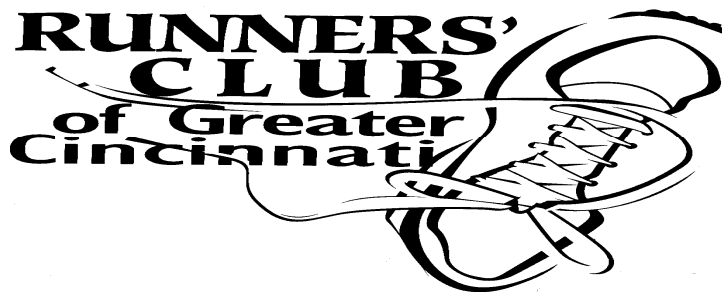


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President Letter



This Sunday - May 6th, 2012 - the piggy will fly for the 14th time! Many of our Club members will be running in the half marathon or full marathon for the very first time. For others, it may be the 2nd, 3rd, 4th, 5th ...10th time running the Pig. A few of you have streaked every

single year for the past thirteen years! Many of you will be participating in the 5k and 10k on Saturday; some of you will be leading pace groups, and still others will be chasing PRs. All of us running or walking will squeal with joy when we see that finish swine!

I am one of those people who has been training the past several months for a new half-PR. My current PR was set back in 2007 in Minneapolis when I ran the Urban Wildland Half Marathon in Richfield, MN. Since then I have run several half and full marathons, 5ks, 10ks, and everything in between. I've decided THIS was the year to train harder than ever before, and shoot for that shiny new PR. Well.....who am I kidding? I've tried that every time I've run the half since 2007 and each time I failed. Don't get me wrong- I've had some pretty decent times and wasn't far off from my goal. But THIS time, THIS race, I really am going to get there! (I think).

Well, there are *many* of us who have been busting our butts every week since January to run our very best race on Sunday, May 6th, so I am certainly no exception. There are also those people whose goal is to finish the half or full marathon and finish strong. One of these people in particular has to be *the* most dedicated runner I've ever known. His name is Richard and he is a member of

our running Club. I've seen him at more races over the past three years than I can remember. He is always there at the starting line ready to go, with a smile on his face- and he always crosses the finish line with that same contagious smile - time after time. Richard has been and will continue to be a true inspiration for many of us!

"At the age of 9, Gabbour was struck by a car. He suffered brain damage that left him partially blind in one eye and the right side of his body significantly weaker than the left. Barach (his primary running coach) says his running partner was in a coma after the accident and doctors told his parents he'd probably die. When he came out of the coma and needed a wheelchair to get around, doctors told his parents he'd never walk again. They obviously forgot to tell Gabbour - he does a half marathon in five hours and a full marathon in 12. In 1992 Gov. George Voinovich presented him the Ohio Athlete of the Year Award. "Proud of all his running times, Gabbour says he doesn't consider himself disabled. "I tell people I never give up," he says. "Like every day, look at what happens. I used to be in a wheelchair. Now I can walk on my own. I had braces on my feet, now no more braces."

-Cincinnati CityBeat, "We can all run in our own way" - By Margo Pierce · March 28th, 2007, <http://www.citybeat.com/cincinnati/print-article-2409-print.html>

Gina Meyers, President
 Runners' Club of Greater Cincinnati

Runners' Club of Greater Cincinnati

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Board Meeting: Check website for details

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 \$20 per individual and \$25 per family. Articles and letters should be emailed to cincinnatiirunning@gmail.com by the 15th of the month.

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

Memorial Day Race 36
9:00 AM Monday, May 28, 2012
Otto Armleder Memorial Park Cincinnati OH

National Running Day
6:30 PM Wednesday June 6, 2012
Tower Park Ft. Thomas KY

Lucky 7k Split the Pot Prediction Run
July 7, 2012
Location and time TBD

A Midsummer Night's Trail Run
7:00 PM Thursday, August 9, 2012
Mount Airy Forest, Cincinnati OH

Articles for next newsletter due July 16
Memberships were due in March!
Check the back label!
If the label reads 03/12 by your name, renew your membership or this will be your last newsletter!



