

Fall / Holiday 2007

New Members.....Pg. 2
Featured ArticlePg. 3
Prediction RunPg. 4
November Minutes....Pg. 5-6
Featured Runner.....Pg. 7-8
Membership Form.....Pg. 9
Race Calendar.....Pg. 10
Lucky 7.....Pg. 11-12
Race FlierPg. 13



President Letter



It is time for the holiday season. There is so much happening with the club that we had to get out another issue. The holiday season has some favorite races like the Thanksgiving Day Race, the Egg Nog Jog,

and the Jingle Bell Run. This year a new race, the Reindeer Romp in Crosby Township kicks off the Christmas celebration in Crosby Township. The club will be handling the finish line for this race. If you want a smaller race with a free pancake breakfast, then this is the race for you.

Do not forget about our Holiday in Lights Run on Monday December 17. It is one of my favorite club events. We meet at the Williams YMCA in Walnut Hills and run to Fountain Square and back enjoying all the Christmas decorations along the way. If you can not make the entire distance, we will have sleds (aka cars) that will bring you back from Fountain Square. If you can help be a sled, I would greatly appreciate it. Just contact us at cincinnati@rrca.com.

After the New Year begins, we kick off 2008 with our Holiday Party on Saturday January 5, 2008 from 7:00-11:00 PM. We may try a theme this time so stay tuned. I like the 2008 Hangover

Recovery Party as you try to avoid a hangover by staying drunk for 6 straight days. Not the best idea, but we may come up with something. If you want to attend, please RSVP Linda Jeanmougin at lindaj@cinci.rr.com by the end of the year.

Speaking of ideas, we need members to step up and help with the ones that we currently have. I have been approached by many of you about races, social activities that I would love to do. However after doing the Lucky 7 Race, I came to the obvious conclusion that I can not do it all. If not for the volunteers on race day, I doubt that the race would have been the success that it was.

Finally, congratulations to Mike Smith who survived the trail run in Bend Oregon in 2007. You can read about Mike's story. Congratulations are due to recent member Kim Noble who is our featured runner. She won the Lucky 7 Race with a 7K personal best of 28:32. Also, to all you runners out there you will enjoy our top ten and probably have done some of them. Keep Running.

Todd Hofacre
President

Runners' Club of Greater Cincinnati
P.O. Box 8761
Cincinnati, OH 45208
www.cincinnatiirunning.com
cincinnatiirunning@gmail.com

Board of Directors

President Todd Hofacre 513-451-2587
Vice President Nick Kleiner 513-574-4502
Secretary Ed Hunter 513-522-6199
Treasurer Jeff Hummel 513-667-6462

Trustees At Large

Race Calndr. Nwsltr. Tom Glasscock
937-695-1367
Newsletter Editor/Design Open
Merchandise/Clothing Open
Social/Hospitality Open
Volunteer Coordinator Open
Equipment Manager Stacy Osborne
513-351-6300
Membership Staff Brenda Roark
513-248-2279
Database Manager Open
Webmaster Marty Hovey
Linda Jeanmougin 513-375-5401
Mike Smith 513-372-5401

Board Meeting: Check website for details. (Typically last Thursday of the month – all are welcome)

Open Positions: Merchandise/Clothing, Social, Volunteer Coordinator, Newsletter Editor. If you are interested in getting involved, please contact us at cincinnatiirunning@gmail.com

The Runners' Club of Greater Cincinnati is a non-profit organization dedicated to educating, inspiring, and promoting running and fitness in the community by devoting its energy to the people, issues, and events that make running challenging and fun. RCGC is a member in good standing of the Road Runners Club of America (RRCA) and the United State Track and Field (USATF).

Participants in our events may represent any club, school, organization, or be unattached.

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 most RCGC races.
- * Discounts from area merchandisers as they become available and are announced in our newsletter.
- * Free health and fitness programs.
- * Coordinated group runs.
- * Various social events throughout the year including picnics, twice monthly group 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/\$25 per individual. \$20/\$25 per family.

Articles and letters should be emailed to cincinnatiirunning@gmail.com by January 15, 2008.



