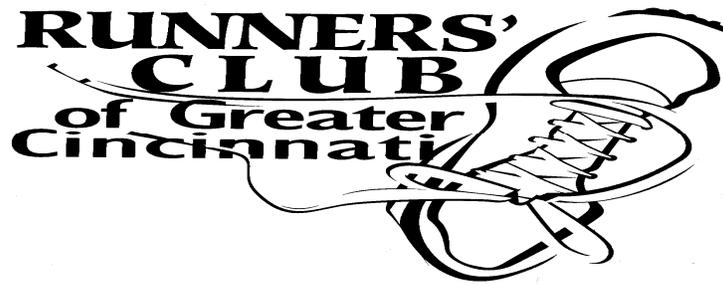


## Winter 2011

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## President Letter



2011 is here. 2011 is a significant milestone in that it marks the 35<sup>th</sup> Year of the club. The board is looking at doing a couple of special events to celebrate this historic occasion like a party, a race and reviving a few races from the club's past. 2011 is also a great time to decide where the club should put its efforts in the next 5 years.

If you have an idea or want your voice to be heard, I urge you to attend our monthly board meetings. Board Meetings are typically held at 6:30 PM on the first Thursday of the month at the Clifton Recreation Center in Clifton next to the Clifton Cultural Arts Center. All members are welcome to attend and all are welcome to become a board member.

At least attend the Club's Annual Meeting. It will be Monday April 11 at Swaim Park Lodge in Montgomery. I hope to see you there so that you can have your say in electing the next Board of Trustees, meet other members and find out face to face how the club is doing. The Annual Meeting is free, and drinks are on the club but you do need to have your membership dues paid by March 1. We have a few openings on the Board of Trustees for the upcoming year. Most positions take only a couple hours of month and last about a year. If you can be a board member, let me know.

Membership renewals are due March 1. Enclosed is a membership form for your renewal. For 2011, the board decided to eliminate the volunteer requirement for dues and go to a simpler fee structure. The volunteer rate will remain in effect until March 1. As a current member, you can take the

Volunteer rate (\$15 for Single or \$20 for Family) whether you plan to help out at one club event or not. However, you need to renew before March 1 to get the discounted rate. If you want to save the cost

of postage, you can also signup online. Without your financial and time commitment, the club could not survive. For individuals interested in group runs, we have two group runs to offer our members. We run from Hyde Park Square on Wednesday evenings at 6:30PM. Club Secretary Gina Meyers and new board member at-large Terry Elliott have taken over the Sunday Run. The Sunday Run now meets at Courtyard Marriott in Florence at 8:00AM. Meet in the lobby. Runners of all abilities and all paces are welcome whether you are training for the Flying Pig Marathon, the Heart Mini-Marathon, or the many 5k's in the Greater Cincinnati area.

Welcome the following new members to the club: David Aguiar, Andrea Brooks, Anne Denk, Terry Elliott, Sue Guziar and Dan Burnett, Greg & Mary Ellen Knickel, David and Donna Koon, Rich Kruze, Beckie Kurzner, Melisse May, Karen Mendenhall, Fredrick and Eric Oliver, Randy, Darlene, & Darik Page, Dave Reid, Tammy Ross, and Jennifer & Josh Sneed.

Last but not least, the club will be assisting with several races and events in the next few months. Some of these will be under the eye and ears of the Cincinnati running community. Do not hesitate to volunteer for the Club's Flying Pig Waterstop at mile 22. Mile 22 is where the marathon begins and your support and encouragement means plenty to the marathoners. An event's success is determined by the quality and quantity of its volunteers. If you are a new or longtime member, volunteering is a great way to meet other people in the club. Sign up online at our website [www.cincinnati-running.com](http://www.cincinnati-running.com).

Keep on Running,  
Todd Hofacre  
President

## **Runners' Club of Greater Cincinnati**

P.O. Box 8761  
Cincinnati, OH 45208  
www.cincinnatiirunning.com  
[cincinnatiirunning@gmail.com](mailto:cincinnatiirunning@gmail.com)

### **Board of Trustees**

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

### **Trustees At Large**

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Terry Elliot 859-371-6464 Ext. 422

### **Committee Chairs**

Equipment: Stacy Osborne(timers) 513.351.6300  
Nick Kleiner(tent)513.574.4502  
Newsletter: Sara McIntosh  
Membership: Open  
Merchandising: Alicia Zimov  
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](mailto:cincinnatiirunning@gmail.com).

The Runners' Club of Greater Cincinnati(RCGC) is a non-profit organization dedicated to educating, inspiring and promoting running, walking and fitness in the community. RCGC is a member in good standing of the Road Runners Club of America (RRCA).

Membership is open to everyone regardless of age, gender, race, or religion.

### **Membership Benefits:**

- \* The RCGC quarterly newsletter with information/event details on the Cincinnati running scene.
- \* Discounts on RCGC races.
- \* Discounts from area merchandisers as they become available and are announced in our newsletter.
- \* 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](mailto:cincinnatiirunning@gmail.com) by the 10th of the month.

