

Winter/February 2014

Upcoming Events.....	Pg. 3
Nomination Form.....	Pg. 4
Scholarship Recipients....	Pg. 5-6
New Members.....	Pg. 6
Grand Prix Series.....	Pg. 7-8
Membership Form.....	Pg. 9
Race Calendar.....	Pg. 10-11



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

Featured Runner ~ Nurys Diaz



What is a typical running year event calendar?

I schedule at least a race every month.

How did you get into running?

I wanted to start 2011 active, and a friend talked to me about running, and I was like, "No, I am too old for that." But he insisted, telling me I could do it, printed a training schedule for a 5k, and told me to give it a try. When I looked at it, it was a Jeff Galloway beginner 5k run/walk, so I started following the training schedule January 1st 2011 on my treadmill. My plan was to run a 5k that year and be done with running. Ha! For accountability he told me to let my friends know what I was doing, and to find a 5k. I signed up for the Heart Mini 5k thinking I probably would walk more than run, but I was wrong and I got hooked with running since then.

As of right now I have been running for 3 years - many 5k's, 10k's, 18 half marathons and 3 full marathons, and I'm happier and healthier than ever.

Where do you normally run?

Around my neighborhood, Winton Woods, and

when the weather is bad or it's too late, the YMCA or home on my treadmill.

What type of training do you typically do?

I have always trained with the Jeff Galloway method, but lately I have made my own training, My regular week is to run 3 to 4 days - weekdays 3-4 miles, and one long run during weekends. It could be from 8 to 20 miles. I also cross train on days that I don't run. I enjoy Zumba, swimming and biking.

What is your favorite in-town race?

The Flying Pig - It was my second race ever 2011, my first half in 2012, and my first full in 2013. Can't miss it!!

What is your favorite out-of-town race?

The Walt Disney World Marathon Weekend. I love Disney races!



What's the furthest from Cincinnati you've run?

I have run in a few cities in Ohio, Kentucky, Tennessee, Illinois, Indiana, Florida, California and Ontario, Canada. But I had a dream come true this past December as I ran in my beautiful island (I am originally from the Dominican Republic). This is the furthest.

Of what running accomplishments are you most proud?

I am very proud of completing my 3 full marathons, especially my first one (it was life changing... and I was amazed at what my body was able to do with just a few years training. I never ran in my life , and couldn't even run to the corner of my house without being out of breath) I'm also very proud of completing the Goofy Challenge at Disney this past January - 39.3 miles in 2 days (Sat. half marathon, Sun. full marathon)



What's your favorite race distance? Why?

Half marathons are my favorite. They give me the feeling of accomplishment, but don't leave me too worn out or exhausted.

How has running influenced your life?

Running has a great positive impact in my life in many aspects - keeping me healthy, active, at a comfortable weight. I have learned to eat better, my friend circle has expanded, it has given me opportunities to know different places, and I am much happier.

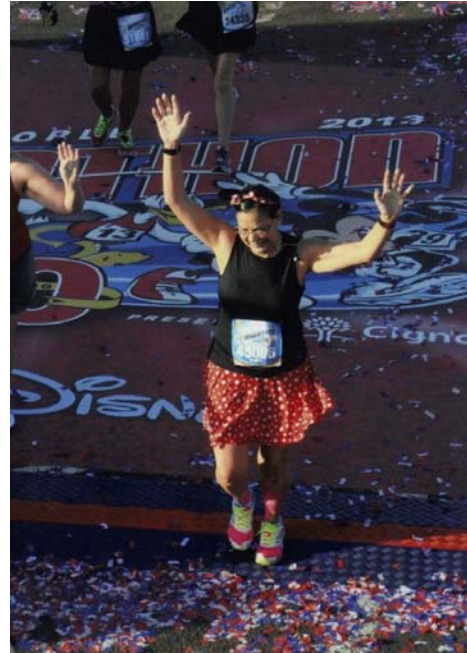
What do you do when you are not running?

Work keeps me busy - I like to plan activities and crafts for the kids. I love to read, go to the movies, and I make tutus (I have a little Etsy store). Plus, the usual activities and

responsibilities we all have to keep a house running.