Welcome New Members!

- Rick Bales
- Stephanie and AJ Detterline
- Jason Fremder
- Christopher Lam
- Sean and Annette Molony
- Timothy Morhead
- Scott Owen
- Scott Provancher
- Clara Rice
- Dana and Karen Tindall
- Farrah Vaughn
- Rick Yost



RCGC Weekly Group Run
Every Thursday at 6:30 pm
Clifton Recreation Center,
corner of Clifton and McAlpin
Avenue (behind the Clifton
School) 2-4 miles at 8:00-
11:00 mile pace.

Haulin' Aspen Half-Marathon

By Mike Smith

For lovers of trail running, nothing beats the trails out west. Trail running clubs and trail races are located throughout the western part of the United States. One such trail run is located in Bend, Oregon. Bend is located in central Oregon, about two hours north of Crater Lake. At about 4500 feet in altitude, Bend is nestled just east of the Cascade Mountain Range. On a Saturday afternoon, one can see throngs of cyclists, hikers, and runners of varying fitness levels throughout a city that embraces a healthy lifestyle. In mid-August, 500 trail runners converged on Bend to participate in the Haulin' Aspen Trail Marathon and Half-marathon.

The run takes place at Aspen Meadows at Shevlin Park on the edge of Bend. In their third year, the race committee has done an excellent job of organization, course management, and post-race activities. The course itself offers a great mix of terrain, surfaces, and views. Because it is considered a high desert area, the race conditions were dry and cool with morning temperatures barely reaching the 50s. The half-marathon trail run, which I participated in, had an elevation climb of 1300 feet. Most of this occurred roughly between 6 and 9 miles into the run. The course consisted mainly of winding single-track trails and cinder and dirt forest access roads. The trails are sheltered by aspens, ponderosas, and other pine trees. From some vantage points on the course, one can catch glimpses of nearby peaks like Mt. Bachelor and Tumalo Mountain.

After the race, runners can cool off their feet by soaking them in the mountain spring water of Tumalo creek.

While soaking in the creek, the race offers plenty of food from some of the local restaurants in Bend. Then once back in Bend, runners can grab a pint from DeShutes Microbrewery.

With Crater Lake just two hours away from Bend, it offers the climax for a scenic weekend getaway. Crater Lake has some of the bluest water you will ever lay eyes on and offers many scenic vantage points from which to take pictures or just soak in the beauty of the lake and the surrounding forest. And for the hardest of souls, Crater Lake has a Marathon, Half-marathon, and Quarter-marathon run around the Rim Road surrounding the lake. This race takes place (at least this year), the day before the Haulin' Aspen Trail Runs. Though I did not do both races, a fair number of runners did the daring double of back to back marathons. For those interested in the Haulin' Aspen Trail Runs, registration opens around March of next year and is expected to reach its cap of 500 runners again.



Prediction Run Race Results

RCGC Picnic

Swaim Park, August 26, 2007

Conditions: Extremely hot and humid

Name	Predicted Time	Actual Time	Difference
Lonnie Smith	27:42	27:30	:12
Tom Glasscock	16:55	16:37	:18
Rob Moyer	17:30	16:33	:57
John Zerhusen	20:00	18:43	1:17
Todd Hofacre	25:00	23:16	1:44
Nancy Zadek	36:00	38:14	2:14
Kim Noble	20:00	17:23	2:37
Marilyn Hunter	35:00	38:14	3:14
Bill Hardy	34:12	37:47	3:35

Special Thank you to Ed Hunter and Peter Wayte for managing and directing the prediction run and made sure that the runners did not get lost on the 2.5 mile course.

Thank you to Jeff Hummel for serving as master chef and cooking up delicious hamburgers, hot dog, veggie burgers and chicken patties.



