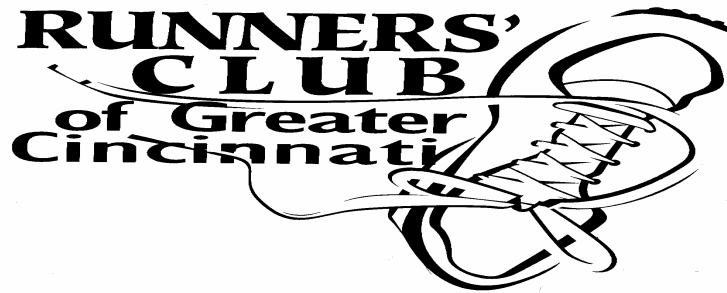


## Winter 2008

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## President Letter



I hope that you are having safe winter and getting some much needed training for the upcoming Spring Races. From November to May, the club is busy with several activities where you can participate as a runner or volunteer.

December had the Holiday in Lights Run. Kudos goes to Tom Glasscock for organizing the event for the umpteenth straight year as it was another smashing success. January had the Holiday Party and another great job by member Linda Jeanmougin for coordinating it. Maybe next year we will call it the Resolution Party but there is still time to come up with a name and theme.

February features of couple of activities like the 28<sup>th</sup> Annual Valentine's Labor of Love Run. It will be at Northern Kentucky University on Sunday February 10, 2008 and begins at noon. Pre-Race registration has passed but you can still sign up on race day. Get there early as we decided to give goody bags to the first 200 registered.

Speaking of goody bags, the club will help stuff goody bags for the Heart Mini-Marathon. Bag Stuffing will occur Saturday February 16, 2008 from 9:00 am to noon at the Heart Association Office. Check our website for the location. If you can help, fill out the enclosed volunteer form and send it back to us. You can also sign-up online and save yourself the cost of postage.

When you look at the volunteer form, there are plenty of opportunities to help out

the club. Some of these opportunities will be under the eye and ears of the Cincinnati and national running community. An event's success is determined by the quality and quantity of its volunteers. If you are a new or longtime member, volunteering is a great and low pressure way to meet other people in the club, build friendships and maybe even if I dare say it, take a position of leadership on the Board.

We have two more events for 2008 – the Leap Day Race and the RRCA Convention. Since 2008 is a Leap Year, we have a Leap Day Race. The run will be held on Leap Day, Friday February 29 at 6:30 PM and in conjunction with Final Friday in Over-the-Rhine (flier enclosed with details). You have a great chance to win an award as awards are given to the top 29 males and top 29 females.

The 50<sup>th</sup> RRCA Convention will be held just before and in conjunction with the Flying Pig Marathon. We need volunteers for this activity over a few days. This is a great opportunity to meet top runners and top race directors as well. You have a chance to literally tell them where they can go. Do not hesitate to volunteer for the Flying Pig Waterstop at mile 22. Mile 22 is where the marathon begins and your support and encouragement means plenty to the marathoners.

Congratulations due to long time member Laura Booke. At age 70, Laura qualified for the Boston Marathon and is our winter featured runner.

Cont. Page 2

Runners' Club of Greater Cincinnati  
P.O. Box 8761  
Cincinnati, OH 45208  
[www.cincinnati-running.com](http://www.cincinnati-running.com)  
[www.RCGC.net](http://www.RCGC.net)  
cincinnati-running@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 [cincinnati-running@gmail.com](mailto:cincinnati-running@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 [cincinnati-running@gmail.com](mailto:cincinnati-running@gmail.com) by April 15, 2008.

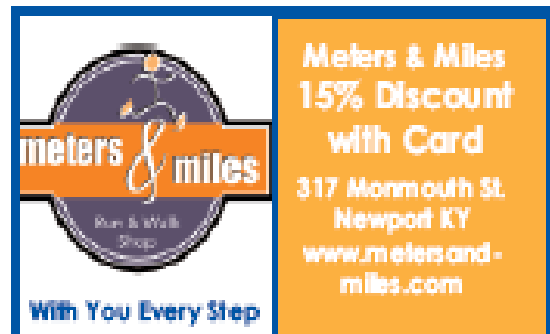
Membership renewals are due March 1. Enclosed is a membership form for your renewal. If you want to save the cost of postage, you can also sign up online. Without your financial and time commitment, the club would not survive. If you know someone who would like to join, point them to our website [www.cincinnati-running.com](http://www.cincinnati-running.com) or print out a membership form and give it to them.  
Keep up the good running.

