

Summer 2007

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President Letter



Hello, my name is Todd Hofacre. I am the new president of the Runners' Club of Greater Cincinnati taking over for Mike Moyer who after 6 years decided it was time to move on to other things. You can read the whole sordid story about me and how I became president of this august group

later. It has been sometime since we have actually put out a newsletter and we hope to get one out at least quarterly. The newsletter used to be monthly, then about 10 years ago, it became once every two months. Now with technology changes and the different ways to receive information we hope that a quarterly publication will give you the latest updates, results and a chance to meet some of the members in the club.

There is much happening in the club right now with a new president. We have several events lined up for you in the summer. First up is the Summer Cross-Country Series. It is one of my favorite club events. It begins June 21, 2007 at 7:00 PM at Princeton Community Middle School in Sharonville and runs every Thursday until August 16 same bat time (7:00 PM), same bat channel (Princeton Community Middle School). Stacy Osborne has been directing the Series since 1987 and would love to see old and new faces come out. In that time, Stacy has made several colorful, witty statements, most of which we can't print, as this is a PG rated newsletter. With help from former club president Mike Smith, we found at least 10 that we could.

Also, coming up is a road race that comes once a century. It is the RCGC Lucky 7 on 7-7-7. It will be a 7K(4.35 miles) run on July 7, 2007(7/7/07) at 08:17AM(0777 hours) at Otto Armleder Memorial Park. I hope that you have a chance to run this once a century race.

We have had several new members join the club since the last newsletter and would like to welcome them to the club. It has also been some time since we have done a new members group run and happy hour, which is a great opportunity for the club to get to know the new members. On Wednesday August 1, 2007, we are having a Group Members Run and Happy Hour. We will meet at 6:15 PM at 7th and Vine downtown Cincinnati on Wednesday August 1 for about a 3 – 5 mile group run. Afterwards, we will head to McFadden's Restaurant and Saloon for drinks and appetizers. Drinks are on the club and I hope to see you there.

Congratulations are in order to member TJ Lentz for winning the Flying Pig Half Marathon. Also, congratulations to club member Kelly Edmondson for being the Fourth overall female finisher in the full marathon. We had quite a few participants in the full Flying Pig Marathon and some of them have run all nine flying pig participants and I am sure that you are dying to know whom. One of them is our featured runner Lonnie Smith who in July 2005 ran the Lake Placid Ironman Triathlon. You can read about his experience at Lake Placid. I am still in awe over the fact that he ran the 2005 Flying Pig and two months later did the 2005 Lake Placid Ironman.

Finally, thank you to our volunteers who helped us get through the first half of the year from the Heart Mini-bag stuffing to the Flying Pig Water Stop at mile 22. A special thank you to board members Peter Wayte and Julia Glasscock for pulling together the Flying Pig waterstop this year. If you would like to be a board member or would like to help out the club in a more formal role, do not hesitate to contact us at cincinnati@running@gmail.com. We currently have openings with the newsletter, membership, volunteer coordinator, social committee and if you can help please do. It is only a few hours of time a week. Better yet attend a board meeting near

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Board of Directors

President Todd Hofacre 513.451.2587
Vice President Nick Kleiner 513.574.4502
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Trustees At Large

Race Calndr. Nwsltr. Tom Glasscock
937.695.1367

Nwsltr. 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.

RRCA 703.8336.0558

Open Positions: See Above

If you are interested in getting involved, please contact us at our email address: 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, bi-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.

you to find out what actually goes on in the club. During the summer, the board meetings do not go on hiatus, but on summer tour so check the website for details.

Thank you and good luck with your running.

Todd Hofacre
President



39th ANNUAL
2007 Summer Cross Country Series
AT PRINCETON MIDDLE SCHOOL
3 mile cross country race every Thursday evening at 7 p.m. starting
June 21st, 28th, July 5th, 12th, 19th, 26th, August 2nd, 9th, 16th
NO ENTRY FEES • NO AWARDS
Princeton Middle School is west off the Sharon Road Exit I-75 Sharonville.
Plenty of parking. Course is spectator friendly. Race starts promptly at 7 p.m.
For more information call Dr. Stacy Osborne (PODIATRIST), race director since 1987
Days 351-6300 • Evenings 563-7155 • www.runlabdro.com
FOR THE RECORD
French Park - 3-1/2 mile traditional course records set 1968 through 2000
1984: Mark Helgeson, 17:46, 1987: Karen Royle, 21:28
Princeton Summer - 3 mile records set 2001 through 2006
8-12-04: Paul Staudigel, 15:43, 7-27-06: Jamie Roflow, 18:12

More information on back page...



