

Summer 2009

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President Letter



Another busy spring is in the books! The club gears up for a busy summer and fall.

Thank you goes to our volunteers for the Flying Pig Marathon Water stop at mile 22. It was probably the best water stop that we have done in some time.

The good news is that in 2009 we did not have to deal with the problem of fire as we were back at our old location. The bad news is that we need to update our selection of music as my collection of Social Distortion CD's did not quite energize the runners. Fortunately our guest DJ brought a good set of music and we were rocking till the last marathoner went by.

The Memorial Day Race was back for another year and we almost tripled our attendance from 2008. It may have been the shirt or the option that you did not have to get the shirt that was the difference. Congratulations to long time members Dave Nelson and Jim Boland who continued their string of running every single one of the Memorial Day Races.

Congratulations to Brian Nash who is the club's Featured Runner for this issue. Brian has run all the Flying Pig Marathons and 2009 was his most challenging. You can read his story.

The RCGC Summer Cross Country Series continues at Loveland for a couple more weeks. The last race for 2009 is August 13. Stacy Osborne has directed the series for 22 years. If you are training for a marathon, the Cross Country Series is a great substitute for speed work session as it is free and you do not have to give up your long run on the weekend.

In August, we have A Midsummer Night's Trail Run at Mount Airy Forest.

People liked last year's night trail run so much that we brought it back for 2009 with a new name and a different date. We are doing it on Tuesday August 11, 2009 at 7:00 PM at Mount Airy Forest. Club members get a discount if they register early. More details are in the newsletter.

I hope to see you at the Annual Prediction Run and Summer Picnic on Sunday August 23, 2009 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 4:30 PM. The club will provide meat and beverages. If your last name begins with A-K, bring a side, salad or appetizer. If your last name begins with L-Z, bring a dessert.

We hashed on 6-6-06, felt lucky with a race on 7-7-07, went crazy with a Trail Run on 8-8-08 and now it is time for The 9 on 9-9-09. We will have a race on September 9, 2009 at Lunken Playfield at 6:30 PM. It is a 9k run and is a great chance to set a PR if you have not set one in some time. Come on out and join the club for a race on a date that comes once a century.

The Fourth Annual RRCA National Run@Work Day is Friday September 18. Please be sure to get in at least 35 minutes of running either before work, during work like lunchtime or after work. Last year the club hosted a run with the UC Running Club on the UC Campus after work. We had about 20 people show up for the run. This year we hope to double our numbers. Details are being worked out so visit the website for the latest information.

Finally, welcome our new newsletter editor Frank Field. Frank is a transplant from Boston to Cincinnati and a writer. He also coaches track at Madeira High School and one of his runners won the State Title for the 2 Mile Run this past year. Thank you Frank.

If you would like to volunteer for one of the club's ongoing open positions listed in the in-seam, do not hesitate to contact me at cincinnati@rrca.org or just give me a call. Keep up the Running.

Sincerely,
Todd Hofacre
President

Runners' Club of Greater Cincinnati

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

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Nick Kleiner(tent,coolers) 513.574.4502

Membership: Open

Merchandising: Open

Newsletter: Frank Field

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 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) 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 cincinnatiirunning@gmail.com by the 10th of the month.



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Featured Runner – Brian Nash



Brian Nash is our Summer Featured Runner. Brian is one of the club's streakers as he has run every Flying Pig Marathon. He runs mainly in group runs especially every Saturday with the Eastern Cincinnati Harrier Organization (ECHO). The 2009 Flying Pig Marathon may have been his most challenging due to recent health issues, but he completed it successfully. He spent a few moments answering our questions.