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

### **31st Annual Valentine 2-Mile Labor of Love**

Regents Hall, Northern Kentucky University  
Sunday, February 13, 2011

### **Membership renewals due March 1, 2011**

Current club members can renew at the  
volunteer rate(\$15 for Single, \$20 for Family)  
until March 1. After March 1, rates go up to  
\$20 Single and \$25 Family.

### **Heart Mini-Marathon Suite**

Sunday, March 20, 2011 7:30AM.  
Westin Hotel, Downtown Cincinnati

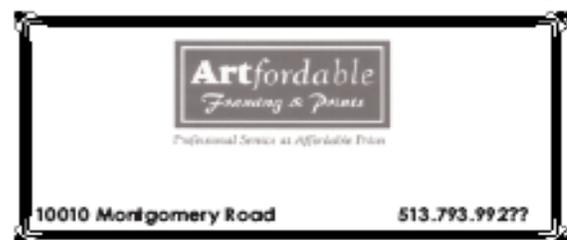
### **RCGC Annual Meeting**

Monday April 11, 2011 6:30PM  
Swaim Park Lodge, Montgomery OH

### **Flying Pig Mile 22 Waterstop**

Sunday May 1, 2011 7:30 AM  
Eastern Avenue, Cincinnati OH

### **Articles for next newsletter due April 11**



## Origins of the Runners' Club of Greater Cincinnati

### Origins of the Clifton Track Club

By Mike Boylan, Founding Father  
(Originally printed in the newsletter in January 1995 and currently on the club's website)

Don Connolly (Indian Hill), Bob Roncker (Elder), and me (Roger Bacon) were all contemporaries in the local high school cross country and track scene during the late '60s and early '70s, before the "running boom" and the personal fitness movement began. We each dropped out of the coaching scene at various points, but kept our contacts with the running sports. By the mid-70s, Frank Shorter had inspired us all with his Olympic Marathon win, and the running scene was blossoming everywhere. In June 1976, Don was selling New Balance shoes out of his basement; Bob had returned from a stint with Runners World in California; and I was studying for the state bar exam for wannabe attorneys. I couldn't make it one mile to Clifton School. The Clifton Track Club was born, humbly, with a notice on the bulletin board in the window of the Clifton Town Meeting office on Ludlow Avenue:

#### **Wanted:**

Running Partners for 1 — 3 mile runs,  
8:00 — 10:00/ mile pace.

By September, there was a "network" of about 40 runners. By November, we had a club name, "Clifton Track Club and Joggers Association"; had started monthly meetings in the basement of the First National Bank at Ludlow and Whitfield; and had announced our formation at the 1976 Elks Club Thanksgiving Day Race. The early newsletters were no more than an updated runners directory.

In 1976, the only local road race was the Elks Thanksgiving Day Race, a loosely organized affair that began at St. Luke's Hospital in Ft. Thomas and ended at the Elks Lodge on Central Parkway, very close to the start of the 14-K race. Don Wahle, who is still actively running and plugging races, used the modest proceeds to finance a summer track series at the new all-weather track at Reading High School. There was also a Labor Day cross country race, held on the site of the former NIOSH facility on Ridge Road; but that was about it for the running scene in Cincinnati outside of the high schools and colleges.

#### **Memorial Day Race I**

The Clifton Track Club first came into prominence on Memorial Day 1977- a date that will live in local infamy more as the "day after" the Beverly Hills Super Club fire than the first CTC race.

We knew very little about race promotion and procedures at that point. I had put on several big track and cross country meets in my days as a coach at Roger Bacon, and I featured myself as a good organizer. Ha!

The 1977 course (brainchild of myself and Bob MacVeigh) started in Mt. Storm, and plunged down Lafayette Avenue to McAlpin on the first half mile. The balance of the 3-mile course was mostly a continuous climb: up McAlpin, then up Middleton short hill, looping back around to the school, then up Middleton Hill to Lafayette. The course did not end in the park, but on the old hockey field of Notre Dame Academy - now the development of trendy homes just outside the park.

We started the race at 11:00 a.m., and it was hot and humid. We had 500 runners, which was about 300 more runners than had appeared for the Thanksgiving Day Race in 1976. We were not prepared for that many finishers. Our finish system consisted of three chutes. Each runner had a paper mailing label held on his or her shirt with a paper clip. The idea was to remove the label and put it on a cardboard finish grid at the end of the chute. This system worked great on cold days with a relatively small field of cross country runners. The labels disintegrated and could not be removed and put onto any surface, so we had to write each runner's name onto the board.

With 500 runners waiting in chutes to get out, one at a time, this took quite some time. The runners were standing in the sun at noon, and we had no water, no emergency vehicle, and one very worried nurse. Unbelievably, only one person fainted, no one knew enough to complain, and we somehow figured out the winners in several age groups. Duane Gaston from UK and Lexington blitzed the field to win the first race. I mistook Sophia McAllister for the winner of the women's 20-27 division. The t-shirts were pretty conventional, but the race director (me) ordered each size in a different color - white, navy, orange. Everyone wanted their size in the color they didn't get.

The Club made a lot of money from its early races, for several reasons. We didn't have the expense of porta johns, emergency personnel and vehicles, water, refreshments, printed results, tents, fancy awards, and didn't have to pay for police protection on the course. T-shirt costs were very low, and everyone wanted a shirt as a badge of participation and status. Race proceeds were used to subsidize travel expenses for better runners and the newsletter publication and mailing costs. The club's dues were nominal.

