

Holiday 2009

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President Letter



Happy Holidays! We now enter the busiest time of year for the club with the holidays upon us as we prepare for the some of the club holiday favorites and get ready for next year's events like the 30th Annual Valentine Race.

The 2009 Holiday in Lights Run is on Tuesday December 8. It is a club favorite and the 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 driver, I appreciate it. Just contact us at cincinnatiirunning@gmail.com or fill out the enclosed volunteer form and send it in.

After the New Year begins, we kick off 2010 and the next decade with our Holiday Recovery Party on Saturday January 9, 2010 from 7:00-11:00 PM at Swaim Park Lodge in Montgomery OH. The White Elephant Gift Exchange will return again this year. If you received a gift during the Christmas season like another race t-shirt and you wish somebody else to have it, here is your chance. If you want to attend, please RSVP at cincinnatiirunning@gmail.com as space fills up quickly.

If you need help or motivation to keep running, we have two weekly group runs on Wednesdays and Sundays. The Wednesday run is at 6:30 PM and runs from Hyde Park Square. The Sunday Group Run runs from the Koka Coffee Lounge in Mt. Adams. They are perfect for any runner from beginners to those trying to get back into running to even the speed demons. Come out, and meet some other club members at the

weekly group runs. The only thing that I can guarantee with the runs is at least a 3 mile run with hills and good company.

Thank you to the volunteers who helped with the various races from the Midsummer Night Trail Run to the Dressed to the 9's to the Great Bearcat Run over the past few months. Thanks to you, we were able to put on some unique and interesting races in interesting venues. I heard many positive comments from participants about each race and some things that we can improve with each race.

Welcome the following new members to the club: John Betsch, Mark Bittner, Casey Boyer, Brian & Carolyn Converse, Angela Cupas, Robert Florez, Lisa Frey, Don Gilman, Jared Gosnell, Darrin Hunter, Rachel & Jeff Liggett, Paul Lovelace, Rachael Miller, Jorge Newbery, Danielle Presley, Jim Shufeldt, Paul Staudigel, Stacy Tenover, and Sara Toennis. With all the new members joining, we need to have a New Member Happy Hour to get to know all of you.

Finally, congratulations to Mike Smith who is our featured runner. Mike is a former club president who keeps busy with the club through helping with the Summer Cross Country Series. He is currently training for a 100 mile race in the summer of 2010. He is also recovering from his volunteer binge as he volunteered for 4 straight club events for 4 straight days this past August. If you have someone that would make a good featured runner, let the club know about him or her. To be a featured runner, you need to be a club member in good standing, someone to nominate you and the board to approve you. Keep on running.

Todd Hofacre
President

Runners' Club of Greater Cincinnati
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Board Meeting: Check website for details
(Typically first Thursday of each month - all are welcome)
RRCA 703-836-0558
If you are interested in getting involved, please contact us at 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) and the United State Track and Field (USATF). 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 by January 11, 2010.



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Welcome New Members!!

John Betsch, Mark Bittner, Casey Boyer, Brian & Carolyn Converse, Angela Cupas, Robert Florez, Lisa Frey, Don Gilman, Jared Gosnell, Darrin Hunter, Rachel & Jeff Liggett, Paul Lovelace, Rachael Miller, Jorge Newbery, Danielle Presley, Jim Shufeldt, Paul Staudigel, Stacy Tenover, Sara Toennis

Please make our new members feel welcome.

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**SAVE THE DATE AND JOIN THE
RUNNERS' CLUB AT THESE
UPCOMING EVENTS**

Holiday in Lights Run

Tuesday December 8, 2009 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 Hangover
Recovery Party**

Swaim Park Lodge, Montgomery OH
Saturday January 9, 2010
7:00-11:00 PM.

**30th Annual Valentine 2 Mile
Labor of Love**

Regents Hall, Northern Kentucky
University
Sunday, February 14, 2010

**Articles for next newsletter due:
January 11!**

***If you have an article in your
brain, a top ten list, letter to the
editor, suggestion for a story, a
photograph or two, a recipe or a
dirty limerick related to running
send it in by January 11. We
welcome your submissions, ideas
and filthy jokes!***

RCGC Weekly Group Runs

Wednesdays at 6:30 PM
Hyde Park Square, Hyde Park
Meet by the fountain

Sundays at 9:00 AM
Koka Coffee Lounge, 1101 St. Gregory Street
Mount Adams
Meet in front

