiday racing season! The holiday season has some of my favorite races like the Thanksgiving Day Race, the Egg Nog Jog, and the Jingle Bell Run. This fall we will have the

Great Bearcat Run on Sunday, November 9, 2008 at 9:00 AM. You should have received a flier in the mail for this race. We are doing it in conjunction with the UC Running Club and you can learn about both the race and the UC Running Club inside the newsletter. We do need volunteers to help with the race. If you can help, please let us know.

Also, back this year will be the Reindeer Romp in Crosby Township on December 13. The race kicks off the Christmas in Crosby Celebration and for 2008, they will have both a 5k and a 10k Run. The club will once again handle the finish line for this race, and we definitely will need new volunteers for this race as I have a feeling that last year's volunteers will run this year's race after they saw the overall and age group awards in 2007.

Do not forget about the Holiday in Lights Run on Tuesday December 9. It is a club favorite and the fun run attracts as many members as our road races. We meet at the Williams YMCA in Walnut Hills at 6:30 PM, get a group picture and run to Fountain Square and get another group picture. Also, we enjoy the Christmas decorations along the way. If you can not make the entire distance, we will have sleds (aka cars) that will bring you back from Fountain Square. If you can help be a sled, I appreciate it. Just contact us at [cincinnati@running@gmail.com](mailto:cincinnati@running@gmail.com) or fill out the enclosed volunteer form and send it in.

After the New Year begins, we kick off 2009 with our Holiday Party on Saturday January 3, 2009 from 7:00-11:00 PM. We may try a theme this time so stay tuned. If you want to attend, please RSVP us at [cincinnati@running@gmail.com](mailto:cincinnati@running@gmail.com) by the end of the year.

If you need help or motivation to keep running, we have our three weekly group runs in each part of town. The group runs are perfect for any runner from beginners to those trying to get back into running to even the speed demons. You can not run fast every single day so come out and just do an easy run with the rest of the club members every now and then.

Thank you to the volunteers who helped with the Crazy 8 Trail run. I heard nothing but good things about it both directly and indirectly from the participants. Many participants are wondering when we will do another trail race because they enjoyed the Crazy 8 so much. It is due to the volunteers that it was a success as the race director was sitting in a corner of the Area 51 shelter sucking his thumb until the volunteers told him it was time to present the awards.

Finally, congratulations to Nancy Zadek who is our featured runner. Nancy is not a runner but a racewalker and she is one of the top racewalkers in the area. At the summer picnic, Nancy asked what qualifications does it take to be a featured runner and I said you need to be a member of the club, and someone to nominate you for featured runner. She found someone at the picnic to nominate her so you can read her story. I almost got her to pay her dues for 2009 but no such luck. If you would like to nominate someone in the club to be a featured runner, let us know. Keep on running.

Todd Hofacre  
President



Runners' Club of Greater Cincinnati  
P.O. Box 8761  
Cincinnati, OH 45208  
[www.cincinnati-running.com](http://www.cincinnati-running.com)  
cincinnati-running@gmail.com

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Board Meeting: Check website for details (Typically first Thursday of each month - all are welcome)  
RRCA: 703-525-3890  
If you are interested in getting involved, please contact us at [cincinnati-running@gmail.com](mailto:cincinnati-running@gmail.com).

The Runners' Club of Greater Cincinnati (RCGC) is a non-profit organization dedicated to educating, inspiring, and promoting running, walking and fitness in the community. RCGC is a member in good standing of the Road Runners Club of America (RRCA). Membership is open to everyone regardless of age, gender, race, or religion.

#### Membership Benefits:

- \* The RCGC quarterly newsletter with information/event details on the Cincinnati running scene.
- \* Discounts on RCGC races.
- \* Discounts from area merchandisers as they become available and are announced in our newsletter.
- \* Discounted health and fitness programs.
- \* Coordinated group runs.
- \* Various social events throughout the year including picnics, happy hour runs, Holiday Lights Run and the Christmas Party.
- \* An opportunity to meet people with a common interest - running and staying fit!

Renewals, new memberships and changes of address can be processed by mail or through the club website. Annual dues are \$15/\$25 per individual. \$20/\$25 per family.

**Articles and letters** should be emailed to [cincinnati-running@gmail.com](mailto:cincinnati-running@gmail.com) by January 12, 2008.