The almost dirty dozen



Top 3 running psychics Tom Glasscock, Lonnie Smith, and Rob Moyer

FLEET FEET SPORTS

The Crossings of Blue Ash
 9525 Kenwood Road
 Cincinnati, OH 45242
 513.793.8383
www.fleetfeetcincy.com



Lonnie Smith

Bill Hardy. Next year he hopes that the Magic 8 Ball will improve his fortunes



November Meeting Minutes
RUNNERS' CLUB OF GREATER CINCINNATI BOARD MEETING MINUTES

November 1, 2007

(at Clifton Recreation Center, Clifton and McAlpin Avenues, Clifton)

Members Present: Tom Glasscock, Todd Hofacre, Ed Hunter, Rob Moyer (new Board member), Lonnie Smith, Seth Warncke. Guests: Valentine Bickett and Tom Hammel. Jeff Hummel and Peter Wayne absent due to work commitments.

Financial Report: No report. There has been little financial activity this past month. We will have an update at the next meeting.

Membership: Rob Moyer agreed to take over this responsibility from Todd. Todd will orient Rob on updating and managing the Membership Database.

Newsletter: Todd expects the next issue out before Thanksgiving. This issue will include information about the Holiday in Lights Run and the Christmas party.

2008 Flying Pig Marathon (May 4) and RRCA Convention - update: Todd met recently with Iris Bush (Executive Director of the Flying Pig Marathon), Stephanie Mileham (Event Manager for the Flying Pig Marathon), and Bob Roncker to discuss, among other things, how the Club could assist with the 2008 RRCA convention. The convention will be held in Cincinnati the weekend of the marathon (May 1-4, 2008). The Club will need to provide many volunteers (e.g., to help with registration and with group runs) and will assist with pre-planning for the convention. The convention will include a banquet dinner among other things. In the past, the host club usually supplied a gift at the banquet. Due to Cincinnati's brewing history, beer might make a good choice of a host gift. Separately, the Club may try to link up with a training group for the marathon.

Holiday in Lights Run (Tuesday, December 11, 2007, 6:30 p.m., starting and ending at the Williams YMCA): All arrangements have been finalized. Post-run refreshments will be at O'Bryons Irish Pub, 1998 Madison Rd., O'Bryonville. The Club will pay for beverages and appetizers.

Christmas Party (Saturday, January 5, 2008): Linda Jeanmougin has reserved the party room at the Central Park condo complex, the site for last year's party. Linda will need help with set up (1 or 2 people for an hour before the party) and with clean up (3 or 4 people for 30 minutes after the party). Jeff will handle music. The Club will provide meat, bread, and beverages. Club members will bring side dishes and desserts. T-shirts and other awards from previous races will be used as door prizes.

Scholarships: Ed spoke recently with Ned Hertenberg, Director of the Cincinnati Scholarship Foundation (CSF), to determine if CSF would be willing to work with the Club and the Kicks-for-Kids Foundation to select scholarship candidates in 2008. Ned told Ed that the CSF would be happy to work with the Club and K4K on candidate selection, however, he noted that IRS regulations and the Pension Protection Act of 2006 prevent the donor (e.g., K4K) from controlling the selection of the scholarship

recipients (to avoid possible conflict of interest). We understand this to mean that the final selection of candidates would need to be jointly agreed upon by K4K, the Club and CSF, NOT the sole selection of K4K or the Club. Todd will forward this information to Mike Smith, who in turn, will inform K4K and determine if K4K is willing to proceed in this manner.

