

Summer/August 2014

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*Quarterly Newsletter of the Runners' Club of Greater Cincinnati
An all-volunteer, non-profit organization*

Featured Runner ~ Michael Guest



How long have you been running? I started running to cut weight for wrestling when I was 9. I started running competitively with structure my Junior Year of High School.

What got you started running? Another wrestler made a bet with me my sophomore year of High School that I wouldn't run Cross Country. He and I always battled it out during conditioning at practice and he thought I'd be a good fit since he ran Cross Country and Track. I was always able to keep up with him and he was an All-State Hurdler who ended up competing D-1 in college. I'm very grateful he put me up to that challenge.

Where do you normally run? Currently I run in Downtown Cincinnati. My bosses at Fifth Third are really cool. They let me ride my bike into and out of work and allow me to go for runs on my lunch break. I moved back to Norwood recently, so if I'm not running downtown I'm trotting around the streets of Norwood or on Norwood's track.

What is your favorite route? My two favorite routes at the moment are downtown. I start from the Fifth Third Tower on the square and head towards Paul Brown Stadium. I take the CW Bailey Bridge over to Kentucky and then Main Strauss down to 12th Street in Covington. I hook a left onto 12th and go all the

way to Monmouth Street in Newport. I return over the Purple People Bridge into downtown back to the Fifth Third Building. It's anywhere from 6.00-6.50 miles. My other favorite route is any combination of the four bridges downtown. I call it my O-K-O-K-O run. I run from Ohio to Kentucky over all 4 bridges in one run. This is a 5.00-7.00 mile route depending the order in which I cross the bridges.

What type of training do you typically do? My favorite race and farthest distance is the 5k so I run 35-50 miles a week. I try and base 200-300 miles before any speed work. Once the base is complete, I'll have 3 or 4 speed work days during the week with distance days on the others.

Describe a typical week of training. Monday, Wednesday, and Saturday are speed work. Mondays are the longer threshold work outs (2X3000, 3X1500, 1X5000, etc). Wednesday is shorter speed work to help improve my stride and overall speed (16X400, 10X800, Ladders, etc). Saturdays are random Speed Work days. Fartlek runs, 30/60's, or whatever my body feels like doing that day. Maybe ultimate Frisbee or biking. Other days are runs between 5-10 miles all at 7:00 minutes per mile or faster.

What's your favorite workout? Any form of hill work. It can be structured hill work – or a hill on a long run. My eyes light up when I see hills. There's no better feeling than blowing by someone in a race on a hill.

What are your favorite three races locally? I've only competed in three since I've been in Cincinnati so I guess I have three favorite by default. The "Run Like Hell" while I went to school at Xavier because it was very convenient. New Richmond's Open Race during the High School Cross Country season. And the "Fighting Hunger 5k" near the Mall.

What's your favorite race out of town? The "Run for the Diamonds" near Thanksgiving in Berwick, Pennsylvania. Top 7 male and females win an actual Diamond.

Where's the furthest from Cincinnati that you've run? I've ran in New Jersey and New York while visiting Relatives.

What are some of your current PR's? Overall 5k PR – 15:02. 5k PR since being on a Cross Country Team – 16:59. Recent PR (last September) – 18:40. Goal is to be back under 17 by the end of this upcoming Cross Country Season.



