

Spring 2008

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President Letter



What a busy 2008 this has been for the Runners' Club! There was the Valentine's Day Race in windy conditions, the Leap Day Race, updated club bylaws, the Heart Mini-Marathon expo and suite, and the best Annual Meeting in

10 years where a new Board of Trustees was elected for 2008-09.

In addition, the club is actively working and planning several upcoming events where you can participate as a member, volunteer, and yes runner. The club has responsibilities for the RRCA Convention, the Flying Pig Marathon and the Memorial Day Race.

After a year hiatus, the club is bringing back the Memorial Day Race this year. It will be Monday, May 26 at 9:00 AM at Otto Armleder Park, one of Cincinnati's best kept secrets, and location of last years' Lucky 7 Race. Enclosed is a flier for the race.

Also back is a mailed newsletter to our members. When the club revived the newsletter last summer, we tried to do it strictly online with a few hard copies at the local running stores. It did not work as well as we hoped as some of our members did not even know that we had a newsletter for the past year and we had a few technological issues come up like how not to give it away for free to everybody. After the winter's membership mailing, the board and I found out that mail still works best for communicating with our members. For the remainder of 2008, we will attempt to send you hard copy newsletter. In 2009 when your membership comes up for renewal, the club will give you the choice of whether you want it mailed or online if the club can overcome some of the technological hurdles.

One thing that members always ask me is have they renewed their membership for the year? Most of you have, but some of you have not. If you look at the mailing label, you will notice by your name numbers. If it reads 03/08 by your name, please renew your membership as it is past due. We enclosed a membership form to make it easier for you to renew. We certainly do not want to lose you as a member and we are attempting to do everything that we can to keep you as a member.

Please welcome the following new members to the club: Elizabeth Beals & Kevin O' Reilly, Charles Bennett, Bud Feldkamp, Hans Gallezo, Liz Hofacre, Adam McCuiston,, Pamela McMullen, Mark Roberts, Susan Russell, John Tergerson, Rani Ulrich, and Laura Wagner.

Congratulations to our 2008 Boston qualifiers. For 2008, we had 18 of our members qualify for the Boston Marathon. They are: Jennifer Black, Laura Booke, John Camele, Kelly Edmondson, Jason Fremder, Dianne Griesser, Dave Hamann, William Hardy, William Hoffman, David Krekeler, TJ Lentz, Shalini McGarvey, Andy McGarvey, Melanie Miles, Kim Noble, Jean Schmidt, Laura Wagner, Ryan Woolley. A special congratulations to Ryan Woolley who is our featured Runner. You can read about him inside as he is one of the up and coming young runners in Cincinnati.

Finally, thank you to our volunteers. If it was not for them, we would not be able to support the number of events that we do in Cincinnati. I wish that I could list your name here, but I only have a page and then some. You have your own special page inside. Our volunteers are the true miracle workers. If you are a runner and want to see what it is like from the other side, please volunteer.

Todd Hofacre
President

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

Board of Trustees

President Todd Hofacre 513-451-2587
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Tom Glasscock 937.695.1367
Ed Hunter 513.522.6199
Cathy Russo 513.474.2816
Peter Wayte 513.677.1711
Ryan Woolley

Committee Chairs

Equipment: Stacy Osborne(timers) 513.351.6300
Nick Kleiner(tent,coolers)513.574.4502

Membership: Open
Merchandising: Open
Road Races: Open
Social: Open
Webmaster: Marty Hovey

Board Meeting: Check website for details
(Typically first Thursday of each month - all are welcome)
RRCA 703.8336.0558
If you are interested in getting involved, please contact us at cincinnati-running@gmail.com.

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

Membership Benefits:

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

Renewals, new memberships and changes of address can be processed by mail or through the club website. Annual dues are \$15/\$20 per individual. \$20/\$25 per family.

Articles and letters should be emailed to cincinnati-running@gmail.com by the 10th of the month preceding the next newsletter (July 10 for Summer, October 10 for Fall, January 10 for Winter).



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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 ◆ Monthly 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

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.