13th Annual BRIAN ROHNE MEMORIAL 5K Run/Walk
FRIDAY, AUGUST 10, 2007
7:00 PM
Club members get a \$3.00 discount for preregistration!
See the flier for details.

Lake Placid Ironman by Lonnie Smith July, 2005

"I'll complete an Ironman when Pigs fly." I said that same thing about running a marathon. Of course that was before I gave up cigarettes and a sedentary lifestyle. Now, 27 years, 16 marathons and 50 pounds later, I'm here to tell you, "never say never".

My decision to participate in the 2005 Lake Placid Ironman was made in 2003 as I approached my 50th birthday. I wanted to do something special, just for me, to make that milestone something extra special and even more important than that, celebrate being a 10 year Survivor.

For those of you that may not know, a full Ironman consists of a 2.4 mile swim, 112 miles on a bicycle and running a full 26.2 mile marathon...all in one day. A feat I am very proud of.

Lake Placid, New York is a quaint venue located in the Adirondack Mountains of central New York and was the sight of the 1932 and 1980 Winter Olympics. The Village is very much the same as it was in 1980 when the "Miracle on Ice" occurred. The locals are very friendly and the main reason the Lake Placid Ironman is so popular. They fully support this event with all their hearts. Many not only worked the sign in table, but also were there at the beginning, helped at water stations all day and tore down the finish line chute the next morning.

The entire event was very well organized which resulted in a great race for all of the participants. Online registration was full in just 30 hours, 1 year in advance.

There are numerous places to stay and it's a great place for the entire family as there's much to do.

The race began sharply at 7 AM with the roar of a cannon. I was so nervous floating around with 2000 other participants. I took advice from a friend and started slowly to allow the main wave of swimmers start 1 minute ahead. Later many of them told me it was total chaos as folks were kicked, elbowed and smacked. My finish in the swim was 1 hour 45 minutes, 15 minutes under my goal.

Next came the bike. I had purchased a nice piece of equipment with this race in mind and it sure paid off. As I rode out of town I was cheered by many well-wishers. They soon disappeared as I began the up and down ride through the mountains that tested both my physical and mental toughness. The first 56 miles was actually fun because that part of the country is so beautiful. Arriving back in downtown about 1PM, I briefly thought about calling it a day, as I knew that the same tough 56 miles was ahead followed by a marathon. Yikes! My hotel room and a hot shower were just a few hundred yards away.

I quickly decided to persevere and headed out for the second 56 miles. I was really tested as fatigue and the 75-degree temperature began to wear me down. I consumed water, Gatorade and Gu almost continually. It worked! I rolled back into Lake Placid at 4:45 just ahead of my 5PM goal and 45 minutes before the cut off time. Hooray, the toughest part was over. Only 26.2 miles to go...."piece a cake."

Onto the final leg. I took a quick look around the change tent as I exited. My heart went out to the handful of guys who were sitting with their head in their hands, unable to continue. See - ya fellasmaybe next year?

I actually felt pretty good as I began the run. The first 4 miles in sub 40 minutes, not too bad. I then gathered myself and recanted, my goal is to finish, slow down so there's something left in the tank at the end. I began the run/walk process that slowed my pace to about 12 minute miles. The run was also a double loop and I was jubilant when I exited Lake Placid for the last time about 7:40 PM. My run/walk worked well for me as I reached the 20-mile marker and still felt decent. It was here that I met a couple of future Ironmen like myself.... Sue from New Jersey and Mike from Calgary. We decided to join ranks and hoof it back to town together. Of course by this time, it was dark and the company was much welcomed. The time flew by as we chatted about everything under the sun and moon. We were feeling really good about ourselves, as we knew we were going to finish under the 17 hour cut off.