The first membership secretary of the club was Sally Doyen, a beautiful and persistent runner who would mail out the newsletter and keep the dues.

**(Continued on page 4)**

## (Origins Continued)

There were no officers, elections, by-laws or structure. The Club met monthly, and there was great enthusiasm and interest in the monthly meeting, with upwards of 200 at some. We outgrew the bank basement quickly, and by 1979 were meeting at the new Clifton Recreation Center.

There were discussions from the beginning about changing the name of the Clifton Track Club to something less provincial. We went through three logo changes in the early years. Mort Libby of LPK graphics gave us a hip contemporary logo; then Mark McKillip came up with what I call the "letters in motion" logo, well before the 1984 Olympic "stars in motion." In the McKillip logo, Cincinnati was given equal size with the club name, and this satisfied many; but the controversy about a better Club name continues today.

Prominent names in the early history of the Club include Pat and Maize Harrell; Bob MacVeigh; Lee and Delores Hildebrandt (Lee was running Long Slow Distance (LSD) long before the running boom, and is easily the dean of age group competitors in Cincinnati); Sophia McAllister; David Nelson (long-time newsletter editor); Tom Grogan; Pete Looney; David Lyman; John Frick; Dr. Henry Ryder; and Tom Blumer.

Our first elected presidents were Dennis Sweeney and Melany Stinson. Under their leadership, the Club flourished and grew in unprecedented ways.

## Welcome New Members!!

David Aguiar  
Andrea Brooks  
Anne Denk  
Terry Elliott  
Sue Guzior and Dan Burnett  
Greg & Mary Ellen Knickel  
David and Donna Koon  
Rich Kruze  
Beckie Kurzner  
Melisse May  
Karen Mendenhall  
Fredrick and Eric Oliver  
Randy, Darlene, & Darik Page  
Dave Reid  
Tammy Ross  
Jennifer & Josh Sneed

*Please make our new members feel welcome.*

## Featured Runner - Melisse May



Melisse May is our featured runner for Winter. Melisse recently joined the club in the Fall of 2010 and the staff decided to focus on some of our newer members as a chance to get to know some of them better. Although not a competitive runner, she is quite persistent and is very involved in the

Cincinnati Running community with Girls on the Run and may have a future as a functional running clothing consultant. Melisse spent a few moments answering our questions.

### 1. How long have you been running?

I have been running all my life starting with games like "Run Sheepy Run" and as a way to get exercise and stay fit about 25 years ago with some periods of running more serious than others.

### 2. What got you started running?

It was the the most efficient way to feel good and manage my weight. Up to my adult years sports were the way that I stayed in shape: Tennis in high school, rugby in college. Then came a period without exercise when I had my daughter and son. After I had a little time to devote to exercise, running was the best fit with my lifestyle.

### 3. Where do you normally run?

Not normal as I travel for work so I have run in gyms, downtown streets and all over Cincinnati. I really enjoy running with Bob Roncker's training groups to help keep me motivated and enjoy the companionship of other runners. Runners are great people.

### 4. What is your favorite route?

My favorite routes have scenic views so along the river or trails in the many parks around town.

### 5. What type of training do you typically do?

Just run for the joy of it and then usually join a training group for an upcoming goal.

### 6. Describe a typical week of training.

Not typical by any stretch of the imagination! I (Continued on page 5)

am not a competitive runner but a persistent one so my life doesn't center around running but I do keep running as part of my lifestyle.

**7. What's your favorite workout?**

Those runs when it just works and you feel great the whole run. I never seem to know when I will have those but love the afterglow when I do.

**8. What's your favorite race out of town?**

Boston marathon although have never been but I love hearing about the accomplishments of the top runners. How amazing are these athletes?!

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

Well, I lived in Germany and Geneva so they are probably the furthest.

**10. What are some of your current PR's?**

I ran my first half this past year! Generally I have run a few miles just for the recommended level of exercise but have stepped up my running in the past couple of years.

**11. Of what accomplishments are you most proud?**

The half because it was a personal goal and because I had a lot of setbacks during the training season and still did it. (Asthma is always a challenge plus two weeks out with an injury, uncharacteristically got sick, and had several trips to the west coast and out of the country which drained energy and made training hard).

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

Spaghetti and carbs the night before of course just like a lot of other runners. A couple hours before the race smoothies are great.

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

Just before the race I wiggle my toes while standing on the start line to fight build up of tension and stay loose. Too much adrenalin just slows my time.

**14. What is your favorite retreat?**

I am a serious hiker and backpacker and have been in some of the most beautiful and spiritual places on earth. Some of the best have been the John Muir trail in the High Sierras, the West Coast trail on Vancouver Island, the Haute Route in the Alps, and last year's trip to Patagonia.

**15. What do you do when you're not running?**

See above. I hike. ☺

**16. What are some running events that you've enjoyed helping with?**

Girls On The Run 5Ks by far. It is a great cause that helps girls develop healthy habits and run their first 5K. It is so moving to see their excitement, fear and finally sense of

accomplishment. I get so emotional every single race and I have been a part of the program for the past six races. We are always looking for volunteers to help with the program or Soul Mates to help raise funds for this nonprofit program if any Runner's Club members are looking for a good cause that involves their passion for running.