Congratulations to our 2008 Boston Marathon Qualifiers:

Jennifer Black
Laura Booke
John Camele
Kelly Edmondson
Jason Fremder
Dianne Griesser
Dave Hamann
William Hardy
William Hoffman
David Krekeler
TJ Lentz
Shalini McGarvey
Andy McGarvey
Melanie Miles
Kim Noble
Jean Schmidt
Laura Wagner

RCGC Summer Cross Country Series begins 41st year

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, the series moved from French Park to Princeton Junior High, and attendance rose. This summer, the series begins on Thursday, June 19 at 7:00 p.m. at Princeton Middle School. It will then run each Thursday (June 26, July 3, July 10, July 17, July 24, July 31, August 7, and August 14) until August 14. 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!

For the Record:

French Park: 3 loop, 3 1/2 mile 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 (2001-2007)

Men:

1. Chris Reis 15:42 08/16/07
2. Paul Staudigel 15:43 08/12/04
3. Brian Godsey 15:46 07/12/02
4. Tony Matheus 15:57 08/12/04
5. Taylor Williams 15:58 07/20/06
6. Brian Godsey 16:02 06/13/02
7. Court Lilly 16:06 07/12/07
8. Brad Bullock 16:09 07/20/06
9. Kyle Dragen 16:13 07/28/05
9. Court Lilly 16:13 07/27/06
9. Brian King 16:13 07/26/07

Cont. pg. 5

Cross Country Series Cont.

Women:

1. Jamie Roflow 18:12 07/27/06
2. Brooklyne Ridder 18:25 08/16/07
3. Jamie Roflow 18:27 06/22/06
4. Amy Sanders 18:29 08/12/04
5. Christina Schneider 18:29 08/10/06
6. Andrea Maas 18:42 08/04/05
7. Christina Schneider 18:46 07/27/06
8. Corrie Whisner 18:50 07/08/04
9. Brooklyne Ridder 18:56 07/27/06
10. Alison Bedingfeld 18:57 08/08/02

Featured Runner – Ryan Woolley



Our Spring featured runner is Ryan Woolley (pictured on the right with his twin brother Aric). Ryan is one of our faster club members. Recently he won the Leap Day

Race and finished 4th in his age group(25-29) at the Heart Mini-Marathon. He lives in Delhi Township and recently joined the Club's Board of Trustees as an At-Large to give back to the club and to learn how non-profit organizations operate.

1. **How long have you been running?** I have been running since I was 11 years old. I learned just how much dedication was going to be required to obtain a competitive body and mindset when I entered into my high school years. I have been running all year-round since I began high school.
2. **What got you started running?** I discovered what running even was when I joined an elementary running club at Delshire Elementary School. This club helped me get my "rookie mistakes" out of the way so I could have an edge on my junior high level competition. More importantly, it helped to learn about myself and how to deal with the stress of competitive running at an early age.
3. **Where do you normally run?** I normally run around my residential neighborhood of Delhi Township. It is on the west side of Cincinnati.

4. **What is your favorite route?** My favorite route is running from Hyde Park Square to Mount Adams and back. It gives me some elevation change and good scenery during the run in a decent part of town. I always get a good full workout on this route.

5. **What type of training do you typically do?** When I am not training for a marathon, I normally run an average of 5-6 miles a day with no more than one day off per week. I generally tailor my training for 5-10K races since these are the most popular distances for racing in the city.

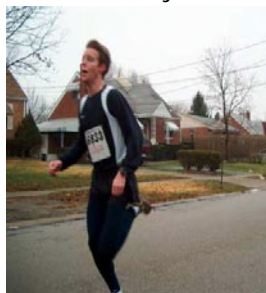
6. **Describe a typical week of training.** I generally do longer runs on Sunday. Monday is usually a shorter and slower run to recover from Sunday. Tuesday could include a hard 5 or 6 mile run. Wednesday is like Monday for recovery from Tuesday. Thursday could include a hard 5-6 mile run or an interval workout. Friday is very easy or off to prepare for a potential Saturday 5K or 10K race.

7. **What's your favorite workout?** My favorite workout is actually running a race because I usually push myself in races and I am very happy and grateful to be finished. Racing tends to be the most rewarding experience for me.

8. **What are your favorite three races locally?** I always enjoy the Thanksgiving Day Race, the Heart Mini-Marathon, and the Flying Pig marathon.

9. **What's your favorite race out of town?** I love participating in the Twinsburg Twins Days 5k with my twin brother. It is a unique race that allows twins to compete with other runner twins. It is held in the first week of August.

10. **Where's the furthest from Cincinnati that you've run?** San Francisco is the farthest city from Cincinnati that I have run.



