

Summer 2008

Featured Runner.....Pg. 4 – 5
New Members.....Pg. 5
Featured ArticlePg. 6
Memorial Day Race...Pg 7
2008 Budget.....Pg 10
Race Calendar.....Pg. 13-14
Rohne Race Form.....Pg. 15
Save the Date.....Pg 16



President Letter



What a busy spring! From the RRCA Convention to the Flying Pig Marathon to the Memorial Day Race!

Thank you to our volunteers who made the RRCA Convention a rousing success. Without

your help, the Flying Pig and the club could never have pulled it off. As past President Mike Smith said, "Anybody can be a race director as long as you get good volunteers" and we had many good ones at the RRCA Convention."

An even bigger thank you goes to our volunteers for the Flying Pig Marathon, who had to deal with the problem of fire at mile 22. Everyone knew that the course was affected by a house fire on Eastern Avenue. What you may not have known is that our waterstop location was just down the street from the fire so we had to do some last minute scrambling at 7:00 am on a Sunday morning to find a water source, move tables, supplies like 10,000 cups, several boxes of Gatorade, and volunteers about a ½ mile to get runners water at the crucial 22 mile mark. Most experienced marathoners know that the marathon begins at mile 20 as the first 19 are just a warm-up.

After a year hiatus, the Memorial Day race came back and long time members Dave Nelson and Jim Boland continued their string of running every single one of them. Next Year will be better and bigger.

Congratulations to Bob Platt who is the club's Featured Runner for this issue. Bob has been a member of the club for over 25 years and was the clubs volunteer coordinator for many of those years.

After all the activity in the spring, you might think we might go on summer break. No way! First there is the RCGC Summer Cross

Country Series in its 40th year with Stacy Osborne, his 21st year as race director. You have a few more chances to participate in the second longest contribution to the Cincinnati running scene.

In August, we have the Crazy 8 on 8-8-8. The Crazy 8 Run is similar to last years Lucky 7 Race in that it falls on a date that happens once a century (8-8-08). I hoped to do it along the river downtown but with the Reds at GABP for a home series and the busy May with the Flying Pig Marathon and RRCA Convention, I decided to go with a trail run in Mount Airy Forest. About 10% of club members are avid trail runners, and it has been quite some time since the club has done a trail race. Besides I could not think of anything crazier than a trail race on a Friday evening. If you have never done a trail race, come out and see what it is like. Once you do a trail race, you may not go back to road racing. The race will start at 7:00 PM so you can get home and watch the opening Olympic Ceremonies.

I hope to see you at the Annual Summer Picnic and Prediction Run on Sunday August 24, 2008 at Swaim Park in Montgomery. The prediction run will test not how fast you run but how fast do you think that you will run. The run begins at 3:30 PM followed by the picnic at 4:00 PM. As usual, the club will provide meat and beverages. If your last name begins with A-K, bring a dessert. If your last name begins with L-Z, bring a side, a salad or an appetizer.

Finally, RRCA National Run @ Work Day is Friday September 19. Please be sure to get in at least 35 minutes of running before during or after work. Keep up the running.

Sincerely,
Todd Hofacre
President

Runners' Club of Greater Cincinnati

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cincinnati-running@gmail.com

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Newsletter: Open
Road Races: 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 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/\$20 per individual. \$20/\$25 per family. Articles and letters should be emailed to cincinnati-running@gmail.com by the 10th of the month.



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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 on-line 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 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.

- Marathonning
- Race Committees
- Valentine's Run
- Other _____
- Walking
- Board Member
- Memorial Day Run
- Newsletter
- Summer Track
- Flying Pig
- Web Site
- Cross Country
- Holiday Events

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, a skateboard, 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)

Featured Runner – Bob Platt



When the 2007 Fall Club Newsletter came out with “The top ten signs that you are a runner”, a selection needed to be included with “Your name is Bob Platt”. I am not sure if Bob drove to

North Dakota for a 5k but I am sure that he drove to North Dakota for a marathon as he has run a marathon in all 50 states and all 7 continents.

Bob has been a member of the club since he came to Cincinnati in the early 1980's, and was the long time volunteer coordinator for the club into the mid 90's. He has practically done almost every single thing in running from a participant to volunteer to race director. When you think that he has done it all, he comes up with some new goal to achieve and stay active in the local and national running community and is a motivation to the back of the pack runners with whom he can be found at any race from 5k's to ultra marathons.

1. How long have you been running?

Started running in jr high track –so I have been running for about 38 years –road racing and marathoning for 29 years

2. What got you started running?

My company transferred me to Cincinnati when I finished college. I took running more seriously then as a way to meet people. Did a few 10ks meet a few people in Youngstown right before I moved here –and they talked me into doing the 2nd Columbus marathon.

3. Where do you normally run?

I have been running in Blue Ash a lot with the Fleet Feet Groups-just closer to work.

4. What is your favorite route?

I have no favorite route –as anyone that knows me –I'll travel anywhere to a race or run. The more different the route the better I like it.

5. What type of training do you typically do?

I usually just run – but recently started biking once a week. I do speed work (or at

least speed for me) by doing a race or two a week.

6. Describe a typical week of training.

Meet with various groups to run Tuesday through Thursday, Run long on Saturday and race on Sunday.

7. What's your favorite workout?

Any workout I can do with friends.