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Memberships were due in March!
Check the back label!
If the label reads 03/12 by your name, renew your membership or this newsletter will be your last!

Valentine's Day Race Results

Top Finishers Men:

1 Donnie Warner	9:55
2 Brett Frondorf	10:17
3 Blake Meyer	10:57
4 Rob Messmer	11:06
5 Matt Motsinger	11:09

Top Finishers Women:

1 Samantha Siler	12:27
2 Lauren Ossege	12:59
3 Anna Moore	13:17
4 Tessa Ward	13:28
5 Kayla Camp-Warner	13:31

Top couple (lowest score)

Donnie Warner and Kayla Camp-Warner

Top Married Couple

James and Sarah Cain

Top Ball & Chain

Zach Pettibone and Rachel Jordan

Top Mother-Son

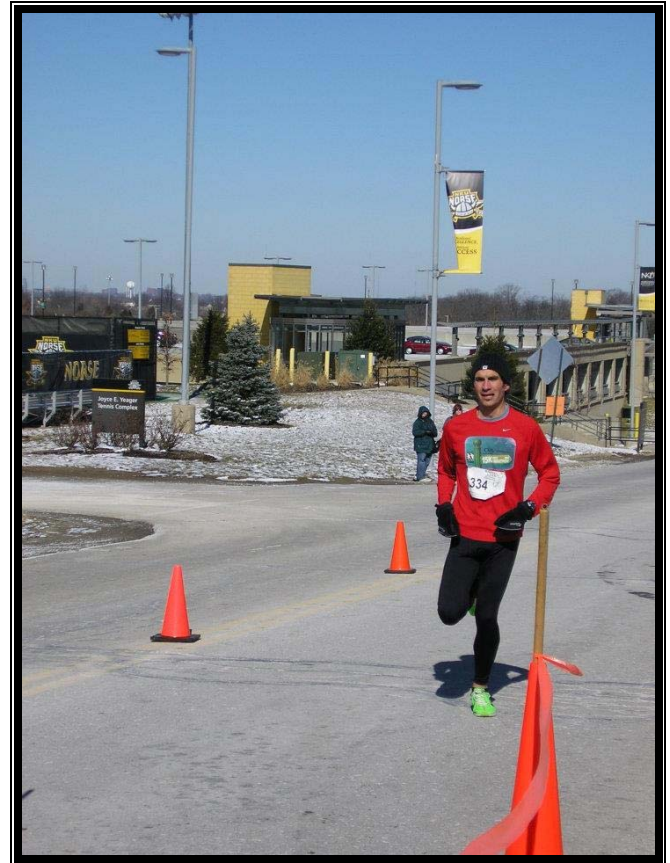
Judy Frederick and Andrew Frederick

Top Father-Daughter

Dennis Klocke and Kristin Klocke

Top Costume Team

Superman and Superwoman
(Steve Schwalbach & Melanie Owen)



Top Male Finisher Donnie Warner



Top Female Finisher Samantha Siler



Runners finishing strong up the hill at NKU

Featured Runner - TJ Lentz



Our Featured runner for Spring is TJ Lentz. In his 40's TJ is one of the top runners in the Greater Cincinnati area and the best runner in our club. He took a minute to answer our questions.