For more information, contact us at
cincinnati@running@gmail.com

**Midsummer Night's Trail Run: "As
You Like It"**

After a successful trail race in 2008 with the Crazy 8k on 8-8-08, the club decided to do another trail run in 2009. We could have used the name Crazy 8 on 08-08 but August 8 fell on a Saturday which included the Newtown Race where almost every runner in the area goes plus about 6 other races that weekend so we moved it to the following Tuesday Night, August 11 at 7:00 PM. Since we could not use the Crazy 8 name, the race director decided to give the club a little culture by going Shakespearian. We named it "A Midsummer's Night Trail Run" since there was the forest(Mount Airy) and the jackass (the race director aka el Presidente for deciding to do this again). Since there are five acts in a play, we added a couple hundred feet to make it a 5 mile run.

About 60 runners braved the hills, the fallen trees, the mud, the slippery rocks due to the recent deluge of August rain and the steps of Mount Airy Forest. In addition, the runners had to contend with the heat made much worse by the humidity. 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 5 Males, top 5 Females and top 5 Male Master Runners and the top 5 Female Master Runners. Congratulations to our overall men's winner Mischa McCormick with a time of 34:12. For his efforts, Mischa received a \$50 gift certificate to Bob Roncker's Running Spot in addition to a pint glass. The top Masters Male was Joe Smindak from the Dayton area and the Ohio River Road Runners Running Club. Joe was also the 2nd overall finisher with a time of 35:43.

The overall woman's winner was Linda Daigle with a time of 44:05 She was also the top masters runner. She received a pint glass and a Bob Roncker's Gift Certificate for her efforts. Jana Marshall was the second female with a time of 44:14. (Complete results are posted on our website at www.cincinnati@running.com.)

Also five random people won door prizes. Thank you's go to Bob Roncker's, and RoadId for giving us gift certificates for the overall runners, and gifts as door prizes. Another thank you goes to vitaminwater for donating a few cases of vitaminwater to the race.

Overall, the trail run was a success. The complaints that I heard were the late start of the race due to setting up the course, a few over competitive runners, adding more awards categories, and most importantly 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.) A big thank you goes to our volunteers Tom Glasscock, Mike Hauser, Eileen Hogan, Greg McCormick, Gina Meyers, Dave Nelson, Josie Russo, Tony Russo, Mike Smith, and Laura Wagner for helping make the trail run a success. The club will look at putting this race on again in 2010 but maybe two weeks earlier so Mike Smith can keep what's left of his sanity and not have to volunteer to help out with 4 races in 4 consecutive days.

Featured Runner: Mike "Smitty" Smith



Mike Smith in Uganda in June, 2009

Mike Smith is an avid trail runner with impressive PRs at everything from the 5K to the marathon during his 34-year running career. He has an unusual pre-race meal, and is particularly proud of accomplishments other than his own. Read on to find out what they are and which local races, he particularly enjoys.

1. What got you started running? **I was too small to play football or basketball in junior high and my father had died of a heart attack when I was 10 and running was being touted as a great cardiovascular exercise. So I went out for the Cross Country team. Then my freshman year, Stacy Osborne, who was the Assistant Cross Country Coach at Norwood, seduced us with the promise of dodgeball if we ran first. He had us at "dodgeball" and the prospect of drilling one of our friends with the dodgeball.**
2. Where do you normally run? **I usually try to run on the trails at the Cincinnati Nature Center, Landen-Deerfield Park, or East Fork Lake.**
3. What is your favorite route? **Landen-Deerfield or Cincinnati Nature Center because of the potential for mud and creekage.**
4. What type of training do you typically do? **Anymore my training is long slow**
5. Describe a typical week of training. **Monday and Friday are off days. Tuesday, I usually run 5 – 8 miles on my own then meet up with the Roncker's Training Group, Wednesday is usually a trail run of 6 – 10 miles, Thursday 6 – 10 miles and varies between the roads and trails, Saturday is a repeat of Tuesday, and Sunday is 8 – 20 miles on the trails.**
6. What's your favorite workout? **A trail run with lots of mud and creekage.**
7. What are your favorite three races locally? **The Sprint for Special Olympics, Kicks for Kids River Run, and the Reggae Run. All three support great organizations in the Cincinnati area and all three give the runners a great race without breaking the bank.**
8. What's your favorite race out of town? **I don't know if I really have a favorite out of town race. I have enjoyed all of them. The trail runs have been nice because they feed you when you finish the run.**
9. Where's the furthest from Cincinnati that you've run? **Bay to Breakers is the furthest I have travelled to race. Uganda is the furthest place from Cincinnati that I have run.**
10. What are some of your current PR's? **My PRs are fond reminders of days gone by most of which are 20 years old: 15:24 5K, 25:50 8K; 32:40 10K; 2:43 Marathon. My new motto is "If I can't run faster, I'll just run further." I recently ran 5 hours 30 minutes for a 50K and 9 hours 40 minutes for a 50-miler.**
11. Of what accomplishments are you most proud? **Helping my niece complete a marathon for Team in Training.**
12. What's your favorite pre-race meal? **I usually do not eat much before I run, even the ultras. I used to eat a couple of cookies or a scoop or two of ice cream (the breakfast of champions). Now maybe a banana or energy bar.**