8. What are your favorite three races locally?

St Martins Country Run 4.8 miles in Yorkville Indiana (about 15 minutes past Lawrenceburg)- last Sunday of July – a must do stay after for the chicken dinner –part of their church festival.

Daniel Boone Run for Statehood Half-Marathon –small- tough race but love races with some character

Reggae Run –hadn't been there in years – was amazed – I now believe -besides being for a great cause

It's the probably the race that gives you the most for your money. The food and drink were awesome with some great music and good friends.

9. What's your favorite race out of town?

Lately it has been the Frostbite 5 in Centerville OH near Dayton in February – been going on forever –and for me it is the beginning of racing season.

10. Where's the furthest from Cincinnati that you've run?

Not sure what is the furthest is but the most remote would be Antarctica. I have run a marathon on all 7 continents and 50 states.

11. What are some of your current PR's?

My marathon is about 6 hours right now and my 5ks are around 32 minutes. Nothing fast-just getting my money's worth.

12. Of what accomplishments are you most proud?

I believe my biggest accomplishment is being able to work with beginner runners and show them it can still be fun even if you are towards the end of the pack. That is why I love the sport –you can come in last and people will still be congratulating you – because its all about you doing the best you can for that day.

13. What's your favorite pre-race meal?

Before a marathon, it is almost always a banana nut muffin, a banana and an orange juice.

14. Do you have any special pre-race rituals or music?

Lately it's been driving like a mad man to get to the start 10 minutes before the race.

- 15. What is your favorite retreat?**
Austin Texas –look forward to visiting there every year
- 16. What do you do when you're not running?**
Work to pay for the running.
- 17. What are some running events that you've enjoyed helping with?**
I've enjoyed helping with all – my favorite used to be directing the novice race. It no longer exists. It was a race for people who had never won an award.
I love volunteering –right now attempting to be the first person to run a marathon in all 50 states and volunteer at one in all 50 states. Currently I have volunteered in about 30 states.
- 18. How has running influenced your life?**
It has given me the opportunity to meet so many wonderful people –who in turn have enriched every aspect of my life.
- 19. Any special goals you'd like to accomplish in the next few years?**
I have one running goal left. I doubt that I will accomplish it since it is to run a 100 miler. Since I have slowed down, it would be hard to do in 30 hours for me now. I might find a 48 hour race someday and stop after 100 miles. It is not about how fast, it is about doing that distance.
I guess my next goal is to run my 150th marathon. I am currently sitting at 133.
- 20. How did you get involved with the Runners' Club of Greater Cincinnati?**
When I moved here about 28 years ago, I joined the three running clubs in the area at that time
The YMCA Pacemakers, Friends-a-Foot, and Clifton Track Club (currently the Runners' Club of Greater Cincinnati)
- 21. What is your favorite Runners' Club of Greater Cincinnati Event? Why?**
Right now my favorite would be the Valentine's Run mainly because you never know what the weather will bring . It's not one of the mega races but it is big enough so I'm not last.
My favorite of all time was the 14k Brewery Run
- 22. What typical distances do you enjoy running (5k, 10k, half-marathon, fullmarathon) other that you run? Why?**
I love all the distances, really love ultra marathons –but I am not in shape for them at the moment.
I have been focusing my energy on marathons right now.

- 23. Do you run solo or do you prefer group runs?**
Definitely groups!!
- 24. What was the last book you read?**
Haven't read one in a while, too busy running. I just bought Bart Yasso's book at the Flying Pig Expo. Hopefully I will get around to reading it.
- 25. What was the last movie you saw?**
It isn't the last one I saw but watched the marathon documentary(**Spirit of the Marathon**) on Fountain Square the night before the Pig. It was a great experience to sit with runners from all over the country on a beautiful night in the center of the city. It reminded me of what a great running town Cincinnati is.
- 26. Any final words?**
1) Take the time to thanks at least one volunteer per mile ran
2) Volunteer at a race now and then –give back to the sport you love
3) Take time to encourage someone slower than you after a race
4) Gather some friends and travel to a race together and spend time before and after the race.
Great way to bring running friends closer.
5) Always remember a race is not life or death and find a way to have fun.
Thanks and good luck with your goal to volunteer for a marathon in all 50 states..

Welcome New Members

Jim & Kathleen Devanney
Bud Feldkamp
Katie Jadeed
Katie Recht
Tabetha Simmons
Margaret Wagner

Congratulations to these Runners' Club Members who have run all 10 Flying Pig Marathons:

Jim Beshalske	Jennifer Black
Mike Hauser	Wayne Hinaman
Martin Hovey	Brian Nash
Kathy Ray	Jean Schmidt
Lonnie Smith	Jim Walsh
Arden Wander	Nancy Zadek

“Cross Training at its Best or How I Tricked Myself into Doing (and Loving) Core Strengthening”

by Monica Krebs

I started running over 15 years ago and loved it from the beginning. Throughout that span I have been everything from a once-a-week runner to a marathoner, a back-of-the-packer to an age group winner. I have also been on the sidelines with injuries on occasion. My injuries have also covered wide ranges, from minor stress fractures to major lower back disc injuries requiring surgery. However, I totally own these injuries because despite the best effort of all of you who mentored and coached me (formally and informally) over the years, I rarely (OK, never) did any core exercises or activities consistently. I could never find that “thing” that worked for me. I dabbled in yoga and bought DVDs on pilates and balance ball exercises. Perhaps I’m a bit ADD, but I could rarely maintain my concentration long enough to get through a session. However, I am happy to say I am a changed woman, a “core convert” so to say for nearly a year now...and I have never felt better. Dare I say it? You were right!