Any special goal you would like to accomplish this year?

I am planning to run a race every month, and would like to run 1 or 2 full marathons. I am in the lottery for the NYC Marathon (fingers crossed), and am planning to apply for the Chicago Marathon when it opens.



Anything else you would like to share?

Last year was great! I ran my first and second full marathon (Flying Pig and Air Force), and trained for the Goofy Challenge (January 11-12) I also completed 13 half marathons in 2013.

Thank you, Nurys, for sharing this information about yourself and best of luck with your upcoming races!



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Runners' Club of Greater Cincinnati

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Board of Trustees

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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 cincinnatiirunning@gmail.com.

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

Membership Benefits:

- * The RCGC quarterly newsletter with information/event details on the Cincinnati running scene.
- * Discounts on RCGC races.
- * Discounts from area merchandisers as they become available and are announced in our newsletter.
- * Discounted health and fitness programs.
- * Coordinated group runs.
- * Various social events throughout the year including picnics, happy hour runs, Holiday Lights Run and the Christmas Party.
- * An opportunity to meet people with a common interest – running and staying fit!

Renewals, new memberships and changes of address can be processed by mail or through the club website. Annual dues are \$25 per individual and \$45 per family. Articles and letters should be emailed to cincinnatiirunning@gmail.com by the 15th of the month.

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

**34th Annual Valentine 2 Mile
Labor of Love Run -
Regents Hall, Northern Kentucky
University
Sunday, February 16, 2014 -Noon**

**Membership renewals are due March
1, 2014**

**Heart Mini Marathon Members'
Hospitality Suite – Westin Cincinnati
Sunday, March 16, 2014**

**RCGC Annual Meeting
Monday April 7, 2014 6:30PM
Swaim Park Lodge, Montgomery OH**

**Flying Pig Mile 22 Waterstop
Sunday May 4, 2014 7:30 AM
Eastern Avenue, Cincinnati OH**



Membership renewals are due March 1, 2014. Please check the label of this mailer to see if you are due. Thank you!

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 January with the Winter Wonderland 5K Race. Other events include the Valentine's Day Race, Heart-Mini Marathon Suite, Flying Pig Water Stop, Memorial Day Race, the Summer Cross Country Series, Holiday in Lights Run, and other events and races.

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 2014. Requirements are a willingness to work a couple of hours a week, attend one meeting a month, sharing of ideas and 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, a President, Vice President, and a Secretary to serve in 2014. 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.org. 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 in good standing, 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 22, 2014**

Annual Holiday Party

The Holiday in Lights Run which was scheduled for December 8th was cancelled this year due to snow/ice. Without any available dates in December or early January to reschedule, we just decided to move forward with planning the Winter Wonderland 5k for January 25th. (Which



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 5k
Paul Brown Stadium

Resumes this summer!

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



***This is your newsletter and we welcome your inputs! Deadline for inputs into the next Quarterly Newsletter is April 15, 2014. We would love to receive letters, emails, photos, and comments from our local running community. Also, if you would like to nominate a club member for our "Featured Runner" section, please email us at cincinnati@running@gmail.com**

also happened to be cancelled and rescheduled for February 8th!) However, we did go ahead with our annual members' holiday party at Hofbrauhaus on Sunday, January 5th. The Club provided a dinner buffet, open bar, and great conversation! It was nice to meet a few of the new RCGC members, and catch up with veteran members.

2013 High School Student-Athlete Scholarship Recipients:

The Runners' Club of Greater Cincinnati (RCGC) is a non-profit organization of people dedicated to educate, inspire, and promote running and fitness in the community by devoting its energy to the people, issues, and events that make running challenging and fun. In an effort to encourage running among high school students, the RCGC has established an annual scholarship to recognize a promising female and male runner with a demonstrated financial need.

The purpose of the RCGC scholarship is to provide funds for an undergraduate male and female student, each of whom has participated on his or her cross country or track team, has a demonstrated financial need and a reasonable likelihood of academic success. Community involvement and leadership skills are also taken into account. While it is not required, some weight is given to students who intend to continue running at the college level.