**17. How has running influenced your life?**

It keeps me sane although my friends and family might argue that point.

**18. Any special goals you'd like to accomplish in the next few years?**

I am working on increasing my speed and know I can do better. I have a new training program I am trying out this year with more interval work.

**19. How did you get involved with the Runners' Club of Greater Cincinnati?**

Actually, I first got involved to post the GOTR race to the calendar and then enjoyed the newsletters and various running events so stayed with it.

**20. What is your favorite Runners' Club of Greater Cincinnati Event? Why?**

Honestly I don't know how to answer this question. Runners' Club does such a great job of bringing all the running events and news together in one place. Of the Cincinnati Events I have to say the Pig because it is well, soooo Cincinnati. Also like events with "personality" like the Reggae Run.

**21. What typical distances do you enjoy running (5k, 10k, half-marathon, full marathon) other than you run? Why?**

Any distance is a good one. If forced, I would say the 10K because it is long enough to give you a good workout but not too taxing for when you have other things on the day's agenda.

**22. Do you run solo or do you prefer group runs?**

Both with solo runs being great to work on a specific personal skill or to squeeze in a run on a busy day and the group runs are good for when I need an extra push.

**23. What was the last book you read?**

I alternate nonfiction and fiction. Strategic Learning by W. Petersen was the nonfiction and Olive Kitteridge by Elizabeth Strout (won the Pulitzer prize).

**24. What was the last movie you saw?**

"Unstoppable" with Denzel Washington – fantastic action and great characters.

**25. What cheat foods do you like to eat?**

I am a cookie monster at heart so cookies are always a temptation.

**(Continued on Page 6)**

**(Featured Runner Continued)**

**26. What do you like to splurge on?**

I splurge on technical gear like the Garmin watch/trainer. I have clothing that fits all seasons but don't splurge on running clothes for appearance as that is not what I am about. And what does everyone do with all the running and race shirts? I think I have enough to wear one a day and not wash for a year!

**27. What brand style running shoes do you wear?**

My favs are Nike Lunar Trainers with a relatively flat heal. They just work with my feet and posture.

**28. You're stuck on an island with one CD, one DVD and one book. What are they?**

Arghhhh! That's painful to even think about. OK, The DVD is "Love Actually" because it is funny but a good message about love being all around us and if I am stuck on an island I will need a good laugh. The one book would be my Kindle (kinda cheating on the question I know but I love to read and just can't tolerate the thought of only one book).

**29. Has running ever helped you with your occupation? Tell us about it.**

All the time, it keeps my energy up, helps my focus and many of my runs result in an action plan for challenges I am facing at work.

**30. Anything else?**

Actually I have a question for Runners' Club. I was watching a TED (Technology Entertainment Design) talk by William Ury (Harvard) and he suggests a walk as a way to foster peace and understanding and uses the Middle East as the example and focus. The concept is once you have walked side by side with another culture and learned about them, there is less fear and tension. (Link is <http://www.ted.com/talks> - Search for William Ury) He gives an example of how his idea inspired a walk in Cincinnati between a church to a mosque and a synagogue. Other cities have created runs and waks with this theme. It made me wonder if we created a run for peace (building on the walk concept) whether there would be any energy for it from Cincinnati runners? Any proceeds to be donated of course.

Thanks, Melisse and good luck with your continued success in running.

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## Hang 10 on 10-10-10 Race Recap

In 2006, the club hashed on 6-6-6 with the Sin City's Hashers. In 2007, we ran the Lucky 7K at Armleder Park. In 2008 we did a trail run on 8-8-08 in Mount Airy Forest. In 2009 we dressed to the Nines with a 9k run on 09-09-09 at Lunken Playfield. The club returned to Lunken in 2010 for the Hang 10 on 10-10-10. Lunken Playfield was the ideal place to do a relatively long run as it could be done with a minimum number of volunteers and several long courses already existed on the Playfield so the club did not need to spend much time to create another course.

About 100 runners braved the path of Lunken Playfield and the unusual heat and humidity in October. Also, unusual were the guest bees who decided to make a surprise appearance as well to a few of the runners. They were lucky to see el Presidente shoot the starting pistol and doubly lucky that he did not shoot anybody with it.

The overall men's winner was Marc Teisman who ran a time of 35:25. The overall woman's winner was Christine Wampach with a time of 38:20 and third overall. (Complete results posted at [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).)



Marc Teisman – Top Overall Runner

Also 10 random people won door prizes which consisted of drift shirts, gift certificates and free club memberships. A big thank you goes to our volunteers Blaine Booher, Mike Donaworth, Anne Edwards, Tom Glasscock, Liz Hofacre, Paul Loveless, Kim Retta, Mark Retta, Adam Tiffany, Laura Wagner, and Alicia Zimov.



Christine Wampach – Top Female Runner and third overall

Also thank you to our sponsors RoadID, Group Health Associates, and Waltz Business Solutions.

A special thank you to Amanda Booher who designed the shirt for 2010.

Join us next year on November 11 for the 11k on 11-11-11 which as November 11 falls on a Friday. Maybe the club might do it at 11:00 PM so more people can do it for something a little bit different.