About a year ago I saw an ad for Learn to Row. Few of you may know it (I didn't) but there is large rowing community here in Cincinnati which utilizes the Licking and Ohio Rivers. I signed up for lessons immediately as I had always admired the zen-like fluidity of the sport and love anything that gets me out on the water. I always thought that if I ever had the opportunity to try rowing I would love it. What I didn't know but have learned is that it is the best total body core exercise out there, along with cross-country skiing. Rowing has made me better at all the other sports I love, especially running. After just a month or two of rowing I noticed a significant improvement in my stamina...a direct result of the cardio benefit rowing provides. My leg strength from running helped my rowing skills as the entire first

part of the stroke is the leg drive. Conversely the hours on the water and the erg (the indoor rowing machine so many of us are familiar with) strengthened my legs, enhancing my running skill. I have lost weight, become toned and improved my cardio while truly enjoying every minute of it.

The real beauty of it all is the significant core strengthening without feeling as though you are working out. If this is core, I love it! Each stroke is like a mini-crunch, yet feels nothing like sitting and doing crunches. I can stay on the water for an hour or two rowing and, although it definitely feels like a great workout, it never feels like a monotonous core session. Picture yourself on the water, sun coming up, fog lifting off the river, the Cincinnati skyline looming. It's quiet and the river is like glass. The only sound is the rhythm of the oars as they shift in the locks and the blades break the surface of the water. Like running, you settle into a “zone” as you concentrate on the slide of the seat and your technique as you reach with the oars. Your breathing falls into rhythm with your stroke, as it does in running with your footfalls. Your mind clears and it's truly magical...almost meditative.

Learning to row is one of the best gifts I've ever given myself and definitely the best thing I have ever done for my running. I have been injury free and feeling stronger all the time. Rowing is also one of the fastest growing sports in the country, especially at the master's level. It's also very easy on the knees if you are looking for a non-impact cross training sport. If you would like to find out more information you can contact my coach at No Limits Rowing, Pedro Palacios at (513) 307-4265 or go to his website at www.nolimitsrowing.com. Mention RCGC and get a 10% discount. There are new Learn to Row sessions beginning all the time and accommodate even the busiest schedule. You can also check the Cincinnati Rowing Club website.

Hope to see you on the roads and on the rivers!

MEMORIAL DAY RACE

Top 10 Males

1 Ryan Woolley	16:44
2 Chris Cavanaugh	17:17
3 Pete Beckman	17:53
4 Tom Eckel	18:10
5 Jereme Ransick	18:25
6 Adam McCuiston	18:27
7 Aric Woolley	19:09
8 Al Kovacic	19:14
9 Andrew McFarland	19:44
10 Bill Hardy	19:55

Top 10 Females

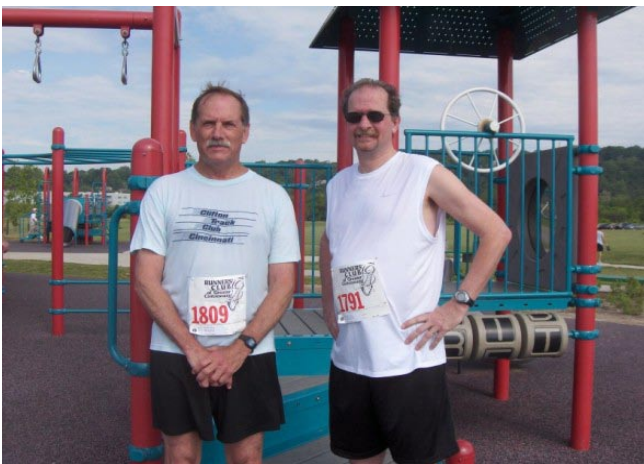
1 Jill Tranter	19:19
2 Kathleen Wilkins	22:58
3 Tracie Hoffman	24:12
4 Lori Blum	24:51
5 Laurie Herman	24:54
6 Amy Hibbs	25:31
7 Sue Randall	25:33
8 Susan Woodhouse	25:35
9 Kristen Tervo	26:38
10 Nora Bikos	27:18



Top three male finishers – Ryan Woolley, Chris Cavanaugh, Pete Beckman



Top three females – Jill Tranter, Kathleen Wilkins, Tracie Hoffman



Dave Nelson & Jim Boland. They have run every single Memorial Day Race



And they're off!

MINUTES: RUNNERS' CLUB OF GREATER CINCINNATI ANNUAL MEETING

April 14, 2008 (6:30 p.m.)
Millennium Hotel, 150 West 5th Street, Cincinnati, OH

Verification of Quorum: Todd verified that 14 members were present which constituted a quorum (14 members present exceeds 10% of 111 current members in good standing). Board members present included Todd Hofacre, President, Ed Hunter, Secretary and Lonnie Smith and Tom Glasscock, Trustees at Large. Members present included: David Nelson, Hans Gallezzo, Janet Vitale, Bill Hardy, Liz Hofacre, Vicky Patton, Kim Retta, Jenny Rudy, Laura Wagner, Ryan Woolley.

RRCA Convention update and walkthrough: Convention details and walkthrough were covered before the Annual Meeting began. There were no other issues with the convention.