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**RCGC Weekly Group Runs**  
**Tuesdays** at 6:30 PM, Hyde Park Square  
Meet by the fountain  
**Thursdays** at 6:30 pm, Clifton Recreation Center,  
Meet in front of the Clifton Cultural Art Center next to the Clifton Recreation Center  
**Saturdays** at 9:00 AM, Delhi Park  
Meet by the Basketball Courts  
For more information, contact us at [cincinnati-running@gmail.com](mailto:cincinnati-running@gmail.com).

## Crazy 8K on 8-8-08 Race Recap

In 2006, the club hashed on 6-6-6 with the Sin City's Hashers. In 2007, we ran the Lucky 7K at Armleder Park. In 2008 on 8-8-08, the club did the Crazy 8k on 8-8-08 trail run in Mount Airy Forest. It has been sometime since the club did a trail race but the club decided to do it in 2008 for the following reasons:

1. There are over 100 road races but only about 5 trail races in the Greater Cincinnati area.
2. The Newtown Race was the next day and practically every road runner shows up for that event. Trail Runners usually do not do run in road races.
3. The club has a small but growing contingent of trail runners and with a few trail races a year, we can attract a few more of them to the club.
4. No need to pay for cops, and fewer volunteers to recruit to help out on a Friday night. For a summer road race with a novice race director, you might need at least 15. At a trail race with a well-marked course and a novice race director, you can get by with 5 so more people can run rather than volunteer.
5. What is crazier than a trail race on a Friday evening. Nobody questioned why it did not start at 8:00 PM to push this idea even further. (The club considered it briefly, but since this was our first foray into trail running in a long time and it could be the middle of the night by the time everybody finished, the club decided against it.)

About 50 runners braved the hills, the fallen trees and the steps of Mount Airy Forest. A few people fell and got a few scrapes but nobody got lost on the trail that we know about. Awards aka the infamous Runners' Club Pint Glass were handed out to the top 8 Males and top 8 Females.

Congratulations to our overall men's winner Tom Lee with a time of 30:25. For his efforts, Tom received a \$50 gift certificate to Bob Roncker's Running Spot in addition to a pint glass. The remaining top 8 men were Andrew Browne, Jonathan Piatt, Tom Allman, Robert Jasinski, Carl Wiers, Nabeel Jadeed and Rob Hufnagel.

The overall woman's winner was the appropriately named Kristen Mudd with a time of 45:00 and she also received a pint glass and a Bob Roncker's Gift Certificate. The remaining top 8 women were Eden McDermott, Jessica Metcalf, Sandi Wethington, Colleen Werner, Anne Policinski, Rachel Mintz-Cole and Erica Palmer. (Complete results are posted on our website [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).)

Also 8 random people won door prizes. Thank you's go to Bob Roncker's, Tom Glasscock and

RoadId for giving us gift certificates for the overall runners, and gifts as door prizes.

Overall, the trail run was a success. The only complaints that I heard were where was the beer(liability issues, and alcohol is not permitted in Mount Airy Forest without a liquor permit which unlike Kentucky, Cincinnati does not give out like candy.) and the lateness of the posting of results on the club website(Lateness due to a partying race director over surviving another race and an overworked webmaster on a much needed and much deserved vacation). A big thank you goes to our volunteers Tom Glasscock, Troy Hofacre, Katie Jadeed, Nick Kleiner, Jenny Rudy, Doug Rudesil, Mike Smith, and Ryan Woolley for helping make the trail run a success. I heard several good things about it and some are wondering when the club will do another trail race.

### SAVE THE DATE & JOIN YOUR RCGC FRIENDS AT THESE UPCOMING EVENTS

#### Great Bearcat Run

Sunday, November 9, 2008, 9:00 AM  
Gettler Stadium, University of Cincinnati campus  
See the website for details.

#### Holiday in Lights Run

Tuesday December 9, 2008 6:30 PM  
Williams YMCA, Walnut Hills  
Run begins and ends at the Williams YMCA.  
Refreshments at O' Bryon's Irish Pub, O' Bryonville following the run.

#### RCGC Holiday Party

Location TBD  
Saturday, January 3, 2009 7:00-11:00 PM.

Members are asked to bring the following:  
First Names that begin with A-L: Dessert  
First Names that begin with M-Z: Appetizer, side or vegetable  
Space is limited! Please RSVP by December 29, 2008 to [cincinnatiirunning@gmail.com](mailto:cincinnatiirunning@gmail.com).