- Upcoming Races: (1) English-Idlewild Park (Boone County) 5K, Burlington KY, November 3, 2007, 8 a.m.: Todd, and Tom, will do timing and man the finish line.
- (2) Run the Park 5K, Versailles, IN, November 10, 2007: Jim Cole will be using the club's timer for this race and if someone can help him with timing that would be greatly appreciated.
- (3) Thanksgiving Day 10K, downtown, November 22, 2007: The Club will not do trash clean-up after the race this year. We may set up our tent and provide bag checks for runners. Details need to be worked out.
- (4) Reindeer Romp 5K, Crosby Township, December 8, 2007: A few people are needed to help with timing. (This race is same day as the Jingle Bell Run for Arthritis in Covington and Cincinnati.). The club will get \$50 plus \$1 dollar for each runner that runs.
- (5) Valentines Day Race, 2 miles, NKU, February 10, 2008: Nick Kleiner will work with Steve Kruse (NKU) on this race. Additional Club members will be needed to assist. Todd will set up a new account with Active.com to handle on-line registrations. We will try to have fliers available to distribute at the Thanksgiving Day Race.
- (6) Leap Day Race, 4K (~2.5 miles), proposed for Friday night, February 29, 2008: We will try to use Mt. Airy Forest as the race site. We need to submit a park permit to hold the race there. Todd will investigate whether we could reserve a shelter with indoor lights. We would try to start the race by around 6:30 p.m. so there still will be some daylight.
- (7) Ground Hog Day 5K, proposed for February 2, 2008: It was suggested that we consider holding such a race at the zoo. Zoo personnel could bring out a ground hog in honor of the occasion. Alternatively, we will investigate the possibility of holding a race using Don Connolly's Spring Grove Avenue course starting and ending at the Museum Center. One issue with the race may be the Valentine's Day Race being the next week and the unpredictability of Cincinnati weather.
- (8) Memorial Day Race 5K, possibly Monday, May 26, 2008: It is expected that the Kicks for Kids Foundation will conduct a 5K race on the Saturday of Memorial Day weekend (May 24, 2008). We will look into holding a separate race somewhere on Memorial Day. The first option is Clifton (the original site of the Club's Memorial Day Race). Todd will see if Clifton would be willing to have our race before their Memorial Day parade, as had been done years ago when the race started and ended in Mt. Storm Park.

Next Board Meeting: Thursday, December 6, 7:30 p.m., at the Clifton Recreation Center, Clifton and McAlpin Avenues, after the group run.

Respectfully submitted,
Ed Hunter, Secretary

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 hosts many events starting in February with the Valentine's Day Race. Other events include the Heart-Mini Marathon Bag Stuffing, Heart-Mini Marathon Expo Booth, Heart-Mini Hospitality Suite, the Flying Pig Water Stop, the Summer Cross Country Series, Meet the New Members Happy Hours, Holiday in Lights Run, Summer Picnic, and various other races just to name a few.

These events are designed for the enjoyment of all members and the Greater Cincinnati Running Community. They require the organized effort of both board members and volunteers. We are actively searching for Board Members to lead the RCGC into the 21st Century. Requirements are a willingness to work a couple of hours a week, a vision for the future of the RCGC, and at least a two 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 their new ideas.

Currently, we have several specific volunteer openings: Merchandise, Newsletter, Social/Hospitality, Volunteer Coordinator, and Membership/Database manager. If you can fill one of these positions or want to be a part of the future of the club as a general board member, please attend the next board meeting or send an email to cincinnati@rcgc.org.

20 Questions with Featured Runner Kim Noble



Kim Noble is our featured runner for the fall. Since getting back into running last year, she is one of the top runners in the Cincinnati area. She was the top overall female in our Lucky 7 Race. She won the Freestore Food Bank 5k on Memorial Day after she finished 3rd overall in the RGI River Run two days before. She originally hails from Pittsburgh and hopefully is not a rabid Pittsburgh Steeler fan. Currently, she lives in Hamilton with her husband and three dogs. She spent a few moments answering our questions.

- 1. How long have you been running?** I have been running on and off since I was 14 years old. I really just got back into it June 2006.
- 2. What got you started?** My father
- 3. Where do you normally run?** The Great Miami River Road Bike Trail in Hamilton. It is also one of my favorite routes
- 4. What type of training do you typically do?** I really just run or