2007 Financial Report: Todd reviewed highlights of the report prepared by Treasurer, Jeff Hummel, who was unable to attend the meeting due to work issues. In 2007, the Club had an overall loss of \$323. Dues (\$2307) represented 60% of total revenues. Our most profitable race was the Lucky Seven Race (on July 7, 2007), which netted about \$448. Key expenses for 2007 included our RRCA dues of \$711 (includes our liability insurance), the Heart Mini-marathon suite at the Westin (\$678), and maintaining our website (\$587). The club also awarded a \$500 scholarship to one student, Greg Weimer of Loveland High School, who overcame significant physical issues to participate on his cross country team. Greg is now a student at the University of Cincinnati.

For 2008, Jeff projects dues revenue of \$2400, Memorial Day Race profit of \$500 (assumes we have at least 100 runners), and Flying Pig Waterstop profit of \$400. Key expenses are projected to be \$900 for a new race timer, \$863 for RRCA dues, \$650 for the Heart Mini-marathon suite, \$600 for printing and mailing the newsletter, and \$587 for the website. Jeff's budget projects a net loss for 2008 of \$1230 which is on the low side due to issues with the other timers. Also, the club's RRCA Convention and Annual Meeting Expenses were not covered in the 2008 Budget. Todd indicated that the Club will look to hold more races this year to help offset budget losses.

Nominations and Elections of RCGC Board of Trustees and Officers: Results of the election were as follows:
President: Todd Hofacre Vice President: Lonnie Smith Treasurer: Jenny Rudy
Secretary: open. Todd suggested that we rotate secretarial duties among at-large Board members until we can fill the position. Motion Approved by the membership at hand.
At-large Members: Tom Glasscock, Ed Hunter, Cathy Russo, Peter Wayte, Ryan Woolley

Todd suggested that dues for the board members for 2008-2009 be complimentary. If a Board member has already paid his/her dues for 2008-2009, those dues would be applied to the 2009-2010 year. Members present agreed with this suggestion.

Recognitions:

Todd recognized and thanked all Club volunteers who have assisted at Club activities to date in 2008. Also, all 2008 Boston Qualifiers were recognized at the meeting including Bill Hardy, Ryan Woolley and Laura Wagner who were present at the meeting. New members for 2008 were recognized as well. New Members present included Hans Gallezzo, Janet Vitale, and Laura Wagner

David Nelson brought up the issue of honorary membership. The board has not yet decided what to do regarding an honorary membership like process, nominations, and recognition. One suggestion was to give Don Wahle an "honorary membership" in recognition of his significant contributions to the local running community. Among other things, Don has been active in area running events for approximately 40 years, for many years he kept the Thanksgiving Day Race going, and he initiated and managed the summer cross country series for many years. The club may give an "honorary membership" to 2 or 3 people per year who have provided exemplary service to the local running community.

Meeting was adjourned. The next board meeting will be held Thursday, April 24, 2008 at 7:00 PM at the Clifton Recreation Center.

Respectfully submitted,

2008 Budget

The 2008 Budget is based mostly on the financial performance in 2007 with the exception of the club needing a new timer and more race numbers for 2008. Below are the 2007 Income and Expenses along with the 2008 Budget.

Revenues	2008 Budget	2008 % of Total Revenue	2007
Membership Dues	\$ 2,400.00	51.9%	\$2,306.61
Flying Pig Water Stop	400.00	8.7%	250.00
Lucky Seven Race – Net	0	0.0%	447.70
Memorial Day Race	500.00	10.8%	288.00
Valentines Day Race – Net	250.00	5.4%	287.00
Leap Day Race	500.00	10.8%	-
Club Assisted Races	500.00	10.8%	134.00
Interest	70.00	1.5%	86.06
Volunteer Fees	0.00	0.0%	20.00
TOTAL REVENUES	4,620.00	100.0%	3,819.37
Expenses			
Heart Mini Suite	650.00	14.1%	678.00
Holiday Party	270.00	5.8%	345.00
Summer Picnic	180.00	3.9%	171.22
Holiday Lights Run	500.00	10.8%	500.00
Happy Hour Runs	200.00	4.3%	24.65
Website	587.00	12.7%	587.00
RRCA Dues	863.00	18.7%	711.00
Newsletter	600.00	13.0%	50.00
Postage	100.00	2.2%	97.55
Workers Comp	100.00	2.2%	50.00
Membership Mailings	300.00	6.5%	280.42
Misc	150.00	3.2%	147.86
Scholarship	150.00	3.2%	500.00
Race Equip. (new timer)	900.00	19.5%	-
Race Numbers	200.00	4.3%	-
TOTAL EXPENSES	5,750.00	124.5%	4,142.70
Net Profit(Less)	\$ (1,130.00)	-24.5%	\$ (323.33)

SUMMER PICNIC & PREDICTION RUN

Picnic begins at 3:00 PM

Swaim Park, Montgomery OH

Sunday August 24, 2008

2.5 Mile Prediction Run at 3:30 PM

Eat 4:30 - 6:00

Members whose last names begin with A-K, please bring deserts;

Members whose last names begin with L-Z, please bring sides or salads.

The Club will provide meat & beverages. Great chance to meet new members Games, Food, Fun, Prizes and catch up with old friends
 Swaim Park is located on Cooper Road west of Montgomery Road in the fine city of Montgomery.
 Visit www.cincinnatiirunning.com for details.