#### Articles for next newsletter due January 12.

If you have an article in your brain, a top ten list, or a dirty limerick related to running send it in by January 12

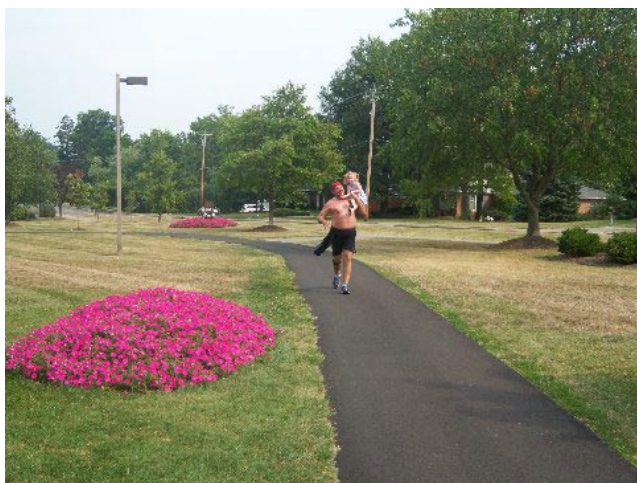
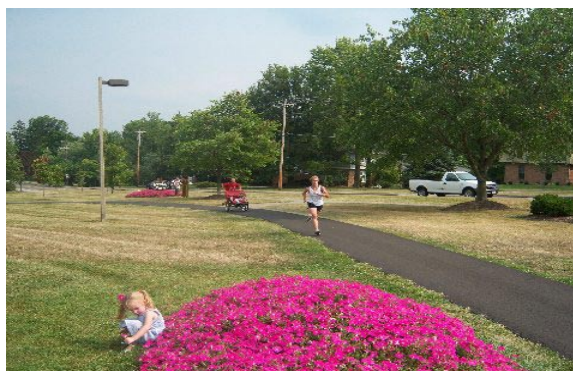
Do not forget to read the Runners' Club Blog at [www.cincinnatiirunning.blogspot.com](http://www.cincinnatiirunning.blogspot.com)

## Summer Prediction Race and Picnic Recap

The Runners' Club of Greater Cincinnati crowned a new champion psychic this year at the prediction run on Sunday August 24, 2008 as Lonnie Smith was unable to attend and make it 3 straight in 2008. Misha McCormick won the 2008 prediction run. His predicted time was 15:30 which was 17 seconds off his actual time of 15:13. He was also first across the finish line. About 12 members and guests participated in race conditions that were warm and muggy. No watches are permitted and no split times are given so runners had to use the force or call on the spirit of Carnac the Magnificent to guess how they would run on the 2.5 mile course. Rounding out the top 3 were Laura Wagner(30 seconds off her predicted time) and Nancy Zadek(56 seconds off her predicted time). Bill Hardy opted to not defend his 2007 Magic 8 Ball Award as it told him not to run in this year's race and he gladly volunteered as timer and starter. New comer Patrick Evans won the Magic 8 Ball as he was some 12 minutes off his predicted time. Hopefully it will help him with next year's race. The results were promptly shredded and then burned after the picnic by the club president so nobody would know how well he did. If his psychic abilities give any indication of the club's future like Punxsutawney Phil does for the arrival of spring, it will be a challenging 2009 for the club.

Thank you to Tom Glasscock, Elizabeth Beals and Bill Hardy for managing and directing the prediction run and made sure that the runners did not get lost on the 2.5 mile course.

Thank you to Mark Retta and Kim Retta. Mark served as last minute master chef and cooked up delicious hamburgers, hot dogs, veggie burgers and chicken patties. Kim neatly arranged the appealing desserts appetizers and sides so the runners could dig in when they finished.



## Fall Featured Runner - Nancy Zadek



Nancy with Olympic Gold Medalist Mary Wineberg

Our Fall featured runner is Nancy Zadek. Nancy is not a runner but actually a racewalker. Nancy began race walking in 1994 and since then has dominated the race walking scene in Cincinnati and all points east of Cincinnati. Around the same time, she joined the Clifton Track Club which soon became the Runners' Club of Greater Cincinnati. Nancy currently lives in Bethel and comes to the city to support Runners' Club events like the Valentine's Day Race, Summer Picnic and the Holiday Party.