The weather was great. Lake Placid and the volunteers were even better. 15 hours 45 minutes for my first and probably last, Ironman. It seemed almost surreal as I crossed the line.....Happy Birthday to me.



20 Questions with Featured Runner Lonnie Smith

Lonnie Smith is not the fastest but he certainly has the most perseverance as he completed an Ironman Triathlon in 2005. He has run all nine Flying Pig Marathons. Although he is not a board member, he is at all the club volunteer opportunities when he is not running. He attends all of our social events given more than two weeks notice from the Runners' Club Happy Hours to the Holiday in Lights Run.

1. **How long have you been running?** 30 years
2. **What got you started running?** My Coworkers hooked me on it and I had recently quit smoking.
3. **How did you get involved with the Runners' Club of Greater Cincinnati?** Joined when I saw a membership form about 15 years ago.
4. **What is your favorite Runners' Club of Greater Cincinnati Event? Why?** Heart mini suite at the Westin. Members get to know one another better and it's just a great race as well.
5. **Where do you normally run?** Northeast Cincinnati
6. **What is your favorite route?** Landen Lake near where I live
7. **What type of training do you typically do?** Cross training between running and biking. I enjoy riding my bike when the weather is warm and it is a great for cross training.
8. **What's your favorite workout?** Speed work at the local track.



9. **What are your favorite three races locally?** 1. Frostbite 5 2. Heart Mini and 3. The Flying Pig Marathon
10. **What's your favorite race out of town?** Columbus Marathon
11. **Where's the furthest from Cincinnati that you've run?** Lake Placid, New York
12. **What are some of your current PR's?** Marathon – 3:45, 10K – 42:00, 5K – 21:00
13. **Of what accomplishments are you most proud?** Completed the Lake Placid Ironman July 2005
14. **What's your favorite pre-race meal?** Pasta and a little butter
15. **Do you have any special pre-race rituals or music?** None
16. **What is your favorite retreat?** Long Sunday morning runs.
17. **What do you do when you're not running?** Working long hours
18. **What are some running events that you've enjoyed helping with?** Bagging for the heart mini
19. **How has running influenced your life?** Probably saved me as I led a very unhealthy lifestyle until then.
20. **Any special goals you'd like to accomplish in the next few years?** Planning for retirement.

Thank you Lonnie and good luck with your continued success and running.

If you would like to nominate another club member as a Featured Runner, please send your nominations to cincinnati@running@gmail.com. Nominations need to be received by July 21, 2007.

Congratulations to our 2007 Boston Qualifiers

Lon Bussell
John Camele
TJ Candy
Martin Fritzhand
Nick Greco

Boston Qualifiers cont.

David Krekeler
TJ Lentz
Andy McGarvey
Shalini McGarvey
Melanie Miles
Brian Nash
Robert Nurre
Beth Ruchhoft
Jean Schmidt
Erika Wetzel

Meet the New Members Group Run and Happy Hour Wednesday August 1, 2007

Time: 6:15PM
Place: 7th and Vine, Downtown Cincinnati
Distance: 3 - 5 miles
After the run: Drinks are on the club at McFaddens Restaurant & Saloon.

Plan to stay awhile and get to know other club members!

Welcome New Members:

Linda Bolin
Josh Bollinger
Deborah Bramlage
Michelle Brandenburg
Amanda Buckel
Christopher Burke
TJ Candy
Duane Clark
Thomas & Linda Cummins
Jennifer Day
Joe Dillon
Kelly & Jeff Edmondson
Sarah Erwin
Jaime & Sean Ginney
Diane & Joe Griesser
Mary Alice Gruden
Tanya Hayden
Alice Hodges
William Hoffman
Amanda & Andy Lehmann
Matthew McHenry
Jenny Miller
Leslie Milligan
Angela Mouser
Robert Moyer
Elisa Nickum

New Members cont.

