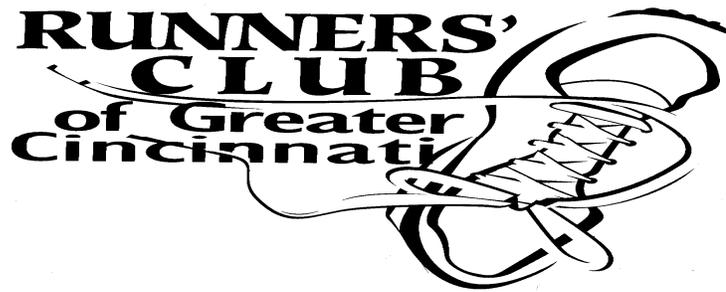


Spring 2010

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President Letter



It has been a busy Spring 2010! There was the club's Valentine's Day Race which exceeded last year's turnout and we beat the snow by a few hours. Even better is that most runners who wanted a T-shirt got one and

even the color of their choice(Any color you wanted as long as it was pink or ash, something special for the 30th Annual Race). We brought back the costume division and added a few more specialty divisions. We are looking for a couple more. If you have an idea for one, let me know. Thank you to NKU and the Northern Cross Country Team for being great hosts.

The Heart Mini-Suite was a blast even though we may have been a little cozier this year than in years past. For 2010, there was no trouble in getting up to the room like 2009. It was interesting as a whole new crew of people enjoyed the suite in 2010. It even included a couple of presidents of club past who had not been there in quite sometime. Maybe next year, the club will get a suite at the Westin rather than two new rooms.

The club has a new board for 2010-2011 chosen from the 2010 Annual Meeting this past April. Time was not on my side to introduce you to them, but the summer issue will include a brief bio of each. If you would like to serve on the board let me know as we can use a few at-large directors to keep the club officers in line (mainly the club president as he seems to spend club money like a drunken sailor in the Philippines). Many good ideas came from the 2010 Annual Meeting, but the board can not do them all as we need support from members to make them happen.

Currently, the club is actively working on the Memorial Day Race known as Memorial Day Race 34. It will be Monday, May 31 at 9:00 AM at Otto Armleder Park, one of Cincinnati's best kept secrets, and location of the last two Memorial Day Races. The course is certified for 2010 and once

again, we will have technical t-shirts for an extra charge. The color for the shirts is red as it is one of the Marine Corps colors and to remember when they stormed Iwo Jima 65 years ago.

One thing that members always ask me is have they renewed their membership for the year? Most of you have. If you look at the mailing label, you will notice by your name numbers. If it reads 03/10 by your name, please renew your membership as it is past due and the Spring 2010 issue will be your last issue if you do not. We enclosed a membership form to make it easier. We do not want to lose you as a member.

Please welcome the following new members to the club: Amanda & Blaine Booher, Rebecca Brauch, Lee & Lisa Clapp, Ann & Colin Edwards, Bill Hanneken, Pam Holbrook, Nick Schneider, and Meryl Shulman.

Congratulations to our 2010 Boston qualifiers. For 2010, we had a baker's dozen qualify for the Boston Marathon. They are: Jennifer Black, Kelly Edmondson, Marty Fritzhand, David Hammann, David Krekeler, T.J. Lentz, Melanie Miles, Rob Morwood, Brian Nash, Jorge Newbery, Jean Schmidt, Laura Wagner, and Ryan Woolley.

Special congratulations to Melanie Miles who is our featured Runner for Spring 2010. Melanie has been a club member for as long as I can remember and it seems like every year, she qualifies for Boston. You can read more about her inside.

Finally, thank you to our volunteers. If it was not for them, we would not be able to support the number of events that we do in Cincinnati. Our volunteers make many of the events the club organizes and puts on happen. If you are a runner and want to see what it is like from the other side, please volunteer.