1. How long have you been race walking? **I started race walking in 1994.**
2. What got you started? **A friend wanted me to lead some senior girls for a walk for an alumni scholarship. I noticed that I could keep up with them, so I entered a race in Batavia at the YMCA and took second overall. That is when I got hooked on the races.**
3. Where do you normally walk? **East Fork Park and the bike path in Bethel. When I get a chance, I do the Loveland Bike Path which is my favorite route.**
4. What type of training do you typically do? **After work I walk 4 miles every day. On the week-end I do longer walks. I also will bike ride from time to time which is my favorite workout.**
5. What are your favorite three races locally? **Jingle Bell 5k, Flying Pig Marathon, and the Marine 5k in West Union, Ohio. The Marine 5k in West Union is my favorite as I have completed all 12 races in 12 years.**
6. Where's the furthest from Cincinnati that you've run? **Houston Marathon. Club Member Renee Steele and I flew to Houston to meet with Kelly Keeler and see Kelly qualify for the Olympic Trials. The marathon was awesome as I walked half and jogged half.**
7. What are some of your current PR's? **It was around a 30:00 5k in the Mini Heart Marathon.**
8. Of what accomplishments are you most proud? **Doing the 10 Flying Pig marathons and all 12 of the Marine 5k in West Union OH.**
9. What's your favorite pre-race meal? **Salad and spaghetti.**
10. Do you have any special pre-race rituals or music? **Not really! I just show up and get ready to walk.**
11. What is your favorite retreat? **Being with my daughter and family, whether it is here or in Wesley Chapel Florida where my daughter lives. (close to Tampa)**
12. What do you do when you're not running? **Vacations. Vacations. Vacations.**
13. What are some running events that you've enjoyed helping with? **Heart Mini-Marathon.**
14. How has running influenced your life? **Meeting the friendliest people and just being out where the air is fresh and clean.**
15. Any special goals you'd like to accomplish in the next few years? **To keep doing the Flying Pig Marathons.**
16. How did you get involved with the Runners' Club of Greater Cincinnati? **I went to a Clifton Track Club Picnic, and joined. The Clifton Track Club later became the Runners' Club of Greater Cincinnati.**
17. What is your favorite Runners' Club of Greater Cincinnati Event? Why? **Valentine's Day Race. It is the first race of the year for me and it is only two miles so I am out of the elements ha!!!**
18. What typical distances do you enjoy running(5k, 10k, half-marathon, full marathon)other than you run? Why? **Marathons. You get more for you money.**
19. Do you run solo or do you prefer group runs? **I prefer solo, because my schedule is crazy!**

**You never know where I am and I walk at different times each day.**

20. What was the last book you read? **The last book that I read was probably in high school. I only read newspapers and the Runners' Club Newsletter so I can find out where the races are.**
21. What was the last movie you saw? **It was a cartoon movie, with my 7 year old grandson, Cameron. It was about a rat, named Ratatoie or whatever!!!!!!**
22. What was the most touching race you did? **The Air Force Marathon. My dad was in the Air Force so I did it in his memory. That year it just happened to be September 21<sup>st</sup>, which was the date he passed away. It was emotional for all 26.2 miles.**

Thank you Nancy and good luck with your continued success.

### **The Great Bearcat Run – A Brief History Lesson**

*Warning: The following was put together using past club newsletters, rumors, hearsay, eavesdropping and the internet - all unreliable sources. No actual people living or deceased were interviewed in the writing of this article.*

The Great Bearcat Run originally began in the late 1970's. The Clifton Track Club precursor to the Runners' Club of Greater Cincinnati had a prominent role in securing volunteers and helping the race in the early years due to its proximity to the University and a number of members working for the University. In return for the club's help, the club got to use the Indoor Track at the Armory Field house for free on Tuesday nights from 7:00-9:00PM provided the club verify that each person was a member of the Clifton Track Club. In 1986, controversy arose over the cheapness of the awards given out and club members wondered which bozo picked those awards. The bozo in question was the current club president at the time.

As the 1980's progressed, the club had less of a role with the race. In 1991 complaints again arose about the race as a 1991 Article in the Clifton Track Club Newsletter called it the Not so Great Bearcat Run due to several issues like the crappy awards, no t-shirt available for purchase, the high price of \$9.00, and in general less amenities than the 2008 Summer Cross Country Series. The club looked at getting involved in the management of the race but what became of it was hard to say.

For the last few years, the UC Track Team managed the race. The race usually happened on UC Homecoming Weekend and started about 15 minutes before the kickoff of the Homecoming Parade. About 100-150 runners would start near the corner of Straight Street and Clifton Avenue, sprint down Clifton Avenue, wind their way through Burnett Woods and make their way to Martin Luther King, and on the streets around the University and eventually finish back on campus.