1. How long have you been running?
I've been running for more than 3 decades, starting with a try out for the track team in junior high (7th grade).
2. What got you started running?
I had a friend who encouraged me to attend track and field tryouts. These consisted of a run around the junior high school campus (in Converse leather basketball shoes for me). I finished right behind that friend and made the track team. After that season it was a natural progression to road races in the summer, cross country in the fall, and continuous training all year.
3. Where do you normally run?
I live in Clifton and love to run in nearby Spring Grove Cemetery. I run every morning in Eden Park and Mount Adams. Hyde Park and the riverfront are areas where I frequently train.
4. What is your favorite route?
I really like running in the Mt. Lookout area near where I work, with great options for hills in Ault Park and Alms Park.
5. What type of training do you typically do?
Longer tempo runs have become a staple on weekends, with runs from 4-8 miles at a good clip (5:00-5:15/mile). I'll run 1-2

times every day, usually early in the morning on a longer mileage run (9-12 miles) and again at noon (~7 miles at a quicker pace) at the Lunken airport trail.

6. Describe a typical week of training.
A typical week consists of ~70 miles, with a mid-week workout of shorter intervals (800-1200 meters) and a weekend workout with a longer tempo run (4-8 miles).

7. What's your favorite workout?
I used to say my favorite was a track workout known as 8-1-3-4 repeats (6 – 8 times), meaning 800 meters hard, 100 meters jog, 300 meters hard, and 400 meters jog. I've found it more difficult to coordinate with training partners on the track, so have really turned to training longer tempo runs on the road, which really are good simulations of racing conditions.

8. What are your favorite three races locally?
Hyde Park Blast (terrific high-energy atmosphere), Flying Pig Marathon (no running event compares to how favorably this event casts our city), and the Heart mini-marathon (great cause, tough course, super competition).

9. What's your favorite race out of town?
I've really enjoyed the Triple Crown Racing Series that Louisville (KY) hosts each spring. However, the last two years I've also competed in the Austin (TX) Livestrong Marathon and have really enjoyed the city and the race.

10. What are some of your current PR's?
My PRs are in the rear view now, although I still love to race.

Career best times include:

- Mile (roads) 4:13
- 5 km 14:25
- 10 km 29:33
- Half-marathon 1:03:38
- Marathon 2:17:51

11. Of what accomplishments are you most proud?
I won the mile in a collegiate track meet and was congratulated by the coach of the opposing team. That coach was famous Olympian Wilma Rudolph. (I'm also proud of making the 2000 U.S. Olympic Marathon Trials.)

12. What's your favorite pre-race meal?
What's a pre-race meal?

13. Do you have any special pre-race rituals or music?
Everything has to be arranged the night before a competition, including the bib number pinned on the singlet. I don't trust my memory and judgment in handling details on race day.

14. What do you do when you're not running?
Someday I hope I'll find out. Actually, I'm either working or figuring a way that I can squeeze more out of a weekend with my wife (Renee) and my girls (Eeva and Tuula).

15. How has running influenced your life?
More than I'd care to admit, running has certainly become a part of my identity. It has afforded me some great opportunities with travel, meeting and becoming great friends with equally-motivated persons. It has also become associated with better health for my family and me and a great pursuit for us to share.

16. Any special goals you'd like to accomplish in the next few years?
I would like to become more involved again with providing guidance and training clinics for young runners like my daughters. It's fun to encourage them and watch them enjoy the sport as I have.

17. How did you get involved with the Runners' Club of Greater Cincinnati?
When I first moved to Cincinnati 20 years ago, the first race I ran here was the Hudepohl 14K. I reconnected with a college cross country teammate (Mike Smith) who told me about the club and got me oriented.

18. What was the last book you read?
Running the Rift by Naomi Benaron.

19. What was the last movie you saw?
The Hunger Games (after reading the trilogy with my oldest daughter).

20. What cheat foods do you like to eat?
Every Saturday morning after a good workout has become known as "pastry day" at my house. I think if the workout goes well, everyone is entitled to a caramel long john from Busken Bakery!

21. What brand style running shoes do you wear?
I've been with Brooks sports for more than 13 years. Love the product and the company philosophy... Run Happy!

Thank you TJ and good luck with your running!



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Welcome New Members!!