Keep on Running,

Todd Hofacre
President

Runners' Club of Greater Cincinnati

P.O. Box 8761
Cincinnati, OH 45208
www.cincinnatiirunning.com
cincinnatiirunning@gmail.com

Board of Trustees

President Todd Hofacre 513.451.2587
Vice President Laura Wagner
Secretary Gina Meyers
Treasurer Ryan Woolley

Trustees At Large

Tom Glasscock 513.313.4940
Paul Staudigel
Frank Field 617.515.5822

Committee Chairs

Equipment: Stacy Osborne(timers) 513.351.6300
Nick Kleiner(tent)513.574.4502
Newsletter: Frank Field
Membership: Open
Merchandising: Open
Social: Open
Webmaster: Marty Hovey

Board Meeting: Check website for details
(Typically first Thursday of each month - all are welcome)

RRCA 703.8336.0558

If you are interested in getting involved, please contact us at cincinnatiirunning@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/\$20 per individual. \$20/\$25 per family. Articles and letters should be emailed to cincinnatiirunning@gmail.com by the 10th of the month.

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9525 Kenwood Road
Cincinnati, OH 45242
513.793.8383
www.fleetfeetcincy.com

Welcome New Members!!

Amanda & Blaine Booher
Rebecca Brauch
Doug Chang
Lee & Lisa Clapp
Ann & Colin Edwards
Bill Hanneken
Pam Holbrook
Melissa Moore
Nick Schneider
Meryl Shulman
Michael Tilson
Kim Wissman & Ali Khodadad

Please make our new members feel welcome.

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

**Flying Pig Marathon Waterstop -
Mile 22**

7:30 AM, Sunday, May 2, 2010
3033 Riverside Drive(formerly Eastern
Avenue)

RCGC Board Meeting

7:00 PM, Thursday May 14, 2010
Clifton Recreation Center

Memorial Day Race 34

9:00 AM Monday, May 31, 2010
Otto Armleder Memorial Park
5059 Wooster Road, Cincinnati OH

Summer XC Series

7:00 PM, Thursday July 8, 2010
Loveland High School, Loveland OH
(Runs every Thursday until August 12)

A Midsummer Night's Trail Run

7:00 PM Tuesday, July 27, 2010
Mount Airy Forest, Cincinnati OH

**Articles for next newsletter due
July 10.**

**Memberships were due in March!
Check the back label!**

***If the label reads 03/10 by
your name, renew your
membership or this will be
your last newsletter!***

**New Fall Half-Marathon
Set for Downtown**

As we noted in the last newsletter, A new race is on the calendar for fall. The Inaugural Cincinnati Half-Marathon is slated for Oct. 23rd, and will highlight some of the flattest terrain available in the City of Seven Hills.

Race Director Jonathan Grinder has set up an event he hopes showcases downtown as well as the Ohio River by starting around Main and Second and running through downtown, eventually out Riverside and back along Pete Rose way, finishing near the sports stadiums.

Grinder is limiting entries to 5,000 runners and has already seen entries coming in via the Web.

He calls the event a runner-focused "reasonably-priced" race, that combines the "Beat The Pumpkin 5K" as well as Roncker's "Devil Takes the Hindmost" event.

Entry fees are \$50 for the half-marathon and \$25 for the 5K. That includes a technical t-shirt, food and drink at the finish and live music on the course. Finishers awards will be "unique," says Grinder.

He told the RCGC that he felt October was a good time for athletes who could use a well-run half-marathon while in training for regional fall marathons or as a springboard to prepare for training through the winter for the Flying Pig Marathon.

More information can be found at the web address: www.cincyhalfmarathon.com.

RCGC Weekly Group Runs

Wednesdays at 6:30 PM

Hyde Park Square, Hyde Park
Meet by the fountain

Saturdays at 8:30 AM

Fountain Square
Downtown Cincinnati
Meet by the fountain

Sundays at 8:00 AM

Nature Center, Milford
Contact Mike Smith at smithmi@zoomtown.com
for details

**For more information, contact us at
cincinnati@zoomtown.com**

Featured Runner: Melanie Miles



This month's featured runner has a perfect name, an appetite for just about anything and has experienced the City of Lights via the marathon. Melanie Miles was surprised to learn she's the Featured Runner and her first question when she found out was, "How did that happen?" But she answered our questions first. Read on to learn more about this 21-time marathoner, Ironman finisher and learn how running has influenced her life.