Bryan Niese
Kim Noble
Adam Paulisick
David Rassenfoss
Jascia Redwine
Roger Robinson
Jenny Rudy
Elizabeth Sauer
Renee Schnetzer
William Stidham
Suzanne Stone
Matthias Sucan
Preston Talbot
Mike Thacker
Bill Theis
Beth Trumble
Victor Vaughan



Next Flying Pig Marathon is 4 May 2008

Congratulations to these Runners' Club Members who have run all 9 Flying Pig Marathons

Jim Beshalske
Wayne Hinaman
Martin Hovey
Brian Nash
Kathy Ray
Jean Schmidt
Lonnie Smith
Jim Walsh
Arden Wander
Nancy Zadek

Honorable mention to Marty Fritzhand who ran the 8 previous Flying Pig Marathons (1999-2006)

Flying Pig Waterstop Volunteers

Thank you for your participation at the Flying Pig Marathon mile 22 water stop. We hope that you had a great time and know that you were greatly appreciated by the thousands of runners.

Walter Blair
 Brian Bohl
 Angie, and Edward Bunn
 Evan and Lillian Bunn
 Carla DeFonso
 Tom Eckel
 Dean Fenton
 Tom Glasscock
 Todd Hofacre
 Ed Hunter
 Linda Jeanmougin
 Nick and Stephanie Kleiner
 Greg and Tawny McCormick
 Misha McCormick
 Mike Moyer
 Omar Nash
 Andrew and Mary Oppenheimer
 Stacy, Alex & Erica Osborne
 Angie Rouse
 Peter Wayte
 Edward Zechmann
 Erlanger St. Henry High School - Gabby Boimann,
 Rachel Brown, Lindsay Cahill, Andrew Carroll, Emily
 Fette, Julia Kasselmann, Jessica Kirkwood, Suzanne
 Knight, Staci Kolkmeier, Jenna Neuhaus, Sean Palazzo,
 Eric Riedinger, Laura Schreiner, Anna Tanner, Dan
 Terle, Evan Toebbe, Trevor Zwick
 Covington Holy Cross - Cross Country Team

2007 Flying Pig Marathon Participants

	Chip Time	Clock
Patrick Anderson	3:42:47	3:43:31
Mohamed Banoun	4:05:11	4:05:40
Jim Beshalske	4:07:17	4:10:28
John Boggess	4:53:04	4:57:26
TJ Candy	3:10:20	3:10:35
Kelly Edmondson	3:08:26	3:08:31
Daniel Furnier	4:26:34	4:28:59
Julia Glasscock	4:16:02	4:17:23
Mary Alice Gruden	4:59:22	5:02:55
Michael Hauser	4:04:52	4:06:24
George Herren	3:33:21	3:33:52
Wayne Hinaman	6:02:01	6:07:03
Alice Hodges	4:59:20	5:02:38
Martin Hovey	4:24:09	4:26:01
David Krekeler	3:20:00	3:20:13
Andy McGarvey	3:23:59	3:24:05
Matthew McHenry	5:53:23	5:55:44
Melanie Miles	3:37:00	3:37:10
Brian Nash	4:00:55	4:01:42

Bryan Niese	3:13:09	3:13:26
Robert Obermeyer	5:25:20	5:29:34
Robert Platt	7:10:43	7:14:43
Donald Raake	3:28:47	3:29:15
Kathy Ray	4:27:38	4:28:19
Jean Schmidt	4:08:15	4:08:52
Lonnie Smith	4:38:00	4:41:24
Bill Theis	6:10:03	6:14:37
Robert Traylor	4:22:40	4:24:10
Jim Walsh	4:24:50	4:27:49
Arden Wander	4:50:26	4:54:25
Ryan Woolley	2:50:44	2:50:45
Nancy Zadek	6:16:27	6:18:48

Twenty Questions with your new President



Todd Hofacre recently took over as President of the Runners' Club of Greater Cincinnati. Todd has been part of the Runners' Club since 1996 and on the board since 2002 when he became part of the Membership Staff and handles the database. He is the one who sends members their membership cards so they can take advantage of the great

deals. He is also the one who sends them their notices when they need to pay their dues. He is looking forward to being President of the Runners' Club of Greater Cincinnati.