Paul Lewandawski – Second Overall Runner

## Hang 10 Top Ten Males and Females



Grace Conrad – 2<sup>nd</sup> Female Runner



Club Member Donnie Gilman 3<sup>rd</sup> Overall Male

### Top 10 Females

1 Christine Wampach	38:20
2 Grace Conrad	38:57
3 Abby Lawton	46:54
4 April Shereda	48:20
5 Candy Helmes	51:39
6 Mariane Fernandez	52:19
7 Cheryl Mootz	52:41
8 Eileen Hogan	53:18
9 Wendy Gross	55:58
10 Andrea Brooks	55:59

### Top 10 Males

1 Marc Teisman	35:23
2 Paul Lewandowski	38:09
3 Donnie Gilman	39:57
4 Robert Jasinski	40:10
5 Paul Harkins	41:18
6 Darrell Schneiders	41:22
7 Mark Komanecky	41:30
8 Kyle Combs	42:56
9 Chris Higginbotham	43:13
10 Scott Cochran	43:50



Abby Lawton 3<sup>rd</sup> Overall Female



Club Member Robert Jasinski – 6<sup>th</sup> Overall

## A Midsummer Night Trail Run Recap – part Deux

After a successful Midsummer Night's Trail Race in 2009, the club decided to do a second rendition in 2010 since Mount Airy Forest was still there and there was a new jackass to do this. Alas the new jackass got a cool job out of town so the old jackass (aka el Presidente) decided to do it anyway. What he did not expect was 90 degrees of heat which lowered turnout along with the Reds playing so well and playing the Cardinals ye same night to affect turnout even more.

About 30 runners braved the hills, the fallen trees, the heat, and the steps of Mount Airy Forest. A few people fell and got a few scrapes but nobody got lost on the trail that we know about. Everybody crazy enough to come out and run in the crazy heat got a pint glass. Awards were handed out to the top 3 Males, and top 3 Females. Congratulations to our overall men's winner Mischa McCormick who repeated as champion with a time of 33:03. For his efforts, Mischa received a \$25 gift certificate to Bob Roncker's Running Spot. The overall woman's winner was Kailey Corken with a time of 42:42. She also received a Bob Roncker's Gift Certificate for her efforts. (Results are posted on our website at [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).)



**Overall female winner – Kailey Corken**

Also five random people won door prizes. Thank you's go to Bob Roncker's, and RoadId for giving us gift certificates for the overall runners, and gifts as door prizes. Another thank you goes to vitaminwater for donating a few cases of vitaminwater to the race.

The complaints that I heard were the late start of registration and the race due to setting up the course, and where was the beer( liability issues,



**Overall male winner – Mischa McCormick**

and alcohol is not permitted in Mount Airy Forest without a liquor permit which unlike Kentucky, Cincinnati does not give out like candy.) A big thank you goes to our volunteers Tom Glasscock, Mike Hauser, Greg McCormick, Dave Nelson, Jerry Patton, and Jascia Redwine for helping make the trail run a success. The club will look at putting this race on again in 2011.

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#### RCGC Weekly Group Runs

##### **Wednesdays at 6:30 PM**

Hyde Park Square, Hyde Park  
Meet by the fountain

##### **Sundays at 8:00 AM**

Courtyard Marriott, Florence KY  
Meet in hotel lobby

For more information, contact us at  
[cincinnatiirunning@gmail.com](mailto:cincinnatiirunning@gmail.com)

## Board Members Wanted

As members of the Runners' Club of Greater Cincinnati(RCGC), do you enjoy the events and activities of the club? Throughout the year, the RCGC has many events starting in February with the Valentine's Day Race. Other events include the Heart-miniMarathon, Flying Pig Water Stop, Memorial Day Race, the Summer Cross Country Series, various Happy Hours, Holiday in Lights Run, Summer Picnic, Great Bearcat Run and various races just to name a few.

These events community require the organized effort of both board members and volunteers. We are actively searching for Board Members to lead the RCGC for 2011, the 35<sup>th</sup> year of the club. Requirements are a willingness to work a couple of hours a week, attend one meeting a month, where you would like the club to go, and a one year commitment.

If you are a person who enjoys the current RCGC events and want a strong and healthy running club, please volunteer to become a board member. New board members help invigorate the board and stimulate growth of the club with the execution of their new ideas.

Currently, the club needs 3 at-large board members and at least one officer(President ) to serve in 2011. If you can fulfill one of these positions or want to be apart of the future of the club as board member or officer, please fill out the form below or send an email letting us know of your interest to serve at [cincinnati@rcgc.com](mailto:cincinnati@rcgc.com). Your approval will be by the Club Membership at the club's Annual Meeting in April.

**Note:** A member may nominate himself for an office or if he is too shy to talk about himself, be nominated by another member. Members who are at least 18 years of age and accept the nomination will be placed on the ballot. Nominations shall also be accepted from the floor at the Annual Meeting from any member provided they are members and at least 18 years of age.