I have not yet left the North American Continent.

11. **What are some of your current PR's?** My fastest 5K is a 16:41, my

10K is a 34:41, my 15k is a 52:47, and my marathon is a 2:50:44.

12. **Of what accomplishments are you most proud?** I am most proud of my marathon accomplishment. I have to train specifically for that race for about 3 months during which I have to be very careful not to get injured and potentially compromise all of my training effort.
13. **What's your favorite pre-race meal?** I always eat spaghetti with some Larosa's spaghetti sauce and a small salad. Sometimes, Skyline 4-way works too.
14. **What is your favorite retreat?** I enjoy eating a hearty meal after a race at one of my favorite restaurants. When I am at home, I spend time on one of my flight simulators on the my desktop computer.
15. **How has running influenced your life?** Running has helped me become more confident in myself by helping me manage stress that comes with just about every aspect of life as well as competitive running. I tried to use the same mental approach to taking a big exam as I did with approaching a race throughout my school years.
16. **Any special goals you'd like to accomplish in the next few years?** I want to find a job which I will be able to find great personal satisfaction. I then want to break all of my current PR's for every race distance that I have run so far.
17. **How did you get involved with the Runners' Club of Greater Cincinnati?** I remember meeting Mike Moyer at the Summer Cross Series back in 2001 and shortly afterward, he introduced me to the club.
18. **What is your favorite Runners' Club of Greater Cincinnati Event? Why?** I have always tried to run the Memorial Day Race because it attracts a rather competitive group of runners that I could compare myself to a little to help better myself.
19. **What typical distances do you enjoy running(5k, 10k, half-marathon, fullmarathon)other than you run?** I enjoy running all distances, but I tend to

have an edge on my peers when racing distances exceed exceed 10-15k.

20. **Do you run solo or do you prefer group runs?** I usually run solo because it helps me keep a flexible schedule. I do enjoy running with others when time permits.

Welcome New Members!!

Elizabeth Beals & Kevin O' Reilly

Charles Bennett

Bud Feldkamp

Hans Gallezo

Liz Hofacre

Adam McCuiston

Pamela McMullen

Mark Roberts

Susan Russell

John Tergerson

Rani Ulrich

Laura Wagner

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

Memorial Day Run 31

9:00 AM Monday, May 26, 2008

Otto Armleder Memorial Park

5059 Wooster Road, Cincinnati OH

Summer XC Series

7:00 PM, Thursday June 19, 2008

Princeton Middle School, Sharonville OH

(Runs every Thursday until August 14)

Articles for next newsletter due July 10.

Thank you to the following club members and others who helped out with the following events:

Valentine's Day Race:

Tom & Julia Glasscock
Amy Hummel
Nick Kleiner
Greg McCormick
Steve Kruse
NKU Men's Cross Country Team
NKU Women's Cross Country Team
Stacy Osborne
Mike Smith

Leap Day Race:

Cheryl Curtis(OTRCC)
Tom & Julia Glasscock
Liz Hofacre
Troy Hofacre
Jeff Hummel
Nick Kleiner
Greg McCormick
Sasha McCormick
Jeff Meyer(OTRCC)
Melanie Miles
Kim Retta
Bill Stander
Larry Wong – biker(Cincinnati Cycle Club)

Membership Card Mailing:

Ed Hunter
Lonnie Smith

Heart Mini-Marathon

Bag Stuffing:

Rex Boutelle
Tom & Julia Glasscock
Bill Hardy
Mike Hauser
Marty & Denise Hovey
Adam McCuiston
Lonnie Smith
Sonya Whaley

Heart Mini Waterstop:

Tom & Julia Glasscock
Mike Harvey
Robert Moyer
Elisa Nickum
Nancy Zadek

Heart Mini Expo:

Julia Glasscock
Liz Hofacre
Erica Palmer
Bob Platt

RCGC Volunteer Form

Name: _____
Phone: _____
Email: _____

I would like to help with the following activities:

___ Memorial Day Run – Monday, May 26, 2008 – 9:00 AM – Otto Armleder Park

___ Lady Distance Classic – Sunday August 3, 2008 7:30 AM – Blue Ash

___ Brian Rohne Race – August 15, 2008 – 7:00 PM – Northern Kentucky University

___ Summer Picnic and Prediction Race – August ??, 2008 – 3:00 PM – Location TBD

Please complete and mail to: Runners' Club of Greater Cincinnati, PO Box 8761, Cincinnati OH 45208 or signup online at www.cincinnati-running.com.