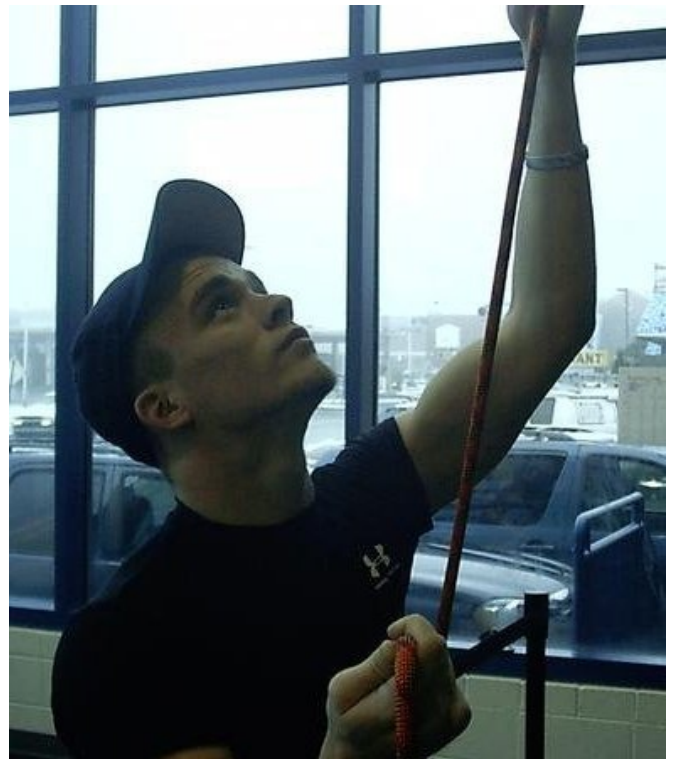
Of what accomplishments are you most proud? Many. 2 Time Northeast Pennsylvania Runner of the Year. All-State Cross Country Honors my Senior Year of High School (Injury Defaulted my Junior Year during the state race). 2 Time League Champion. 1st and 2nd place at PA's District 2 Cross Country Race. 1st place 3,200 meter PA District 2. Never lost a league race the two years I ran Cross Country in High School. 2nd Place MAC Cross Country Championships as a Freshman in College. Held and Holds many Cross Country course records in the Wyoming Valley Conference in PA. 2 time 3rd place finisher at Penn State Main's Spiked Shoe invitational.

What's your favorite pre-race meal? I don't have a race-day pre race meal. I would take a "Tums" prior to every race about 30 minutes before start time. The night before a race I do carbo load even though I only run 5k's and it's not necessary. It still gives me an excuse to destroy a ton of carbs!

Do you have any special pre-race rituals or music? I was much more competitive in high school when it came to personal accomplishments because I was brought up through rougher sports where there was much less comradery among opponents. It carried over into Cross Country. I would warm-up and jog up and down the starting line taunting all my opponents. My job that day was to win and I didn't care who was there, I was there to beat you. I would talk trash to my opponents during the actual races. If you were going to beat me – you were going to fight to do it. Ironically – my personal thought process in high school hasn't carried over at all in my coaching philosophy for

Cross Country. Today my pre-race ritual has completely changed. I laugh and fool around with those at the starting line because those of us at an open race are typically just happy to finish without hurting ourselves! (But deep down inside I still want to win).

What do you do when you're not running? I'm Coaching or Playing Video Games. I own a Wrestling Club (Team Vision Wrestling) which boasts a Youth Team in the Fall/Winter and has an open Team throughout the entire year for all ages - youth to adult. I coach High School Wrestling and Jr. High and High School Cross Country at Norwood. I'm highly addicted to Computer Games – but I'm not a "gamer" per-say, the games I play are all competitive against other human beings. My competitiveness carries over into the gaming world. I mainly play games created by Blizzard and games in Valve. I'm currently in a Dota 2 phase and can't wait for "The International 4" to start in July – a prize pool of over \$10,000,000.00. I've been a World of Warcraft junky, Starcraft 2 fanatic, and I also stream my own game play online as well. The only games I can sit down and play non-competitively are any of the Final Fantasy series – those are amazing games.



What are some running events that you've enjoyed helping with? I'll be helping with the Urban Cross Country Series this summer and we will be hosting Norwood's first home meet on 08/30/2014 in over 30 years. These will be the first meets that I helped and hosted so they will be my favorite events!