## Nomination Form

OFFICERS (nominate not more than one for each position)

President: \_\_\_\_\_ Secretary: \_\_\_\_\_

Vice President: \_\_\_\_\_ Treasurer: \_\_\_\_\_

BOARD OF TRUSTEES (nominate not more than 4)

1. \_\_\_\_\_ 3. \_\_\_\_\_

2. \_\_\_\_\_ 4. \_\_\_\_\_

Please complete and mail to: **Runners' Club of Greater Cincinnati, PO Box 8761, Cincinnati OH 45208 by March 21, 2011**

## Holiday in Lights Run

The Holiday in Lights Run took place on Tuesday, December 14 at 6:30 PM. About 30 runners showed up for the run on a cold December evening which was better than the rain in 2009. Most completed the entire route through the lights of Mount Adams, and the holiday decorations in downtown Cincinnati from Fountain Square, to the Carew Tower to the Duke Energy Holiday Train Station display. Those who did not make the entire run enjoyed a nice warm drive back to the Williams YMCA.



After the run, most met at O'Bryon's for food and spirits. A few more that could not make the run due to schedule, or afraid that they would become Christmas statues in the cold showed up at O'Bryon's to help with the beer and food. Special Thanks to Laura Wagner for making this event a great success with assistance from Tom Glasscock.



## Winter Group Run Report

The Runners' Club of Greater Cincinnati has 2 group runs for the winter season to get ready for spring races. On Wednesdays, the club meets in Hyde Park Square at 6:30 PM by Fountain. On Sundays, we head south to Florence, Kentucky and run from the Courtyard Marriott in Florence.



Sunday group run on the streets of Florence

The Hyde Park Group Run features runs of 3-5 miles (closer to 3 miles since most attendees do a decent warmup by running to Hyde Park Square) at 8:00-11:00 pace. Withrow Track is nearby which presents an opportunity to get in speed work every now and then.

Recently, the Sunday Run settled on a permanent location of the Courtyard Marriott in Florence Kentucky from its nomad status in 2010. Terry Elliott and Gina Meyers lead the run. They will run at your pace and runners of all abilities welcome as the slowest runners will always have someone to run with. Pace Group sign-up at 7:45 AM in hotel lobby, runs start at 8:00 AM sharp. Route maps will be available in distances from 1 mile to 13.1 miles. All runs are loops with cross streets to shorten the distance if needed. Meet and warm up in hotel lobby and includes free parking at the hotel, free water fill-up, free use of bathrooms, and free coffee! You can contact Terry Elliott at [terryelliott@chrco.com](mailto:terryelliott@chrco.com) and Gina Meyers at [meyersgm@yahoo.com](mailto:meyersgm@yahoo.com) for more information on the Sunday run.

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.

## Running in a Winter Wonderland

by Laura Wagner

Just because our animals friends are hibernating with the colder days and nights does not mean you do. Keeping up with your running can help shake the winter blues, improve energy levels, and guarantee that you'll be in better shape once bathing suit season rolls around. Follow these tips for cold weather running:

### Dress in Layers

Start with a thin layer of synthetic material such as polypropylene, (you can find a knock off version of under armor at Wal-Mart and Target) which wicks sweat from your body. ***Stay away from cotton*** because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation

### Pay Attention to Temperature and Wind Chill

If the wind is strong, it penetrates your clothes and removes the insulating layer of warm air around you. Your movement also creates wind chill because it increases air movement past your body. If the temperature dips below zero or the wind chill is below minus 20, hit the treadmill instead.

### Avoid Overdressing

You're going to warm up once you get moving, so you should feel a little bit chilly when you start your run. A good rule of thumb: Dress as if it's 20 degrees warmer outside than it really is.

### Protect Your Hands and Feet

As much as 30% of your body heat escapes through your hands and feet. On mild days, wear running gloves that wick moisture away. Mittens are a better choice on colder days because your fingers will share their body heat. You can also tuck disposable heat packets into your mittens. Add a wicking sock liner under a warm polar fleece or wool sock, but make sure you have enough room in your running shoes to accommodate these thicker socks.

### Don't Forget Your Head

Just like mom told us when we were kids do not forget that about 40% of your body heat is lost through your head. Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body. When it's really cold, wear a face mask or a scarf over your mouth to warm the air you breathe and protect your face.

### Check With Your MD

Cold air can trigger chest pain or asthma attacks in some people. Before braving the elements, talk to your doctor if you have any medical conditions or concerns about exercising outdoors

### Don't Stay in Wet Clothes

If you get wet from rain, snow, or sweat in cold temperatures, you're at an increased risk for hypothermia, a lowering of your body temperature. If you're wet, change your clothes and get to warm shelter as quickly as possible. If you suspect hypothermia -- characterized by intense shivering, loss of coordination, slurred speech, and fatigue -- get emergency treatment immediately

### Stay Hydrated

Despite the cold weather, you'll still heat up and lose fluids through sweat. Cold air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water or a sports drink before, during, and after your run.