Inside the Special Events Unit of the Cincinnati Police Department

By El Presidente

The Cincinnati Police Department has a division called the Special Events Unit that handles the police needs of road races on the streets of Cincinnati. To do a race on the streets of the City of Cincinnati, you need to fill out a parade permit at least 30 days before the race, have liability insurance and include the City of Cincinnati as an additional insured on liability insurance.

Sometimes they can help you put together a course that uses as few police officers as possible. I found myself in that situation regarding the Leap Day race when I submitted a route that would need 22 officers at about a cost of about \$1400. I thought my course would need only 10. They quickly realized that I was new at this race directing experience so I met with them on a cold Friday afternoon in January to come up with a better course.

The two officers that I met were Sgt. Fritz and Specialist Krauser. Specialist Krauser typically analyzes the police needs for your course when you submit a course for a race. He will figure out how many officers need to be hired and any points where you completely block residents and businesses from getting in and out of their homes.

They had my submitted course on the map which showed where the officers would be. I knew how many officers I needed (too many) so we worked on different ways to get the number of officers down. We tried many different courses. One looked promising until we checked the elevation change on a hill which might be a good race for the Hill Climb Series, but not for a 4K run. I was surprised that they also use USATF Running Routes Online (Link available on our website under running routes) to get exact distance and elevation. I also found out that loop courses may sometimes be cheaper than an out and back as they can quickly move officers from one point to the other in a short period of time.

After about 1.5 hours, we came up with a new course that took the race up to Eden Park and back. They can shut roads around Eden Park down like a faucet shuts off water since so many races go up through Eden Park from downtown.

Afterwards, we talked about a few upcoming races like the Heart Mini-Marathon, and the Flying Pig Marathon 5k and 10k course. All those courses were on giant maps in their office. I learned that the Flying Pig 5K course was changing due to the RRCA Convention coming to town. They also have a list of courses from the last 5 years. I also learned that they are the first ones to hear complaints from residents and businesses about races going through their part of town especially new ones. Surprisingly, they politely gave me the same advice that Stacie Osborne did about road races: "Do it in a park so you don't need cops."

Newsletter Advertising Rates

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

Runners' Club Members receive a 15% discount on the above ad rates.

Ads must be paid in full 10 days after ad submission. Invoices sent upon request. Deadline for submitting the ad is generally the 10th of the month preceding the date of publication. (July 10 for Summer, October 10 for Fall, January 10 for Winter). Checks should be made payable to Runners' Club of Greater Cincinnati.

For submission and payment details regarding advertising, contact us at or 513-451-2587 or cincinnati@running@gmail.com.