Any special goals you'd like to accomplish in the next few years? My goal is to get my personal 5k back under 17:00. My lifelong goal is to set a new PR in the 5k and go under 15:00. But – I put the kids I coach ahead of my own personal work outs. My personal goals take a back-burner to getting them to the next level. There is absolutely no better feeling in the world than knowing you helped a young child or Student Athlete achieve a goal that THEY have set. If I had to choose between being able to compete as an individual at the highest level or Coach Youth and High School athletics I'd take coaching in a heartbeat. There's no high like the high I get when I see someone I've coached succeed in and outside of the playing field.

How did you get involved with the Runners' Club of Greater Cincinnati? I met Dr. Stacy Osborne for the first time at the Eaton Cross Country invitational my first year coaching XC roughly 6 years ago when I was 19. He saw my "Norwood" shirt and we talked. I got his card and continued coaching. Well 6 years later I needed help because I wanted to have a home course at Norwood. I had the card and contacted him. He suggested that I apply for the Board of the RCGC. I did just that, got on the Board and the rest is History.

What is your favorite Runners' Club of Greater Cincinnati Event? Why? The Urban Cross Country Series is going to be my favorite. Why – it's one where my team will be able to help work it, it'll be a party atmosphere, and I love Cross Country. And it'll be the first event I get to help the RCGC with. You always have a special place in your heart for things you've done for the first time.



Who do you give credit to for your success? – A quote from my Youth Wrestling Coach Jeff Bodnar when I was graduating as a 6th grade wrestler and moving onto Jr. High – "Never forget where you came from, you didn't get there alone." I give all the credit

of my successes to those who helped me getting here. Never, ever forget where you came from and those who helped you succeed. I call my previous coaches frequently to remind them how grateful I am for how they were able to get the potential out of me. I've gone back to my College coach for work out schedules. When I first started coaching I would call my High School Cross Country coach countless times to apologize for the things I've done to make coaching not the easiest. And to also thank him for the knowledge he bestowed upon me.

People you would like to thank for getting you to where you are now outside of Family. Jeff Bodnar and all his assistants on my Youth Wrestling team. George Boyle – my first baseball coach. Joe Downy Senior – My little league coach. This man was a huge part in structuring that time of my life. R.I.P. Mr. Downy. Jason Weston, Jason Kotsko, Coach Schaffer and all his High School wrestling assistant coaches. These guys helped me push myself to the limits during my Wrestling Career and I credit them for everything I know in that sport. Coach Lou Gunderman and all his assistants – this man is a legend in Northeast Pennsylvania for coaching and running Cross Country – and if it wasn't for him I may not have seen my potential in the sport of Cross Country. Sean Dura – for being a great best friend and teammate in high school. Our off season runs were crucial to our in-season success.

Thank You Michael for your time and Best of Luck in all your endeavors!



Michael after finding out that he was the featured runner for the Summer Issue.



Runners' Club of Greater Cincinnati

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Programs – Open Position
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Webmaster - Marty Hovey
Board Meeting - Check website for details

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).

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 \$25 per individual and \$45 per family. Articles and letters should be emailed to cincinnati-running@gmail.com by the 15th of the month.

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

A Midsummer Night's Trail Run
Tuesday August 12, 2014 6:30 pm
Mt. Airy Forest, Cincinnati OH

RCGC Urban Cross Country Series
Thursday August 14, 2014 7:30 PM
Lower Millcrest Park, Norwood OH

RCGC Urban Cross Country Series
Thursday August 21, 2014 7:30 PM
Lower Millcrest Park, Norwood OH

RRCA Run@Work Day
Friday, September 19 2014
Be sure to get 30 minutes of
running before, during or after
work.

Articles for next newsletter due October
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Please support the donors, sponsors and businesses advertised throughout this newsletter! They are a huge part of our local running and walking community.

President Letter – Todd Hofacre



If you do not know or live under a rock, Harvey Lewis won the Badwater 135. Harvey is the current Vice President of the Runners' Club of Greater Cincinnati. A few of his friends had a surprise celebration for him after he got back from Badwater.