The Great Bearcat Run last graced the UC campus in 2005 when 10 people showed up to do the race and nobody was there to sign them up or register them. The UC Track team decided to not hold it in 2005 and nobody stepped forward so it just went away. Everybody knew about its disappearance except for the 10 unlucky souls who showed up on race day. In 2006 or 2007, a 5k walk managed by the UC Greek System replaced the race and raised money for Make a Wish Foundation on the Friday of Homecoming Weekend.

In April 2008, the Runners' Club of Greater Cincinnati Board of Trustees and key members of the UC Running Club met and decided to work together. Since we are both running clubs and two things that running clubs do is run and put on races, we decided to put on a race together. After deciding to do it on the UC Campus, neither club knew what to name it nor really cared much about the name. Since it would be on the UC Campus, we initially decided to call it the Bearcat Run. The UC Running Club checked with the University about any issues with the name and they suggested the Great Bearcat Run to revive and revitalize the tradition of this past race.

On Sunday November 9, 2008 after almost 4 years in hibernation, the Great Bearcat Run will once again prowl the UC Campus so lock your doors, and stay off campus unless you plan to run it. Unlike the previous race, the current course will entirely be on campus. Race begins at 9:00 AM by Gettler Stadium on Corry Blvd and registration opens at 8:00 AM outside Nippert Stadium across from Fifth Third Arena and down from Gettler Stadium.

#### **GREAT BEARCAT RUN**

**5k Run/Walk**

**Gettler Stadium, University of Cincinnati**

**Sunday November 9, 2008 9:00 AM**

**Check the website for details**

#### **Welcome the following NEW Members:**

Brian Bales

Christine Ellsworth

Breiana McKnight

Rob Morwood

Michael Storms

## Inside the Club Group Runs

Recently, the Runners' Club of Greater Cincinnati resumed group runs for the fall running season as one of the most common questions that the club faces is does the club have any group runs? The answer is yes, and there are 3 of them on 3 different days(Tuesday, Thursday, Saturday) in 3 different areas of the city.

The Tuesday Group Run meets in Hyde Park Square at 6:30 PM. The runs are 3-5 miles at 9:00 – 11:00 minute pace. It is the most popular group run of the club as the club has a significant contingent of members that live near or around Hyde Park. With the Withrow Track and Ault Park nearby, future running plans include speed work and hill running to break up the monotony of just running distance.

The Thursday Group Run meets at the Clifton Recreation Center in Clifton of course at 6:30 PM. Clifton has historical significance for the club as the Runners' Club of Greater Cincinnati arose out of 3 weekly group runs in the Clifton in the mid 1970's. Few members and runners do the Clifton Group Run and they miss the stately houses, the gaslights, and the hills each varying in difficulty. Hills include Middleton( uphill was so painful and long that the club eliminated it from the Memorial Day Race when it was held at Mt. Storm Park), McAlpin Avenue(nothing but hill), Clifton Avenue by Burnett Woods, Lafayette Avenue, and Straight Street of Hill Climb Series Fame. Like the Hyde Park Group Run, Clifton group runs are typically 3-5 miles at 9:00 – 11:00 pace unless the group gets carried away and decides to head up to UC or and check out what is happening on campus or feel masochistic enough to run Straight Street a couple of times.

The Saturday Group Run meets in Delhi Park at 9:00 AM. There are few regular group runs on the Westside so the club decided to put one here for the fall to see how things go. The Saturday run is a

couple miles longer than the week day runs, but there are fewer hills which is surprising given how hilly the Westside is or maybe the run does not include many hills. After running Clifton, the Delhi group run just feels like it is flat as a pancake. Usual routes include running through the New St. Joseph Cemetery and around Delhi Township. Plans include a run by Bob Roncker's boyhood home and Elder High School.

If your running is getting stale, you have not run in quite sometime, you need a partner to run with or you would like to see a different part of town from where you normally run, join the club on one of the group runs. You will be glad that you did.

### Top 10 Reasons to do Runners' Club of Greater Cincinnati Races

1. Did you know that there is a Member discount at most club races?
2. Instead of giving medals to finishers, we give pint glasses.
3. Our races do not raise money to save the world. Our races raise money to buy beer.
4. We keep runners' registration costs down by pinching pennies until Abe Lincoln cries.
5. Our scenic race courses feature coeds, drug deals, and sewage treatment plants.
6. At the Cross Country Series, we give you triple your money back if you do not like the services that we provide.
7. At our races, everybody knows your name.
8. Our races corrupt the youth of America.
9. Old Time Racing like Stacy Osborne
10. Our races will have you crawling on your knees like George Taylor screaming "Damn you, Runners' Club! Damn you all to Hell!"