- jog. I run/jog six days a week 7 to 9 miles a day.
5. **What are your favorite three races locally?** The "Oh My Achin Arches" race was my favorite because it was a fundraiser for the Hamilton Senior Center and I work there as a case manager. I also really enjoyed the Heart Mini Marathon 15K and the WCPO Big Brothers and Big Sisters 5K.
 6. **What is your favorite race out of town?** The Fathers Day 10K in Pittsburgh, PA (my hometown).
 7. **Where is the furthest from Cincinnati that you've run?** Pittsburgh but I am currently training for the Philadelphia Marathon in November. (I have family there).
 8. **Of what accomplishments are you most proud?** That I am a Social Worker.
 9. **What is your favorite pre-race meal?** Chicken, pasta and lots of vegetables and always my favorite food - pop tarts (any kind).
 10. **Do you have any special pre-race rituals or music?** No.
 11. **What is your favorite retreat?** Spending time in Pittsburgh with my sisters and four nieces and nephews ages 2-5.
 12. **What do you do when you are not running?** I spend time with my three dogs.
 13. **What are some running events that you have enjoyed helping with?** I would like to help more instead of just running in them. In 2005 my husband got volunteered to call out race times at the ReMax Miracle Miles Race in Winton Woods. That is about the extent of my helping by doing anything else but running and it was not even me. My goal is to help out more.
 14. **How has running influenced your life?** It has made me more disciplined and I have met some inspiring people at races.
 15. **Any special goals that you would like to accomplish in the next few years?** To complete a full marathon.
 16. **How did you get involved with the Runners Club of Greater Cincinnati?** I met a great friend at the Big Brothers/Big Sisters race in 2006, Linda Bolin and she has encouraged me to get more involved and join the club instead of just running on my own. She and I have been great friends since meeting at that race. She has been a member of the club.
 17. **What typical distances do you enjoy running?** 15K I just had so much fun at the Heart Mini which was a 15K.
 18. **Do you run solo or do you prefer group runs?** I usually run solo but recently started running with a group. I ran with the Christian Runners last Saturday and they were a great group of people. I plan on running more with that group and other groups. It helps me keep up my pace. I tend to slow on my own.
 19. **What was the last book you read?** Stepping Out by Danielle Steele.
 20. **What was the last movie you saw?** Night at the Museum.

RUNNERS' CLUB
Of Greater Cincinnati
 P.O. Box 8761
 Cincinnati, OH 45208
 cincinnatirunning@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.rcgc.net.

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.

- | | | | |
|--|---|---------------------------------------|---|
| <input type="checkbox"/> Marathoning | <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.

- 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: _____ Date: _____
 (If under 18)

REMINDER! MEMBERSHIP BENEFITS WERE DUE IN MARCH - RENEW TODAY!

	MEMBERSHIP BENEFITS	
	<ul style="list-style-type: none"> ◆ Group Runs Throughout the City ◆ Free Running Seminars & Coaching Advice ◆ Bimonthly Newsletter featuring race calendar, training tips, member & event news, social events & more... ◆ Discounts on local races 	<ul style="list-style-type: none"> ◆ Discounts at local running stores ◆ Free Track & Cross Country Series ◆ Women's Safety Seminars ◆ Social Events - Parties, Picnics, Happy Hours

SAVE THE DATE

JOIN YOUR RCGC FRIENDS AT
THESE UPCOMING EVENTS

HOLIDAY IN LIGHTS RUN.

Monday, December 17, 2007 6:30
PM. Run begins and ends at the
Williams YMCA.
Refreshments at O' Bryon's Irish
Pub, O' Bryonville.

Holiday Party

Saturday, January 5, 2008
Time: 7-11pm,
Clubhouse Central Park
condominiums
Galbraith Road
between Winton Rd and Ronald
Reagan Hwy entrance,
Finneytown.

Members are asked to bring the
following:

First Names that begin with A-L:
Appetizer, side or vegetable
First Names that begin with M-Z:
Dessert

Space is limited! Please RSVP to
Linda at lindaj@cinci.rr.com by
December 31, 2007.

Articles for next newsletter due
January 15, 2008.

Labor of Love Run

Sunday, February 10, 2008.
12 noon.
Northern Kentucky University.