1. **What got you started in running?**
I didn't begin running until I was in my 30s, as a way to get into shape. Then I decided to enter some races, then try a marathon, then I was hooked.
2. **Where do you normally run?**
Oakley/Hyde Park area, and Downtown.
3. **What's your favorite route?** My lunch run thru Eden Park.
4. **What type of training do you normally do?** (roads, trails, group

runs, mix of speedwork, tempo runs, walking, etc...) I run mostly on roads, but I'm starting to do more trail running. It seems easier, probably because the pace is slower, but the workout is great and the scenery is beautiful.

5. **Describe a typical week of training.** One morning run of 4-5 miles, one or two mid-day runs of about 4 miles, one evening run of that's a little longer (when I have more time), long run on Saturday, and bike ride on Sunday. I've never been a high weekly-mileage runner. Some form of speedwork thrown in if I'm trying to improve my times.
6. **What are your favorite three races locally? Why?** The Flying Pig Marathon, the Reggae Run, the Thanksgiving Day Race. These are all really well run, and just a lot of fun to be a part of.
7. **What's your favorite race out of town?** It's hard to pick just one – probably the Boston or NYC Marathon. So far.
8. **Where's the furthest from Cincinnati that you've run?** Paris Marathon. I ran that one in 2006. Talk about a great way to tour the city.
9. **Of what accomplishments are you most proud?** Completing my first Ironman Triathlon last year. It was fun doing an event that really challenged me, and I did it with a great group of friends.
10. **What's your favorite pre-race meal?** Oatmeal, and peanut butter on half a bagel.
11. **What's your favorite retreat?** Going to a place where I've never run before, or haven't in a long time. The change in scenery makes a big difference.
12. **What do you do when not running?** Spend time with my friends & family.

13. **How has running influenced your life?** It's shown me that anything is possible. If you set goals for yourself, and prepare, you'll get there. That extends beyond running, to everything in life.
14. **Any special goals you hope to accomplish in the next few years?** I'd like to try a 50K, and later some longer distance races (there, I said that out loud; now I have to do it).
15. **How did you get involved with RCGC?** I joined the RCGC one year after doing their Fork in the Road Memorial Day Race.
16. **What is your favorite RCGC event? Why?** The Holiday in Lights Run. It's a fun event, and usually a time of year when no one is really training seriously for anything; we're all just out to have a fun run.
17. **Do you have a preferred distance to race?** I think the marathon, although I don't know if I can call it racing. I've done 21 of them now.
18. **Do you run solo or prefer group runs?** Both actually. It depends on the type of run. For long runs, the group run is best for sure. I also like to run with others for any time of speedwork – they help push & motivate me. Sometimes it's nice to run alone, and just relax.
19. **What was the last book you read?** Born to Run, by Christopher McDougall.
20. **What was the last movie you saw?** Up In The Air.
21. **What "cheat" foods do you like to eat?** There are too many to list them all: ice cream, burgers, Chipotle chicken burritos
22. **What do you splurge on?** I want to splurge on a pair of Vibram Five

Fingers, but I think I'd be too embarrassed to wear them outside.

23. **What make/model of running shoe do you wear? What led you to that model?** Asics Gel Kayano. I've always been an Asics wearer, and after they changed my former favorite model, I decided to try this one & liked it.
24. **You're stuck w/ one CD, one DVD and one book on a desert island. What are they?** I'll just plan to be stuck with my iPhone, so I can listen to, watch & read anything I want!
25. **Has running ever helped you with your occupation?** Yes – it's a great way to break up my day. If I can get out to run during lunch, I'm sure I'm a much better person to be around in the afternoon.
26. **Who do you think are the biggest influences on running in your life?** My friends.

Congratulations Melanie and good luck with your running.



Nutrition Advice

10 Tips to Help You Stay On Track

By Laura Wagner

1. Switch it up. Bored ? Try something new. If you always eat the same breakfast or snack, trade them out for new choices. If a workout rut is the problem, change the order in which you do your exercises or increase the intensity. Keeping things fresh will help you stay motivated and challenge your body.

2. Stock your pantry. Keep your fridge, pantry, and freezer filled with healthy foods to help you stick to a plan. Egg whites, beans, tea, jerky, almonds, raisins, oatmeal, and of course fruit and vegetables are just some of the must-have foods you should keep on hand.