Dawn Berryman
Michael & Christy Caylor
Emil Chouinard
Haley DeVanna & Bill Stamm
Nurya Diaz
Brenda Durham
Chris Fishel
Michael Haller
Eileen Hogan
Stephanie Holcomb
Katie Holcomb
Joy & Bill Kelly
Bryan Marquardt
Joe Pahls
Erin Parton
Tony & Lisa Russo
Beth Shelton
Caroline Siderits
Elaine Snider
Suzy & Brian VanDyke
James Wainscott
Christopher & Denise Witzgall

Please make our new members feel welcome.



Club Member Brett Frondorf at the Valentine Day Race as Tom Glasscock looks on. Brett was the top finisher at the Heart Mini 5k in March with a time of 16:04.

2012 RRCA Convention Recap

By Todd Hofacre



Since its founding, the RRCA has had an Annual Convention for Member Clubs to get together, share ideas, learn from each other and have a good time. In 2008, the club along with the Flying Pig Marathon hosted the 50th Annual RRCA Convention which was one of the more controversial and entertaining conventions. In 2012, the Convention was in Memphis, the same weekend as the Heart Mini Marathon. Memphis is about 8 hours driving distance from Cincinnati so the board decided to send someone to the convention for 2012. The club would pick up the cost of the hotel and the Convention itself if the volunteer would be willing to pick up travel costs.

Since I was injured and could not run the Heart Mini Marathon, I decided to go to Memphis for the RRCA Convention. I left on a Thursday and hoped to get to Memphis in time for the opening reception on Thursday night. Weather and an overturned truck just north of Nashville killed that idea. I heard that the opening reception was quite interesting as Elvis made an appearance and he left the building before I got there. I checked in to get ready for Friday.

On Friday morning, they had a group run. They had about 100 people. I was unable to run so I walked two miles. I thought Memphis was flat but the area around the Hotel was quite hilly. I attended the morning continental breakfast where I met Blaine Moore, the Maine State RRCA rep who was doing an interesting running plan for charity. Blaine was running the numbers of miles based on the day of the month. It was March 16 so he got up at 4:00 AM to run 16 miles before the convention began.

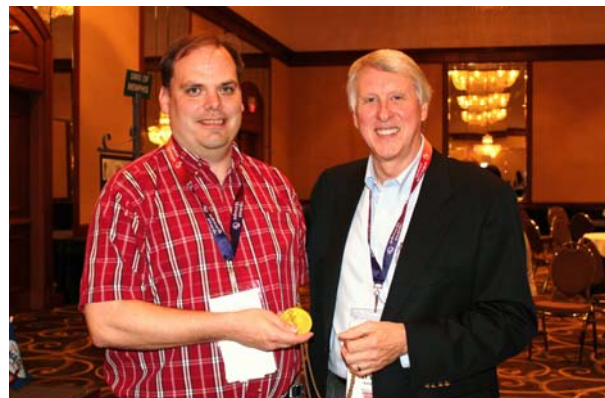
Friday morning started with the opening ceremony and a fun activity. It was get to know attendees bingo. You were given a card that had a listing of different facts that runners do like

drink chocolate milk after a run, qualified for Boston, is an RRCA State rep, does not drink coffee etc. You had to introduce yourself to people at the convention and share something about you. You had to complete two rows to win a prize pack. Mine was does not drink coffee. The people that I met wondered if I was a communist.

After the activity, we had the insurance session. RRCA Liability Insurance no longer covers mud runs or overnight relay races. In 2011, they had quite a few issues with these events. To keep costs down, the RRCA decided that member clubs would have to get additional insurance to cover these events. A brief discussion on waivers came up and to remember - that the waiver is the first line of defense with liability.

After the insurance session are the regional sessions. At the regional sessions, they hand out regional awards. I did not win anything and our club did not win any since we did not nominate anybody. It might be something to consider in the future.