1. How long have you been running? **Eleven years. I ran a mile or two per day for a few years in college, but then got away from it for over a decade.**
2. What got you started running? **I wanted to get in better shape to improve my golf game. After my first race I put the clubs down and have never picked them back up.**
3. Where do you normally run? **Anderson Township**
4. What is your favorite route? **Any time I am anywhere on the Flying Pig route it is a special run for me.**
5. What type of training do you typically do? **In the past few years I have focused more on miles than speed. In the past my marathon training has mostly been based on a Higdon type schedule.**
6. Describe a typical week of training. **I run with a group of four or five friends most weekday mornings at 5 am and we cover 5-6 miles and sometimes throw in some hills or track days. On Saturday I run with the ECHO Running Club and we run 6-12 miles. On Sunday our weekday group gets back together and we run 12-22. We usually take Monday off.**
7. What's your favorite workout? **I like long runs on cool mornings.**
8. What are your favorite three races locally? **The Flying Pig Marathon, Hyde Park Blast, Frostbite Five**
9. What's your favorite race out of town? **Boston Marathon**
10. Where's the furthest from Cincinnati that you've run? **Around the city wall of York, England**
11. What are some of your current PR's? **5K – 18:23 (Newtown) , 5M – 29:39 (Memorial Day), Marathon – 3:10:21 (Flying Pig) , 100 Mile – 27:13:50 (Mohican)**
12. Of what accomplishments are you most proud? **Don Raake and I finished all 12 of the certified Ohio marathons in 2008.**
13. What's your favorite pre-race meal? **Bagel and banana**
14. Do you have any special pre-race rituals or music? **No**
15. What is your favorite retreat? **Home.**
16. What do you do when you're not running? **Too often I am thinking about my next run or race.**
17. What are some running events that you've enjoyed helping with? **The Flying Pig. They have used my course tour on the web site for several years. I also like to help with the Dirt Days series events.**

18. How has running influenced your life? **Running consistently brings me joy in my life, like a faithful dog. I have to guard the rest of my life from being taken over by my passion for running.**
19. Any special goals you'd like to accomplish in the next few years? **I have had some heart problems over the past few months and have not been able to run. I was able to walk the Pig, but my biggest goal is to get running again so that I can finish the Pig in 2010.**
20. What is your favorite Runners' Club of Greater Cincinnati Event? Why? **The Memorial Day race. My 5 mile PR is from that race. It is still my strongest PR at any distance.**
21. What typical distances do you enjoy running(5k, 10k, half-marathon, full marathon)other that you run? Why? **I most enjoy marathon and beyond distances. They take preparation, discipline and race day execution.**
22. Do you run solo or do you prefer group runs? **I like both, but I run almost always with a group.**
23. What was the last book you read? **"Born to Run" by Christopher McDougall. It is both entertaining and thought provoking. Every runner should read it.**
24. What cheat foods do you like to eat? **I cheat by eating too many carbs. I would eat all pasta, all the time, if it would be good for me to do that. So I tend to get too many calories from carbs.**
25. What do you like to splurge on? **Race entries. I love to race.**
26. What advice would you give to other experienced runners? **I think that those of us who have been running**

for several years need to stop every once in a while to take stock of our running and make sure that we are still being healthy about our running. It is possible to get too much of a good thing.

Thanks Brian and good luck with your running and recovery.

SUMMER PREDICTION RUN & PICNIC

Swaim Park, Montgomery OH
Sunday August 23, 2009

Games, Food, Fun, Prizes

Picnic begins at 3:00 PM

2.5 Mile Prediction Run at 3:30 PM

Eat 4:30 - 6:00

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

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

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

Swaim Park is located on Cooper Road west of
Montgomery Road in the fine city of Montgomery.

Visit www.cincinnatiirunning.com
for details.

Congratulations to these Runners' Club Members who have run all 11 Flying Pig Marathons

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

RCGC Announces Scholarship Winners for 2009

By Ed Hunter



Elise Bernhard & John Stucker, winners of the RCGC 2009 Scholarships

This year the Runners' Club of Greater Cincinnati was pleased to present two \$500.00 scholarships to two deserving area high school seniors who participated on their cross country teams and who demonstrated excellence in the classroom. Our winners were selected by the Cincinnati Scholarship Foundation based on

applications and letters of recommendation submitted to that organization.

We invited both students to the Club's Memorial Day Race on May 25 to be recognized. Both had excellent academic records and had been involved with school, church, and community activities.