Recipients of the Runners' Club of Greater Cincinnati Scholarship must meet these requirements:

- (1) be a resident of the eight-county area considered to be Greater Cincinnati (Hamilton, Warren, Butler, Clermont in Ohio; Dearborn in Indiana; and Boone, Campbell and Kenton in Kentucky);
- (2) have participated on their high school cross country or track teams;
- (3) show proven financial need by submitting a Free Application for Federal Student Aid (FAFSA) to the appropriate organization;
- (4) be a graduating high school senior entering a four-year college or university in the continental United States in the fall of the year they

graduate; (5) fill out a Cincinnati Scholarship Foundation application and submit it by the April 30th deadline; (6) submit letters of recommendations from a high school teacher or guidance counselor and their cross country or track coach. The RCGC annually awards two non-renewable scholarships in the amount of \$500.00 each in May for the previous school year.

We are proud to announce that our two high school recipients for 2013 are Eric Gardner & Emma Nienaber. Both Emma & Eric took time to write the RCGC thank you letters for their scholarship awards:

November 18, 2013

Dear RCGC,

Thank you very much for the \$500.00 Scholarship award from RCGC. I am truly grateful for this scholarship money, so that I can continue my education at Mt. St. Joseph. Running is an activity I continue to enjoy.

I appreciate your consideration for this scholarship.

Very Sincerely, Emma Nienaber

November 1, 2013

Dear RCGC,

I am writing to thank you for your donation of \$500.00 through the RCGC Scholarship. When I learned that I was selected as a recipient of your scholarship I was ecstatic. I love running, and I still do. Even after graduating, I still came back to my high school and attended cross country practice and ran along with all of my friends and coach each day. I attended all the meets and was there to support everyone. Running has really changed my life for the better. I created many strong bonds through running and now it's helping me through college.

I am a criminal justice major and plan to pursue a career with the police department

after my studies are complete. As of now I am a freshman and currently taking 12 credit hours while working. It has not been easy at all, but with your generous help, you've helped to put me one step closer to reaching my goal.

I can't stress how thankful I am to have received this scholarship. I am blessed that you have faith in me and I will not let you down.

Sincerely, Eric Gardner

Congratulations Emma & Eric, and best of luck to both of you as you continue your education and your running!



Welcome New Members!

- Ryan Bruener
- Debora Caley & Sam Scoggins
- Melissa Engelman
- Thomas Hughes
- Adam Keeling
- Tanya Kist
- Cynthia Lough
- Erin Owen
- Blair Simpson
- Kelly Spear
- Jennifer Stark
- Jillian Stelter
- Adam & Elizabeth Tiffany

Please help make them feel welcome!

We very much appreciate your support. Thank you for joining and we hope you found the material in the new member packet you were mailed to be helpful, and that you will be an active participant and volunteer in your organization.



"Fruits and Veggies in a Capsule!"

Llee Sivitz
Wellness Group

mobile: (513) 205 - 9236

LleesJP@gmail.com
www.LleesJP.com

2013 RCGC Grand Prix

The Runners' Club of Greater Cincinnati offered for the first time in 2013 a Grand Prix Series. The goal of the Grand Prix was to include and recognize members that do many of the races that the club puts on or supports throughout the year. To be eligible, members must meet these requirements: RCGC Member in Good Standing for 2013, volunteer regularly at club supported events, and run at least 7 races – 1 Race needs to be a "B" Race and 1 Race Needs to be a "C" Race. Here's how it works:

Races:

A Races - A Races are those races that the club puts on or supports with timing or other services.

B Races - B Races are low-key club races, smaller distance races, and races that the club supports, but there are other races with the event. For example the Heart Mini-Marathon has a Half Marathon, a 15 K and a 5k. The 5k would be considered a B Race while the Half and 15k are considered A Races.

C Races- C Races are races that the club supports or directs where times may not be recorded for all participants. The RCGC Summer Cross Country Series is an example of a C Race. Club members need to let a member of the finish line know that they are participating in a C Race.

In each A Race, the top club member finisher gets 100 points, the second club finisher gets 98 points, third finisher gets 97 points, 4th gets 96 points, 5th – 95 points and so on.

In each B Race, the top club member finisher gets 50 points, the second club finisher gets 48 points, third finisher gets 47 points, 4th gets 46 points etc.