Membership renewals due in March - Renew Today



#### MEMBERSHIP BENEFITS

- ◆ Group Runs Throughout the City
- ◆ Free Running Seminars & Coaching Advice
- ◆ Member Only Newsletter: featuring race calendar, training tips, member & event news, social events & more...
- ◆ Discounts on local races
- ◆ Discounts on local running stores
- ◆ Free Track & Cross Country Series
- ◆ Women's Safety Seminars
- ◆ Social Events - Parties, Picnics, Happy Hours



## 2011 Winter Calendar February – April

### 13 February

**31st Annual Valentine's 2 Mile Labor of Love, 12:00 Noon, Northern Kentucky University, Highland Heights Kentucky, Todd 513-451-2587 or NKU Athletics, 859-572-5193**

**13th Annual Sweetheart Shuffle, 5k**  
Run/Walk, Noon, Middletown YMCA, Middletown OH,  
Gail Alford, 513-539-6918

### 20 February

**Fight for Air Climb, 7:00 am, Carew Tower,**  
Downtown Cincinnati, Steve Prescott, 513-777-1080,  
[www.sprunning.com](http://www.sprunning.com)

### 26 February

**Anthem 5k Fitness Classic, 8:00 am, Slugger**  
Field Stadium, Louisville KY, [www.anthem5k.com](http://www.anthem5k.com)

**Frosty 14 Mile Trail Run, 10:00 am, Ceasars**  
Creek State Park, Waynesville OH, Gary Hemmelgarn,  
937-294-4104 or Mike Allen, 937-299-6712,  
[www.orrcc.org](http://www.orrcc.org)

### 5 March

**Food on the Run 10k / 5k Carrot Run, 9:00**  
am, Yeatman's Cove, Cincinnati OH, Kelly Weissmann,  
[www.nutritioncouncil.org](http://www.nutritioncouncil.org) or 513-621-3262

**5k Run/Walk 4A Cause, 10:00 am, Glendale**  
OH, Lonnie Dusch, 513-552-8340,  
[www.phs.princeton.k12.oh.us](http://www.phs.princeton.k12.oh.us)

### 6 March

**Sprint for Special Olympics, 10:00 am, O'**  
Byron's, O'Byronville, Hamilton County Special Olympics,  
513-271-2606, [www.hcso.info](http://www.hcso.info)

**Arnold 5k, 9:30 am, Greater Columbus**  
Convention Center, Columbus OH, Matt McGowan, 740-  
587-0376, [www.runohio.com](http://www.runohio.com)

**Little Miami 10 Miler, 1:00 pm, Bryan Center,**  
Yellow Springs OH, [www.orrcc.org](http://www.orrcc.org)

### 12 March

**Shamrock Shuffle 5k & 10k, 8:30 am, The**  
Square at Union Centre, West Chester OH, Melissa  
Benedict, 513-874-5450 or [www.wclfoundation.com](http://www.wclfoundation.com)

**Emerald Miles 5k, 9:00 am, Newport on the**  
Levee, Newport, KY, <http://ecgc-ohnky.net/>

**Running Spot Dirt Trail Series, Run for the**  
**Green 5k Trail Run/walk, 9:00 am, Landen/Deerfield**  
Park, Greg McCormick, 513-793-0508 or  
[www.runningtime.net](http://www.runningtime.net)

### 12 March(cont.)

**Germantown 7 & 14 Mile Trail Run, 9:00 am,**  
Germantown Metropark, Germantown, Oh, Jerry  
Swartzel, 937-696-2738, [www.orrcc.org](http://www.orrcc.org)

**Rodes City Run 10k, 8:00 am, 4<sup>th</sup> and Broadway,**  
downtown Louisville, KY, [www.rodscityrun.com](http://www.rodscityrun.com)

**33rd Annual Beer Bottle Open: 4 miler 2:00 PM,**  
Columbus Grove High School, Columbus Grove,  
OH Terry Schnipke, 419-659-5139

### 13 March

**Cavalier 5k, 2:00 pm, Purcell Marian High School, Don**  
Connolly, 513-474-1399, [www.racedmc.com](http://www.racedmc.com)

### 19 March

**St. Patrick's 5k, 10:00 am, Middletown High School,**  
Middletown, OH, Warren Elam, [www.orrcc.org](http://www.orrcc.org)

### 20 March

**34th Annual Heart Mini-Marathon, 8:00 am 15k**  
and Half Marathon, 10:30 am 5k, 12:00 pm  
5k/10k Walk, Fountain Square, Downtown  
Cincinnati, [www.heartmini.org](http://www.heartmini.org)

### 26 March

**Lexington Half Marathon, 8:00 AM, Lexington KY,**  
[www.lexingtonhalfmarathon.com](http://www.lexingtonhalfmarathon.com)

**Papa John's 10 Miler, 8:00 am, Papa John's Cardinal**  
Stadium, Louisville KY,  
[www.papajohns.com/louisville](http://www.papajohns.com/louisville)

### 2 April

**GA 5k – a heavenly hog jog, 9:00 am, Guardian**  
Angels, Mt. Washington, [www.runningtime.net](http://www.runningtime.net)

**Run for the American Dream 5k and 10k, 9:00 am,**  
Winton Woods, Forest Park, OH,  
[www.sprunning.com](http://www.sprunning.com)

### 3 April

**44th Annual ORRRC Marathon & Half Marathon,**  
8:30 am, Xenia YMCA, Xenia OH, [www.orrcc.org](http://www.orrcc.org)

**44th Annual Athens Marathon & Half Marathon,**  
9:00 am, Ohio University, Athens, OH,  
[www.athensmarathon.org](http://www.athensmarathon.org)