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

Memorial Day Race: Stephen Chambers Tom Glasscock Julia Glasscock Mary Alice Gruden Wayne Hinaman Jeff Hummel Ed Hunter Stacy Osborne Jenny Rudy Doug Ruedisel Mike Smith Laura Wagner	Flying Pig Marathon Alexandra Basinger Walter Blair Laura Booke Kenneth Cavagnaro Jessica Dixon Tom Eckel Dusty Embury Lily Embury Staci Ford Hans Gallezo Julia Glasscock Tom Glasscock	Water stop: Adam Hehr Candy Helmes Bill Hofacre Jodie Hofacre Todd Hofacre Troy Hofacre Diana Hsieh Nick Kleiner Michael Moyer Robert Moyer Jacqueline Muzyka Kim Nickley	 Randy Nickum Stacy Osborne Susan Russell Jeffrey Schragger Janet Vitale Peter Wayte Edward Zechmann
RRCA Convention: Mohammed Banoun Sue Barrett Howard Blair John Boggess Ed Hunter Linda Jeanmougin Monica Kohler-Krebs Andy McGarvey	 Lindsey Manck (Flying Pig Marathon) Stephanie Mileham (Flying Pig Marathon) Mike Moyer Robert Moyer Dave Nelson Elisa Nickum Kim Retta Doug Ruedisil	 Lonnie Smith Mike Smith Ed Spiller Laura Wagner Ryan Woolley	
<p>Special Thank You to the St Henry District High School Students and Teachers who helped with the Flying Pig Water Stop: Elyse Adams, Teri Burns, Paula Byrns, Emily Carris, Katherine Clark, Kayla Dopf, Erin Earl, Kendall Glavan Alex Gripshover, Chris Ingraham, Brandon Isaac, Elizabeth Jones, Julia Kassermann, Suzanne Knight Lauren Kolkmeier, Al Kovacic (teacher), Brigette Kunkel, Elizabeth Licis, Kelsey Michels, Jared Mueller, Eric Riedinger, Lauren Ritter, Liz Rodgers, Katie Rust, Mindy Thomas, Louie Tobergte, Alysse Tretter, Briana Ulanowski, Scott Volz, Nick Wehrman, Ana Weiss, Emily Wesselman</p>			

RCGC Volunteer Form

Name: _____

Phone: _____

Email: _____

I would like to help with the following activities:

___ Crazy 8 on 8-8-8 – August 8, 2008 7:00 PM – Mount Airy Forest

___ Brian Rohne Race – August 15, 2008 – 7:00 PM – Northern Kentucky University

Please complete and mail to: Runners' Club of Greater Cincinnati, PO Box 8761, Cincinnati OH 45208 or sign up online at www.cincinnati-running.com.

RRCA National Run@Work Day – September 19

On September 19, 2008, the Road Runners Club of America, the largest grassroots running organization in the country, will launch the 3rd Annual RRCA National Run@Work Day. The purpose of National Run@Work Day is to promote physical activity and healthy living through running or walking.

"Promoting running and a healthy lifestyle is the cornerstone of the Road Runners Club of America," remarked Jean Knaack, executive director. "We encourage employers and employees nationwide to plan and participate in local Run@Work Day events as part of the national movement to get people to incorporate exercise into their daily routines. Please join us on September 19, 2008 by making time in your busy schedule to plan and/or participate in a local Run@Work Day event."

The US Centers for Disease Control and Prevention (CDC) National Health and Nutrition Examination Survey (NHANES) estimates that 64% of US adults are either overweight (33%) or obese (31%), meaning they have an excess weight of 30 lbs or more. For over 20 years, the CDC has been tracking obesity trends, and they have reported that the rate of overweight adults in the US has increase by 18% in those 20 years.

The causes of overweight and obesity can be complex. However simply put overweight and obesity results from an energy imbalance. Eating more calories and not getting enough exercise or physical activity results in the imbalance that causes overweight. The results of overweight and obesity can put a person at increased risks of many diseases and health conditions such as heart disease, diabetes, high blood pressure, osteoarthritis and others. The rise of overweight and obesity and the resulting health conditions has a dramatic effect on health insurance costs around the U.S. It is estimated that overweight and obesity health related medical costs have reached an all time high of \$75.8 billion per year (<http://www.CDC.gov>), a cost which is being passed onto employers and healthy employees.

From fun runs to art walks, from health fairs to proclamations, running clubs, company-based wellness programs, human resources departments, and individuals nationwide have a variety of events planned for September 19. To participate, just develop a simple fun run from your work place to encourage individuals to incorporate at least thirty-five minutes of exercise into their daily routine either before work, during lunch, or immediately following work. Incorporating exercise into one's daily routine can markedly improve one's overall physical health and can help alleviate health related medical costs associated with overweight and obesity.

Join people from around the country by signing the pledge at www.RRCA.org/runatwork to Run@Work on September 19, 2008. For more information, visit www.rrca.org.