13. Do you have any special pre-race rituals or music? **I am always listening to music. What I listen to before I run depends on my mood.**
14. What is your favorite retreat? **My favorite retreat for running is heading to the trails. Running through mud and creeks is relaxing and ironically enough cleansing in a spiritual sense that the roads do not offer. My favorite retreat outside running is heading to the movies or Shake-It Records with my younger brother Mark. He is my best friend and he is relaxing and fun to be around.**
15. What do you do when you're not running? **I go to movies with my younger brother, read, and listen to music.**
16. What are some running events that you've enjoyed helping with? **I have enjoyed helping out with the Sprint for Special Olympics and Kicks for Kids River Run because they are great organizations. And I have enjoyed working with Stacy Osborne at the Summer Cross Country Series and at the finish lines of the Valentine's Run and Brian Rohne Run.**
17. How has running influenced your life? **It has made me realize that once we tear down the mental barriers we place on ourselves, there is very little we can't accomplish. As I have gotten older and somewhat slower, I realize life, like running, is 90% mental and 10% psychological. You just have to overcome the mental barriers and keep moving forward.**
18. Any special goals you'd like to accomplish in the next few years? **I would like to complete a 100-mile run this summer and live to tell the tale.**
19. How did you get involved with the Runners' Club of Greater Cincinnati? **As with most of my running, Stacy Osborne was the culprit. Soon after I joined, I found myself president. Fortunately, I was able to pass the torch on and live the relaxing life of an ex-president minus the security details, the retirement package, the paid speaking engagements, and host of other parting gifts.**
20. What is your favorite Runners' Club of Greater Cincinnati Event? Why? **The Summer Cross Country Series. I love the sport of Cross Country. It is the only TRUE sport the rest are just games. Stacy always keeps it entertaining at the series with his quotes ("There's a thousand roots out there and one of them has your name on it", "The first rule of cross country is know the course," "You pay your fee you take your chances", and my personal favorite "Don't let your ass write a check that your legs can't cash")**
21. What typical distances do you enjoy running(5k, 10k, half-marathon, full marathon)other that you run? Why? **Anymore I like running ultras on the trails because they offer a challenge while at the same time being very relaxing and fun.**
22. Do you run solo or do you prefer group runs? **It depends. On the trails, I usually run with a friend of mine, Steve Orth, or on my own. But I have enjoyed working with the Roncker Training Groups over the years. Bob and Joe Brinkmann have done an excellent job of providing training programs for Thanksgiving Day Race, Flying Pig Marathon and Hyde Park Blasts. The fact that people return for more speaks to the success they have with the programs.**
23. What was the last book you read? **Artemis Fowl and the Time Paradox is the last book I read. Mulch Diggums cracks me up.**
24. What was the last movie you saw? **Zombieland is the last movie I saw. Cardio is the number 1 rule for surviving a zombie overthrow. You need to be able to outrun the brain eating heathen. The scene with Bill Murray is priceless.**
25. What cheat foods do you like to eat? **Cookies, chocolate sundaes, pizza, Indian food, and Comet or Chipotle Burritos. There are plenty of others but those are at the top.**
26. What do you like to splurge on? **I like to splurge on CDs at Shake-It Records. The best CD store in the tri-state area. And I**

like to splurge on books, movies, and the aforementioned cheat foods.