He said several things that were profound about his experience at the celebration. However, he shared through two stories about how two small things made a big difference in his victory. Both happened before and during the first four miles of the race.

When he talked about strategy for Badwater, there is no support for the first 4 miles of the race. One important thing through the first 4 miles is to try to keep as physically cool as possible. He noticed a fan with a water bottle and he went up to her and asked if he could dump the water on his head. She said yes and he dumped it on his head. He kept cool before the start of the race. He thought that it got to the other runners as he kept physically cool for a little bit longer.

When Harvey did recognize, he noticed a creek in the first four miles. He figured that if he could get an early one-two minute lead, he could stop and dip his shirt to keep physically cool and still keep the lead. If he was trailing, he might have to skip that step to try and catch up. He may have paid for it later in the run.

We focus on the big things. It is easy to promote the big things but often we forget sometimes to do the little things everyday that make the big things possible whether that is training for a marathon or growing a club. To make the club extremely successful, it only takes a few members doing one thing per day on the club. It could be to write an article, talk to a friend about joining the club, promoting a race that the club

puts together, post on Facebook, start a group run or share an idea on what the club should try. You would be amazed at how much growth the club could achieve in a month or a year if 15-20 members did one thing a day.

If you have ideas on how to grow this club, the board and myself are open to suggestion. Just be willing to spend time to assist in implementing your idea. If you have no ideas, just sit down with a pen and paper and fill in the blank of the following:

The club would be better if it did _____.
Write down everything that pops in your head for 5 minutes. Some ideas will be awful, some may not be feasible at this time, but some will be good to do. Also, this can count as your one thing to do that day for the club.

Now that I am off my soapbox, congratulations are in order to our featured runner Michael Guest. Michael recently joined the club, and took an at-large role on the board of trustees. He was instrumental in getting our cross country series course ready for 2014. It runs through August 21 so show up, meet him and get a good workout while you are there.

The Ninth Annual RRCA National Run@Work Day and 3rd Annual National Run@School Day is Friday September 19. Please be sure to get in at least 30 minutes of running either before work, during work like lunchtime or after work. We may or may not host a run that day with the number of races that you can choose from that weekend and almost any weekend in Cincinnati.

If you would like to volunteer for one of the club's ongoing open positions listed on the preceding page, do not hesitate to contact me via email at cincinnati@running@gmail.com or call or text me.

Keep up the Running
Todd

RCGC Weekly Group Runs

Sundays at 8:30 AM

Miami Whitewater Forest, Harrison OH
Meet by the Ranger's Station/Gazebo
at 8:15 AM

Fridays at 12:15 pm

Downtown Lunch Run 3-4 miles
Paul Brown Stadium

Resumes soon!

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



RCGC Urban Cross Country Series



In 2014, the RCGC Cross Country Series moves to a new home at Lower Millcrest Park in Norwood OH and gets a new name as the RCGC Urban Cross Country Series. As you may or may not know the RCGC Cross Country Series has been looking for a home the last few seasons. In the last 7 years it has gone from Princeton High School to Loveland High School to Milford, and Blue Ash Airport's Summit Park.

Thanks to the efforts of Dr. Stacy Osborne and Norwood's Assistant Cross Country and Head Wrestling Coach Michael Guest, with the help of Mayor Tom Williams, Director of Public Works Joe Geers, and Athletic Director J.D. Foust, the club has a new course at Lower Millcrest Park in Norwood Ohio. Lower Millcrest Park is located across the street from Xavier University. Stacy and Michael have worked like dogs hacking, cutting, and chopping to get the legendary Home Cross Country Course of the Norwood Striders, ready for the 2014 Season. The course was not used since 1981 or 1982 or before half of our current members was born.

So far three races have been run on the course and attendance average is about 40 runners. Week One saw David Bea as the top male finisher with a time of 19:16 followed by Spike Knickel who ran a 19:56 and Kenji Heilman who ran a 20:30. There were a few females on the course for week one but they got lost and finished early or got lost and finished so late that their times were not recorded.