- 1. How long have you been running?** Over 20 years. I started running high school cross country for legendary Covington Catholic cross country coach Jack Kaelin. After high school I was off and on for about 8 years. In 1995, I got back into running consistently.
- 2. What got you started running?** I was not much of an athlete at anything else so running was my last hope. I had some initial success with it so I continued it.
- 3. How did you get involved with the Runners' Club of Greater Cincinnati?** In 1996, I picked up a newsletter, as at the time it may have been the only local newsletter about running in the area. It was an interesting read so I pulled out the membership form, filled it out and here I am.
- 4. How did you get involved with the Board?** I was at a Happy Hour Run in 2002 and they needed someone who knew something about databases. I did and after a few board meetings, I was managing the database and handling membership issues.
- 5. How did you become President of the Club?** Mike Moyer indicated that after 6 years as President, he would like to move on to other things. At the March Board meeting, I was nominated by Stacy Osborne, the board approved it and before I knew what hit me, I am President of the Club.

6. **Where do you normally run?** Normally, I run either downtown or the Westside.
7. **What is your favorite route?** My favorite route is what I call the Four Bridges Route. I start in downtown Cincinnati and run to and over the Clay Wade Bailey Bridge to Covington. I run to and over the Suspension Bridge back to Cincinnati and then to and over the Southgate Bridge to Newport. I return to Cincinnati via the L&N aka the Purple People Bridge and finally to my car if I remember where I parked it.
8. **What type of training do you typically do?** I do not do much speedwork probably because of the nightmare flashbacks from high school cross country. Usually, I do a run/walk method of running where I run about 3 minutes and walk 1 minute until I complete my planned route for the day.
9. **What are your favorite three races locally?** 1. The Reggae Run because of the party. 2. The RCGC Summer Cross Country Series because it is free. 3. The Lite Lopes 5K because they have a quality long sleeve T-shirt at a great price and for winning your age group, you get beer.
10. **What's your favorite race out of town?** I would probably say the Hell-o-Ween 10k in Hell, Michigan because how often do you get a chance to literally run in Hell versus the figurative hell that is the RCGC Summer Cross Country series.
11. **Where's the furthest from Cincinnati that you've run?** Newport News, Virginia
12. **What are some of your current PR's?** 5k: 20:06 1995 Jingle Bell Run, 10K: 42:00 1995 Thanksgiving Day Race, Half-Marathon: 1:39 2002 Dayton Corridor Half-Marathon, Marathon: 4:25 1999 Flying Pig Marathon.
13. **Of what accomplishments are you most proud?** Completing the 1999 Flying Pig Marathon with little or no training the last 4 weeks since I was injured.
14. **What's your favorite pre-race meal?** Usually a bowl of cereal and milk. When I run a marathon, I have a couple of doughnuts in addition to the cereal as I know that I need the energy.
15. **Do you have any special pre-race rituals or music?** My pre-race ritual generally involves me showing up about 5 minutes before the start of the race to register. The adrenaline rush usually carries me the first two miles and the last mile is nothing but momentum and a little guts.
16. **What do you do when you're not running?** Keep the Runners' Club of Greater Cincinnati running smoothly as humanly possible and oh yeah work.
17. **What are some running events that you've enjoyed helping with?** The Flying Pig Waterstop at mile 22 is so much fun especially hearing the uplifting encouragement that Stacy Osborne gives marathoners. ("Come on, It's only mile 22, the Race is just beginning!")
18. **How has running influenced your life?** Basically keeps me out of trouble and allows me some flexibility in my dietary habits.

19. **What is your favorite Runners' Club of Greater Cincinnati Event? Why?** Holiday in Lights Run because the run is quite enjoyable from Walnut Hills to Downtown with the Christmas displays and anything that has free food and beer, I am so there.
20. **Any special goals you'd like to accomplish in the next few years?** Personally, I would like to go to Hawaii and run the Great Aloha Run in February. For the club, I would like to see us put on a few more races maybe even bring back one or two that the club did in the past, double our membership and keep up the influence that we have on Cincinnati Running.

Thank you Todd for taking over and good luck.