Todd Hofacre  
President



## Welcome New Members!!

Dan Abner  
Sam Gephart  
Michelle Mason  
Henry and Leslie Michaud  
Erica & Andre Palmer  
Kim Retta  
Sara Scheu  
Tony & Nicole Schmidt  
Seth Warncke  
Sonya Whaley



**SAVE THE DATE AND JOIN YOUR  
RCGC FRIENDS AT THESE  
UPCOMING EVENTS**

**February Board Meeting**

Friday February 8, 2008. 6:00PM.  
Bob Ronckers Running Spot, O'Bryonville.

**Valentine's Day Labor of Love Run**

Sunday, February 10, 2008. 12 noon.  
Northern Kentucky University, Highland  
Heights, KY.

**Heart Mini-Marathon Bag Stuffing**

Saturday February 17, 2008. 9:00-Noon.  
American Heart Association, 5211 Madison  
Road

**Leap Day Race**

Friday February 29, 2008. 6:30 PM.  
12th and Main, Over-the-Rhine.

**RCGC Membership Renewals Due**

Saturday, March 1, 2008

**March Board Meeting(tentative)**

Sunday, March 2, 2008. 11:30 AM.  
Molly Malone's, Pleasant Ridge.

**Heart Mini-Marathon**

Sunday, March 30, 2008 8:00AM.  
Fountain Square, Downtown Cincinnati

**RRCA Convention**

Wednesday April 30 - Saturday, May 3  
Millenium Hotel, Downtown Cincinnati

**Articles for next newsletter due April  
15, a very taxing day.**

**RCGC Weekly Group Run  
Every Thursday at 6:30 pm  
Clifton Recreation Center,  
corner of Clifton and McAlpin  
Avenue (behind the Clifton  
School)**

**FLEET FEET SPORTS**

The Crossings of Blue Ash  
9525 Kenwood Road  
Cincinnati, OH 45242  
513.793.8383  
[www.fleetfeetcincy.com](http://www.fleetfeetcincy.com)

**RRCA Convention Comes to Cincinnati**

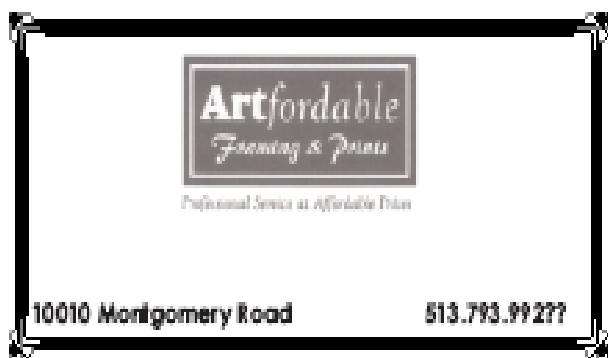
Last spring, the Road Runners Club of America (RRCA) picked Cincinnati as the site of their 2008 Convention. This is the first time that the Convention will be hosted by an event rather than a Running Club. The Convention will be at the Millenium Hotel from April 30 to May 2 and will coincide with the 10<sup>th</sup> Annual Flying Pig Marathon Weekend. Also the RRCA 5k Championship will be held in conjunction with the Flying Pig 5k. If you want an opportunity to run with a few elite runners, here is your chance.

Founded in 1958, the Road Runners Club of America is a non-profit organization of more than 775 running clubs and events and 180,000 members across the United States. RRCA members organize races, have training runs, provide safety guidelines, promote children's, elite and masters fitness running programs, and have social programs.

In addition, the Runners' Club of Greater Cincinnati is a member of the RRCA. They provide support like liability insurance that would cause the board and the club extra time, money and headaches if the club had to find these services on their own. The Flying Pig Marathon has asked us to help in the form of volunteers for registration, possibly hosting morning group runs and maybe muscle (I have heard rumors that past RRCA Conventions got rowdy especially when electing new officers and directors).