22 November (continued):

28th Annual Turkey Trot, 5 miles,
8:00 a.m., Baum Opera House, Miamisburg,
Ohio, www.orrrc.org

**Friends of Wilmington Parks
Annual Turkey Trot**, 5K, Wilmington
College, Wilmington, Ohio, Heather Harmon,
937-382-6661 ext. 271

1 December

**15th Annual Egg Nog Jog 5K Run/
Walk**, 10:00 a.m., Mt. Adams, Greg
McCormick, www.runningtime.net

John Bryant 20K Trail Run, 10 a.m.,
John Bryant State Park, Dayton, Ohio,
www.orrrc.org

2 December

30th Annual Seven Hills Run, 12.6
miles, 10:00 a.m., Lincoln Community
Center, Cincinnati, Ohio, Marketia Hoff, 513-
352-1622

8 December

**Crosby Township Reindeer Romp
5K Run/Walk**, 8:30 a.m., Crosby Senior
Center, 7910 Willey Road, Harrison, Ohio,
Sarah Gross, 513-310-1674 or
www.crosbytwp.org

Jingle Bell Run 5K, 10:00 a.m.,
Northern Kentucky Convention Center,
Covington, KY, Don Connolly, 513-474-1399
or www.racedmc.com

15 December

Noel 5K Run, 10:00 a.m., Lunken
Airport Playfield, Don Connolly, 513-474-
1399 or www.racedmc.com.

17 December

RCGC Annual Holiday Lights Run,
6:30 p.m. Williams YMCA, 1228 E. McMillan
St., www.cincinnatiirunning.com.

1 January, 2008

**Al Salvato Memorial Frostbite 5
Mile Run**, 10:30 a.m., Campbell County
YMCA, Ft. Thomas, KY Brad Kinkema, 859-
781-1814

10 February, 2008

Valentine's Day Labor of Love Run,
Northern Kentucky University, Highland
Heights KY, www.cincinnatiirunning.com.

Race Calendar

22 November

**98th Annual Thanksgiving Day
Race**, 10K, 9:00 a.m., Paul Brown Stadium,
Downtown Cincinnati, Ohio,
www.thanksgivingdayrace.com

RCGC LUCKY 7 RACE



Top 7 Men Overall

Place	Name	Time
1	Dave Gutekunst	24:47
2	Bill Valenzano	25:31
3	Greg McCormick	26:16
4	Thomas Allman	26:38
5	Joe Brown	27:00
6	Misha McCormick	27:22
7	Eric Walker	27:24

Top 7 Women Overall

Place	Name	Time
1	Kim Noble	28:32
2	Crystal Karnehm	30:17
3	Leah Underwood	31:06
4	Angela Gardner	31:23
5	Christine Ellsworth	31:27
6	Debbie Biddle	32:39
7	Heather McLimore	34:36

Top 7 Men Masters

Place	Name	Time
1	Duane Machesney	29:05
2	Ken Roark	29:24
3	Andy McGarvey	29:37
4	Jay Dale	29:39
5	Brent Barta	29:41
6	Doug Todd	29:48
7	Danny Bubp	30:38

Top 7 Women Masters

Place	Name	Time
1	Robi McIntyre	36:27
2	Sally McLane	37:02
3	Connie Powell	39:19
4	Cathy Honsaker	39:59
5	Kim Phillips	40:14
6	Jennifer Dale	42:28
7	Kimberly McVey	42:55