Week 2 saw some serious fast times as Brady Holmer set a men's course record of 16:59 and

Taryn Surtees set a female course record of 20:11. Week 3 saw Scott Woodnorth win the race with a time of 19:45 and Taryn Surtees continued her dominance on the course with a time of 20:15.

Michael and Stacy intend to turn the RCGC Urban Series into a legendary racing series like the original was at French Park. A splendid time is guaranteed for all! The series runs every Thursday through August 21 at 7:30 PM at Lower Millcrest Park. Open to all, scrubs to studs. Stay for the social hour after the race in the Hopkins Pavilion.

RCGC URBAN XC SERIES INFORMATION

- **DATE:** Every Thursday, through August 21, 2014 - Open to All.
- **TIME:** 7:30 PM.
- **PLACE:** Lower Millcrest Park, Norwood OH
- **COURSE:** 3.1 miles. There are two waterstops on the course – one at the start and one at the finish.
- **RECORDS:** Men: Brady Holmer 16:59
Women: Taryn Surtees 20:11

Welcome New Members!

Kimberley Ayer
Yanina Bigas & Brandon Rowley
Russell Brown
Amy Carter
Barbara Ellwein
Hillary Fraley
Michael Guest
Claudia (Raquel) Hall
Melissa Heaton
Kenji Heilman
Brian Holbrook
Paul Long
Haji Mupakura
Tim Paganellio
Paul Seibert
Melissa Stokley
Davita Sutter
Leslie Swart
John Wendling
Rachael Winters

Please help make them feel welcome!

2014 RCGC Grand Prix Update

The Runners' Club of Greater Cincinnati is doing a Grand Prix Series in 2014 after a successful 2013 campaign. The goal of the Grand Prix is to include and recognize members that do many of the races that the club puts on or supports.

So far, about 60 club members have participated in at least one Grand Prix Race. Go to www.cincinnatiirunning.com, click on Grand Prix under Racing for a list of races.

The next races in the Grand Prix are the Brian Rohne race on August 9, the Midsummer Trail Run on August 12, any upcoming race in the RCGC Urban Cross Country Series and the Norwood Indian Run on August 30.

To be eligible, you need to be:

1. RCGC Member in Good Standing for 2014
2. Volunteer for one club supported event.

Below is a list of the top club members for scoring through Race #3 of the RCGC Urban Cross Country Series. No worries! There is still time to catch up and only 7 races are scored including one "B" race and one "C" race.

Top 10 Females in the RCGC Grand Prix

Barbara Ellwein	375
Lisa Roa	375
Cindy Cranmer	286
Stacey Herdering	196
Nurys Diaz	189
Lisa Kirk	182
Llee Sivitz	174
Erin Owen	147
Jenny Garrity	143
Erin Martell	133

Top 10 Males in the RCGC Grand Prix

Harvey Lewis	350
Jerry Patton	346
Ryan Woolley	272
Martin Hovey	267
Greg Roa	241
William Stolz	198
John Garrity	192
David Nelson	189
Daniel Bebo	187
Jeff Allen	145

Here are the current club members who have done at least one B race:

Women: Cindy Cranmer, Barbara Ellwein, Jenny Garrity, Erin Martell, Erin Owen, Lisa Roa, and Elizabeth Tiffany

Men: Daniel Bebo, Michael Haller, Todd Hofacre, Marty Hovey, Ed Hunter, Harvey Lewis, Thom Meyer, Jerry Patton, Gary Payne, Robert Platt, Greg Roa, Jeffrey Schwab, and William Stolz

Club members who have done a C race: Barbara Ellwein, Kenji Heilman, Eileen Hogan, Paul Long, David Nelson, Jerry Patton, Ryan Woolley

Scoring: Males run against males, and females run against females. Races will be scored based on points. The top 7 races will be scored which include 1 B race and 1 C Race. For a race to be counted towards your score, you need to be a member in good standing for that race.