27. What brand style running shoes do you wear? **I wear Mizuno's for the roads because of the stability and I have been wearing Brooks or Asics for the trails.**
28. You're stuck on an island with one CD, one DVD and one book. What are they? **CD without a doubt would be the Kinks Village Green Preservation Society (3CD Deluxe Edition), "The most successful failure all time," as quoted by Ray Davies. DVD right now would be a toss up between Children of Men or Slumdog Millionaire. Both are movies of hope in less than ideal worlds. Book would be a toss up between "The Deerslayer" by James Fenimore Cooper or "Tale of Two Cities" by Charles Dickens. Both are poetically written books about self-less acts of courage.**
29. Has running ever helped you with your occupation? Tell us about it. **Running helps because it keeps me sane. I have just started coaching High School Cross Country at Loveland and it really provides a nice bit of relaxing stress release after a day of teaching.**
30. Who do you think are the biggest influence on running in Cincinnati? **Bob Roncker, Don Wahle, and Don Connolly are the "holy trinity" of running in Cincinnati. Don Wahle kept the Thanksgiving Day Race alive during the 1960s and he started up the Summer Track and Summer Cross Country series to promote running in Cincinnati, especially to the youths. The**

Summer Cross Country series is over 30 years old and still very strong and the Summer Track series is seeing resurgence in the area. Don Connolly is the King of directing races in Cincinnati and has done a great job of ensuring runners have a quality, fun, competitive run to attend. Bob is running in Cincinnati. He is our grand ambassador. His store(s) are always open and welcoming to runners who want to shop or who just want to come by and hang out. Everything Bob has done, has been to promote running which when you talk to him you can tell is his true passion. Without these three individuals, running would be a barren landscape in Cincinnati. Runners owe them a debt of gratitude. So Thanks Bob, Don and Don for all your contributions to running in the area. And thanks to Stacy for getting me started and making sure I never stopped (the pain is temporary but the shame lasts forever). And for all those who I have had the pleasure to train and race against.

Congratulations, Smitty! And continued good luck with your running.



Holiday Hangover Recovery Party

Swaim Park Lodge, Montgomery OH
Saturday January 9, 2010
7:00PM - 11:00PM

Members whose last names begin with A-K, please bring sides or salads;

Members whose last names begin with L-Z, please bring desserts.

The Club will provide meat & beverages. Great chance to meet new members and catch up with old friends

Cinci Runner: Unusual “FiveFingers” Footwear For “Barefoot” Running A Tool, Not Panacea For Ailments

Ever since 2005, when Nike introduced the shoe called the “Free,” more and more runners have considered the concept of minimalist footwear to strengthen the feet and legs, potentially improving performance. The notion has led to a modest increase in media coverage of barefoot runners, if not the actual number of people who actually run shoeless.

That number would be hard to quantify, but there must be a market because the “movement” has led Vibram, the company synonymous with shoe outsoles, to make what is essentially an outsole that fits like a toe-sock. It’s called the FiveFingers (yes, that’s one word), and one Cincinnati runner who not only sells, but also wears them, says they can be a useful tool -- for the right person and with a big dose of caution.

Just walk into Roncker’s Running Room in O’Byanville and chances are you’ll notice something “different” about Adam Schmidt, who has worked at the store for three years.

Look down, and you’ll figure it out. He’s not barefoot, but it sort of looks as though he is. He’s wearing FiveFingers, which he does very often.

“I wear them like a flip flop all the time,” he says.

To be sure, it’s an unusual looking thing as evidenced by the photograph with this article. It looks like a heavy-duty gardening glove made to fit the foot. The camouflage-influenced mix of colors lends to the unusual looks. The purpose is to allow the wearer to walk the way Nature intended.

Why There’s a Market For Them

“We’re not designed to need shoes,” Schmidt says of human beings. “We’re not designed to spend our time on paved roads,” either, he adds, noting that since that’s what mankind has surrounded himself with, it stands to reason that perhaps people who intend to run “au naturel” from the ankles down do something to protect their feet while they’re at it.

For most of us, the idea of running without anything on our feet is just asking for injury. And, if a new FiveFingers wearer, or any barefoot newbie for that matter, isn’t careful, that’s just what Schmidt suggests could happen.

Why You Should Be Careful

“Some people come in, they have no experience” with minimalist footwear, Schmidt says, “...and they wanna go from a Kayano to barefoot or a racing flat. I try to caution people not to take these extremes, but I think there’s something to using it as a training tool.”

That’s what Schmidt, who’s worn FiveFingers for about a year-and-a-half, does. In fact, he never actually runs in FiveFingers at all.

“Many times I’ll go on grass and do drills in ‘em,” he says. “I don’t wear ‘em running... I believe in balance.”