Top 7 Male 18 & Under

Place	Name	Time
1	Nick Wilham	48:29
2	Daniel Barta	58:26
3	Douglas Barta	1:04:07

Top 7 Female 18 & Under

Place	Name	Time
1	Jenna McVey	38:23
2	Stephanie Powell	44:58



Lucky 7 Overall Results

Finish	Name	Age	Sex	Time	Finish	Name	Age	Sex	Time
					48	Jen Martin	27	F	38:21
1	Dave Gutekunst	28	M	24:47	49	Jenna McVey	18	F	38:23
2	Bill Valenzano	47	M	25:31	50	Lindsay Reichert	25	F	38:26
3	Greg McCormick	50	M	26:16	51	Jim Sizemore	70	M	38:33
4	Thomas Allman	37	M	26:38	52	Connie Powell	42	F	39:19
5	Joe Brown	47	M	27:00	53	Megan Blake	27	F	39:35
6	Misha McCormick	16	M	27:22	54	Robert Molloy	49	M	39:36
7	Eric Walker	35	M	27:24	55	Laura McIntyre	28	F	39:38
8	James Cain	28	M	27:25	56	Andrew Hagerman	34	M	39:40
9	Kim Noble	36	F	28:32	57	No Card			39:49
10	Duane Machesney	40	M	29:05	58	Victoria Farmer	29	F	39:50
11	Ken Roark	57	M	29:24	59	Cathy Honsaker	59	F	39:59
12	Andy McGarvey	48	M	29:37	60	Kim Phillips	50	F	40:14
13	Jay Dale	41	M	29:39	61	Kristy Philips	37	F	40:16
14	Brent Barta	47	M	29:41	62	Steve Grober	56	M	40:31
15	Kevin Marvinac	19	M	29:46	63	John Cressy	39	M	40:46
16	Doug Todd	47	M	29:48	64	Bob Obermeyer	57	M	41:34
17	Crystal Karnehm	32	F	30:17	65	Heather Haibel	22	F	42:00
18	Danny Bubp	52	M	30:38	66	Jennifer Dale	42	F	42:28
19	Charles Evans	50	M	30:50	67	Julie Strotman	36	F	42:29
20	Bruce Dixon	39	M	30:53	68	Kimberly McVey	44	F	42:55
21	Leah Underwood	24	F	31:06	69	Cassandra Meinerding	24	F	43:04
22	Angela Gardner	24	F	31:23	70	Rebekah Folkens	49	F	44:04
23	Christine Ellsworth	26	F	31:27	71	Stephanie Powell	16	F	44:58
24	Robert Jasinski	39	M	31:34	72	Ronald Dubin	55	M	45:20
25	Don Raake	43	M	31:40	73	Kathy Mari	48	F	45:26
26	Steve Wilson	33	M	31:59	74	Jenni Raake	44	F	45:47
27	Debbie Biddle	48	F	32:39	75	Mike Grawe	57	M	45:47
28	Mark Hojnacki	31	M	33:26	76	Heather Grooms	37	F	46:33
29	David Ostrander	49	M	33:38	77	Bill Whipp	62	M	47:56
30	Sean Geers	34	M	34:20	78	Trish Roddy	36	F	48:07
31	Heather McLimore	21	F	34:36	79	Nick Wilham	12	M	48:29
32	Lisa Becht	23	F	35:10	80	Charlie Hibbard	25	M	49:14
33	Laura Graham	35	F	35:13	81	Lisa Powers	27	F	51:45
34	Todd Braswell	39	M	35:16	82	Jessica Noll	28	F	51:51
35	Bill Wilham	60	M	35:21	83	Card Not Turned in			53:13
36	Jay Kimmey	32	M	35:35	84	Jennifer Day	37	F	53:28
37	John Phillips	57	M	35:43	85	Daniel Barta	14	M	58:26
38	Doug Donohoo	48	M	36:18	86	Liz Wyan	36	F	58:38
39	Lonnie Smith	51	M	36:24	87	Barbara Whipp	62	F	58:43
40	Robi McIntyre	56	F	36:27	88	Judi Wilham	59	F	1:01:09
41	David Gray	58	M	36:28	89	Tracy Barta	48	M	1:01:27
42	Stephen Haley	56	M	36:40	90	Douglas Barta	11	M	1:04:07
43	Eileen Spillane	29	F	36:43	91	Paul Lucky	61	M	1:04:53
44	Sally McLane	53	F	37:02	92	Anne Lucky	63	F	1:04:54
45	Dave Nelson	64	M	37:21					
46	David Stickel	37	M	37:50					
47	Jim Neu	61	M	38:00					



1st Annual Reindeer Romp 5k Run /Walk & Kid's Romp in Beautiful Crosby Twp

Christmas, Crosby Style

Benefits: Crosby Kringle Chest

Providing Christmas Toys for Children in Need

Date: Saturday, December 8th 2007

7:30 AM Registration - 8:30 AM Race

Kid's Romp - 9:30 AM



Join us after the race for a pancake breakfast. Then watch the parade which finishes with Santa Claus riding into town on a fire truck.

For questions and information check out the Crosby Twp website at www.crosbytwp.org or call Sarah at 513-310-1674.