At the Friday Luncheon, we had the mayor of Memphis and featured guest speaker Dave Wottle. Dave Wottle won the 800 meters at 1972 Munich Olympics. It was the first time that I saw a gold medal winner in person. He talked about his experiences training for the Olympic trials, at the Olympics, and the Olympic Village during the Israeli hostage crisis. He took questions and afterward, participants could hold his gold medal and get their picture taken with him. He mentioned that he used to pass it around the room since he could outrun anybody but now that he is in his 60's, he has to keep it within arms length.



Todd holding Dave Wottle's Gold Medal from the 1972 Olympics (Photo courtesy of Mitch Garner)

There was an education session on Friday afternoon and then the meeting portion of the convention to elect the new board of the RRCA for the next two years. I was expecting something

similar to Cincinnati where it took about 3 hours. Instead it took 30 minutes.

Friday night we had a meal on Beale. We traveled to Rendezvous which is just down from Beale Street in downtown Memphis for barbecued ribs. After the meal, we went to a bar called the Flying Saucer and then strolled Beale Street. If you never have been to Beale Street, you ought to go. It was an experience that I never would forget. (I did forget it after the 3 pints of beer. I still don't know how I made it back to my hotel room.)



Todd with the Houston Striders and the Second Wind Running Club from Champaign Illinois (Photo courtesy of the Memphis Runners Track Club)

Saturday morning was two education sessions. I attended the Community Running Training Program session. Members of the Memphis Track Club talked about their three training programs (Women's Introductory Program, the Kids Training Program, and the Boys Home Running Program). The biggest thing that they emphasized was to keep it simple, keep it relaxed and keep it fun.

The next session that I attended was the Memphis Chip Timing Session. The Memphis Track Club talked about their purchase of a chip timing system. They went over the process that they went through, the systems that they considered purchasing and the problems they encountered. The big problem that they encountered is that they underestimated the technical side of it. They thought that it would be easier than it actually was. They gave criteria for why to get one and explained why they got one.

After the second session, we had lunch and the featured speaker was Christopher MacDougall, author of **Born to Run**. He talked about what people in the book are up to now and what his next book will be. I found out that he ran in the Saturday Morning Group Run but I had too good a time Friday Night to make the Saturday Group Run. (Yes he does run in shoes that look like sandals).



Chris MacDougall Speaking on Saturday (Photo courtesy of the Memphis Runners Track Club)

The Saturday afternoon session was all about Social Media. All weekend the RRCA pushed the need for clubs to use Social Media like Twitter and Facebook. After the session, the RCGC is doing quite well compared to the other RRCA clubs. Two things that I learned from that session were what are hashtags and that it was easier to get the Memphis Runners Track Club Board to shell out \$30,000 for a chip timing system than to get on twitter which is free.

Saturday Night is the RRCA banquet with the open bar. At the RRCA Banquet, they hand out the National Awards for Newsletter of the Year, Male and Female Runner of the Year, Master Male and Female Runner of the Year and the Hall of Fame Induction. Most memorable of the Hall of Fame Inductees was Joe Vigil, former coach at Adams State College and current coach of the Mammoth Track Club in California.

Next year's Convention will be in Albuquerque New Mexico the first weekend in May. It is doubtful that the board will send someone in 2013. However, if you are willing to pay your airfare, the club may change their mind, pick up the convention and room cost and let you go. The bad news is you may miss out on the Flying Pig Marathon.



Elvis on Thursday Night (Photo courtesy of the Memphis Runners Track Club)

Spring Group Run Report

The Runners' Club of Greater Cincinnati has 3 group runs to help you get ready for the summer racing season especially the Fourth of July Runs. The club has two group runs (one in Harrison and one in Kentucky) on Sundays and one weekday run.

The club's most popular run is the Sunday Run at Miami Whitewater Forest near Harrison. It meets at the Miami Whitewater Forest Visitor Center at 8:30 AM. It is a dedicated group of 6-8 people running various distances (4-15 miles) and various paces (blazing fast to superslow). In the spring they were getting ready for the events in the Flying Pig Marathon. You should check it out to see what events they get ready for in the Fall.