In each C Race, each club member gets 25 points. For C Races, bonus points can be awarded if you are one of the top finishers in a C Race. If you win one of the Summer Cross Country Series Races, you get 5 bonus points in addition to the member participation points.

2013 Races

A Races	B Races	C Races
Winter Wonderland 5K Run / Walk	Heart Mini 5k	Split the Pot Prediction Run
Valentine 2 Mile Labor of Love Run	Little Kings Mile Run	RCGC Summer Cross Country Series Race #1
Heart Mini Marathon 15k	Flying Pig 5k	RCGC Summer Cross Country Series Race #2
Heart Mini Marathon Half Marathon	Madeira Mile	RCGC Summer Cross Country Series Race #3
Emerald Miles 5k	Hudepohl 7k	RCGC Summer Cross Country Series Race #4
Flying Pig Marathon	Brewery Run	Run Like Hell 5k
Flying Pig Half Marathon	Straight Street Climb	
Flying Pig 10K	Mason Half 5k	
Memorial Day Race 37	Woodland Lakes	
Midsummer Trail Run	Christian Camp 5k Trail Run / Walk	
Brian Rohne Race		
Hudepohl 14K		
Brewery Run		
Egg Nog Jog 5k		
CliftonFest 5k		
Mason half marathon		
Thanksgiving Day Race		

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



Please support the donors, sponsors and businesses advertised throughout this newsletter!

“Top Ten” Grand Prix Results for 2013:

Top 10 Males:

Total	Name	Age
526	Jeffrey Schwab	47
518	David Nelson	70
518	Greg Roa	35
510	Seamus Gordon	28
503	Jerl Patton	66
492	Ryan Woolley	30
486	Thom Meyer	47
478	Gary Payne	60
478	Ambrose Wilson	62
447	Harvey Lewis	36

They continue to be a huge part of our local running and walking community.



Top 10 Females:

Total	Name	Age
540	Melanie Miles	48
537	Carol Siderits	49
527	Lisa Roa	34
514	Lisa Kirk	40
490	Stacey Herdering	42
489	Karen Wilson	54
482	Cherie Norman	63
426	Nurys Diaz	50
400	Olivia Connaughton	13
382	Cindy Cranmer	49

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!

Congratulations Everyone! ☺ Awards will be given to the top overall Male and Female, Top Male and Female in the Submasters Category (40 & Under), Masters(40-49) and Legends(50 & over) Categories.

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

In addition to the race listings on pages 10-11, many more races/events in the tri-state are listed by month. Please visit www.cincinnati-running.com and click on "race calendar."

RRCA Convention Spotlight

Register Today!

Register today for the 56th Annual RRCA Convention in Spokane, WA, which will be hosted by the Bloomsday Road Runners Club from May 1-4, 2014 and in partnership with the Bloomsday Road Race. Find all RRCA Convention details and register today at www.RRCA.org/convention/

Runners' Club of Greater Cincinnati

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



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)

Race Calendar: Mid-February – May 2014

Races in Ohio and surrounding states can have your race listed here FREE by sending the following information cincinnati@running.com:

Race Name – Date & Time – Race Location – City & State – Website Address – Contact Information (including Race Director/Management Company Name, Phone Number, and Email Address.)

February

- 16** – 12 Noon – Valentine's Day Labor of Love 2 Mile Race – Highland Heights, KY/NKU Campus Runners' Club of Greater Cincinnati - www.cincinnati@running.com
- 22** – 10:00 AM – Topo Trail Running Series Race #6, 5 Mile & 10 Mile Train Race – England/Idlewild Park, Burlington, KY; www.topoadventuresports.org