Route

This is a fast, flat route. Start at the Crosby Sr. Center, 7910 Willey Road, Harrison, OH. Willey to Atherton, pick-up the Miami Whitewater Shaker Trail. Leave trail and travel south on Oxford, left on Willey returning to Sr. Center.

Awards

- Prizes awarded to the top Male and Female overall finishers in the 5k Run & Walk
- Prizes awarded to the top 15% of each age group (based upon pre-registration) for both run and walk categories.
- Prizes awarded to the top Boy and Girl finishers in each Kid Category
- Best "Holiday Theme Costume" for both Male and Female

Divisions

- Run > Men and Women 14/under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70/over
- Walk > Men and Women 14/under, 15-19, 20-29, 30-39, 40-49, 50-59, 60/over
- Kids Reindeer Romp Fun Run (on the paved trail at the Sr. Center) > Boys and Girls Under2, 3-4, 5-6, 7-8, 9-10

Registration

Pre-Registration: Adults - \$20 per person - includes long sleeve t-shirt and pancake breakfast, Kids - \$5 per child - includes reindeer gift and pancake breakfast. Registration by mail with form below should be postmarked by November 26, 2007. Register on-line by November 30, 2007 at www.getmeregistered.com or drop off forms at Fleet Feet Sports by November 30th.

Race Day Registration: Adults - \$25 per person - includes long sleeve t-shirt (while supplies last) and pancake breakfast, Kids - \$8 per child - includes reindeer gift (while supplies last) and break fast.

We're accepting toy donations at the race, or drop off at Fleet Feet Sports, located in the Crossings of Blue Ash Shopping Center.



Reindeer Romp Registration Form (please print clearly)

Must be postmarked by November 26th or entered online at www.getmeregistered.com by November 30th

Name, First _____ Last _____ Sex (circle one) M F Age on 12/8/07 _____

Address _____ City _____ State _____ Zip _____

Daytime Phone _____ Email _____

Event (circle one) 5k Run 5k Walk Kid's Romp Shirt Size (adults only) S M L XL XXL

Entry Fee: Adults - Pre-registration: \$20 / Race Day Registration: \$25, Kid's Romp - Pre-reg: \$5 / Race Day Reg: \$8

Make checks payable and send to: Crosby Township, 8910 Willey Road, Harrison, OH 45030 Attn: 5k Reindeer Romp

Race Waiver: In return for acceptance of my entry fee into the Reindeer Romp 5k Run / 5k Walk / Kid's Romp, I, for myself, my executor, heirs, administrators and assigns, hereby release, discharge, and covenant not to sue, and agree to indemnify and hold harmless Christmas, Crosby Style, Fleet Feet Sports, The Runner's Club of Greater Cincinnati, Crosby Twp Sr. Center, Road ID and Crosby Twp including any and all sponsors associated with the race, their agents, and employees from all liability and for any and all claims for damages actions, demand, and injuries arising out of my participation in this event whether caused by the negligence of the released parties or a third party. I have full knowledge of all risks involved of whatever nature in participating in the run/walk and state that I am physically and medically fit and sufficiently trained to participate in it.

Participant Signature _____ Parent/Guardian Signature (Under 18) _____

Emergency Contact _____ Emergency Contact Phone _____



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

Top Ten Signs That You Are a Runner

1. You are Member of the Runners' Club of Greater Cincinnati.
2. You are paying for Stacy Osborne's vacation to Hawaii.
3. You have refinanced your house to pay for your running purchases.
4. You have driven to North Dakota for a 5k Race.
5. All the t-shirts in your closet were acquired at races that you entered.
6. No one asks you what you are doing on the weekend.
7. Your doctor completed a case study "The Cure and Prevention of Stress Fractures" based solely on you.
8. You rescheduled your family's winter vacation from Florida to Utah, because you wanted to try this new high altitude, cold weather training program that you read about that will drop 30 seconds on your 10k PR.
9. You host a party and it begins with a 5k Race that people have to pay to enter.
10. You can remember the shoe store guy's 5k/10k/15K and Marathon PR but can not remember your anniversary or your wife/girlfriend's birthday.