In April, the club added a Sunday Run in Florence. The Florence Group meets at Personal Impact Fitness at the end of Cavalier Blvd and just down from the Courtyard Marriott. It is a great run for beginners and they run about 3 miles but are looking to add longer distance as more people run it. New club Vice President Ryan Smith leads the run and posts several updates on the club's Facebook Page. You can contact Ryan by phone at (859) 652-3839 or email him at ryan@personalimpactfitness.com for details.

The club has currently one weekday run on Tuesdays but it will be undergoing a facelift. Laura Wagner heads up the Tuesday Run and will be moving it to Wednesday. Also, Laura will be making the weekday run more of a targeted group run that will train for a particular race. It will function like a training program without the cost. The group run will be training for the Hyde Park Blast with Laura Wagner on Wednesdays starting May 23rd, 2012 at 6:30 PM and continue every Wednesday until June 27. Meet at Hyde Park Square at 6:30 PM as it runs parts of the new and improved Hyde Park Blast Course. Laura might add more mileage if there is more interest. There will be a social afterward at Cock and Bull. For questions & directions, contact Laura Wagner at laurannewagner@hotmail.com. If you need a quicker response, you can text her at 513-706-8951.

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. If there is an area of town where you would like a group run, please let us know that as well as we are always looking for different parts of town to run.

RCGC Weekly Group Runs

Wednesdays at 6:30 PM
For 6 weeks beginning May 23
Hyde Park Square
Meet by the fountain

Sundays at 8:30 AM
Miami Whitewater Park
Harrison OH
Meet by the Visitor Center

Sundays at 9:00 AM
Personal Impact LLC
71 Cavalier Blvd
Florence KY

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



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Race Calendar Spring 2012

May 5

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

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

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

May 6

14th Annual Flying Pig Marathon & Half Marathon, 6:30 am, Paul Brown Stadium, www.flyingpigmarathon.com

May 12

Run United 5k, 9:00 am, Butler Technical College, Liberty Township OH, www.runningtime.net, Greg McCormick, 513-793-0508

Butterfly Walk and 5k, 9:00 am, Cottell Park, Deerfield Township OH, www.butterflywalk.com

Branching Out 5k, 9:00 am, Blessed Sacrament School, Ft. Mitchell KY, Steve Prescott, 513-777-1080 or www.sprunning.com

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

May 18

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

May 19

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

Paige's Princess Run, 9:00 am, Wyandot Elementary, Liberty Township OH, paigesprincessrun.com

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

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

May 20

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

Dunkin' Donut Dash, 11:00 am, McMicken Commons – University of Cincinnati – Main Campus, Cincinnati OH

May 26

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

May 27

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

May 28

Freestore Foodbank Hunger Walk & Run 5k, 8:30 am, Lytle Park, Downtown Cincinnati, Don Connolly, www.racedmc.com

25th Lou Cox Annual Memorial 5kRun/Walk, 9:00 am, Welcome Stadium, Dayton OH, www.orrcc.org.

RCGC Memorial Day Race 36, 9:00 am, Otto Armleder Memorial Park, Cincinnati OH, 513-594-8203, www.cincinnatiirunning.com.

June 1

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

June 2

Redlegs Run for Home 5K & 10k, 8:00 am, Great American Ballpark, Don Connolly, www.racedmc.com.

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

Parkinson's Steady Strides 5k, 9:00 am, Lakota West High School, West Chester OH, www.parkinsonswellness.org

June 3

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 9

Flag Day 5k and 10k, 7:30 am, Miami Riverview Park, Loveland OH, www.cincyhalfmarathon.com

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

BAAAD 5k Run /Walk, 8:00 am, Rising Sun High School, Rising Sun IN, Tara Roeder, www.stuartroadracing.com

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, Greg McCormick, www.runningtime.net

Price Hill Pacer 5k, 9:00 am, Elder HS, Cincinnati OH, Elizabeth Otten, 513-577-2730, ext 408, www.pricehillpacer.org.