For a complete listing of official scores, please go to www.cincinnatiirunning.com and click on Grand Prix – Current Standings.



RRCA National Run@Work Day and Run@School Day – September 19



On September 19, 2014, the Road Runners Club of America, the largest grassroots running organization in the country, will launch the 9th Annual RRCA National Run@Work Day and 3rd Annual Run@School Day. The purpose of National Run@Work Day and Run@School Day is to promote physical activity and healthy living for adults and children 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, 2014 by making time in your busy schedule to plan and/or participate in a local Run@Work Day or Run@School 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 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.

You can share information about RUN@WORK Day or Run@School Day events you are planning in your community by posting information on the RRCA [RUN@WORK Day Facebook page](#). Join people from around the country to get 30 minutes of exercise on Run@Work Day or Run@School Day on September 19, 2014.

For more information, visit www.rrca.org.



Please either mail, phone, or email us your CHANGE OF ADDRESS and PHONE NUMBER when you move. Please also notify us if your preferred EMAIL ADDRESS has CHANGED. Thank you! 513-706-1454



If you haven't yet checked out our Runners' Club of Greater Cincinnati Facebook page, we encourage you to do so! Updates on events, races, and group runs are posted frequently, along with weekly giveaways!

Race Calendar

Saturday August 30

Norwood Indian Run 5000 Meters, Noon, Lower Millcrest Park, Norwood OH, Michael Guest, www.cincinnatiirunning.com

Sunday August 31

The Cheetah Run 5k, 8:00 AM, Cincinnati Zoo, Cincinnati OH, Don Connolly, www.racedmc.com
Terrace Park 5k Bulldog Run, 9:00 AM, The Gazebo on Elm, Terrace Park OH, www.fleetfeetcincy.com

Monday September 1

Mercy Metric 5k & 10k, 8:30 am, Lunken Airport Playfield, Cincinnati OH Don Connolly, www.racedmc.com

Thursday September 4

Harvest Home Fair One Mile, 6:00 PM, Harvest Home Park Cheviot OH, www.harvesthomefair.com

Friday September 5

MSJ 5k Run/Walk, 6:30 PM, Mount Saint Joseph, Cincinnati OH, www.runningtime.net

Saturday September 6

ZERO Prostate Cancer 5K/10K Run/Walk, 9:00 AM, The Urology Group, 2000 Joseph E. Sanker Blvd., Norwood, OH, www.urologygroup.com

Swanhouse Race for Homeless Women 5k & 10K, 9:00 AM, Lunken Playfield, Cincinnati OH, Steve Prescott, www.sprunning.com

Robin's Nest 5K Run / Walk, 9:00 AM, Pioneer Park, Covington KY, www.robinsnestfund.org

Sunday September 7

Sunflower Revolution 5k, 8:45 AM, Washington Park, Cincinnati OH, www.sunflowerrev.org

Lunken Airport Days 5k Run/Walk, 9:00 AM, Lunken Airport Terminal, Cincinnati OH, www.runningtime.net

Tunnel To Towers Run Cincinnati, 10:00 AM, Spring Grove Cemetery, Cincinnati OH, <http://tunnel2towers.org>

Saturday September 13

Ellie & Tyler's Run, 4 mile, 9:00 AM, Miami Whitewater Park, Harrison OH www.tylersrun.com

Beat It 5k, 9:00 AM, Newport On The Levee, Newport KY, <http://beatit5k.com>

College Hill Rhythm Race, 6:00 PM, Pleasant Hill Academy, College Hill, Cincinnati OH Steve Prescott, 513-777-1080, www.sprunning.com

Glenwood Gardens Night Trail Run, 9:00 PM, Glenwood Gardens , Cincinnati OH Greg McCormick, 513-793-0508, www.runningtime.net