Vibram “FiveFingers KSO” (Photo Provided by Vibram)

For Schmidt that means using the FiveFingers only for drills or as a replacement for the shoes he would normally just wear around during the day – to the bank, the grocery store or even fly fishing (he says they help him feel the river bottoms, which prevents falls).

Why bother then? Schmidt says FiveFingers help do what Nike claimed its Frees would do when they first hit the market: strengthen the foot and the leg muscles that stabilize runners through their gait.

“You get a little more balance. You actually feel what’s going on,” he says. “The direction of running shoes has gone to more cushion and more support. That can lull you into bad biomechanics.”

To imagine what it’s like to run in the FiveFingers, Schmidt says to consider what you’d do if you tried to run barefoot on asphalt for the (Please continue with “FiveFingers” on pg. 8)

FiveFingers: A Local Runner's Experience And Advice

(Continued from the previous page)

first time. You'd probably land more on your forefoot rather than your heel, he proffers, because heel striking on a hard surface would hurt.

He says FiveFingers spread the toes just a tad, providing a better platform for forefoot striking and toe-off. And that's it.

"The idea is to take you way from anything sort of... artificial, but give you a tough skin," he says.

More natural biomechanics. Stronger feet and lower leg muscles. That must mean FiveFingers will produce better race times, right? You can slap them on and run your best 10K, right?

Well, not necessarily, says Schmidt.

"It's not gonna make you do anything you couldn't do before," he says.

"You definitely get raised eyebrows."

Adam Schmidt, Cincinnati runner and shoe salesman

So, again, why bother? Especially when the price tag of \$80-\$85 would buy a pair of trainers or a racing flat?

Because FiveFingers might help reduce or prevent injury. And an injured runner probably isn't as fast as she'd be if she weren't hurt.

Schmidt notes that many runners complain of hammer toes, bunions, pulled calf muscles, Achilles tendonitis and other maladies due to running in a way that unnaturally constricts the calf instead of letting it have "that same dynamic action all the way to the ground" that it would have if people ran barefoot the way they did when they first evolved in prehistoric times.

He says, "I can't say I used to have all these problems, but I think it (wearing FiveFingers) helps. There's no miracle tonic, it's just that I'm not getting hurt."

So, as long as a potential FiveFingers buyer accepts that the shoe is not intended to let you do anything you wouldn't do barefoot, except with more protection, it can help.

"I think there's something to running in as minimal footwear as you can in shoes," Schmidt says. "I'm still always gonna run in a running

shoe, even if it's a racing flat."

There are some things to expect if you try FiveFingers, chiefly an unusual feeling surrounding your foot, if not outright pain. If your second toe is longer than your big toe, Schmidt says, you'll definitely require a few days of wearing them before they stretch out to fit your foot. After they break in, he says, they don't hurt at all.

They don't require socks, but if you prefer socks, you need toe socks like the Injinji brand that were originally designed to help prevent blisters. They lining is antimicrobial and Schmidt says he hasn't noticed a problem with odor.

And you are wise to try them on in person, rather than attempting to order them online for two reasons. First, Schmidt warns that sizing is very different from running shoe sizing, due to the need to let them stretch out to accommodate your foot. Second, there are four models designed for activities ranging from yoga to water sports. Order the wrong one model or size and your FiveFingers could fall off in the midst of your activity.

There are seven Vibram FiveFingers models:

Classic, Flow, KSO, KSO Trek, Moc, Performa & Sprint.

The company says they are used for everything from yoga and running to water sports like sailing and kayaking.

You should also expect some funny looks from strangers.

Schmidt recounts an encounter with a customer at the company's store in Glendale where an older woman's upper lip snarled and she "practically picked a fight" with him because she seemed so offended by the appearance of his footwear. Even after he explained what he was wearing, he recalled her saying: "Well, I just don't – I just don't get it!"

"You definitely get raised eyebrows," he says.

And maybe that type of visceral reaction is exactly part of the point – the primal aspect of the act of running might make the FiveFingers a perfect complement.

And just like running is a primal, natural activity for people, he says, "this brings everything back to basics."

By Frank Field

Dressed to the 9's: Another Bargain, Oddball, Fun, Weekday Event

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 we did a trail run on 8-8-08 in Mount Airy Forest. In 2009 we did a 9k run on a Wednesday night at Lunken Playfield. Lunken Playfield was the ideal place to do a relatively long run as it could be done with a minimum number of volunteers. It was another attempt in 2009 for club members to get a race during the week. Also, it was a chance for some runners to set a PR since the last time anybody had run a 9k may have been the late 90's when the Kicks for Kids Run was a 9k.