Race Calendar

Sat May 17 Runaway Bride 5k, 9:00 am, Don Connolly, www.racedmc.com
Sat May 17 Kenton County Veterans Memorial 5k, 8:30 am, Crescent Springs, Ky, 859-331-7116, Greg McCormick, 513793-0508 or www.runningtime.net
Sun May 18 Running Spot Dirt Trail Series Mt. Airy Ridge Run, 9:00 am, Mt. Airy Forest, Cincinnati, Oh, Greg McCormick, 513-793-0508, www.runningspot.com
Sat May 24 Mustang Fun Run 5k Walk./Run , 9:00 am, Western Hills High School, PJ Mays 513-363-8825.
Sat May 24 RGI River Run & Walk 5k benefiting Kicks for Kids, Don Connolly, www.racedmc.com
Sun May 25 Mariemont 5k, 9:00 am, Mariemont High School, Mariemont, Don Connolly, www.racedmc.com
Mon May 26 Freestore Foodbank Hunger Walk & Run 5k, Don Connolly, www.racedmc.com
Mon May 26 Bashful Ostrich 5k, 9:00 am, Sharon Woods Park, Sharonville, Oh, Steve Prescott, 513-777-1080 or www.sprunning.com
Mon May 26 21st Lou Cox Annual Memorial 5kRun/Walk, 9:00 am, Welcome Stadium, Dayton, Oh, www.orrcc.org.
Mon May 26 RCGC Memorial Day Run 31, 9:00 am, Otto Armleder Memorial Park, Cincinnati, OH, www.cincinnatiirunning.com.
Fri May 30 5 for the Kids 5k Run/Walk, 7:00 pm, Dayton, Oh, Greg McCormick, 513-793-0508 or www.runningtime.net
Sat May 31 Adventures for Wish Kids 5k, 8:30 am, Kings Island, 513-232-5104, Steve Prescott, www.sprunning.com
Sat May 31 14th Annual Jim Sauls 5k Run /Walk, 8:30 am, Clermont Senior Services, Batavia OH, www.clermontseniors.com.
Sat May 31 GoOTR5k, 10:00 am, 12TH and Vine Street, Cincinnati OH, www.otrchamber.com.
Sun Jun 1 Little Miami Triathlon, 8:00 am, Morgan's canoe and Outdoor Center, Fort Ancient State Park, Don Connolly, www.racedmc.com.
Fri Jun 6 Run for Kids 5k, 7:00 pm, St. Mary School, Hyde Park, Don Connolly, www.racedmc.com.
Sat Jun 7 Jones Fish Redlegs Run for Home 5K, 9:00 am, Great American Ballpark, Don Connolly, www.racedmc.com.
Sat Jun 7 Price Hill Pacer 5k, 9:00 am, Elder / Seton High School, Cincinnati OH, Steve Prescott, 513-777-1080 or www.sprunning.com.
Sat Jun 7 June in Olde Williamsburghe 5k Run/Walk, 9:00 am, Williamsburg HS, Williamsburg OH, Rachel Lefker, 513-623-4611.
Sun Jun 8 Running Spot Dirt Trail Series French Park Creek Crossings, 9:00 am, French Park, Cincinnati, OH, Greg McCormick, 513-793-0508, www.runningspot.com
Sun Jun 8 Strawberry Classic 10K Run, 8:30 am, Troy Memorial Stadium Troy, OH, Cheryl Chaney, www.troyohiochamber.com
Sat Jun 14 Run for the Poor 5k, 9:00 am, Saint Elizabeth Seton Church, Mount Repose , Don Connolly, www.racedmc.com.
Sat Jun 14 Racing to Read 5k, 9:00 am, Covington Public Library, Covington KY, Steve Prescott, 513-777-1080 or www.sprunning.com.
Sat Jun 14 Loveland's Amazing Race, 9:00 am, Nisbet Park, Loveland OH, Kathy Ray, 513-520-5752 or www.lovelandsamazingrace.com.
Thur June 19 RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnatiirunning.com.
Sat Jun 21 WCPO TV Kroger Big K 5K, 9:00 am, Northern Kentucky Convention Center, Covington KY, Don Connolly, www.racedmc.com.
Thur June 26 RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnatiirunning.com.
Sat Jun 28 Hyde Park Blast, 8:00 am, Hyde Park Square, Cincinnati OH, www.hpblast.com.
Thur July 3 RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnatiirunning.com.
Fri Jul 4 Greendale 4th of July 5K, 8:00 am, Greendale Park, Greendale IN, Don Connolly, www.racedmc.com.

Fri Jul 4 Insight Edgewood Independence Day 5k, 8:00 am, Presidents Park, Edgewood KY, Steve Prescott, 513-777-1080 or www.sprunning.com.

Fri Jul 4 12th Annual 4th of July Spectacular 5K Run/Walk, 8:00 am, Colerain Township Municipal Complex, Greg McCormick, 513-793-0508 or www.runningtime.net

Fri Jul 4 27th Annual Conquer the Hill 10K/ 4.5 mile walk, 8:00 am, Evendale Recreation Center, Kim Pielage, 513-563-2247, /www.evendaleohio.org.

Fri Jul 4 Fort Thomas Firecracker 5000, 8:00 am, Tower Park, Ft. Thomas KY, www.ftthomas.org.

Thur July 10 RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnatiarunning.com.

Sat Jul 12 Fairfax 5k, 8:30 am, 5903 Hawthorne, Fairfax, Don Connolly, www.racedmc.com.

Sat Jul 12 Natalie's Flt Thru the Park, 9:00 am, Miami Meadows Park, Miami Township, Elizabeth Duncan, 513-573-9792,

Thur July 17 RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnatiarunning.com.

Sun Jul 20 Running Spot Dirt Trail Series East Fork Backpack Trail Run, 9:00 am, East Fork Lake State Park, Cincinnati, OH, Greg McCormick, 513-793-0508, www.runningspot.com

Thur July 24 RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnatiarunning.com.