Sunday September 14

Susan Komen Race for the Cure 5k/10k, 8:00 AM, Coney Island Amusement Park, Cincinnati OH, www.komencincinnati.org

3rd Annual Hearts and Health Run, 9:00 AM, Voice Of America Park, West Chester OH, www.HeartsandHealthrun.com

Friday September 19

RRCA National Run@Work Day

Saturday September 20

Hudepohl 14K & 7K Brewery Run, 8:00 am, Smale Riverfront Park, Cincinnati OH, <http://hudepohl14kbreweryrun.com>

Bubble Bash 5k, 10:00 AM, Corwin Nixon Park, Mason OH, <http://bb4k.org>

Power Is Teal Ovarian Cancer Awareness 5k Run / Walk, 10:00 am, Lunken Playfield, Cincinnati OH, www.cincyovariancancer.org

Capt. Seth Mitchell HERO 5K Run/Walk, 11:00 AM, Nisbet Park, Loveland OH, www.runningtime.net

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

Sunday September 21

Panerathon 5k and 10k, 9:00 AM, Panera Deerfield Town Center, Mason OH, www.panerathon.com

Friday September 26

Glow Run 5k, 6:30 PM, Kings Island, Mason OH, www.visitkingsisland.com

Saturday September 27

Applefest 15k Run, 10k Run and 5k Run/Walk, 8:30 AM, Countryside YMCA, Lebanon OH Ruth Beals, 513-932-1424, www.countrysideymca.org

Purple Strides 5k Run / Walk, 8:00 AM, Sawyer Point Park, Cincinnati OH, www.racedmc.com

Akron Marathon, 7:00 AM, Akron OH, www.akronmarathon.org

Sunday September 28

Kings Island Half Marathon and Banshee 10k, 7:30 AM, Kings Island Amusement Park , Mason OH, www.visitkingsisland.com

CliftonFest 5k Run / Walk, 10:00AM, Clifton Business District, Ludlow Avenue, Cincinnati OH, <https://www.facebook.com/pages/Cliftonfest>

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

Saturday October 4

5k Pursuit of Liberty, 8:00 AM, Liberty park, Liberty Twp, OH, Steve Prescott, 513-777-1080, www.sprunning.com

Ike's 5K River Run, 9:00 AM, Izaak Walton League Campground, 544 Branch Hill-Loveland Road Loveland OH, www.runningtime.net

Loop For Lana 5k Run/Walk, 9:00 AM, Columbia Sussex Building, 740 Centre View Blvd, Crestview Hills KY, www.runningtime.net

McCormickfest 5K Run / Walk, 4:00 PM, Camp Friedlander, 581 Ibold Road, Loveland OH, McCormickfest Facebook Page

Zombie 5k Run/Walk, 4:00 PM, Fitton Center For Creative Arts, Hamilton OH, Steve Prescott, www.sprunning.com

Sunday October 5

Run Fur Rescues, 9:00 AM, Voice of America Park, West Chester OH, www.runfurrescues.com

Oktoberfest Classic 10k, 9:30 AM, Minster High School, Minster OH, www.minsteroctoberfest.com

Saturday October 11

Race for Hunger 5k, 8:00 AM, Rogers Park, Lebanon OH, www.cincinnatiabaptist.com

Queen Bee Half Marathon, Horseshoe Casino, Cincinnati OH, <http://queenbeehalf.com>

Cincinnati Undy 5000, 9:00 AM, Newport on the Levee, Newport KY, support.ccalliance.org

Mud-o-ween, 10:00 AM, Countryside YMCA, Lebanon OH www.countrysideymca.org

Bean Bash Dash 5k, 11:30 AM, Turfway Park, Florence KY, www.beanbash.org

Warrior Run, 5:30 PM, Bell Tower Park, Mariemont OH, <http://cincywarriorrun.org>

Blazin Love 5k, 5:30 PM, Golf Center at Kings Island, Mason OH, www.runningtime.net