3. Be a leader. Sticking to your plan can get increasingly difficult when you're around friends and family who aren't following a diet. Don't let them get in your way — instead, inspire them to make healthy choices by showing them what you're doing. Be the first to order at a restaurant or ask a friend to come along on a run or walk. By the time you're done, your friends will be thanking you or asking others to join!

4. Reread your log. When it gets tough to stay on track, look back at what you've already accomplished. Reading your food and exercise log will help you see how far you've come and inspire you to keep at it.

5. Always have a plan. Just as it's best to have a shopping list when you go to the store, you should jot down your meal and fitness plan for the week. If it's not laid out in front of you, you'll be less likely to follow through. Post the plan on your refrigerator, dresser, mirror, computer background or anywhere else you will see it.

6. Look for ways to burn calories throughout the day. When life gets too hectic, try to squeeze in a little fitness whenever you can!

Take the stairs instead of the elevator, do some leg lifts while sitting at your desk, park farther from the door at the store and sneak in squats / stand on one foot (to work on balance) while you brush your teeth at night, stand at the copier or anytime. REMEMBER A LITTLE GOES A LONG WAY

7. Work the buddy system! People who have a support system are much more successful at losing weight, so find a buddy to help you stay motivated! Ask your neighbor, co-worker to commit to taking a 30-minute walk a few times a week, or coax them into signing up for an aerobics class with you. You'll burn calories while bonding!

8. For flat abs, think beyond crunches! Contrary to popular belief, toned abdominals don't come from doing a million sit-ups. To really flatten your tummy, be sure to do a fat-burning cardio workout — like running, biking, hiking, stair-climbing, use an elliptical machine — three times a week for at least 30 minutes.

9. Boost your energy with H₂O! Drinking lots of water — not just during workouts but throughout the day — is key to staying hydrated and feeling energetic and healthy. Aim to drink at least eight ounces of water eight times a day. Remember, the brain often mistakes thirst for hunger, so a few extra glasses of water may also help you kick that 2:00 in the afternoon snack cravings! It is also good for your skin !

10. For an instant weight-loss trick, straighten up your posture. Sitting and standing up tall helps you look lighter, leaner, and more confident — and it's much healthier for your neck, back, and shoulders. Keeping an upright, aligned posture also forces you to continuously use your stomach muscles, which will strengthen your core and tighten your tummy!

Incorporating these tips into your healthy eating and fitness plan will help you stay motivated and reach your goals.

Summer Cross Country Series **begins 42nd Year** **by Stacy Osborne**

The second longest running contribution to the Cincinnati Area running scene is the Summer Cross Country Series. Founded in 1968 by Don Wahle and Barry Binckley, they hosted a series of open cross country runs the last six weeks of the summer. At the time, area runners had only one other source from which to pick - the Thanksgiving Day Race.

Throughout the 60's and early 70's, Don Wahle single-handedly kept open running alive in Cincinnati. I was one of the younger runners in that era. In 1987, I took up the torch and became the Race Director for the Cross Country Series and it is still one of my passions.

In 2001, the series moved from French Park to Princeton Junior High, and attendance rose.

In 2009, the series moved to Loveland High School on Rich Road as Mike Smith, Runner's Club Member, Past Club President and Tonto to my Lone Ranger in running the series took over as Head Boys Cross Country Coach at Loveland.

For 2010, the series returns to Loveland High School. There will be 6 -- 3 mile races over a 1.5 mile loop starting at 7pm on Thursday July 8th, 15th, 22nd, 29th, August 5th and ending on August 12th.

No entry fees, No awards, just the satisfaction of a hard workout with your friends or the joy of crushing your enemies. Call Race Director Dr. Stacy Osborne at 513-351-6300(days) or 563-7155(nights) or Mike Smith meet manager at 513-531-8008(days) for more information.

If you have never run cross country, you should at least check out a race. For me, cross country running beats road and track racing like a rented mule - there is just no comparison!