Sat Jul 26 17th Annual Brookville Optimist 5 Mile Picnic Run, 8:00 am, Golden Gate Park, Brookville, OH, Dick Baker, 937-833-5666, www.alliancerunning.com.

Thur July 31 RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnatiarunning.com.

Sat Aug 2 2nd Annual Spartan 5k, Villa Hills Civic Club, Villa Hills, KY Greg McCormick, 513-793-0508 or www.runningtime.net

Sat Aug 2 Red Hot Blues Run 5K and 15K, 7:00 PM, downtown Lebanon, Steve Prescott, 513-777-1080 or www.sprunning.com.

Sun, Aug 3 Fleet Feet Sports Lady Distance Classic, 7:15 am, Blue Ash Recreation Center, www.ladydistanceclassic.com

Thur August 7 RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Princeton Middle School, Stacy Osborne, 513-351-6300, or www.cincinnatiarunning.com.



GO OTR 5K RUN/WALK IN HISTORIC OVER-THE-RHINE SATURDAY, MAY 31, 2008 10:00 AM

Come celebrate the exciting changes taking place in Cincinnati's most unique urban neighborhood!

Featuring awards specially designed by Rookwood Pottery! And special gift bags for everyone who enters! After party at registration spot.

COURSE 3.1 miles beginning at 12th and Vine Streets. The course travels past much of OTR's breathtaking historic architecture and provides a glimpse of the revitalization taking place in OTR.

ENTRY FEE \$10 pre-registration/\$15 day of the race (both include T-shirt).

DIRECTIONS AND PARKING Just north of downtown, one block from Central Parkway at the corner of 12th and Vine Streets. Parking is available in the Gateway Garage, accessible from Central Parkway or 12th Street.

For more information or to register, go to www.otrchamber.com.



MEMORIAL DAY RUN 31

5K Run, 9:00AM, Monday May 26, 2008 Otto Armleder Memorial Park

- **PRE-REGISTRATION (includes T-shirt): \$16- General Public, \$14 - Runners' Club Members/Age 18 and Under.** Must be received by Monday, May 19, 2008. Online registration available at www.cincinnatirunning.com.
- **RACE DAY REGISTRATION:** \$20 - No Discounts – includes T-shirts while available.
- **POSTRACE** – Food, music, awards and door prizes following the race.
- **DIRECTIONS: From Cincinnati:** Take Columbia Parkway to the Beechmont Avenue Ramp. Right on Wilmer. Right on Beechmont Circle. Left on Wooster Pike. Park entrance is on the right just before US Bank Building.
From the North: Take I-71 to Exit 9 (Fairfax/Red Bank Rd). Stay on Red Bank until it ends at Wooster Pike. Turn right on Wooster. Park Entrance is 1.4 miles on the left just after US Bank Building.
- **COURSE:** Spectator friendly flat, fast 5K(3.1 miles) course in park and on paved trail.
- **AWARDS:** Top Male and Female runners and top 10% of each division based on pre-registration. Male and Female Divisions: Runners: 14/under, 15-18, 19-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-69,70+. Weight Divisions: 215+; Walkers: Overall Male and Female, 40 and Under, Masters(40-59) and Legends(60+).
- **RESULTS** - Posted at www.cincinnatirunning.com.
- **INFO** - Visit www.cincinnatirunning.com or contact us at 513.451.2587 or cincinnatirunning@gmail.com.

Name: _____

Address: _____

City/State/Zip: _____

Phone Number: _____ Email: _____

Age (as of race date): _____ Sex: M | F Runner | Walker | 215+ T-shirt size (circle one): S M L XL

Enclosed is: \$16 Pre-Registration plus T-shirt \$14 Runners' Club Member/ 18 and Under Pre-Registration (incl. T- shirt)
 \$20 Race Day Registration (T-shirt included while supplies last)

Make Checks Payable / Mail to: Runners' Club of Greater Cincinnati
PO Box 8761
Cincinnati, Ohio 45208
Attn: Memorial Day Run

On behalf of myself, my heirs, executors, estate, successors, and assigns, I hereby release the Runners' Club of Greater Cincinnati, Hamilton County Park District, City of Cincinnati, all club and 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 Memorial Day Run. 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: _____



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