Newsletter Advertising Rates	
Ad Size	Rate
Business Card (3.5" x 2")	\$20 per issue/\$60 for 4 issues
1/3 Page(approx. 7.5 x 3.5)	\$40 per issue/\$120 for 4 issues
1/2 Page(approx 7.5" x 5")	\$60 per issue/\$180 for 4 issues
Full Page(8" x 10.5")	\$100 per issue/ \$300 for 4 issues
Full Page or Brochure insert(you print)	\$80 per issue
Runners' Club Members receive a 15% discount on the above ad rates. Ads must be paid in full 10 days after ad submission. Invoices sent upon request. Deadline for submitting the ad is generally the 10 <sup>th</sup> of the month preceding the date of publication. (July 10 for Summer, October 10 for Fall, January 10 for Winter and April 10 for Spring). Checks should be made payable to Runners' Club of Greater Cincinnati. For submission and payment details regarding advertising, contact us at or 513-451-2587 or <a href="mailto:cincinnati@runnerclub.com">cincinnati@runnerclub.com</a> .	

## About the UC Running Club

by Adam Hehr, UC Running Club President

The UC Running Club has now entered its fifth year here at the University of Cincinnati. The club's purpose from the beginning has been to provide a social running environment to promote health and fitness while having fun. We have three group runs a week. We meet on Monday, Wednesday and Friday at Gettler Stadium. We used to meet at 6:00 PM on Monday and Wednesday, but due to the arrival of Daylight Saving Time and the earlier onset of darkness, we now meet at 5:15 PM on Monday and Wednesday. On Fridays, we meet at 5:00 PM at Gettler Stadium followed by a Happy Hour. Our runs are typically around the surrounding campus area. Some examples of runs include running to Mt. Storm Park, Bob Roncker's Running Spot, downtown Cincinnati, surrounding campus parks, Xavier University, and Cincinnati State. We currently have around 50 members and nearly all of them are active, which is awesome. Please feel free to come out and run with us. We recently joined the National Intercollegiate Running Club Association (NIRCA) which is a collaboration of other collegiate running clubs across the country for competitive club running. We will be traveling to Penn State University November 8<sup>th</sup> to compete in the organization's national event. The following day we will be holding the Great Bearcat Run with the Runner's Club of Greater Cincinnati! Go Bearcats!



UC Running Club at Bellevue Hill Park. Who invited their dad?



## Race Calendar

### **Saturday November 8**

Fighting Hunger 5k Run and Walk, 8:30 AM, Matthew 25 Ministries, Blue Ash OH Kelly Weisman, 513-347-3255, [www.m25m.org](http://www.m25m.org)

Mason Mini-Marathon 5k/15k, 9:00 AM, Mason Middle School, Mason OH Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

Sycamore Challenge 5k, 9:00 AM, Bechtold Park, Sycamore Township OH Don Connolly, 513-474-1399, [www.racedmc.com](http://www.racedmc.com)

4th Annual LCPL Taylor B. Prayzynski Memorial 5K, 9:00 AM, Waterworks Park, Fairfield OH Ann Robbers, 513-253-3122

Run the Park 5K, 10:00 AM, Versailles State Park, Versailles IN Jim Cole, 812-689-3289

### **Sunday November 9**

**Great Bearcat Run 5k Run/Walk, 9:00 AM, Gettler Stadium, UC Campus, Cincinnati OH el Presidente, 513-451-2587 or [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com)**

3rd annual Fear the "Cliff" 10K and 5K, 9:00 AM, Taylor High School, North Bend OH Tom Bailey, 513-941-6400

### **Saturday November 15**

Fairfield Family YMCA Turkey Trot 5K Run/Walk, 9:00 AM, Waterworks Park, Fairfield OH Chris Lindeman, 513-829-3091

Concentrate on the Finish Line, 9:00 AM, St. William Church, Price Hill, Taylor Hensley, 513-921-2424 or [www.andygeil.org](http://www.andygeil.org)

Turkeyfoot Trot 5K Run/Walk, 10:00 AM, St. Barbara Church, Independence KY Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

KHSAA State Cross Country Meet, 11:00 AM, Horse Park, Lexington KY, [www.khsaa.com](http://www.khsaa.com)

### **Sunday November 16**

Run for the Lions, 8:30 AM, Ursuline Academy, Blue Ash OH Kelly Weisman, 513-347-3255, [www.ursulineacademy.org](http://www.ursulineacademy.org)