Newsletter Advertising Rates	
Ad Size	Rate
Business Card (3.5" x 2")	\$20 per issue/\$60 for 4 issues
1/3 Page(approx. 7.5 x 3.5)	\$40 per issue/\$120 for 4 issues
1/2 Page(approx 7.5" x 5")	\$60 per issue/\$180 for 4 issues
Full Page(8" x 10.5")	\$100 per issue/ \$300 for 4 issues
Full Page or Brochure insert(you print)	\$80 per issue
Runners' Club Members receive a 15% discount on the above ad rates.	
Ads must be paid in full 10 days after ad submission. Invoices sent upon request. Deadline for submitting the ad is generally the 10 th of the month preceding the date of publication. (July 10	

for Summer, October 10 for Fall, January 10 for Winter). Checks should be made payable to Runners' Club of Greater Cincinnati.

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

Race Calendar (Club Events in **Bold**)

Friday August 1

Downtown Dash, 7:00 PM, St. Xavier Church, 6th and Sycamore Street, Cincinnati OH
www.downtowndash.org

Saturday August 2

2nd Annual Spartan 5k, 9:00 AM, Villa Hills Civic Club, Villa Hills, KY Greg McCormick, 513-793-0508, www.runningtime.net

Blue Jay 5K, 9:15AM, St. Joseph Church, Cold Spring KY Steve Prescott, 513-777-1080 or www.sprunning.com

Red Hot Blues Run 5K and 15K, 7:00 PM, downtown Lebanon, Scott Brunka, 513-228-3103
www.lebanonoh.gov/recreation

Sunday August 3

Fleet Feet Sports Lady Distance Classic, 7:15 am, Blue Ash Recreation Center, www.ladydistanceclassic.com

Thursday August 7

RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnati@running.com.

Friday August 8

RCGC Crazy 8 on 8-8-8 ,8k Trail Run, 7:00 pm, Mount Airy Forest, Todd Hofacre, 513-451-2587, or www.cincinnati@running.com.

Saturday August 9

2nd Annual St. Joseph Festival 5K, 8:00AM, St. Joseph Church, Crescent Springs KY Peggy Henn 859-578-9343 or Julie Schuler 859-331-7116

Price Hill Pacer 5k, 9:00AM, Elder High School, Cincinnati OH Steve Prescott, 513-777-1080 or www.sprunning.com

Newtown 5k XXVII , 10:00 AM, Moundview Park, Newtown, OH, www.runningtime.net

Sunday August 10

Spring Light 5k, 9:00AM, Spring Grove Cemetery, Cincinnati OH Steve Prescott, 513-777-1080 or www.sprunning.com

Run Kings Island 10k/5k, 7:30 AM, Kings Island Amusement Park, King Island, OH, www.visitkingsisland.com/kingsislandrun

Thursday August 14

RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnati@running.com.

The Hyde5(k), 6:30PM, St. Mary Church, Hyde Park, Steve Prescott, 513-777-1080 or www.sprunning.com

Friday August 15

Saturday August 16

Council on Child Abuse 5k, 8:00 AM, Lunken Playfield, Cincinnati OH, Steve Prescott, 513-777-1080, www.sprunning.com

Scott McDowell River Run, 5k, 9:00 AM, New Richmond OH, George Straub, 513-553-1948

Parkersburg News & Sentinel Half Marathon, 8:00 AM, Parkersburg WV, Hilary Heinzman, 304-485-1859 ext. 459, newsandsentinel.com/halfmarathon/index.html

Wednesday August 20

Middletown Street Strider Summer Series, 2.5 mile 6:30 PM, Smith Park, Middletown OH, www.geocities.com/middletownstreetstriders/mss

Sunday August 24

Annual RCGC Picnic & Prediction Run, 2.5 miles, 3:00 pm, Swaim Park, Montgomery, OH, www.cincinnati@running.com

4th Friendship City 5k, 8:00 AM, Kenton County Library – Erlanger Branch, Erlanger, KY Greg McCormick, 513-793-0508, www.runningtime.net

Sunday August 31

The Cheetah Run 5k, 8:00 AM, Cincinnati Zoo, Don Connolly, 513-474-1399, www.racedmc.com

Monday September 1

Mercy Metric 5k & 10k, 8:30 am, Lunken Airport Playfield, Don Connolly, 513-474-1399, www.racedmc.com

Thursday September 4

Chipotle One Mile, 6:00 PM, Harvest Home Park Cheviot OH, Debbie Bird, 513-661-3022, www.harvesthomefair.com.

Saturday September 6

Oh My Achin Arches 5k, 9:00AM, Voice of America Park, West Chester OH, Steve Prescott, 513-777-1080, www.sprunning.com

Eye Run for Vision 5k, 9:00 AM, Mason, OH Greg McCormick, www.runningtime.net

Run to Remember 2.5 mile, 6:30 PM, Beech Acres Park, Anderson Township Don Connolly, 513-474-1399, www.racedmc.com

Sunday September 7

Carpe Diem 5k, 9:00 AM, Spring Grove Cemetery, Cincinnati OH, Steve Prescott, 513-777-1080, www.sprunning.com

Harvest Home Fair 5k, 9:00 AM, Harvest Home Park Cheviot OH, Debbie Bird, 513-661-3022, www.harvesthomefair.com.