Continued on Page 4

If you can help out with the convention, please fill out the volunteer form and check RRCA Convention for the date and time of day that you can work. You can do a full day or a half day if you like. You have an opportunity to meet the best race directors, runners, club managers in the country. As ex-Club President Mike Smith said "A successful race depends on the quality and quantity of its volunteers." We have the quality let's bring the quantity.



### Featured Runner – Laura Boone

This past fall, long time club member Laura Boone achieved almost every runner's goal. She qualified for the Boston Marathon at the Columbus Marathon. Moreover, she accomplished this feat after just turning 70. She lives on the east side and spent a few moments answering our questions.

1. **How long have you been running?** 10 years. I started running at age 60 motivated by late husband's poor life style which unnecessarily shortened his life.
2. **What got you started running?** Desire to be fit and to see what I could achieve, i.e., how fast and how long I could run.
3. **Where do you normally run?** Neighborhood streets anywhere I happen to be.
4. **What is your favorite route?** Five Mile Trail in Anderson Twp., a hilly four mile out and back beginning one mile from my house. The run can be extended to the Turpin HS track for more miles.
5. **What type of training do you typically do?** I train with the Cincinnati Galloway group using Jeff Galloway's Injury Free Running, a run/walk plan.
6. **Describe a typical week of training.** Run 3-4 times a week, cross train 1-2 times a week.
7. **What's your favorite workout?** Other than running, back to back classes at the Y: Strength training and Pilates
8. **What are your favorite three races locally?** Thanksgiving Day, Jingle Bell and Hyde Park Blast. A fourth would be the Ladies Distance Classic in Blue Ash.
9. **What's your favorite race out of town?** I was in NYC in December for a wedding three years ago. The runners club just happened to have a 5K in Central Park. It was snowing. It was beautiful. It was wet. It was New York in the snow in Central Park. It was me running there! The only other out of town races I have done are the Chicago, New York and Columbus marathons. New York

was probably the most awesome. But then they are all awesome.

10. **Where's the furthest from Cincinnati that you've run?** I used to travel for my company and therefore ran in whatever country I happened to find myself, e.g., Ningbo, China, Bangalore, India, Marrakesh, Morocco. There are not too many women running in those places in the world, especially the Muslim countries, but I did it with no incidents.
11. **What are some of your current PR's?** Columbus Marathon, October 2007, 4 hrs. 57 mins., Boston qualifier.
12. **Of what accomplishments are you most proud?** Qualifying for Boston at age 70!
13. **What's your favorite pre-race meal?** Grits, baked sweet potato, a small cup of green tea.
14. **Do you have any special pre-race rituals or music?** None before a race, but I have a mantra I recite during the race especially when the going gets tough.
15. **What is your favorite retreat?** My home. It's beautiful to me and it's my haven!
16. **What do you do when you're not running?** Full time job, read, volunteer work, family.
  
17. **How has running influenced your life?** It has given me such a sense of accomplishment, what an ego boost. But more than that, I feel great.
18. **Any special goals you'd like to accomplish in the next few years?**

I am going to run Boston, April 21, 2008. Wow! My goal would be to finish proudly and with no (well, almost no) pain. I don't care about the time anymore, what a pleasure just to run it.

19. **How did you get involved with the Runners' Club of Greater Cincinnati?** A runner friend told me about it.
20. **What typical distances do you enjoy running (5k, 10k, half-marathon, full marathon) other than you run? Why?** It doesn't matter, but it's very nice to be in races with people I know.
21. **Do you run solo or do you prefer group runs?** I run solo on my mid week runs, but join my training group on weekends. Both are important.
22. **What was the last book you read?** *Pillars of the Earth*, Ken Follett, long but good and *Love in the Present Tense*, Katharine Ryan Hyde, excellent, not a "love story".
23. **What was the last movie you saw?** The Marathon Challenge on public television, not really a movie, but very relevant to us runners.