Top Ten Things Said by Stacy Osborne at the Summer Cross Country Series

- 10) 15 minutes till the Tortures of the Damned!
- 9) I forgot to bring the starting gun today and to try something different the command will be: Runners Set followed by the slap of my butt!
- 8) Don't worry about the lightning and thunder, it will motivate you to run faster.
- 7) There will be two water stops on the course: one at the start and one at the finish.
- 6) First rule of cross-country is know the course.
- 5) The older I get, the better I was.
- 4) There's a thousand roots out there and one of them has your name on it.
- 3) Pay your fee take your chances.
- 2) Don't let your ass write a check your legs can't cash.
- 1) You can't go through life worrying about your mistakes.



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

Race Calendar

- 4 July**
10th Annual Spectacular 5k, 8 a.m., Colerain Township Complex, Greg McCormick, 513-652-6225 or www.runningtime.net
Edgewood Independence Day 5k, 8:00 am, Edgewood, Ky, Steve Prescott, www.sprunning.com
- 5 July**
RCGC All Comers Cross Country Series, 3 miles, 7:00 p.m., Princeton Middle School, Stacy Osborne, 513-351-6300 or www.runlabdro.com.
- 7 July**
RCGC Lucky 7 on 7-7-7, 7km, 8:17 a.m., (0777 hours) Otto Armleder Memorial Park, 5059 Wooster Pike, Cincinnati, Ohio, cincinnati@running.com or www.cincinnati@running.com.
- 8 July**
Caesar Creek Triathlon & Duathlon, 8 a.m., Caesar Creek State Park, Waynesville, Ohio, www.hfpracing.com.
- 12 July**
RCGC All Comers Cross Country Series, 3 miles, 7:00 p.m., Princeton Middle School, Stacy Osborne, 513-351-6300 or www.runlabdro.com.
- 14 July**
Garage 1919 5K Run/Walk, 8:30 a.m., Springboro, Greg McCormick, www.runningtime.net.
Fairfax 5K Run/Walk, 5K, 11:00 a.m., Don Connolly, 513-474-1399 or www.racedmc.com.
- 15 July**
14th Annual General Butler Off-Road Triathlon, 10:00 a.m., General Butler State Park, Carrollton, KY, Richard Matthews, 502-484-2998, www.bikebutler.com.
- 19 July**
RCGC All Comers Cross Country Series, 3 miles, 7:00 p.m., Princeton Middle School, Stacy Osborne, 513-351-6300 or www.runlabdro.com.
- 21 July**
Ballon Championships/Middletown 5K, Steve Prescott, www.sprunning.com
Fitness Day 5K, 5:30 p.m., Denver Williams Park, Wilmington, OH, Heather 937-382-6661 ext. 271.
- 22 July**
13th Annual East Fork Backpack Dirt Days Trail Run, 4.8 miles, 9:00 a.m., East Fork State Park, 513-321-3006 or www.runningspot.com.
- 26 July**
RCGC All Comers Cross Country Series, 3 miles, 7:00 p.m., Princeton Middle School, Stacy Osborne, 513-351-6300 or www.runlabdro.com.
- 28 July**
Beast of the Southeast 5K, 8:00 a.m., Rising Sun, IN, Janie Eldridge, 812-438-1230
- 29 July**
St. Martin's Country Run, 9:30 a.m., EDST Guilford, IN, Mark or Theresa Widolff, 812-487-2699
- 2 August**
RCGC All Comers Cross Country Series, 3 miles, 7:00 p.m., Princeton Middle School, Stacy Osborne, 513-351-6300 or www.runlabdro.com.
- 4 August**
Red Hot Blues Run 5K/15K, 7:00 p.m., Downtown Lebanon, OH, Scott Brunka, 513-228-3103
- 5 August**
25th Annual East Fork State Park Triathlon/Duathlon, 8:00 a.m., www.hfpracing.com
- 9 August**
RCGC All Comers Cross Country Series, 3 miles, 7:00 p.m., Princeton Middle School, Stacy Osborne, 513-351-6300 or www.runlabdro.com.
- 10 August**
13th Annual Brian Rohne Memorial 5K Run/Walk, 7:00 p.m., Northern Kentucky University, Steve Kruse, 859-572-5193
- 11 August**
Newtown 5K, 10:00 a.m., Moundview Park, Newtown, OH Tom Busse 513-561-7541
- 12 August**
Spring Light 5K, 8:30 a.m., Spring Grove Cemetery, Steve Prescott, www.sprunning.com
- 16 August**
RCGC All Comers Cross Country Series, 3 miles, 7:00 p.m., Princeton Middle School, Stacy Osborne, 513-351-6300 or www.runlabdro.com.
- 25 August**
Eye Run for Vision 5K Run/Walk, 9:00 a.m., Steve Prescott, www.sprunning.com.
Forest Park Charge 5K, 8:30 a.m., Winton Woods High School, Don Connolly, 513-414-1399 or www.racedmc.com.
- 26 August**
Annual RCGC Picnic & Prediction Run, 3:00 p.m., Swaim Park, Montgomery, www.cincinnati@running.com.
3rd Annual Friendship City 5K, 8:00 a.m., Erlanger, KY Greg McCormick, 513-652-6225 or www.runningtime.net.
- 2 September**
The Cheetah Run 5K, 8:00 a.m., Cincinnati Zoo, Don Connolly, 513-474-1399 or www.racedmc.com.
- 3 September**
Mercy Metric 5K & 10K, 8:30 a.m., Lunken Airport Playfield, Don Connolly, 513-474-1399 or www.racedmc.com.