Running Scared 5k, 6:00 PM, Reading Stadium, Reading OH, www.running scared5k.org

Sunday October 12

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

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

Saturday October 18

Hike and 5k Run for Hospice, 8:00 AM, Summit View Park, Blue Ash OH, www.bethesdafoundation.com

Raptor 5k Run/Walk, 8:00 AM Creation Museum, Petersburg KY, www.creationmuseum.org

Aviator FlightFest 5k, 8:30 AM, Sycamore Junior High School, Cincinnati OH, www.runningtime.net

Sunday October 19

Cincinnati Half-Marathon Too, 8:00 AM, Historic Loveland OH, www.cincyhalfmarathon.com

Nationwide Children's Hospital Columbus Marathon, 7:30 AM, Columbus OH, www.columbusmarathon.com

Detroit Free Press/ Talmer Bank Marathon and Half-Marathon, 7:15 AM, downtown Detroit MI, www.detroitfreepressmarathon.com

Tuesday October 21

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

Friday October 24

Run Like Hell 5k, 7:30 PM, Dana & Woodburn Avenues, Cincinnati OH, www.cincyrunlikehell.com

Saturday October 25

Run For Recovery 5k, 9:00 AM, Blessed Sacrament Church, Ft. Mitchell KY, Steve Prescott, www.sprunning.com

Run For Good 5k Run / Walk, 9:00 AM, Greenhills Community Building, Cincinnati OH, <http://cincyrace.com>

Sunday October 26

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

Peace Race, 10k, 9:00 AM, Youngstown YMCA, downtown Youngstown OH, www.peacerace.org

Saturday November 1

Run For the Troops 5k Run / Walk, 10:00 AM, Otto Armleder Park, Cincinnati OH, Greg McCormick, www.runningtime.net

Run for the Kids 5K Halloween Spooktacular & Haunted Trail, 6:00 PM, Wyoming Recreation Center, Wyoming OH, wyomingyouthservices.com

Sunday November 2

Mason Half Marathon and 5K, 8:00 AM, Mason High School, Mason OH, www.epilepsy-ohio.org

Fear the "Cliff" 10K and 5K, 9:00 AM, Taylor High School, North Bend OH, www.racedmc.com

Saturday November 8

Fighting Hunger 5k Run and Walk, 8:30 AM, Matthew 25 Ministries, Blue Ash OH Kelly Weisman, 513-347-3255, www.m25m.org

LCPL Taylor B. Prayzynski Memorial 5K, 9:00 AM, Waterworks Park, Fairfield OH, Greg McCormick, 513-793-0508, www.runningtime.net

Turkeyfoot Trot 5K Run/Walk, 9:00 AM, St. Barbara Church, Independence KY Steve Prescott, 513-777-1080 or www.sprunning.com

DAV 5K, 9:00 AM, Yeatman's Cove, Cincinnati OH, www.racedmc.com

Cincinnati Right to Life Pro-Life Saver 5K Run/Walk, 10:30 AM, Lunken Playfield, Cincinnati OH, <http://cincyrace.com>

Saturday November 15

Honor Run Half Marathon, 7:00 AM, Florence Y'all Tower, Florence Mall, Florence KY, www.honorrunhalf.com

Our Lady of Lourdes Divine Dash 5k, 9:00 AM, Our Lady of Lourdes Church, Cincinnati OH, www.runningtime.net

Juice PLUS+

Lee Sivitz
Wellness Group

Direct: 513-205-9236
Voice Mail: 513-860-7574

Leesjp@gmail.com
Yourown.juiceplus.com



Runners' Club of Greater Cincinnati

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



Scan to join

Please Circle: 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"/> Marathon | <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 \$25</i> |
| <input type="checkbox"/> <i>Renewal</i> | <input type="checkbox"/> <i>Family Membership \$45</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, 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.cincinnati-running.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
Runners' Club Members receive a 15% discount on the above ad rates.	
<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 cincinnati-running@gmail.com.</p>	