**In Conjunction with Final Friday in Over-the-Rhine  
Friday February 29, 2008 6:30 PM**

- **COURSE:** 4K (2.48 miles) course begins on 12<sup>th</sup> Street between Main and Sycamore Street, heads through the Pendleton District in OTR up to Eden Park and back.
- **AWARDS:** Overall awards given to the top 29 males and top 29 females.
- **PRE-REGISTRATION:** \$12.29 includes T-shirt. Mail in-entries must be postmarked by Friday, February 22, 2008. Online registration available until midnight Saturday February 23, 2008 at [www.cincinnati-running.com](http://www.cincinnati-running.com).
- **RACE DAY REGISTRATION:** \$20 includes T-shirt while available. Opens 5:29 PM at cue, 1142 Main Street.
- **DIRECTIONS:** Just north of downtown. One block from Central Parkway on Main Street.
- **INFORMATION:** Visit [www.cincinnati-running.com](http://www.cincinnati-running.com) or call 513.451.2587.
- **SPONSORED BY:**



Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Age (as of 02/29/08): \_\_\_\_\_ Sex: \_\_\_\_\_ T-shirt size (circle one): S M L XL

Make Checks Payable to: **Runners' Club of Greater Cincinnati  
PO Box 8761  
Cincinnati, OH 45208  
Attn: Leap Day Race**

On behalf of myself, my heirs, executors, estate, successors, and assigns, I hereby release the City of Cincinnati, Over-the-Rhine Chamber of Commerce, Runners' Club of Greater Cincinnati, club and all race sponsors, affiliates, managers, coordinating groups, volunteers and all other individuals, groups, and entities associated with this event, as well as their affiliates, agents, employers, directors, officers, and members, from all claims which may arise from or as a result of my participation in the Leap Day Race. In consideration of the acceptance of my entry and my participation in this event, I understand and agree that I give this release to the full extent permitted. I certify that I am physically fit and able to participate in this event, and agree to assume all risks of my participation. I understand and agree that my name and picture or photograph of my participation in this event may be used for results and publicity purposes. I have noted any medical condition on the back of this form.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian, if Under 18: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

RUNNERS' CLUB OF GREATER CINCINNATI BOARD MEETING MINUTES  
January 5, 2008  
(at Central Park Condominiums Party Room)

Members Present: Tom Glasscock, Todd Hofacre, Jeff Hummel, Ed Hunter, Rob Moyer, Seth Warncke

**Financial Report:** Jeff noted that the Holiday-in-Lights Run cost us about \$500 with tip. During December we received \$75 in dues and \$134 from the Reindeer Romp 5K. Checking account balance at year's end = ~\$11,300. Jeff expects our balance may be down around \$300 for the year.

**Membership:** Todd has transferred our membership records to Rob Moyer. Membership dues will be due March 1, 2008. Rob will send notices to members not paying by April 1 and postcards to those not responding by May 1.

**Newsletter:** Articles for the next issue are due by January 15. This issue will cover the Holiday-in-Lights Run, the Christmas party, Valentines Race, and Runner of the Month: Laura Boone, who at age 70 qualified for Boston. We also will include a press release from RRCA about their 2008 convention being in Cincinnati and a report on their Board of Directors meeting to be held in Cincinnati January 18-19. (Lonnie Smith probably will attend the RRCA Board meeting on behalf of the Club.) A mail-in volunteer form will be included for upcoming events.

**Website:** Todd will ask Marty to add an on-line volunteer form to the website for upcoming events, e.g., to help at the upcoming RRCA convention and/or at the Flying Pig water stop.

**2008 Flying Pig Marathon Waterstop:** Peter is not able to be the Club's contact person with the Marathon Committee this year. Todd will be the contact person instead.

**RRCA Convention Update:** Five Club volunteers will be needed each day of the Convention (from 8 a.m. – 5 p.m., April 30 - May 3). Volunteers will help with registration and greeting. The RRCA Convention will be at the Millennium Hotel (141 W 6<sup>th</sup> Street, downtown).