Our female winner was Elise Bernhard from Purcell Marian High School. Her school activities included cross country, track, volleyball, the National Honor Society, the Student Ambassador Program, Latin Club, and Service Club. Elise plans to attend Wilmington College this fall, majoring in Biology with a concentration in Health Science.

Our male winner was John Stucker, who graduated from Sycamore High School.

John also had participated in cross country and track and was a member of the National Honor Society. He was involved with Relay for Life, which raises funds for the American Cancer Society, and his school's Environmental Club, which made a garden in a previously barren lot outside the school. John plans to attend Purdue University and major in Mechanical Engineering.

To both of our scholarship winners, the Runners' Club extends sincere congratulations and best wishes for continued success in their academic and athletic endeavors

Club Member's Niece, Battling Leukemia, Inspires RCGC Member to Run Marathon, Raise Funds

RCGC member Laura Booke is asking RCGC members for help for her great-niece who has been diagnosed with Leukemia. Her "beautiful, smart and wonderful" great-niece, Louise turned 3 in July. She was diagnosed in May.

"Our family is united in our robust prayers for her recovery, but it will be a long and difficult road," Booke says.

That's why she plans to run the New York City Marathon with the The Leukemia and Lymphoma Society's "Team in Training" program. "My effort to train and run the marathon," Booke says, "is nothing compared to the race Louise and other victims are running for their lives." *(please continue on page 7)*

That battle has inspired Boone to commit to raising funds to join the team at the New York race, which is where her great-niece lives.

The Leukemia and Lymphoma Society, through its research, has and continues to affect a high percentage rate of cure. It also supports the patient and her family during these difficult days.

Thousands of runners have joined the Leukemia and Lymphoma Society's Team in Training to help raise money to support families and find a cure. You might be familiar with their familiar purple singlets highlighted in white and green. They have raised millions since the programs inception, becoming a significant fund raising arm of the Society.

The program works like this: Runners agree to raise money for the Society. In turn the Society provides coaching and training plans for an endurance event, in Boone's case the New York City Marathon.

"God willing," Boone says, "I will complete the marathon and be able to give my medal to Louise."

Here's how you can help:

1. **On line:** <http://pages.teamintraining.org/vtnt/nyc09/lbooke>
2. **By check, made out to:** **The Leukemia and Lymphoma Society**
Mail to: **Laura Boone, 6909 Gammwell Dr., Cincinnati, OH 45230**



Three year old Louise, great-niece of RCGC Member Laura Boone who describes her as "beautiful" and "smart." The toddler was diagnosed with Leukemia in May.

Boone isn't taking your pledges lightly. For every dollar donated, she is going to donate \$0.25. That's no small change as her fundraising goal is \$6,500 by the end of this summer. Since the marathon is 26.2 miles, donations of a dollar per mile (\$26.20) or multiples thereof, such as \$52.40, \$78.60, or \$104.80 are suggested. You can track her fundraising progress at the link above.

But "any amount," Boone says, "is significant and appreciated."

If you'd like to find out more, contact Boone via phone at 513.624.0065 or email at: lbooke@almi.com.



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

That's what I bring to my clients.

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RCGC Volunteer Form

Name: _____

Phone: _____

Email: _____

I would like to help with the following activities:

___ A Midsummer's Night Trail Run – August 11, 2009 7:00 PM – Mount Airy Forest

___ Brian Rohne Race – August 14, 2009 – 7:00 PM – Northern Kentucky University

___ The 9-9-09 Race – September 9, 2009 – 6:30 PM – Lunken Playfield

___ Great Bearcat Run – October 2009 – UC Campus

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

Thank you to the following club members and others who helped out with the following Spring 2009 Events:

Memorial Day Race	Flying Pig Marathon	Waterstop
Patrick Evans	Ashley Ackerman	Mary Hofacre
Tom Glasscock	Beth Averbeck	Todd Hofacre
Julia Glasscock	Alexandra Basinger	Nick Kleiner
Mike Harvey	Walter Blair	Stephanie Kleiner
Liz Hofacre	Megan Bustamante	Sooncha Lee
Jeff Hummel	Terry Chesher	Kyle Marksberry
Ed Hunter	Allison Devries	Marilyn Marksberry
Nick Kleiner	Alicia Drain	Walter Marksberry
Brian Nash	Tom Eckel	Lee Meyer
Elisa Nickum	Dusty Embury	Katie Monich
Randy Nickum	Lily Embury	Michael Moyer
Stacy Osborne	Staci Ford	Alex Osborn
Kim Retta	Julia Glasscock	Stacy Osborne
Mike Smith	Tom Glasscock	Vicki Patton
Laura Wagner	Bill Hofacre	Christina Siscoe
	Liz Hofacre	Edward Zechmann

Special Thank You to the St Henry District High School Students, Parents and Teachers who helped with the Flying Pig Water Stop:
Elyse Adams, Claire Bach, Michael Baumann, Alan Beiting, Ryan Berg, Mandy Bockweg, Abby Elliston, Kendall Glavan, Bethany Haacke, Crystal Hurtle, Julia Kasselmann, Lauren Kissel, Katie Monich, Winston Rauch, Liz Rodgers, Emily Scheper, Lauren Spencer, Kate Staverman, Louie Tobergte

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@gmail.com . or 513-451-2587.	

A Midsummer Night's Trail Run

5 Mile Trail Run, 7:00 PM, Tuesday August 11, 2009
Mount Airy Forest, Cincinnati OH



DATE: Tuesday, August 11, 2009

TIME: 7:00 PM

LOCATION: Mt. Airy Forest, 5083 Colerain Avenue, Cincinnati OH 45223

PRE-REGISTRATION: \$10 General Public. \$7 – RCGC Members / 21 & Under. T-shirts - \$8. Must be postmarked by Thursday, August 6, 2009.

RACE DAY REGISTRATION: \$15(no discounts) T-shirts - \$10. Begins at 6:00 PM in the Oval.

ONLINE REGISTRATION: Available at www.cincinnati-running.com

DIRECTIONS: Take I-74 to Colerain Avenue Exit. Go north on Colerain Avenue. Park entrance is up the hill on the left.

COURSE: 5 Mile Trail Run in Mt Airy Forest. Visit www.cincinnati-running.com for course map.

AWARDS: Top 5 Men and Top 5 Women Overall. Top 5 Master (40 & Older) Male and Female Runners.

RESULTS: Online at www.cincinnati-running.com.

REFRESHMENTS: Provided after race.

OTHER: 5 door prizes given away after race.

INFO: Visit www.cincinnati-running.com, call us at 513-451-2587 or email us at cincinnati-running@gmail.com.

ENTRY FORM

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Age (as of 08/11/09): _____

Sex: M | F

Circle T-shirt size: S M L XL

Enclosed is: \$10 Pre-Registration

\$18 Pre-Registration + Shirt

\$7 RCGC Members/ Age 21 & Under

\$15 RCGC Members/ Age 21 & Under + Shirt

Make Checks Payable / Mail to:

Runners' Club of Greater Cincinnati

PO Box 8761

Cincinnati OH 45208

Attn: A Midsummer Night's Trail Run

WAIVER: On behalf of myself, my heirs, executors, estate, successors, and assigns, I hereby release the Runners' Club of Greater Cincinnati, City of Cincinnati, club and race sponsors, affiliates, managers, coordinating groups, volunteers and all other individuals, groups, and entities associated with this event, as well as their affiliates, agents, employers, directors, officers, and members, from all claims which may arise from or as a result of my participation in A Midsummer Night's Trail Run. In consideration of the acceptance of my entry and my participation in this event, I understand and agree that I give this release to the full extent permitted. I certify that I am physically fit and able to participate in this event, and agree to assume all risks of my participation. I understand and agree that my name and picture or photograph of my participation in this event may be used for results and publicity purposes. I HAVE NOTED ANY MEDICAL CONDITION ON THE REVERSE OF THIS FORM.