March

- 1** – 9:00 AM – Food on the Run 5k & 10k/Nutrition Council of Greater Cincinnati– Yeatman's Cove, Cincinnati, OH Don Connolly, Inc. Race Management – www.racedmc.com
- 8** - 8:30 AM – Shamrock Shuffle 5k & 10k Run/Walk – The Union Centre Blvd. Park, West Chester, OH Running Time/Greg McCormick – www.runningtime.net
- 8** – 9:00 AM – Quo Vadis 5k/10k Race – Covington Latin School, Covington, KY Prescott Race Coordination/Steve Prescott – www.sprunning.com
- 8** – 9:30 AM – Purcell Marian Cavalier 5k – Purcell Marian High School, Cincinnati, OH Don Connolly, Inc. Race Management – www.racedmc.com
- 8** – 10:00 AM – Bockfest 5k/Christian Moerlein Beer Series – Over-the-Rhine Brewery District, Cincinnati, OH Visit www.bockfest.com or www.flyingpigmarathon.com
- 15** – 9:00 AM – 7th Annual Run for the Green 5k Trail Run/Dirt Days Trail Series – Landen Deerfield Park Running Time/Greg McCormick – www.runningtime.net
- 15** – 10:00 AM – 5k The Global Way/CISV 5k Run/Walk – Lunken Airport Playfield Prescott Race Coordination/Steve Prescott – www.sprunning.com
- 16** – 7:30 AM – 37th Heart Mini Marathon 15k & Half Marathon – Cincinnati, OH
10:30 AM – Heart Mini 5k Race; 11:30 AM – 2k Mini Mara Fun Run (Ages 8-12); 12 Noon – 5k/10k Heart Walk
1k Steps for Strokes – following the Heart Walk – American Heart Association – www.heart.org
- 22** – 9:00 AM – Annual Emerald Miles 5k Run & Walk/Epilepsy Foundation – Newport, KY Visit www.cincinnati@epilepsy.com
- 23** – 8:30 AM – Ursuline Academy's Run for the Lions 5k – Ursuline Academy, Blue Ash, OH Kelly Weissmann/Don Connolly, Inc. Race Management – www.racedmc.com
- 29** – 9:00 AM – 7th Annual GA 5k...A Heavenly Hog Jog – Guardian Angels School in Mt. Washington, OH Running Time/Greg McCormick – www.runningtime.net
- 30** – 11:00 AM – Cincinnati Gorilla Run 5k & Kid's 1k to Benefit Mountain Gorillas – Montgomery Inn Boathouse Don Connolly, Inc. Race Management – www.racedmc.com

April

- 5** – 9:00 AM – Finneytown Wildcat 5k – Finneytown, OH Running Time/Greg McCormick – www.runningtime.net
- 5** – 9:00 AM – St. Rita CCR 5k Run & Walk – Winton Woods Park, Cincinnati, OH Running Time/Greg McCormick – www.runningtime.net
- 6** – 9:00 AM – Live It Like You Mean It 5k – Spring Grove Cemetery/Arboretum, Cincinnati, OH Prescott Race Coordination/Steve Prescott – www.sprunning.com
- 12** – 8:30 AM – CASA of Kenton County Run for Kids 5k – Devou Park, Covington, KY Prescott Race Coordination/Steve Prescott – www.sprunning.com
- 12** – 9:00 AM – 5th Annual Meters for Mozart 5k Run/Walk – Water Works Park, Fairfield, OH Running Time/Greg McCormick – www.runningtime.net

April

- 12 – 9:00 AM – St. Joseph's Home Incline to the Finish Line 5k – St. Joseph's Home, Evendale, OH
Don Connolly, Inc. Race Management – www.racedmc.com
- 13 – 9:00 AM – Running Spot Dirt Days Trail Series – Ault Park Switchback 3.6 mile– Ault Park, Cincinnati, OH
Running Time/Greg McCormick – www.runningtime.net
- 13 – 9:00 AM – Teddy Bear 5k – Cincinnati Masonic Center
Don Connolly, Inc. Race Management – www.racedmc.com
- 13 – 2:00 PM – Citizens for Loveland Levy 5k – Loveland, OH
Running Time/Greg McCormick – www.runningtime.net
- 26 – 8:30 AM – Conquer the Hill 5k – Indian Hill High School, Cincinnati, OH
Prescott Race Coordination/Steve Prescott – www.sprunning.com
- 26 – 9:00 AM – Boone County Arboretum's Dogwood Dash 5k Run/Walk – Central Park; Burlington, KY
Visit: <http://bcarboretum.org/DogwoodDash.aspx>
- 26 – 9:00 AM – Strides for Stars 5k/STARS Grief Support for Kids – Crestview Hills, KY
Running Time/Greg McCormick – www.runningtime.net
- 26 – 9:00 AM – St. Joseph's Festival Day 5k – North Bend, OH
Running Time/Greg McCormick – www.runningtime.net
- 27 – 9:00 AM – 7th Annual Dayton Panerathon 5k Run & Walk to Fight Hunger– Centerville, OH
Running Time/Greg McCormick – www.runningtime.net
- 27 – 9:00 AM – Caracole 5k Annual 5k Run/Walk for AIDS - Spring Grove Cemetery/Arboretum, Cincinnati, OH
Prescott Race Coordination/Steve Prescott – www.sprunning.com

