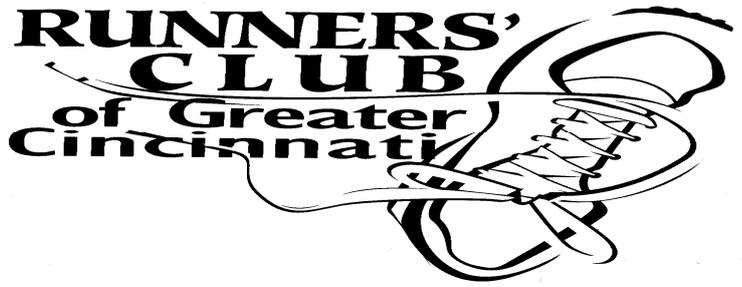


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**RUNNERS'  
CLUB**  
of Greater  
Cincinnati



1976-2011

**RUNNING  
THE CITY**



FOR **35** YEARS

**CLIFTON**  
track club



**Runners' Club of Greater Cincinnati**

P.O. Box 8761  
Cincinnati, OH 45208  
[www.cincinnatiirunning.com](http://www.cincinnatiirunning.com)  
cincinnatiirunning@gmail.com

**Board of Trustees**

President Terry Elliott 859-371-6464 ext. 422  
Vice President Gina Meyers  
Secretary Todd Hofacre  
Treasurer Ryan Woolley

**Trustees At Large**

Tom Glasscock 513.313.4940  
Chris Higginbotham  
Dave Reid  
Laura Wagner

**Committee Chairs**

Equipment: Stacy Osborne(timers) 513.351.6300  
Nick Kleiner(tent) 513.574.4502  
Newsletter: Sara Mcintosh  
Membership: Open  
Merchandising: Alicia Zoimov  
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 [cincinnatiirunning@gmail.com](mailto:cincinnatiirunning@gmail.com).

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

Membership is open to everyone regardless of age, gender, race, or religion.

**Membership Benefits:**

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

Renewals, new memberships and changes of address can be processed by mail or through the club website. Annual dues are \$20 per individual. \$25 per family. Articles and letters should be emailed to [cincinnatiirunning@gmail.com](mailto:cincinnatiirunning@gmail.com) by the 10th of the month.

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

**The Runners' Club of Greater Cincinnati Presents The WeightWatchers® Walk-It Challenge**

10:00 AM Sunday, May 22, 2011  
Spirit of '76 Shelter, Lunken Playfield  
Playfield Lane, Cincinnati OH

**Memorial Day Race 35**

9:00 AM Monday, May 30, 2011  
Otto Armleder Memorial Park  
5059 Wooster Road, Cincinnati OH

**Summer XC Series**

7:00 PM, Thursday July 7, 2010  
Loveland High School, Loveland OH  
(Runs every Thursday until August 4)

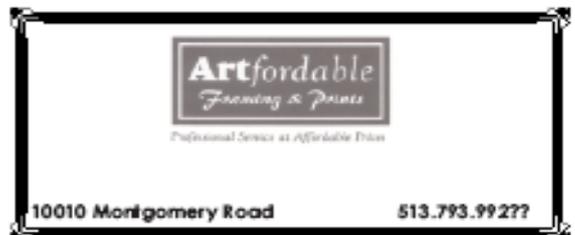
**A Midsummer Night's Trail Run**

7:00 PM Thursday, August 11, 2011  
Mount Airy Forest, Cincinnati OH

Articles for next newsletter due July 10.

**Membership dues were due in March!  
Check the back label!**

**If the label reads 03/11 by your name, renew your membership or this will be your last newsletter!**



## PRESIDENT LETTER



I am just back from a week in Atlanta.... I guess while I was away I must have been the only nominee for club president or surely someone else would be filling the role.

Now that you're stuck with me, at least until I am impeached, there's not much point in asking why none of "you" stepped up to the table to lead your club!

Your ideas and thoughts about the club are important and to help me understand what you want from your club. Please tell me your likes and dislikes; positives or negatives about the club.