**Scholarships:** Ted Kluemper (Kicks-for-Kids Foundation) recently told Todd that K4K simply wants input on criteria for selecting scholarship candidates and wants financial need to be one criterion. K4K does NOT want to be involved in the final selection of candidates. RCGC previously had provided criteria it had established, including, financial need, to K4K. Ed will call Ned Hertenberg (Director of the Cincinnati Scholarship Foundation) next week, on behalf of K4K, to request that CSF begin notifying local high schools about the scholarships. K4K would like to present two scholarships of \$500 each, one to a deserving male and one to a deserving female graduating high school cross country runner at the River Run 5K, May 24, 2008. Mike Smith or Ted will do the presentations. K4K will pay for the scholarships (\$1000) and RCGC will pay the processing fee (expected to be ~\$100).

**Heart Mini-marathon (Sunday, March 30, 2008):** Julia Glasscock has arranged with AHA for RCGC to do bag stuffing on Saturday, February 16, 2008, from 9:00 a.m. until noon. Jeff will try to reserve two hospitality rooms (not a suite) at the Westin for before and after the race on March 30.

**Upcoming Races:** (1) Valentines Day Race, 2 miles, NKU, February 10, 2008, 12 noon, update: Everything has been finalized except for the awards. The previously considered hats are expensive (\$5.50 each). Some other award, possibly candy, will be considered. Steve Kruse's team members will prepare goodie bags for the runners.

(2) Leap Day Race, 4K (~2.5 miles), proposed for Friday night, February 29, 2008, update: A request for a parade permit (to hold the race in Cincinnati) has been submitted to the City, but we have not yet heard from them. A course in Over-the-Rhine is being considered. We will try to find a recently opened or recently closed night club to host runners for food and beverages after the race.

(3) Memorial Day Race 5K, possibly Monday, May 26, 2008: The Board agreed that we should hold a race on actual Memorial Day because it has become traditional. Armleder Park (near Lunken Airport) is a possible location.

**Next Board Meeting:** Friday, February 8, 2008, 6:00 p.m., (to be confirmed) at Bob Roncker's Running Spot after bag stuffing for the Valentines Day Race.

Respectfully submitted,  
Ed Hunter, Secretary



## Race Volunteer Form

Name: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

I would like to help with the following activities:

- \_\_\_ Heart Mini Bag Stuffing – Saturday February 16, 2008 – 9:00 AM – Noon – need 20
- \_\_\_ Leap Day Race – Friday February 29, 2008 – 5:00 PM – 12<sup>th</sup> and Main, OTR - need 15
- \_\_\_ Heart Mini-Marathon – Sunday March 30, 2008 – downtown
- \_\_\_ RRCA Convention – Wednesday April 30, 2008 – Millennium Hotel
- \_\_\_ RRCA Convention – Thursday May 1, 2008 – Morning - Millennium Hotel
- \_\_\_ RRCA Convention – Thursday May 1, 2008 – Afternoon - Millennium Hotel
- \_\_\_ RRCA Convention – Friday May 2, 2008 – Morning - Millennium Hotel
- \_\_\_ RRCA Convention – Friday May 2, 2008 - Afternoon - Millennium Hotel
- \_\_\_ RRCA Convention – Saturday May 3, 2008 – Morning – Millennium Hotel
- \_\_\_ RRCA Convention – Saturday May 3, 2008 – Afternoon – Millennium Hotel
- \_\_\_ Flying Pig Waterstop Mile 22 – Sunday May 4, 2008 – 7:00 AM – noon – Eastern Avenue

Please complete and mail to: **Runners' Club of Greater Cincinnati, PO Box 8761, Cincinnati OH 45208** OR signup online at [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).



## **Ohio Races You Might Have Missed**

By El Presidente

As the last issue's top ten pointed out, you're not a real runner unless you are willing to drive to North Dakota for a 5k. You do not have to drive to North Dakota. There are a couple of short distance races (i.e less than a 10k) in the State of Ohio that can make a fun daytrip. Both races are part of the Run Ohio Grand Prix and have been around for at least 25 years.