Participant Signature: _____ Date: _____

Parent or Guardian Signature (required of entrants under 18): _____ Date: _____

Emergency Contact: _____ Phone: _____

Race Calendar (Club Events in Bold)

Thursday August 6

RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, Stacy Osborne, 513-351-6300, or 513-563-7155, www.cincinnatiirunning.com.

Friday August 7

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

www.downtowndash.org

Saturday August 8

3rd Annual St. Joseph Festival 5K, 8:00AM, St. Joseph Church, Crescent Springs KY Julie Best 859-426-1982

Bethel 10K Run and 5K Walk, 8:00 AM, Burke Park, Bethel, OH, Greg McCormick 513-793-0508,

www.runningtime.net

Bulldog Chase 5k, 8:30AM, Batesville Middle School, Batesville IN, Ronnie McAllister, 812-852-1015

Asha for Education 5k, 8:30AM, Corwin Nixon Park, Mason OH Steve Prescott, 513-777-1080 or

www.sprunning.com

Newtown 5k XXVII, 9:00 AM, Moundview Park, Newtown, OH, www.runningtime.net

Ross Rambler 5k and Kid Fun Run, Pam Hodgson 513-550-0953

College Hill 5k, 7:00 PM, Pleasant Hill Academy College Hill, Steve Prescott, 513-777-1080,

www.sprunning.com

Sunday August 9

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

www.sprunning.com

Tuesday August 11

A Midsummer's Night Trail Run, 5 miles, 7:00 pm, Mount Airy Forest, el Presidente, 513-451-2587, or www.cincinnatiirunning.com.

Wednesday August 12

Middletown Street Strider Summer Series, 2.5 mile 6:30 PM, Smith Park, Middletown OH,

www.geocities.com/middletownstreetstriders/mss

Thursday August 13

RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, Stacy Osborne, 513-351-6300, or 513-563-7155, www.cincinnatiirunning.com.

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

www.sprunning.com

Friday August 14

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

Saturday August 15

Bohlke 5k Run/Walk, 8:00 AM, Summit Country Day, Cincinnati OH, Steve Prescott, 513-777-1080,

www.sprunning.com

Scott McDowell River Run, 5k, 9:00 AM, New Richmond OH, Jill Cochran, 513-553-1948, www.runningtime.net

Sunday August 16

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

Saturday August 22

Big K 5k, 9:00 AM, Northern Kentucky Convention Center, Covington KY Don Connolly, 513-474-1399, www.racedmc.com

Parkersburg News & Sentinel Half Marathon, 8:00 AM, Parkersburg WV, Melissa Decker 304-485-1891, ext. 459, newsandsentinelhalfmarathon.com

Sunday August 23

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

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

Saturday August 29

insideOut 5k, 7:30 AM, Landmark Baptist Church, Cincinnati OH, www.insideout.com

Vevay 5k Run/Walk, 8:00 AM, Paul Ogle Park, Vevay IN, www.swisswinefestival.com

Sunday September 6

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

Monday September 7

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

www.racedmc.com

Wednesday September 9

The 9 on 9-9-09 Race, 9k, 6:30 pm, Lunken Playfield, Ryan Woolley, 513-922-6474, or www.cincinnatiirunning.com.

Thursday September 10

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

Saturday September 12

10k Challenge in the Forest, 8:00 AM, Forest Chapel, Forest Park OH Greg McCormick, 513-793-0508, www.runningtime.net

Susan Komen Race for the Cure 5k, 8:45AM, Great American Ballpark, Cincinnati OH, 513-671-9100, www.komencincinnati.org

Doggie Doo-Athalon, 9:00 AM, Blue Ash Recreation Center, Blue Ash OH, www.racedmc.com

Run to Remember 5K, 6:00 PM, Beech Acres Park, Anderson Township, www.andersonparks.com

Sunday September 13

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

www.harvesthomefair.com.