Your feedback is very important, please answer this short list of questions; add anything else that comes to mind that I may have missed:

1. Why did you join the club?
2. Are you getting the benefits you wanted when joining?
3. Are there other benefits you would like to see added?
4. Do see good value in being a member?
5. Would you ask a friend to join?
6. Have you taken advantage of the club discounts, and if you have which ones?
7. Is annual membership fee too high or too low? Or how much should it be?
8. If the club offers training do you want it for free or are you will to pay a fee?
9. Would you be more apt to participate more in club events or programs if they were free or if you have to pay a fee.
10. Would like to advertise your small business for free or pay a small fee to be posted on the club web site.

11. Would you like to have more member discounts at local stores and service companies?

12. What do you think the club's focus should be - Overall fitness, cardio, running only, social, all of these, or something else?

13. Would you or someone you know like to participate in:

- a. Walking programs
- b. Walking group/events
- c. In-line skating programs
- d. In-line group skating groups/events
- e. Weekly 5 K race (fee 2.00 members/ 4.00 non members)
- f. Race team
- g. Speed training
- h. Cross training
- i. Stretch training
- j. Social events

All races require volunteers, would you or someone you know like to volunteer for races in any of the following (training provided) positions?

1. Race director
2. Timing coordinator
3. Finish line timer
4. Water stop
5. Registration

Please contact me at my personal email: [luv2bactive@gmail.com](mailto:luv2bactive@gmail.com) to let me know what you want your club to be.

Thank you for your help in making your club a success.

Terry Elliott  
President  
Runners' Club of Greater Cincinnati



## Farewell from the Past President



For 2011 we have a new board and a new president! My reign of terror(or error) is over as of the 2011 Annual Meeting. It has been an eventful 4 years 1 month

and 7 days but who's counting since I became president as a result of Stacy's Osborne's sick experiment. At a board meeting in 2007, he basically said that any idiot could be club president and pointed at me, and you know the rest of the story.

It has been an interesting time from helping with the 2008 RRCA convention in Cincinnati to the fire at the Flying Pig Marathon that affected our waterstop in 2008. It was a masochistic pleasure to serve as race director of the Memorial Day Race, the Leap Day Race, and my infamous date races that started with my first as race director, the Lucky 7 on 7-7-7, where I sat in the corner sucking my thumb to the Hang 10 on 10-10-10 where I actually got to shoot the starting gun once the board and the club were assured that I would not hurt myself or others.

I am passing the torch of leadership to Terry Elliott. Terry recently moved here from Massachusetts due to a job transfer. He was an influential member and contributor for the Central Mass Striders, the largest running club in New England. He joined the Runners' Club and the board about 6 months ago when he transferred. He has many ideas to reinvigorate the club since it was starting to get stale in the past six months.

You will still have me to kick around as I will be taking a position on the board for the coming year to help the new board through the transition. I will still have influential input into Memorial Day Race 35 and The Runners' Club of Greater Cincinnati Presents Weight Watchers® Walk-It Day 5K for 2011. I will need your help for these events to be successful. I am grateful for the support of the board members who served during my tenure and the volunteers who have made our events over the last 4 years a success.

I wish Terry much success and hope club members support him in keeping the RCGC an important part of the Cincinnati Running Community. Keep on running.

Todd Hofacre, Past President

## Welcome New Members!!

Lori Anello  
Gary Auffart  
Andrea Brooks  
Joe & Karen Corso  
Cindy & Dave Cranmer  
Amy & Nick Duennes  
Christine Fountain  
Sue Guzior & Dan Burnett  
Robert Haddenhorst  
Kristi Kappes  
David & Donna Koon  
Allison Maxwell  
Fredrick & Eric Oliver  
Lisa Stephens-Bodine &  
Robert Bodine  
James & Faith Welland  
Leslie Williams  
Brad Young

Please make our new members feel welcome.



· MOVE YOUR HYDE ·  
**POWER YOGA**

Hyde Park, Cincinnati

**Bob Roncker's**  
**RUNNING SPOT**  
*running since 1981*

## Featured Runner – Chris Higginbotham

Chris Higginbotham is our featured runner for Spring. Chris joined the club in the spring of 2010. He qualified and ran the 2011 Boston Marathon. Recently, he joined the club's Board of Trustees as an at-large member where he plans to help with the club's social media efforts. Chris spent a few moments answering our questions.