### **Beer Bottle Open**

The race is held in Columbus Grove, OH which is two hours northwest of Columbus Ohio, and about 3 hours north of downtown Cincinnati. It benefits the Columbus Grove High School Cross Country Team. I ran the race in 2007 since any race with Beer in the name has to be a good race. The cost of the race was 18.00 including t-shirt and \$10 without a t-shirt. I went with the T-shirt option although my closet is swimming in t-shirts. The 2007 t-shirt was black and featured a James Bond 007 Theme. The flat as a pancake four mile course runs through the entire town for about 5 minutes before heading out into the farm fields surrounding the area and finishes back in the town. I wish that I was fast enough to get an award for they went pretty deep in the age groups and they gave out glass beer mugs. After the awards ceremony at the high school, most of the runners crammed themselves into the local bar, Miller's Lunch, for the post race party.

This year is the 30<sup>th</sup> year of the race. It is Saturday March 8, 2008 at 2:00 PM. Race day registration is at Columbus Grove High School. Race day registration

will probably be the same price this year as last year. I can not verify this, but this might be the only race that features the same price for both pre-registration and race day registration.

### **Red Brick 5k Run**

This race is held on the beautiful Miami of Ohio Campus in Oxford Ohio. Although it is an hour away from Cincinnati, it still has the feel of a long drive for a 5K race. My first race was in 1996 and for some reason, I run this race in every even year (1996, 1998, 2000, 2002, etc). Originally the race was held at 1:30 PM but recently they changed the time to 10:30 AM due to the recent warm April weather. The warmer weather caused the local college male and female spectators to tan themselves on the lawns along the course forcing much leering by passing male and female runners. Leering during a race does not lead to fast race times so they moved it to 10:30 AM. The course features an uphill start by Millett Hall and runs around the Miami of Ohio Campus and a downhill finish in front of Millett Hall. The awards at this race are unique in that you get a red brick which makes a great paperweight.

This year is the 28<sup>th</sup> year of the Race. It is Sunday April 13, 2008 at 10:30 AM. Race day registration will be at Millett Hall on the Miami of Ohio Campus and costs 12.00. T-shirts are available race day for a nominal price. Pre-registration costs 10.00 if you like to pinch pennies until Abe Lincoln cries.

## Inside the RRCA Board of Directors

On the weekend of January 19, the Road Runner Clubs of America (RRCA) Board of Directors came to the Millennium Hotel in Downtown Cincinnati for their board meeting. The board meeting was a two day affair conducted over January 18 and January 19. It gave them a chance to tour the fine city of Cincinnati and get important business done before the convention. Any RRCA member could attend. Since the 2008 RRCA Convention will be held in conjunction with the Flying Pig Marathon, I thought that it would be a good idea to meet them a few months before the convention, see how they conduct business and hopefully learn something about them and have them learn something about me and our club in Cincinnati.

I was able to free a Friday afternoon to go see a portion of the board meeting. Thinking that they were on break according to their agenda, I actually showed up when they were talking about budgets and goals for the RRCA for 2008. They stopped the meeting briefly, introduced ourselves to each other and resumed the business at hand. Jean Knaack Executive Director of the RRCA was present along with most of the board except for the Vice President who was excused.

Around this time, they were expecting a conference call from a Committee set up to go through revising the RRCA Bylaws subject to approval at the upcoming Convention. Every so often, the RRCA takes a look at their Bylaws to see what could be done better, what no longer is applicable to the group due to technology, law, or current practice. They went through each article of the bylaws which was about 2 hours. They approved each article initially. At the end, the Board approved the entire bylaws for presentation and approval at the upcoming convention.

After a brief break, I told them something about myself and our club. I was quite unsure of what to say regarding goals when asked by the President, but I did say our Board of Trustees was very conscientious about the budget, so conscientious that we "pinch pennies until Abe Lincoln cries". They resumed talking about the proposed budget and

goals. I was more of an observer to the meeting than a participant. They closed with how to handle a complaint about one of the board members.

After the Board Meeting, one of them wanted to know a good 5 mile course. I must have confused him so much that he made up his own course and he went north on Elm Street until the end of it. When he got back, he said that was the fastest that he had run in quite some time.

I did join them for Happy Hour and dinner at Campanello's. I may have to go back to Campanello's just for the free entertainment value of the waiter. I was a brief tour guide for the evening and gave them a helpful mnemonic for east-west navigation through downtown – "Big Strong Men Will Very Rarely Eat Pork Chops".