13th Annual BRIAN ROHNE MEMORIAL 5K Run/Walk

7:00 PM, FRIDAY, AUGUST 10, 2007

Brian Rohne was the most valuable athlete for the Men's Cross Country team at Northern Kentucky University in 1992. The Milford High School graduate was a leader in every sense of the word. He was a truly talented runner and a tenacious competitor. Brian also excelled in the classroom and was always quick to help those not as fortunate. Brian, like many other young athletes, had great plans for his athletic career. While on a training run in January of 1993, pursuing the dream to be an NCAA champion, Brian was fatally injured. He was 20 years old. All proceeds raised from this event will go to the Brian Rohne Memorial Fund, which will be used to assist future runners to pursue that dream of greatness at NKU.

LOCATION: Northern Kentucky University, Highland Heights, Kentucky. Race starts and finishes by the Albright Health Center.

DIRECTIONS: From Cincinnati take I-471 south until it ends at Route 27 in Highland Heights. Take a right at the 2nd light by the NKU sign and follow the arrows. From anywhere else take I-275 to the Highland Heights exit and follow the instructions from Rt. 27 above. Only 10 minutes from Downtown Cincinnati!

COURSE: 3.1 miles around NKU's campus on closed roads. Rest rooms available. Records: Don Overstreet 15:00.89 ('96), Jill Tranter 17:35.80 ('03).

AWARDS: Top 200 finishers receive 13th annual commemorative award

Men & Women Runners: Top 5 overall, Top 3 masters, Top 3 race walkers (with proper race walk style)

Winners in these Age Divisions:

ages 14 & under ages 25-29 ages 40-44 Ages 55-59 age 70 & up
ages 15-19 Ages 30-34 ages 45-49 Ages 60-64 Winners in these Weight Divisions:
ages 20-24 ages 35-39 ages 50-54 Ages 65-69 200-219 lbs & 220 lbs and up

REGISTRATION: Pre-registration for the event is \$18.00 if post-marked by August 5 (includes T-shirt) or \$15.00 for RCGC members. Online registration is available at www.rcgc.net. Race day registration is \$20.00 (no club discounts-includes T-shirt while supplies last!). Registration begins at 5:30 PM.

RESULTS: Results of the race will be posted on the Runners Club of Greater Cincinnati website (www.rcgc.net) within 24 hours of the finish.

NORSE KIDS RUN: FREE! 400 meter run for ages 7 and under; 800 meter run for ages 8-11; drinks & prizes for all!

POST RACE PARTY!!!: After the race, your number gets you free Papa John's Pizza & drinks. See for yourself why this ranks as one of the most popular races in the tri-state area (results of Runners Club poll taken fall of 2002).

PROUD SPONSORS OF THE BRIAN ROHNE MEMORIAL 5K RUN/WALK:



NEED MORE INFORMATION? CONTACT NKU ATHLETICS AT (859) 572-5193.