### 9 April

**Meters for Mozart 5k, 9:00 am, Joyce Park, Fairfield,**  
Greg McCormick, 513-793-0508 or  
[www.runningtime.net](http://www.runningtime.net)

**Twincreek 10k Trail Run, 10:00 am, Twincreek**  
Metropark, Dayton, OH, Mike Allen, 937-299-  
6712, [www.orrcc.org](http://www.orrcc.org)

**Did you know that the Runners' Club of Greater Cincinnati started as a series of group runs in the summer of 1976?**

**10 April**

**Run for the Lions 5k**, 8:30 am, Ursuline High School, Blue Ash, Kelly Weisman , [www.racedmc.com](http://www.racedmc.com)

**Teddy Bear 5k**, 9:00 am, Masonic Center, downtown Cincinnati, Don Connolly, 513-474-1399, [www.racedmc.com](http://www.racedmc.com)

**Southern Indiana Classic Marathon & Half Marathon**, 7:00 am, Vanderburgh County 4-H Fairgrounds , Evansville, IN, [www.sicmarathon.com](http://www.sicmarathon.com)

**11 April**

**RCGC Annual Meeting, 6:30 PM, Swaim Park Lodge, Montgomery OH, 513-451-2587**

**16 April**

**Dogwood Days 5k**, 9:00 am, Boone County Arboretum, Burlington KY, Greg McCormick, 513-793-0508 or [www.runningtime.net](http://www.runningtime.net)

**Frog Jog**, 9:00 am, East Butler YMCA, Fairfield, Greg McCormick, 513-793-0508 or [www.runningtime.net](http://www.runningtime.net)

**Run for Shelter 5K and Carnival**, 9:00 am, Oakley Recreation Center, [www.runforsheltercincy.org](http://www.runforsheltercincy.org)

**Aruna 5k Run for Freedom**, 10:00 am, University of Cincinnati – Main Campus, Cincinnati OH, [www.aruna5k.com](http://www.aruna5k.com)

**Rat Race 5k & 10k**, 5:30 pm, Paxton's Grill, Loveland, OH, 513-235-8153, [www.cinciratrace.org](http://www.cinciratrace.org)

**17 April**

**Running Spot Dirt Trail Series, Ault Park Switchback**, 9:00 AM, Ault Park, Cincinnati OH, Greg McCormick, 513-793-0508, [www.runningspot.com](http://www.runningspot.com)

**17 April (cont.)**

**Miami Red Brick Run/Walk**, 10:30 am, Millett Hall, Miami University, Oxford OH, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**35th Annual Glass City Marathon**, 8:00 am, Toledo OH, [www.glasscitymarathon.org](http://www.glasscitymarathon.org)

**23 April**

**St. Josephs Home 5k**, 8:00 am, St. Joseph's Home, Sharonville OH, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Strides for Stars 5k**, 9:00 am, Thomas More College, Crestview Hills KY, Greg McCormick, 513-793-0508 or [www.runningtime.net](http://www.runningtime.net)

**Run It Forward 5k**, 9:30 am, Sharon Woods Park, Sharonville, Greg McCormick, 513-793-0508 or [www.runningtime.net](http://www.runningtime.net)

**30 April**

**Flying Pig Toyota 10k**, 8:00am, Sawyer Point, Cincinnati OH, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

**Flying Pig Fleet Feet Sports 5k** 10:15 am, Sawyer Point, Cincinnati OH, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

**Pump and Run Spring Classic**, Sawyer Point, Cincinnati OH, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

**Kentucky Derby Festival Marathon & MiniMarathon**, 7:30 am, Louisville KY, [www.derbyfestivalmarathon.com](http://www.derbyfestivalmarathon.com)

**1 May**

**13th Annual Flying Pig Marathon & Half Marathon**, 6:30 am, Downtown Cincinnati, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.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.

Ads must be paid in full 10 days after ad submission. Invoices sent upon request. Deadline for submitting the ad is generally the 10<sup>th</sup> of the month preceding the date of publication. (April 10 for Spring, July 10 for Summer, October 10 for Fall). 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](mailto:cincinnati@running@gmail.com). or 513-451-2587.

# RUNNERS CLUB

Of Greater Cincinnati

P.O. Box 8761

Cincinnati, OH 45208

cincinnati@running@gmail.com



## Membership Application / Renewal / Change of Address

To register on-line or see the long list of benefits check us out on-line at [www.cincinnati@running.com](http://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.

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

*Annual dues are due each year on March 1<sup>st</sup>.*

*New Application*

*Renewal*

*Change of Address*

*Single Volunteer Membership \$15*

*Single Donation Membership \$20*

*Family Volunteer Membership \$20*

*Family Donation Membership \$25*

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners' Club of America, Runners' Club of Greater Cincinnati, and all sponsors, their representatives and successors, from all claims or liabilities of any kind arising out of participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that bicycles, skateboards, babyjoggers/strollers, roller-skates, in-line skates, animals, and headsets are not allowed in our races; and I will abide by this rule. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of events for any legitimate purpose.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature(if under 18) \_\_\_\_\_ Date: \_\_\_\_\_



P.O. Box 8761  
Cincinnati OH 45208  
Web Site: [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com)