### **Saturday November 22**

Band on the Run 5k Walk/Run, 8:00 AM, Scott High School, Taylor Mill KY Dia Erpenbeck, 859-750-5720

GOTR Fall 5k, 10:00 AM, Sawyer Point Park, Cincinnati OH Erin Hamilton 513-755-6407 or [www.gotrcincinnati.org](http://www.gotrcincinnati.org)

### **Sunday November 23**

Straight Street Hill Climb, 9:00 AM, Straight Street and West McMicken St., Cincinnati OH [www.thehillclimb.com](http://www.thehillclimb.com)

Turkey Day 5 miler, 2:00 PM, Daviess County High School, Owensboro KY [www.owensbororunningclub.com](http://www.owensbororunningclub.com)

### **Thursday November 27**

99<sup>th</sup> Annual Thanksgiving Day Race, 9:00 AM, Paul Brown Stadium, Cincinnati OH Julie Isphording, 513-241-6479 or [www.thanksgivingdayrace.com](http://www.thanksgivingdayrace.com)

Turkey Trot 5 miler, 8:00 AM, Baum Opera House, Miamisburg OH, [www.orrcc.org](http://www.orrcc.org)

Thoroughbred Classic, 9:00 AM, Keeneland Race Track, Lexington KY, Louise Hensley, 859-333-6109 or [www.bluegrassrunners.org](http://www.bluegrassrunners.org)

Columbus Turkey Trot 5 Mile Run, 9:00 AM, Shops of Lane Avenue, Columbus OH, ULTRAFIT-USA 614-332-5205 or [www.columbusturkeytrot.com](http://www.columbusturkeytrot.com)

### **Saturday November 29**

Mountain Masters 16 Mile Trail Run, 8:00 AM, Harlan KY, [www.mountainmasterstrailrun.net](http://www.mountainmasterstrailrun.net)

### **Saturday December 6**

Jingle Bell Run 5k, 10:00 AM, Northern Kentucky Convention Center, Covington KY Don Connolly, 513-474-1399 or [www.racedmc.com](http://www.racedmc.com)

Santa's Run for Women Recovery 5k, 10:30 AM, Women's Recovery Center, Xenia OH Diann Elder, 937-3522925 or [www.keysports.net](http://www.keysports.net)

### **Sunday December 7**

Seven Hills Run, 10:00 AM, Lincoln Community Center, 1027 Linn Street, Cincinnati OH Marketia Hoff, 513-352-1622 or [www.cincyerec.org](http://www.cincyerec.org)

California International Marathon, 7:00 AM, Sacramento CA, [www.runcim.org](http://www.runcim.org)

### **Tuesday December 9**

**RCGC Annual Holiday in Lights Run, 6:30 PM, Williams YMCA, 1228 E. McMillan St, [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com) or [cincinnatiirunning@gmail.com](mailto:cincinnatiirunning@gmail.com)**

**Friday December 12**

Hooters Holiday Classic 5k, 7:00 PM, 5225 Nike Station Way, Hilliard OH, ULTRAFIT-USA 614-332-5205 or [www.ultra-usa.com](http://www.ultra-usa.com)

**Saturday December 13**

Reindeer Romp 5k and 10k, 9:00 AM, Crosby Township OH Sarah Gross, 513-310-1674 or [www.crosbytwp.org](http://www.crosbytwp.org)

**Saturday December 20**

Noel 5k, 10:00 AM, Lunken Playfield, Cincinnati OH Don Connolly, 513-474-1399 or [www.racedmc.com](http://www.racedmc.com)

Egg Nog Jog 5k Run/Walk, 10:00AM, Mount Adams, Cincinnati OH Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

**Wednesday December 31**

Resolution Run 5k, 8:00PM, Beaver Creek High School, Beaver Creek OH Brian Code 937-429-4078 or [www.speedy-feet.com](http://www.speedy-feet.com).

**Thursday January 1**

Al Salvato Frosbite 5 Mile Run / 5k Walk, 10:30AM, Campbell County YMCA, Fort Thomas KY 859-781-1814

**Saturday January 3**

RCGC Holiday Party, 7:00-11:00PM, Location TBD, [cincinnati@running.com](mailto:cincinnati@running.com) or [www.cincinnati@running.com](http://www.cincinnati@running.com).

**Sunday February 15**

Valentine's Day Labor of Love Run, Noon, Northern Kentucky University, Highland Heights KY el Presidente 513-451-2587 or [www.cincinnati@running.com](http://www.cincinnati@running.com).