For the Record:

French Park: 3 loop, 3 1/2 mile course
Records Set(1968 - 2000)

Male: Mark Helgeson 17:46, 1984

Female: Karen Rayle 21:28, 1987

Princeton: 2 loop 3 mile course
Top 3 Performances (2001-2008)

Men:

- | | | |
|-------------------|-------|----------|
| 1. Chris Reis | 15:42 | 08/16/07 |
| 2. Paul Staudigel | 15:43 | 08/12/04 |
| 3. Brian Godsey | 15:46 | 07/12/02 |

Women:

- | | | |
|---------------------|-------|----------|
| 1. Jamie Roflow | 18:12 | 07/27/06 |
| 2. Brooklyne Ridder | 18:25 | 08/16/07 |
| 3. Jamie Roflow | 18:27 | 06/22/06 |

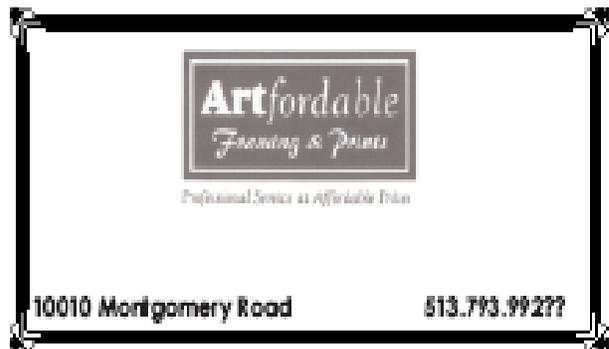
Loveland: 2 loop 3 mile course
Top 3 Performances (2009- ????)

Men:

- | | | |
|-------------------|----|-------|
| 1. Jordan Parayil | 19 | 16:19 |
| 2. Corey Spriggs | 20 | 16:25 |
| 3. Ricky King | 23 | 16:35 |

Women:

- | | | |
|-------------------|----|-------|
| 1. Samantha Siler | 14 | 19:27 |
| 2. Samantha Siler | 14 | 19:37 |
| 3. Sarah Fischer | 16 | 19:43 |



Valentine's Day Race Results

Top Finishers Men:

1 Matthew Peters	23	09:16.0
2 Billy Przybyla	24	09:25.8
3 Nathan Hauke	34	09:52.4
4 Joey Zeinner	30	09:56.4
5 Jackson Neff	17	09:57.4

Top Finishers Women:

1 Christine Moon	18	11:22.3
2 Julianne Hoekzema	24	11:47.2
3 Emily Akin	17	12:16.1
4 Sarah Regan	29	12:23.2
5 Susan Shepherd	43	12:49.2

Top couple (lowest score)

Emily Akin and Jackson Neff

Top Married Couple

Rob and Maggie Jones

Top Ball & Chain

Cindy Moore and Eric Gould

Top Mother-Son

Sharon Bick and Tyler Bick

Top Father-Daughter

Troy Moon and Christine Moon

Top Costume Team

iThe Incredibles (Nikki and Marc Ravenscraft)



Matthew Peters heads toward the finish



Julianne Hoekzema was the second woman to finish



Some costumed runners hoped wings would get them through the chill faster.



Truly Incredible Runners!

Race Calendar Spring 2010

May 1

Toyota 10k, 8:00am, Sawyer Point, www.flyingpigmarathon.com

Fleet Feet Sports 5k, 10:15 am, Sawyer Point, www.flyingpigmarathon.com

Pump and Run Spring Classic, Sawyer Point, Cincinnati, OH, Greg McCormick, 513-793-0508 or www.flyingpigmarathon.com

Derby Dash 5k, 8:30 am, Williamstown Baptist Church, Williamstown KY, www.runningtime.net or Greg McCormick, 513-793-0508

May 2

12th Annual Flying Pig Marathon & Half Marathon, 6:30 am, Paul Brown Stadium, www.flyingpigmarathon.com

May 8

5k Run for Life, 8:30 am, Winton Woods, www.5krunforlife.org

Cornerstone Classic 5k, 9:00 am, Lakeside Presbyterian Church, Lakeside KY, Greg McCormick, 513-793-0508, www.runningtime.net

Girls on the Run WONDERGIRL 5K, 10:00 am, Paul Brown Stadium, Downtown Cincinnati, www.getrcincinnati.org

May 14

Kilgore Carnival 5k, 7:00 pm, Kilgour School, Mt. Lookout, Steve Prescott, 513-777-1080 or www.sprunning.com

May 15

11th Annual Eye Run for Vision 5k and 10k, 8:00 am, Luxotica Retail Campus, Mason OH.