May

- 3 – 8:30 AM – Derby Dash 5k Run/Walk – Williamstown, KY (Grant County) –in conjunction w/ Derby Festival
Running Time/Greg McCormick – www.runningtime.net
- 3 – Time TBD – Flying Pig Pump and Run 5k & 10k/Running & Weight Lifting! – Sawyer Point, Cincinnati, OH
<http://www.pumpandruncrace.com/>
- 4 – 6:30 AM – 16th Cincinnati Flying Pig Marathon, Half Marathon, Relay, Toyota 10k & Tri-State Running
Company 5k; Kids Races/Activities & More! – Cincinnati, OH
www.flyingpigmarathon.com for all details, times, info.
- 10 – 8:30 AM – Forest Hills Foundation 5k – Nagel Middle School, Cincinnati, OH
Don Connolly, Inc. Race Management – www.racedmc.com
- 10 – 9:00 AM – 4th Run United5k Run/Walk benefiting Butler County United Way – Butler Tech, Liberty Twp.
Running Time/Greg McCormick – www.runningtime.net
- 10 – 5:30 PM – Block the Sun Run 5k – The Running Spot Store, Glendale, OH
Prescott Race Coordination/Steve Prescott – www.sprunning.com
- 11 – 9:00 AM – Morgan's Xtreme 4 Mile Trail Run – Morrow, OH
Running Time/Greg McCormick – www.runningtime.net
- 16 - 7:00 PM – Kilgour Carnival 5k – Kilgour Elementary, Cincinnati, OH
Prescott Race Coordination/Steve Prescott – www.sprunning.com
- 17 – 8:30 AM – Kenton County Veterans Memorial 5k Run – Crescent Springs, KY
Running Time/Greg McCormick – www.runningtime.net
- 18 – 9:00 AM – Running Spot Dirt Days Trail Series – Mt. Airy Ridge Run 5.4 & 10.6 miles – Mt. Airy Forest
Running Time/Greg McCormick – www.runningtime.net
- 24 – 9:30 AM – RGI River Run & Walk 5k Benefiting Kicks for Kids – Newport on the Levee, Newport, KY
Don Connolly, Inc. Race Management – www.racedmc.com
- 25 – 9:00 AM – Mariemont 5k – Mariemont High School, Mariemont, OH
Don Connolly, Inc. Race Management – www.racedmc.com
- 26 – 9:00 AM – Freestore Foodbank Hunger Walk & Run 5k – Downtown Cincinnati, OH
Don Connolly, Inc. Race Management – www.racedmc.com
- 31 – 8:00 AM – Redlegs Run for Home 5k & 10k – Great American Ballpark, Downtown Cincinnati, OH
Kelly Weissmann/Don Connolly, Inc. Race Management – www.racedmc.com



PO Box 8761
 Cincinnati OH 45208
 Web Site: www.cincinnatiirunning.com

Newsletter Advertising Rates	
Ad Size	Rate
Business Card (3.5" x 2")	\$20 per issue/\$60 for 4 issues
1/3 Page(approx. 7.5 x 3.5)	\$40 per issue/\$120 for 4 issues
1/2 Page(approx 7.5" x 5")	\$60 per issue/\$180 for 4 issues
Full Page(8" x 10.5")	\$100 per issue/ \$300 for 4 issues
Full Page or Brochure insert(you print)	\$80 per issue
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 cincinnatiirunning@gmail.com.</p>	