About 40 runners braved the path of Lunken Playfield. They were lucky to see el Presidente shoot the starting pistol and doubly lucky that he did not shoot anybody with it. Runners probably got more than their money's worth at this race. For \$9.99 runners had hamburgers, hot dogs, apples, vitaminwater, regular water, chips, cookies and pop upon finishing. Also for successfully finishing the run, they got the Famous Runners' Club pint glass.

The overall men's winner was Harvey Lewis who ran a time of 34:20. Rounding out the top 9 were Bill Valenzano, Michael Storms, Ken Roark, Bill Hardy, Don Gilman, Humberto Velasquez, George Belian and Paul Harkins. The overall woman's winner was Cindy Moore with a time of 43:14. The remaining top 9 women were Sarah Knott, Danielle Duncan, Eileen Hogan, Sarah Burnett, Jenny Geraci, Erica Palmer, Amy Hatton and Kate Lawrence. (Complete results posted at www.cincinnatiirunning.com.)

Also 9 random people won door prizes which consisted of drift shirts, gift certificates free club memberships, a gift card from TGIF Fridays, and \$9.99. The door prize part was interesting as the rains and storms came and almost blew everything away. A big thank you goes to our volunteers Doug Rudesil, Mischa McCormick who was our biker and made sure that nobody got lost, Ed Spiller, Greg McCormick who grilled hot dogs, and hamburgers for runners as they finished and Ryan Woolley who did much of the upfront work for us to have a race on 9-9-09, served as a timer and gave somebody else a chance to win a race in Cincinnati. It was a fitting end to a decade and we may continue this string of date races in 2010 as October 10 falls on a Sunday.

Great Bearcat Run Sees Four Under 18:00



Harvey Lewis III leads Mischa McCormick in the first mile of the Great Bearcat Run.

Top 10 Females		Top 10 Males	
1	Linda Jeanmougin 22:55	1	Matthieu Gancedo 16:56
2	Ann Black 23:12	2	Harvey Lewis III 17:30
3	Deanne Frank 24:07	3	Mischa McCormick 17:39
4	Melissa Seibert 24:24	4	Pete Beckman 17:54
5	Maddy Fixler 25:24	5	Scott Lorson 19:27
6	Erin Canter 26:36	6	Daniel Hartoin 20:17
7	Xolti Morgan 27:23	7	Scott Szalejko 20:22
8	Maryann Dalton 27:34	8	Paul Harkins 20:50
9	Kristina Cowan 27:59	9	Matt Lesaint 21:27
10	Heather Elefante 28:16	10	Wesley Hartoin 22:45

**“Psychic” Glasscock Wins
Summer Prediction Race
Newcomer Retta Takes
Home Magic 8-Ball**

The Runners' Club of Greater Cincinnati crowned a new champion psychic this year at the prediction run on Sunday August 23, 2009 with Tom Glasscock. Tom's predicted time was 17:24 which was 11 seconds off his actual time of 17:13. Misha McCormick, the 2008 champion prognosticator, was first across the finish line.



Prediction run participants

He was second closest to his predicted time as he ran a 14:44 which was 46 seconds off his actual time of 15:30. Nancy Zadek kept her hold on the third spot for the second year in a row as she was 1:29 off her predicted time. About 10 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 Jimmy the Greek to guess how they would run on the 2.5 mile course.



Kim Retta and Bill Hardy

Patrick Evans opted to not defend his 2008 Magic 8 Ball Award as it told him not to run and to serve as master chef(Thanks Patrick). This years Magic 8 Ball Competition was fierce between two runners this year as rumors got out that the club actually spent money on this year's Magic 8 Ball. The Magic 8 Ball is given to the person furthest from his or her predicted time. Newcomer Kim Retta came out of nowhere to secure the win when she took a left instead of a right.



Waiting for the food

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 winter, it will be an interesting 2010.



Patrick Evans, Laura Wagner, Karen Rokich

After the run, runners had hamburgers, veggie burgers, chicken patties and the appealing sides, deserts and appetizers that club members and guests brought.

Thank you to Tom Glasscock, Ed Hunter and Julia Glasscock for assisting with the prediction run.



I'm a marathoner who understands the hard work and dedication needed to not only complete a race, but improve from year to year.

That's what I bring to my clients.

Let me know how I can help you with your real estate needs here, nationally and internationally.