June 10

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

Coca Nutz! 5k, 9:00 am, Lunken Playfield, Cincinnati OH, Steve Prescott, www.sprunning.com

June 16

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

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

Deerfield Honors Veterans 5k, 9:00 am, Cottell Park, Deerfield Twp OH, Greg McCormick, www.runningtime.net.

Sprint for Spines 5k, 9:00 am, Winton Woods, Forest Park OH, Steve Prescott, www.sprunning.com

June 23

Run for Dreams 5K, 9:00 am, ARMCO Park, Lebanon OH, Greg McCormick, www.runningtime.net.

Sojourner 5k Race for Recovery, 9:00 am, Miami University – Hamilton Campus, Hamilton OH, Steve Prescott, www.sprunning.com

June 24

Rascal 5k, 8:00 am, Newport on the Levee, Newport KY, Steve Prescott, www.sprunning.com

June 30

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

July 4

Rocket Man 5k and 10k, 7:30 am, Miami Riverview Park, Loveland OH, www.cincyhalfmarathon.com

City of 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.

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

Pray Hope Believe 5k Run/Walk (formerly of July Spectacular), 8:00 am, Colerain Township Municipal Complex, Greg McCormick, www.runningtime.net

July 4 (cont)

Annual Conquer the Hill 10K/ 4.5 mile walk, 8:00 am, Evendale Recreation Center, Kim Pielage, www.evendaleohio.org

Run for Liberty 5k, 8:00 am, Lakota East High School, West Chester OH, Steve Prescott, www.sprunning.com

July 14

5k for the Levy, 9:00 am, Wildey Center, Batavia OH, Greg McCormick, www.runningtime.net.

Natalie's Fly Thru the Park 5k, 9:00 am, Miami Meadows Park, Miami Township OH, Don Connolly, www.racedmc.com.

Saylor Park 5k, 9:00 am, Saylor Park Recreation Center, Saylor Park OH, www.cincinnati-oh.gov

Running for the Saints 5k, 9:00 am, Immaculate Heart of Mary Church, Burlington KY, Greg McCormick, www.runningtime.net.

July 15

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

July 21

Bethany House Luau 5k, 9:00 am, Voice of America Park, West Chester OH, Steve Prescott, www.sprunning.com

Lakeside 5k Run / Walk, 8:00 am, Franklin County High School, Brookville IN, www.stuartroadracing.com

July 27

Catch Me If You Can 5k and 10k, 6:30 pm, Miami Riverview Park, Loveland OH, www.cincyhalfmarathon.com

July 28

Running for Home 5k Run / Walk, 8:00 am, England Idlewild Park, Burlington KY, www.runningforhome.org

Beast of the Southeast 5k, 8:00 am, Rising Sun IN, www.stuartroadracing.com

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

Mason 5k Run / Walk, 9:00 am, Pine Hill Park, Mason OH, Steve Prescott, www.sprunning.com

July 29

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

Did you know that Dave Wottle was the last American to win gold in the 800 meters?

RUNNERS' CLUB Of Greater Cincinnati

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



Membership Application / Renewal / Change of Address

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. 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.

- | | |
|---------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> <i>New Application</i> | <input type="checkbox"/> <i>Single Membership \$20</i> |
| <input type="checkbox"/> <i>Renewal</i> | <input type="checkbox"/> <i>Family Membership \$25</i> |
| <input type="checkbox"/> <i>Change of Address</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)



PO 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 513-594-8203 or cincinnatiirunning@gmail.com.</p>	

Memberships were due in March! Check the label!
 If the label reads 03/12 by your name, renew your membership now or
 this newsletter will be your last!