Friday September 18**National Run at Work Day****Saturday September 19**

Blue Ash Airport Days 5k, 9:00 AM, Blue Ash, OH Greg McCormick, 513-793-0508, www.airportdays.com

McCaughey Fall 5k Run/Walk, 9:00 AM, Miami Whitewater Forest, Miamitown OH, Mary Sue Findley, 513-367-1018

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

Sunday September 20

Panerathon, 9:00 AM, Panera Hyde Park Plaza, Cincinnati OH, www.premierraces.com

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

Saturday September 26

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.org

Sunday September 27

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

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

Amy's Fund 5k, 10:00 AM, Voice of America Park, West Chester OH, Steve Prescott, 513-777-1080, www.sprunning.com

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

Saturday October 3

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 4

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

35th Annual Peace Race, 10k, 9:30 AM, Youngstown YMCA, downtown Youngstown OH, www.peacerace.org

Saturday October 10

Tyler's Run, 5k & 10k, 9:00AM, Miami Whitewater Park, Harrison OH www.tylersrun.com
Park Run for Parachute 5k, 9:00 AM, Ft. Liberty Park, Liberty Township, Steve Prescott, 513-777-1080, www.sprunning.com

Bean Bash Dash 5k, 11:00AM, Turfway Park, Florence KY, www.beanbash.org

Sunday October 11

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

Earthdrummers XC Invitational , 9:00 AM, Harbin Park, Fairfield OH, Greg McCormick, 513-793-0508, www.runningtime.net

Saturday October 17

Surge for Scholarship 5k, 9:00 AM, Cincinnati State, Cincinnati OH, Don Connolly, 513-474-1399, www.racedmc.com

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

Running Scared 5k, 6:00 PM, Reading Stadium, Reading OH, www.runningscared5k.org

Sunday October 18

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

Great Bearcat Run, 9:00 AM, Gettler Stadium, UC Main Campus, 513-451-2587 or www.cincinnatiirunning.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

Saturday October 24

UC Clermont College 5k for Scholarships, 9:00 AM, Clermont Senior Services, Batavia OH, Greg McCormick, 513-793-0508, www.runningtime.net

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

Sunday October 25

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

Tuesday October 27

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

Friday October 30

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

Saturday October 31

Sycamore Challenge 5k, 9:00 AM, Bechtold Park, Sycamore 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

Saturday November 7

Fighting Hunger 5k Run and Walk, 9:00 AM, Matthew 25: Ministries, Blue Ash OH, Kelly Weisman, 513-793-6256, www.m25m.org

RCGC Offers Two Weekly Group Runs During Summer

"Come Run With Friends!"

The Runners' Club of Greater Cincinnati has 2 group runs for the upcoming months. On Wednesdays, the club will meet in Gettler Stadium at 8:00 PM and run with the UC Running Club. On Sundays, we venture to Mount Adams and run from the Koka Coffee Lounge.

The Wednesday Run moves from Hyde Park to Clifton to run with the UC Running Club. School is out at UC and they have a couple of runners still in town for their run and we have a couple of runners running from Hyde Park. To try to get all paces represented in one run, we combined the two group runs into one. Also, it moves to a later time to help beat the heat in the summer. The runs from are 4-6 miles at most paces. The Sunday Group Run goes to Mount Adams to run in a slightly different part of town and to get in more hill training and experience making sharp turns and for variety. At 9:00 AM, we meet at the Koka Coffee Lounge on Saint Gregory Street and host of the Egg Nog Jog. Runs will be about 4-6 miles and will include runs across town to Clifton and through Walnut Hills and Hyde Park and of course Mount Adams.

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.

Two New Members Write About Running Scene

Sarah McIntosh and Frank Field are new members to the RCGC using their writing talents to spread the word about the Cincinnati running scene.

Sara is the "Running Fitness Examiner" for the new Examiner.com Web site, in which local "examiners" post stories about specific interests. Sara has posted on everything from local races to running for smoking cessation. You can see her page at this link: <http://www.examiner.com/x-12012-Cincinnati-Running-Fitness-Examiner>. Sara did cross country and track in her school days and is now training for her first marathon.

Frank is a relatively new resident to Cincinnati, specifically Blue Ash, but he's not new to either running or writing. Frank was a broadcast journalist for 16 years before moving to the education field before that was derailed by a baby two years ago. Now, he's a stay-at-home dad wrapping up his first novel and running in the early mornings. He also helps coach track at Madeira High School.