John Boggess

(513) 533-5573 · jboggess@comey.com

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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 10th of the month preceding the date of publication. (January 10 for Winter, April 10 for Spring, July 10 for Summer, October 10 for Fall). Checks should be made payable to Runners' Club of Greater Cincinnati.

For submission and payment details regarding advertising, contact us at 513-451-2587 or cincinnati@running@gmail.com.

Trivia Question:

Here is your chance to win the fabulous RCGC Drift Shirt (Any size you want as long as it is a large). Answer the following Trivia Question: **What is our featured runner's new running motto?**

If you know, send your answer to RCGC, PO BOX 8761, Cincinnati OH 45208 Attn: Trivia. First correct answer wins an RCGC drift shirt.

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

A Midsummer Night's Trail Run:		Brian Rohne Race
Tom Glasscock	Dave Nelson	Todd Hofacre
Mike Hauser	Josie Russo	Stacy Osborne
Eileen Hogan	Tony Russo	Mike Smith
Greg McCormick	Mike Smith	NKU Cross Country Team
Gina Meyers	Laura Wagner	NKU Women's Volleyball Team
Great Bearcat Run:		Dressed to the 9's:
Tom Glasscock	Joni Torsella	Greg McCormick
Bill Hardy	Laura Wagner	Mischa McCormick
Mike Harvey	Ryan Woolley	Doug Rudisell
Liz Hofacre	UC Running Club	Ed Spiller
Greg McCormick		Ryan Woolley

RCGC Volunteer Form

Name: _____

Phone: _____

Email: _____

I would like to help with the following activities:

___ Holiday in Lights Run – December 8, 2009 – 6:30 PM – Sleigh Drivers Wanted

___ Heart Mini-Marathon Bag Stuffing – February 2010 – 9:00 AM – AHA Office

___ Valentine 2 Mile Labor of Love – February 14, 2010 – noon– NKU

Please complete and mail to: Runners' Club of Greater Cincinnati, PO Box 8761, Cincinnati OH 45208 or signup online at www.cincinnatiirunning.com

Articles for next newsletter due January 11.

If you have an article in your brain, want to tell the club about a race that you did, a top ten list, a recipe or a dirty limerick related to running send it in by January 11.

Race Calendar

Thursday November 26

100th Annual Thanksgiving Day Race, 9:00 AM, Paul Brown Stadium, Cincinnati OH Julie Isphording, 513-241-6479 or www.thanksgivingdayrace.com

Turkey Trot 5 miler, 8:00 AM, Baum Opera House, Miamisburg OH, www.orrcc.org

Thoroughbred Classic, 9:00 AM, Keeneland Race Track, Lexington KY, Louise Hensley, 859-333-6109 or 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

Saturday December 5

Jingle Bell Run 5k, 10:00 AM, Northern Kentucky Convention Center, Covington KY Don Connolly, 513-474-1399 or 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

Sunday December 6

Seven Hills Run, 10:00 AM, Lincoln Community Center, 1027 Linn Street, Cincinnati OH Marketia Hoff, 513-352-1622 or www.cincyrec.org

California International Marathon, 7:00 AM, Sacramento CA, www.runcim.org

Tuesday December 8

RCGC Annual Holiday in Lights Run, 6:30 PM, Williams YMCA, 1228 E. McMillan St, www.cincinnatiirunning.com or cincinnatiirunning@gmail.com

Saturday December 12

Reindeer Romp 5k Run/Walk and 10k Run, 9:00 AM, Crosby Township OH Sarah Gross, 513-310-1674 or www.crosbytwp.org

Dayton Jingle Bell Run 5k, 9:00 AM, Dayton Mall, Dayton OH www.keysports.net

Saturday December 19

Noel 5k, 10:00 AM, Lunken Playfield, Cincinnati OH Don Connolly, 513-474-1399 or www.racedmc.com

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

Thursday December 31

Resolution Run 5k, 8:00PM, Beavercreek High School, Beavercreek OH Brian Code 937-429-4078 or www.speedy-feet.com.

Friday January 1

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

Saturday January 9

RCGC Holiday Hangover Recovery Party, 7:00-11:00PM, Swaim Park Lodge, Montgomery OH, el Presidente 513-451-2587 or www.cincinnatiirunning.com.

Sunday February 14

30th Annual Valentine's Day Labor of Love Run, Noon, Northern Kentucky University, Highland Heights KY el Presidente 513-451-2587 or www.cincinnatiirunning.com.