OFFICIAL ENTRY FORM - BRIAN ROHNE MEMORIAL 5K AUGUST 10, 2007 7 PM

Make checks or money orders payable to: NKU Foundation-Norse Athletics Club

Mail to: NKU Athletics, Nunn Drive, Highland Heights, KY 41099-7500, Attn: Rohne Run

PLEASE PRINT LEGIBLY

last name _____ first name: _____ sex: __M__F
address _____ city _____ state _____ zip _____
telephone _____ age (as of 8/11/07) _____ weight division 200-219 220 + walker
 \$18.00 Pre-registration (includes T-shirt) Shirt size: _____ (RCGC members deduct \$3.00)
 \$20.00 Race day registration (includes shirt while supplies last)

WAIVER OF LIABILITY AND STATEMENT OF FITNESS

In consideration of acceptance of this entry and permission to run the Brian Rohne Memorial 5K, I hereby waive and give up for myself, my heirs, agents, assigns, representatives and family members, any and all claims against Northern Kentucky University (including its representatives), the state of Kentucky and its subdivisions, the county of Campbell and its subdivisions, any and all sponsors, and against any person associated with the Brian Rohne Memorial 5K, which may directly or indirectly result from my participation in said run. I further state that I am in proper physical condition to run or walk a 3.1 mile distance, and that I am 18 years of age, or older, or if younger than 18, that my parents or legal guardians have approved my participation in this event by signing this waiver. I am aware of the effects of the hot Northern Kentucky climate in August. I also give my permission to Northern Kentucky University to use any photographs, video or other recordings of me that are made during the course of this event.

Signature _____ Parents (if under 18) _____ Date _____



P.O. Box 8761
 Cincinnati, OH 45208
 Web Site: www.RCGC.net

The RCGC Summer Cross Country Series begins its 40th season

by Stacy Osborne

The second longest running contribution to the Cincinnati Area running scene is the Summer Cross Country Series. Founded in 1968 by Don Wahle and Barry Binckley, they hosted a series of open cross country runs the last six weeks of the summer. At the time, area runners had only one other source from which to pick - the Thanksgiving Day Race.

Throughout the 60's and early 70's, Don Wahle single-handedly kept open running alive in Cincinnati. I was one of the younger runners in that era. In 1987, I took up the torch and became the Race Director for the Cross Country Series and it is still one of my passions.

In 2001, I moved the series from French Park to Princeton Junior High, and attendance rose. This Summer, the series begins on Thursday, June 21 at 7:00 PM, at Princeton Middle School. It will then run each Thursday (June 28, July 5, July 12, July 19, July 26, August 2, August 9, and August 16) until August 16. The races begin at 7:00 PM. The race is run over gently rolling terrain with no major hills. Footing and traction is reliable and there are no tree roots.

If you have never run cross country, you should at least check out a race. For me, cross country running beats road and track racing like a rented mule - there is just no comparison!

French Park: 3 loop, 3 1/2 mile traditional course
 Records Set (1968 - 2000)

Male: Mark Helgeson 17:46, 1984

Female: Karen Rayle 21:28, 1987

Princeton Series: 2 loop 3 mile course Top 10 Performances (2001-2006)

Men:

1. Paul Staudigel	15:43	08/12/04
2. Brian Godsey	15:46	07/12/02
3. Tony Matheus	15:57	08/12/04
4. Taylor Williams	15:58	07/20/06
5. Brian Godsey	16:02	06/13/02
6. Brad Bullock	16:09	07/20/06
7. Kyle Dragen	16:13	07/28/05
8. Court Lilly	16:13	07/27/06
9. Travis Murray	16:14	07/14/04
10. Dean Fulmer	16:19	08/21/04

Women:

1. Jamie Roflow	18:12	07/27/06
2. Jamie Roflow	18:27	06/22/06
3. Amy Sanders	18:29	08/12/04
4. Christina Schneider	18:29	08/10/06
5. Andrea Maas	18:42	08/04/05
6. Christina Schneider	18:46	07/27/06
7. Corrie Whisner	18:50	07/08/04
8. Brooklyne Ridder	18:56	07/27/06
9. Alison Bedingfeld	18:57	08/08/02
10. Kellie McClung	19:00	07/29/04