I was planning to go back Saturday, but due to my brilliance two years ago, the Local Hash group was having their 500<sup>th</sup> hash the same weekend and I decided to attend the onafter for the 500<sup>th</sup> after catching up on work Saturday.

The RRCA is definitely in good hands and the meeting definitely will improve my effectiveness in running the club board meetings for the near future. They also face some of the same issues that we as a local club face like budgets, bylaws, goals and most important member participation.

### RRCA Board of Directors

Jean Knaack, Executive Director  
Bee McLeod, President  
Tom Downing, Vice President  
Dennis Novak, Treasurer  
Brent Ayer, Eastern Region Director  
Beth Onines, Central Region Director  
David Epstein, Western Region Director  
Bob Holmes, Director at large  
Lisa Paige, Director at large and Secretary

To learn more about the Board, go to <http://www.rcca.org/rcca/board>.

## Holiday in Lights Run

This year the Holiday in Lights Run took place on Monday, December 17 at 6:30 PM. It was a little later than usual but approximately 40 runners still showed up for the run on a cold December evening. Despite the cold, every runner was willing to try to complete the entire route. After the run, most of the group met at O'Bryon's for food and spirits. The run is a great reason to keep membership up in the RCGC. Special Thanks to Tom Glasscock for making this event a great success and Jeff Hummel for stepping up as relief photographer.



They're only here for the beer.



Group one at Fountain Square. They were in a hurry to get warm so off they went.



Group two at Fountain Square. No one wanted a ride back.



Entire group before the run



Club Members having a good time at O' Bryon's





Mike, Nancy and Jon together again.



A little dancing



Thanks again Linda!

## Holiday Party 2008

The Runners' Club of Greater Cincinnati held its annual Christmas Party on Saturday, January 5, 2008 at the Central Park Condominium Clubhouse. Approximately 30 club members and guests attended.

The party was a gala potluck affair with the Club providing meat and beverages, and members and guests bringing appetizers, salads, side dishes, and desserts. The potluck dinner format was similar to that used for Holiday Parties of years past when they were held at the Clifton Recreation Center. The Club is extremely grateful to all who contributed food items. The food was of exceptional quality, variety, and amount to satisfy any hungry runner's appetite. Music was provided by Club Treasurer Jeff Hummel and dancing by Cathy Russo and Jody Collier.

Special thanks are due to Linda Jeanmougin who for the second year in a row made most of arrangements including reserving the clubhouse, handling RSVP's, purchasing food and beverages and generally overseeing the event.



All this good food!

## 2008 Race Calendar February – April

### 10 February

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

### 16 February

**Devil Take The Hindmost Race**, 12:00 noon, Owls Nest Park, O'Bryonville, across from the Running Spot, 513-321-3006, [www.runningspot.com](http://www.runningspot.com)

### 17 February

**10th Annual Sweetheart Shuffle**, 5k Run/Walk, Noon, Middletown YMCA, Gail Alford, 513-539-6918

### 23 February

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

### 24 February

**Climb the Carew**, 7:30 am, Carew Tower, Downtown Cincinnati, Steve Prescott, 513-777-1080, [www.sprunning.com](http://www.sprunning.com)

### 29 February

**Leap Day Race**, 6:30 PM, 12<sup>th</sup> and Main, Cincinnati OH, El Presidente - 513-451-2587, [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).

### 1 March

**Strides of March 5k/10k**, 9:00 am, Lunken Airport Playfield, Steve Prescott, [www.sprunning.com](http://www.sprunning.com) or 513-621-3262

### 2 March

**Molly Malone's Gaelic Gallop**, 1:00 pm, Molly Malone's Irish Pub, 6111 Montgomery Road, Cincinnati OH, Special Olympics - 513-271-2606, [www.hcso.info/mm\\_gallop\\_2008.php](http://www.hcso.info/mm_gallop_2008.php).