Membership renewals due in March - Renew Today

	MEMBERSHIP BENEFITS	
	<ul style="list-style-type: none">◆ Group Runs Throughout the City◆ Free Running Seminars & Coaching Advice◆ Monthly Newsletter featuring race calendar, training tips, member & event news, social events & more...◆ Discounts on local races	<ul style="list-style-type: none">◆ Discounts at local running stores◆ Free Track & Cross Country Series◆ Women's Safety Seminars◆ Social Events - Parties, Picnics, Happy Hours

The Training Table

Recipes By, For, and To Help Runners

In an effort to introduce some new and useful items to your running newsletter, we've decided to include a recipe or two that complements the running lifestyle. We've taken care of the first recipe, but encourage RCGC members with recipes to share to email the newsletter editor at:

FrankField@zoomtown.com

The aim is to provide quick and easy recipes that complement the busy runner's lifestyle while also having some reasonable claim to either nutritional or training value. The idea is to help you eat well with as little effort as possible and in a way that seems relevant to our sport.

If any single food seems to be synonymous with running it's carbohydrates. Even non-runners have heard of "carbo-loading" prior to a big race. While that might mean pasta for some people, or bagels, pancakes or cereal for others, we thought we'd kick off the recipe with a pasta recipe that puts a somewhat lighter spin on an original. We're not going out on any limbs here, either. You can probably pull this one together from what's in your pantry right now.

Lower-Fat Fettuccine Alfredo:

For many people, colder weather brings on a desire for hearty, stick-to-the-ribs kinds of foods. The problem with that is some of those foods can have you pushing away from the table feeling more bloated and lethargic and wishing you hadn't cleaned your plate. Wouldn't it be nice to feel as though you didn't have to run two-a-days for a week as "punishment" for your overindulgence?

If your diet includes a lot of carbohydrates for energy to burn while on the run, but you are tired of the same ol' jar of tomato sauce, and you steer clear of artery-clogging cream sauces, this might be an option for you. Instead of the heavy cream used in most fettuccine Alfredo sauces, this one replaces the cream with skim milk and light process cream cheese

(although my family often uses Tofutti brand "Better Than Cream Cheese" substitute and it works just as well).

In fairness, this is a recipe my wife has adapted from Cooking Light magazine. While not as creamy as the stuff you'll find in restaurants, the flavor is very good. Good enough that we have served it for guests who said they would not have guessed it was "healthier" than a cream-based sauce.

Directions:

Prep time: 10-min Cook time: 20 min for sauce, follow pkg instructions for pasta TOTAL TIME: 30min.

Yield: 4 servings

Ingredients:

1Tbl margarine/butter
1-2 small cloves garlic
1 Tbl al-purpose flour
1 1/3 Cups skim milk
2 Tbl light process cream cheese (or cream cheese substitute that melts)
1 Cup freshly grated Parmesan cheese
¼ additional cup of Parmesan cheese
4 cups hot cooked fettuccine (cooked w/o salt or fat)
2 Tsp chopped fresh parsley
Fresh ground pepper to taste

Melt the margarine/butter in a saucepan over medium heat then add garlic and sauté about a minute then stir in flour.

Gradually add skim milk, stirring w/ a whisk until blended.

Cook, STIRRING CONSTANTLY, about 8 minutes or until it's thickened and JUST starting to bubble.

Stir in cream cheese, then cook 2 minutes.

Add 1 cup Parmesan cheese, stirring constantly until the cheese melts.

Pour sauce over cooked fettuccine and toss to coat. Top with the remaining Parmesan, chopped parsley and pepper.

The key with this is to stir in the Parmesan just as the sauce begins to bubble.. It might seem a tad thin but when you add the cheese and toss it, it cools and becomes thick quite quickly.

RUNNERS' CLUB Of Greater Cincinnati



P.O. Box 8761
Cincinnati, OH 45208
cincinnati@runnersclub.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@runnersclub.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 _____ | | | |

Annual dues are due each year on March 1st.

- New Application
- Renewal
- Change of Address

- Single Volunteer Membership \$15
- Single Donation Membership \$20
- Family Volunteer Membership \$20
- Family Donation Membership \$25

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.cincinnati-running.com

Holiday in Lights Run

Williams YMCA, East Walnut Hills
Tuesday December 8, 2009
6:30PM

The run will start and finish at the Williams YMCA.

Shower facilities are available at the YMCA for those runners interested.

After the run, meet at O'Bryon's in O'Bryonville for refreshments.

Come and join us for this traditional holiday favorite.