**Thank you to the following club members and others who helped out with the following events:**

<b>Crazy 8 Run</b>		
Tom Glasscock	Doug Rudisell	Brian Rohne Race
Troy Hofacre	Jenny Rudy	Todd Hofacre
Katie Jadeed	Mike Smith	Mike Moyer
Nick Kleiner	Ryan Woolley	Mike Smith
		NKU Cross Country Team
		NKU Women's Volleyball Team

**RCGC Volunteer Form**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

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

I would like to help with the following activities:

\_\_\_ Great Bearcat Run – November 9, 2008 – 9:00 AM – Gettler Stadium – UC Campus

\_\_\_ Holiday in Lights Run – December 8, 2008 – 6:30 PM – Sleigh Drivers

\_\_\_ Reindeer Romp 5k & 10k – December 13, 2008 – 9:00 AM – Crosby Township

Please complete and mail to: Runners' Club of Greater Cincinnati, PO Box 8761, Cincinnati OH 45208 or signup online at [www.cincinnati@running.com](http://www.cincinnati@running.com).

# RUNNERS' CLUB Of Greater Cincinnati



P.O. Box 8761  
Cincinnati, OH 45208  
cincinnati@runner.com

Membership Application / Renewal / Change of Address  
To register on-line or see the long list of benefits check us out on-line at [www.cincinnati@runner.com](http://www.cincinnati@runner.com).

**Benefits include:** Discounts on local races, discounts at local running stores, group runs, fun runs, races, print newsletter, picnics, parties, seminars, and a hospitality suite for the Heart Mini Marathon.

Name, city, contact number and area of town in which you run will be published in our annual publication of membership unless otherwise noted.  Please check box if you do not wish to have your name, contact number and running information made available to other club members.

Date of application: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Name: \_\_\_\_\_ Name of Spouse: \_\_\_\_\_  
                     First                      Last

Phone: \_\_\_\_\_ Phone: \_\_\_\_\_  
                     Home    Office

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Area of town you run in: \_\_\_\_\_ Pace: \_\_\_\_\_ Email: \_\_\_\_\_

Occupation: \_\_\_\_\_ Employment: \_\_\_\_\_

We are a volunteer organization; as such we rely heavily on our members to participate in activities of all sorts. The difference between "Volunteer" and "Donation" membership is that as a volunteer you agree to volunteer for at least one event, or position throughout the year. So, if you will, please take another minute to fill out your areas of interest **so that we know what you will be volunteering for** in the future and what the interests of our members are.

- |  |   |                                       |   |
|--|---|---------------------------------------|---|
| <input type="checkbox"/> Marathoning     | <input type="checkbox"/> Walking          | <input type="checkbox"/> Newsletter   | <input type="checkbox"/> Web Site       |
| <input type="checkbox"/> Race Committees | <input type="checkbox"/> Board Member     | <input type="checkbox"/> Summer Track | <input type="checkbox"/> Cross Country  |
| <input type="checkbox"/> Valentine's Run | <input type="checkbox"/> Memorial Day Run | <input type="checkbox"/> Flying Pig   | <input type="checkbox"/> Holiday Events |
| <input type="checkbox"/> Other _____     |   |                                       |   |

- |   |  |
|---|--|
| <i>Annual dues are due each year on March 1<sup>st</sup>.</i> | <input type="checkbox"/> <i>Single Volunteer Membership \$15</i> |
| <input type="checkbox"/> <i>New Application</i>               | <input type="checkbox"/> <i>Single Donation Membership \$20</i>  |
| <input type="checkbox"/> <i>Renewal</i>                       | <input type="checkbox"/> <i>Family Volunteer Membership \$20</i> |
| <input type="checkbox"/> <i>Change of Address</i>             | <input type="checkbox"/> <i>Family Donation Membership \$25</i>  |

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners' Club of America, Runners' Club of Greater Cincinnati, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, babyjoggers/strollers, roller-skates, in-line skates, animals, and headsets are not allowed in our races; and I will abide by this rule. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of events for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If under 18)



P.O. Box 8761  
Cincinnati, OH 45208  
Web Site: [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com)

**Trivia Question:**

Here is your chance to win fabulous RCGC Merchandise! Answer the following Trivia Question?

What movie did our featured runner see with her 7 year old grandson?

If you know, send your answer to RCGC, PO BOX 8761, Cincinnati OH 45208 Attn: Trivia.  
First one in wins fabulous RCGC Merchandise.