Frank has done 18 marathons with a 2:48:29 PR and asked to take on the RCGC newsletter in part to get more involved in the local running scene.

Sara and Frank are both eager to hear any tips or story ideas you have. Sara can be reached at: saramc.run09@gmail.com. Frank's email address is: ffield@cinci.rr.com

RCGC Welcomes the Following New Members:

Fred Alread, Hilary Claggett & Robert Little, Frank & Sara Field, Brock & Madalena Hanthorn, Sarah McIntosh, Gina Meyers, Charles Noga, Sarah Patel, Karen Rokich, Admiral Dewey Sanders, Jeffrey Schragger, Kathleen Thompson

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.

Memorial Day Race XXXIII



Dozens toe the start under overcast skies.



Nathan Hauke breaks the tape.

Top 10 Women

- | | | |
|----|-----------------|-------|
| 1 | Amanda Burger | 20:23 |
| 2 | Gina Rouse | 20:59 |
| 3 | Meg Perez | 21:20 |
| 4 | Evie Estes | 21:35 |
| 5 | Trish Hiler | 22:31 |
| 6 | Maria Hessling | 22:44 |
| 7 | Ashley Hessling | 23:31 |
| 8 | Akina Morriss | 23:40 |
| 9 | Elise Bernhard | 24:11 |
| 10 | Franki Zerhusen | 24:41 |



Amanda Burger is the first woman to finish.

Top 10 Men

- | | | |
|----|------------------|-------|
| 1 | Nathan Hauke | 16:55 |
| 2 | Ryan Woolley | 17:31 |
| 3 | Jerry Vitucci | 18:07 |
| 4 | John Zerhusen | 18:28 |
| 5 | Harvey Lewis III | 18:57 |
| 6 | Joe Brinkman | 19:36 |
| 7 | Michael Riley | 19:43 |
| 8 | Aric Woolley | 19:48 |
| 9 | Bob Blackert | 20:39 |
| 10 | Bill Hardy | 20:45 |



The Top 5 Women: Amanda Burger, Gina Rouse, Meg Perez, Evie Estes, Trish Hiler



The Top 5 Men: Nathan Hauke, Ryan Woolley, Jerry Vitucci, John Zerhusen, Harvey Lewis III

15th Annual BRIAN ROHNE MEMORIAL 5K Run/Walk

7:00 PM, FRIDAY, AUGUST 14, 2009

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	Winners in these Divisions:
ages 15-19	ages 35-39	ages 55-59		Vikings - Men 220lbs and up
ages 20-24	ages 40-44	ages 60-64		Valkyries - Women 180 lbs & up
ages 25-29	ages 45-49	ages 65-69		Men & Women Race Walkers

REGISTRATION: Pre-registration for the event is \$18.00 if post-marked by **August 7** (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) 5725193.

ENTRY FORM - BRIAN ROHNE MEMORIAL 5K AUGUST 14, 2009 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 8/14/09) _____ weight division ___?200?219 ___?220+ walker _____
___?\$18.00 Preregistration (includes T-shirt) ___?\$15.00 RCGC members Preregistration (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 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 _____



PO 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 6, 2008
 Loveland High School, Loveland OH

A Midsummer's Night Trail Run

7:00 PM, TUESDAY, August 11, 2009
 Mount Airy Forest, Cincinnati OH
 See the club website for details.

Summer XC Series

7:00 PM, Thursday August 13, 2008
 Loveland High School, Loveland OH

15th Annual BRIAN ROHNE MEMORIAL 5K Run/Walk

7: 00 PM, FRIDAY, AUGUST 14, 2009
 Northern Kentucky University, Highland Heights KY
 Club members get a \$3.00 discount for preregistration!
 See the club website for details.

RCGC Prediction Run and Summer Picnic

3:00 PM Sunday August 23, 2008
 Prediction Run begins at 3:30 PM
 Swaim Park, Montgomery OH

Great Bearcat Run

SUNDAY, October 18, 2009
 Gettler Stadium, UC Campus
 Club members get a discount at pre-registration.