Wednesday September 10

Middletown Street Strider Summer Series, 2.5 mile 6:30 PM, Smith Park, Middletown OH, www.geocities.com/middletownstreetstriders/mss

Saturday September 13

Blue Ash Airport Days 5k, 8:00 AM, Blue Ash, OH

14th Annual Brian Rohne Memorial 5k Run/Walk, 7:00 pm, Northern Kentucky Universty, Steve Kruse, 859-572-5193
www.cincinnatiirunning.com

Greg McCormick, 513-793-0508, www.airportdays.com
Deerfield Honors Veterans 5k, 8:30 AM, Cattel Park, Deerfield Township, Steve Prescott, 513-777-1080,
www.sprunning.com

Sunday September 14

4 Bridges 4 Kids, 10 mile run, 7:00AM, Newport on the Levee, Newport KY, www.4bridges4kids.org

Susan Komen Race for the Cure 5k, 9:00AM, Mason Community Center, Mason OH, 513-671-9100, www.komencincinnati.org

Friday September 19

RRCA National Run@Work Day

Saturday September 20

McCauley Fall 5k Run/Walk, 9:00 AM, Miami Whitewater Forest, Miamitown OH, Greg McCormick, 513-793-0508, www.runningtime.net

College Hill 5k, 7:00 PM, Town Hall, Larch Ave College Hill, Steve Prescott, 513-777-1080, www.sprunning.com

Air Force Marathon, 7:30 AM Wright Patterson Air Force Base, Dayton OH, www.usafmarathon.com

Saturday September 27

Black Squirrel 5k Run/Walk, 9:00 AM, Glendale Village Square, Glendale OH, Greg McCormick, 513-793-0508, www.runningtime.net

Mustang Stampede 5k, 9:00 am, Erpenbeck Elementary, Florence KY Don Connolly, 513-474-1399, www.racedmc.com

RoadRunner Akron Marathon, 7:00 AM, Akron OH, www.akronmarathon.com

2008 USA Women's 8km Championship, 7:30 AM, Akron OH, www.akronmarathon.com

Sunday September 28

State to State Half marathon /5k, 7:30 AM, Oxford OH, www.statetostate.org

Teddy Bear 5k, 9:00 AM, 5th & Sycamore, Cincinnati OH, Don Connolly, 513-474-1399, www.racedmc.com

Sophie's Angel Run, 5k, 1:00 PM, St. Jude Church Bridgetown OH, www.sophiesangelrun.org

Saturday October 4

Run for the Nuns 5k, 9:00 AM, Winton Woods Park, Cincinnati OH, Steve Prescott, 513-777-1080, www.sprunning.com

Reggae Run, 6:00 PM, Ault Park, Cincinnati OH, Don Connolly, 513-474-1399, www.reggaerun.com

Sunday October 5

Miller Lite Lopes 5k Run/Walk, 12:30 PM, Miller Brewery, Trenton OH 513-422-9622

Oktoberfest Classic 10k, 9:30 AM, Minster High School, Minster OH, 419-628-3507, www.minsteroktoberfest.com

Saturday October 11

Tyler's Run, 5k & 10k, 9:00AM, Miami Whitewater Park, Harrison OH www.tylersrun.com
Bean Bash Dash 5k, 11:00AM, Turfway Park, Florence KY, www.beanbash.org

Sunday October 12

Dayton River Corridor Classic Half Marathon /5k, 9:00 AM, Welcome Stadium Dayton OH, www.keysports.net/rundayton.htm

Bank of America Chicago Marathon, 8:00 AM, Chicago IL, www.chicagomarathon.com

34th Annual Peace Race, 10k, 10:15 AM, Youngstown YMCA, downtown Youngstown OH, www.peacerace.org

Saturday October 18

Ministry in Motion 5k, 8:30 AM, Hyde Park Community United Methodist Church, Cincinnati OH, Don Connolly, 513-474-1399, www.racedmc.com

Run More 5k, 9:00 AM, Thomas More College, Edgewood KY, Steve Prescott, 513-777-1080, www.sprunning.com

Freedom Run 5k, 9:45 AM, National Underground Railroad Freedom Center, Cincinnati OH, Greg McCormick, 513-793-0508, www.runningtime.net

Indianapolis Marathon & Half Marathon, 8:30 AM, Indianapolis IN, www.indianapolismarathon.com

Sunday October 19

Stone Steps 50k, 8:00 AM, Mount Airy Forest, Cincinnati OH, Dave Corfman, www.stonesteps50k.com

Nationwide Better Health Columbus Marathon, 7:30 AM, Columbus OH, www.columbusmarathon.com

Detroit Free Press/ Flagstar Marathon, 7:15 AM, Detroit MI, www.detroitfreepressmarathon.com

Friday October 24

Run Like Hell 5k, 7:30 PM, Dana & Woodburn Avenues, Cincinnati OH, Don Connolly, 513-474-1399, www.cincyrunlikehell.com

Saturday October 25

Holy Family-Mt. Echo Energy 5K, 9:00 AM, Holy Family Church Cincinnati OH, Steve Prescott, 513-777-1080, www.sprunning.com

Fire Hydrant 5000, 10:00 AM, Humane Association of Warren County, Lebanon OH, Don Connolly, 513-474-1399, www.racedmc.com

Wednesday October 28

Ghost-n-Goblins 5k Run/Walk, 6:30 PM, Memorial Hall, Dayton OH, Ohio River Road Runners Club, www.orrcc.org

Articles for next newsletter due October 10.

If you have an article in your brain, want to tell a story about a race that you did, a top ten list, or a dirty limerick related to running send it in by October 10.