Kenton County Veterans Memorial 5k, 8:30 am, Crescent Springs KY, Julie Schuler, 859-331-7116, www.runningtime.net

Jessica's Fight for Sight, 9:00 am, Ryle High School, Union KY, Steve Prescott, 513-777-1080 or www.sprunning.com

May 16

West Chester Birthday 5k, 8:00 am, Lakota West High School, West Chester OH, Don Connolly, www.racedmc.com

Running Spot Dirt Trail Series Mt. Airy Ridge Run, 9:00 am, Mt. Airy Forest, Cincinnati OH, Greg McCormick, 513-793-0508, www.runningspot.com or www.runningtime.net

The Great Human Race 5k /10k, 2:00 pm, Lunken Playfield, Cincinnati OH, Steve Prescott, www.sprunning.com

Help Haiti Run For Their Lives 5k, 3:00 pm, Oak Hills High School, Cincinnati OH, Greg McCormick, www.runningtime.net

May 22

A Kid Again 5k, 8:30 am, Kings Island, Steve Prescott, www.sprunning.com

Lungs on the Run 5k, 8:30 am, West Chester Medical Center, West Chester OH, www.lungsontherun.com

Forest Hills 5K, Nagel Middle School, Anderson, Don Connolly, www.racedmc.com

Bridging the Gap 5k, 9:00 am, Oakbrook Town Center, Florence KY, Greg McCormick, www.runningtime.net

Go OTR 5k, 10:00 am, 12TH and Vine Street, Cincinnati OH, www.otrchamber.com, 513-241-2690.

May 23

Teddy Bear 5k, Masonic Center, downtown Cincinnati, Don Connolly, www.racedmc.com

NKMC 5k Run/Walk, 10:30 am, Idlewild Park, Burlington KY, Steve Prescott, 513-777-1080 or sprunning.com

May 29

RGI River Run & Walk 5k benefiting Kicks for Kids, 9:15 am, Purple People Bridge, Newport KY, Don Connolly, www.racedmc.com

Ogden Newspapers 20k Classic, 7:30 AM, WesBanco Arena, Wheeling WV, 800-852-5475, www.ogden20kclassic.com

May 30

Mariemont 5k, 9:00 am, Mariemont High School, Mariemont, Don Connolly, www.racedmc.com

May 31

Freestore Foodbank Hunger Walk & Run 5k, Lytle Park, Downtown Cincinnati, Don Connolly, www.racedmc.com

Bashful Ostrich 5k, 9:00 am, Scarlet Oaks Career Center, Sharonville OH, Steve Prescott, 513-777-1080 or www.sprunning.com

23rd Lou Cox Annual Memorial

5kRun/Walk, 9:00 am, Welcome Stadium, Dayton OH, www.orrrc.org.

RCGC Memorial Day Race 34, 9:00 am, Otto Armleder Memorial Park, Cincinnati OH, el Presidente www.cincinnatiirunning.com.

June 5

Olde Williamsburgh 5k Run/Walk & 10k Run, 9:00 am, Williamsburg HS, Williamsburg OH, Rachel Lefker, 513-623-4611.

Redlegs Run for Home 5K, 9:00 am, Great American Ballpark, Don Connolly, www.racedmc.com.

Price Hill Pacer 5k, 9:00 am, Elder HS, Cincinnati OH, www.pricehillpacer.org.

Running Factoid:

Did You Know that ASICS is an acronym from the Latin phrase "Anima Sano In Corpore Sano", which means "a sound mind in a sound body."

June 6

Strawberry Classic 10K Run, 8:30 am, Troy Memorial Stadium Troy, OH, Cheryl Chaney, www.troyohiochamber.com

Run for the Prize 5k, 9:00 am, Abiding Word Lutheran Church, Landen, Greg McCormick, www.runningtime.net

June 11

5 for the Kids 5k Run/Walk, 7:00 pm, Dayton OH, Greg McCormick, 513-793-0508 or www.runningtime.net

June 12

Daniel Boone Run for Statehood Half-Marathon and 5k, 8:00 am, Falmouth KY, Craig Chaplin, 859-781-9101

Run for the Poor 5k, 9:00 am, Saint Elizabeth Seton Church, Mount Repose, Don Connolly, www.racedmc.com.