**Little Miami 10 Miler**, 1:00 pm, Bryan Center, Yellow Springs, OH, Vince Peters, 937-767-7424, [www.orrrc.org](http://www.orrrc.org)

### 8 March

**30<sup>th</sup> Annual Beer Bottle Open: 4 miler** 2:00 PM, Columbus Grove High School, Columbus Grove, OH Terry Schnipke, 419-659-5139

### 15 March

**Cavalier 5k**, 9:00 am, Purcell Marian High School, Tom Stickley, Purcell Marian Athletic Director, 513-487-3122, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Emerald Miles 5k**, 9:00 am, Newport on the Levee, Newport, Ky, Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

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

### 22 March

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

### 29 March

**Heart Mini Marathon Expo**, 11:00 am to 3:30 pm, Cincinnati Convention Center, Downtown Cincinnati, OH, [www.heartmini.org](http://www.heartmini.org)

### 30 March

**31st Annual Heart Mini-Marathon**, 9:00 am 5k, 10:00 am 15k, 1:00 pm 5k/10k Walk, Fountain Square, Downtown Cincinnati, [www.heartmini.org](http://www.heartmini.org)

### 5 April

**Working in Neighborhoods 5k Run/Walk**, 9:00 am, Winton Woods, Cincinnati, OH, Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

### 6 April

**41st Annual Athens Marathon & Half Marathon**, 9:00 am, Athens, OH

## Race Calendar Continued

### 12 April

**G A 5k...a heavenly hog jog**, 9:00 am, Guardian Angel Church, Mount Washington, Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

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

### 13 April

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

### 19 April

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

**Mother Theresa 5k**, 9:00 am, Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

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

### 20 April

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

### 26 April

**St. Josephs Home 5k**, 9:00 am, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Fort Mitchell 5k**, 9:00 am, Blessed Sacrament Church, Fort Mitchell, Ky, Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

**4th Annual Frog Jog 5k**, 9:00 am, East Butler County YMCA, Hamilton, OH, Greg McCormick, 513-793-0508 or [www.runningtime.net](http://www.runningtime.net)

### 30 April

**RRCA Convention**, Board of Directors Meeting 8:30am, Millenium Hotel – Downtown Cincinnati, OH, [www.rrcaconvention.org](http://www.rrcaconvention.org)

### 1 May

**RRCA Convention**, State Reps Session 9:00am, Millenium Hotel – Downtown Cincinnati, OH, [www.rrcaconvention.org](http://www.rrcaconvention.org)

### 2 May

**RRCA Convention**, 9:00 am, Millenium Hotel – Downtown Cincinnati, OH, [www.rrcaconvention.org](http://www.rrcaconvention.org)

### 3 May

**Flying Pig 10k**, 8:00am, 10:15 am, Sawyer Point, Cincinnati, OH, Don Connolly, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

**RRCA Convention**, 9:00 am, Millenium Hotel – Downtown Cincinnati, OH, [www.rrcaconvention.org](http://www.rrcaconvention.org)

**Flying Pig 5k – RRCA National 5K Championship**, 10:15 am, Sawyer Point, Cincinnati, OH, Don Connolly, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

**Pump and Run 5k Spring Classic**, Sawyer Point, Cincinnati, OH, Greg McCormick, 513-793-0508 or [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

### 4 May

**10th Annual Flying Pig Marathon & Half Marathon**, 6:30 am, Downtown Cincinnati, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

### Membership renewals due in March - Renew Today

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







P.O. Box 8761  
Cincinnati, OH 45208  
Web Site: [www.RCGC.net](http://www.RCGC.net)

Top 10 reasons to Volunteer for a club activity:

10. It does a body, mind, soul good.
9. Travel to different areas of town, meet interesting runners, and vow to crush them at the next race.
8. Free pizza, free power bars, free T-shirts, free coupons what more do you want.
7. Nothing like the smell of the Ohio River on an early May Sunday morning.
6. Win free money in the informal betting pool on when the club president will have a nervous breakdown at a club sponsored event.
5. Free research for your e-books "Dirty Jokes for Runners", "More Dirty Jokes for Runners", "Even More Dirty Jokes for Runners".
4. The Club President shouldn't be the only person allowed to do everything.
3. Great way to drink beer for more crimes at the Sin City hash.
2. Learn how this crap all comes together or unraveled depending on the event.
1. It's just plain fun.