14th Annual BRIAN ROHNE MEMORIAL 5K Run/Walk

7:00 PM, FRIDAY, AUGUST 15, 2008

Brian Rohne was the most valuable athlete for the Men's Cross Country team at Northern Kentucky University in 1992. The Milford High School graduate was a leader in every sense of the word. He was a truly talented runner and a tenacious competitor. Brian also excelled in the classroom and was always quick to help those not as fortunate. Brian, like many other young athletes, had great plans for his athletic career. While on a training run in January of 1993, pursuing the dream to be an NCAA champion, Brian was fatally injured. He was 20 years old. All proceeds raised from this event will go to the Brian Rohne Memorial Fund, which will be used to assist future runners to pursue that dream of greatness at NKU.

LOCATION: Northern Kentucky University, Highland Heights, Kentucky. Race starts and finishes by the Albright Health Center.

DIRECTIONS: From Cincinnati take I-471 south until it ends at Route 27 in Highland Heights. Take a right at the 2nd light by the NKU sign and follow the arrows. From anywhere else take I-275 to the Highland Heights exit and follow the instructions from Rt. 27 above. Only 10 minutes from Downtown Cincinnati!

COURSE: 3.1 miles around NKU's campus on closed roads. *Rest rooms available.* Records: Don Overstreet 15:00.89 ('96), Jill Tranter 17:35.80 ('03).

AWARDS: Top 200 finishers receive 14th Annual Commemorative award

Men & Women Runners: Top 5 overall

Winners in these Age Divisions:

ages 14 & under	ages 30-34	ages 50-54	age 70 & up
ages 15-19	ages 35-39	ages 55-59	
ages 20-24	ages 40-44	ages 60-64	
ages 25-29	ages 45-49	ages 65-69	

Winners in these Divisions:
Vikings - Men 220lbs and up
Valkyries - Women 180 lbs & up
Men & Women Race Walkers

REGISTRATION: Pre-registration for the event is \$18.00 if post-marked by **August 8** (*includes T-shirt*) or \$15.00 for RCGC members. Online registration is available at www.rcgc.net. Race day registration is \$20.00 (*no club discounts-includes T-shirt while supplies last!*). Registration begins at 5:30 PM.

RESULTS: Results of the race will be posted on the Runners Club of Greater Cincinnati website (www.rcgc.net)

NORSE KIDS RUN: **FREE!** 400 meter run for ages 7 and under; 800 meter run for ages 8-11; drinks & prizes for all!

POST RACE PARTY!!!: After the race, your number gets you free Papa John's Pizza & drinks. See for yourself why this ranks as one of the most popular races in the tri-state area (*results of Runners Club poll taken fall of 2002*).

PROUD SPONSORS OF THE BRIAN ROHNE MEMORIAL 5K RUN/WALK:



NEED MORE INFORMATION? CONTACT NKU ATHLETICS AT (859) 572-5193.

ENTRY FORM - BRIAN ROHNE MEMORIAL 5K AUGUST 15, 2008 7 PM

Make checks or money orders payable to: **NKU Foundation-Norse Athletics Club**

Mail to: **NKU Athletics, Nunn Drive, Highland Heights, KY 41099-7500, Attn: Rohne Run**

PLEASE PRINT LEGIBLY

last name _____ first name: _____ sex: M F
address _____ city _____ state _____ zip _____
telephone _____ age (as of 8/15/08) _____ weight division 200-219 220 + walker
 \$18.00 Pre-registration (*includes T-shirt*) \$15.00 RCGC members Pre-registration (*includes T-shirt*) Shirt size: _____
 \$20.00 Race day registration (*includes shirt while supplies last*)

WAIVER OF LIABILITY AND STATEMENT OF FITNESS

In consideration of acceptance of this entry and permission to run the Brian Rohne Memorial 5K, I hereby waive and give up for myself, my heirs, agents, assigns, representatives and family members, any and all claims against Northern Kentucky University

(including its representatives), the state of Kentucky and its subdivisions, the county of Campbell and its subdivisions, any and all sponsors, and against any person associated with the Brian Rohne Memorial 5K, which may directly or indirectly result from my participation in said run. I further state that I am in proper physical condition to run or walk a 3.1 mile distance, and that I am 18 years of age, or older, or if younger than 18, that my parents or legal guardians have approved my participation in this event by co-signing this waiver. I am aware of the effects of the hot Northern Kentucky climate in August. I also give my permission to Northern Kentucky University to use any photographs, video or other recordings of me that are made during the course of this event.

Signature _____ Parents (*if under 18*) _____ Date _____



P.O. Box 8761
Cincinnati, OH 45208
Web Site: www.cincinnatiirunning.com

SAVE THE DATE AND JOIN YOUR RCGC FRIENDS AT THESE UPCOMING EVENTS!

Summer XC Series

7:00 PM, Thursday August 7, 2008
Princeton Middle School, Sharonville OH

Crazy 8 on 8-8-8

FRIDAY, AUGUST 8, 2008, 7:00 PM
Mount Airy Forest, Cincinnati OH

Summer XC Series

7:00 PM, Thursday August 14, 2008
Princeton Middle School, Sharonville OH

RCGC Summer Picnic and Prediction Race

3:00 PM Sunday August 24, 2008
Prediction Run begins at 3:30 PM
Swaim Park, Montgomery OH

14th Annual BRIAN ROHNE MEMORIAL 5K Run/Walk

FRIDAY, AUGUST 15, 2008, 7:00 PM
Northern Kentucky University, Highland Heights KY
Club members get a \$3.00 discount for preregistration!
See the flier for details.