Racing to Read 5k, 9:00 am, Covington Public Library, Covington KY, Steve Prescott, www.sprunning.com or 513-777-1080

June 13

Running Spot Dirt Trail Series French Park Creek Crossings, 9:00 am, French Park, Cincinnati, OH, Greg McCormick, 513-793-0508, www.runningtime.net

June 18

Run for Kids 5k, 7:00 pm, St. Mary School, Hyde Park, Don Connolly, www.racedmc.com.

June 19

Loveland's Amazing Race, 9:00 am, Nisbet Park, Loveland OH, Kathy Ray, 513-520-5752 or www.lovelandsamazingrace.com.

Deerfield Honors Veterans 5k, 3:00 pm, Cottell Park, Deerfield Twp OH, Greg McCormick, www.runningtime.net.

June 26

Hyde Park Blast, 8:00 am, Hyde Park Square, Cincinnati OH, www.hpblast.com

Best of the West 5k, 6:30 pm, St. John the Baptist 5k, Harrison OH, www.runningtime.net

July 3

Insight Edgewood Independence Day 5k, 8:00 am, Presidents Park, Edgewood KY, Steve Prescott, www.sprunning.com

Fort Thomas Firecracker 5000, 8:00 am, Tower Park, Ft. Thomas KY, www.ftthomas.org.

July 4

Greendale 4th of July 5K, 8:00 am, Greendale Park, Greendale IN, Don Connolly, www.racedmc.com

13th Annual 4th of July Spectacular 5K Run/Walk, 8:00 am, Colerain Township Municipal Complex, Greg McCormick, www.runningtime.net

29th Annual Conquer the Hill 10K/ 4.5 mile walk, 8:00 am, Evendale Recreation Center, Kim Pielage, 513-563-2247, or www.evendaleohio.org

July 8

RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, www.cincinnatiirunning.com, Stacy Osborne, 513-351-6300

July 10

Fairfax 5k, 8:30 am, 5903 Hawthorne, Fairfax, Don Connolly, www.racedmc.com.

Saylor Park Village Run 5k, 9:00 am, Sayler Park Recreation Center, Lisa Shafor-Frolicher, 513-941-0102, www.cincinnati-oh.gov/crc

July 15

RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, www.cincinnatiirunning.com, Stacy Osborne, 513-351-6300

July 18

Running Spot Dirt Trail Series East Fork Backpack Trail Run, 9:00 am, East Fork Lake State Park, Cincinnati, OH, Greg McCormick, 513-793-0508, or www.runningtime.net

July 22

RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, www.cincinnatiirunning.com, Stacy Osborne, 513-351-6300

July 24

Brookville Optimist 5 Mile Picnic Run, 8:00 am, Golden Gate Park, Brookville, OH, Dick Baker, 937-833-5666, or www.alliancerunning.com.

July 25

St. Martin's Country Run, 5K, St. Martin's Church, Yorkville IN, Joe Rauch 812-623-2097

July 29

RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, www.cincinnatiirunning.com, Stacy Osborne, 513-351-6300

Membership renewals due in March - Renew Today



MEMBERSHIP BENEFITS

- ◆ 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
- ◆ Discounts at local running stores
- ◆ Free Track & Cross Country Series
- ◆ Women's Safety Seminars
- ◆ Social Events - Parties, Picnics, Happy Hours

RUNNERS' CLUB Of Greater Cincinnati



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

Membership Application / Renewal / Change of Address

To register on-line or see the long list of benefits check us out online at www.cincinnati@running.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 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.cincinnatiirunning.com

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
<p>Runners' Club Members receive a 15% discount on the above ad rates.</p> <p>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. (April 10 for Spring, July 10 for Summer, October 10 for Fall, January 10 for Winter). Checks should be made payable to Runners' Club of Greater Cincinnati.</p> <p>For submission and payment details regarding advertising, contact us at 513-451-2587 or cincinnatiirunning@gmail.com.</p>	