- 1. How long have you been running?**  
I've been running consistently for about 5 years now.
- 2. What got you started running?** I graduated from college and needed something to keep in shape. I gave up running for some time and came back to it around 2005 or so. I've been running ever since.
- 3. Where do you normally run?** I normally run around Northern Kentucky (Covington, Newport, Bellevue) and downtown Cincinnati up through Clifton and the Eastside.
- 4. What is your favorite route?** My favorite route would have to be from my home in Bellevue through Newport and Covington. I then head over the Suspension Bridge and run through downtown Cincinnati to my work at Cincinnati State. Sometimes I run up Ludlow to Clifton Ave through UC's Campus and then back home. That's roughly 20 miles.
- 5. What type of training do you typically do?** Monday through Thursday is Speedwork, Tempo runs and hill repeats. I also incorporate strength and core training 3-4 times a week. Saturday is a medium tempo run and then Sunday is my long run day. Depending on where I am in my training for an event, it can range from 8 miles to 20 miles.
- 6. Describe a typical week of training.** Monday 4-5 miles. Tuesday 5-8 miles. Wednesday 7-10 miles. Thursday tempo runs, hill runs, or speed work. Friday I rest. Sat 5-10 miles and Sunday 12-20 miles.
- 7. What's your favorite workout?** I love core training and I always enjoy my long run on Sunday. No matter what time of the year it is, I just enjoy going out for a long run throughout the community and just be one with the outdoors.
- 8. What are your favorite three races locally?** Locally, I enjoy the Pig events. I've run the 10k and relay. I enjoy the Cincinnati Redlegs run because the participants get to hang out in GABP. I also enjoy the Dog Jog in the fall because I get to run a race with my dog Rhoda.
- 9. What's your favorite race out of town?** My favorite race out of town is the Columbus Marathon. I just really enjoy everything about the race. The weather is always nice and the course is perfect. It's a great Ohioan's race.
- 10. Where's the furthest from Cincinnati that you've run?** I've run in New Orleans multiple times.
- 11. What are some of your current PR's?** I've run a 1:27 for a half marathon. 3:15 for a full marathon. 19:30 for a 5k. and 40 mins for a 10k.
- 12. Of what accomplishments are you most proud?** I would have to say the accomplishment I am most proud of is qualifying for the Boston Marathon. I qualified in the fall of 2010. The summer of 2010 was a hot one and I spent most of it running to prepare for the Columbus Marathon where I qualified.
- 13. What's your favorite pre-race meal?** Spaghetti and Meatballs at the Cheesecake Factory.
- 14. Do you have any special pre-race rituals or music?** I am not too superstitious. I don't have any real rituals pre-race. I just make sure to eat enough and sleep enough the last few days before a race. I enjoy hip-hop music before a race.
- 15. What is your favorite retreat?** Michigan. I spend some time in Michigan during the summer. Favorite place to be.
- 16. What do you do when you're not running?** I enjoy spending time with my wife, dogs, and family.
- 17. What are some running events that you've enjoyed helping with?**

I've helped out on a few scream teams for the pig. I don't usually volunteer too much because I'm usually running the races.

18. **How has running influenced your life?** Running has helped me be more aware of my overall health. I've lost around 50 pounds and have kept it off for some time now. Running keeps me both mentally and physically fit. I've also started a small running group at my work to help get some interested runners out running together once or twice a week. Running is a great activity anyone can enjoy.
19. **Any special goals you'd like to accomplish in the next few years?** I'd like to run the NYC marathon once. I also want to win a race. Just one. I also would like to see the RGCG grow and flourish in the community.
20. **How did you get involved with the Runners' Club of Greater Cincinnati?** I was looking for a runner's group locally to join and found the RGCG online. I read up on the group online and decided to join.
21. **What typical distances do you enjoy running (5k, 10k, half-marathon, full marathon, other)? Why?** I really enjoy the half or full marathon distances. I really just enjoy running. The further the better.
22. **Do you run solo or do you prefer group runs?** I enjoy running by myself mostly. I am learning to enjoy running in groups over time.
23. **What was the last book you read? I Am Number Four.** I am currently reading **The Inner Circle**.
24. **What was the last movie you saw?** Paul
25. **What cheat foods do you like to eat?** I enjoy ice cream a lot. I also enjoy twizzlers, fig newtons, and chocolate.
26. **What do you like to splurge on?** Food.
27. **What brand style running shoes do you wear?** I used to wear Mizunos for several years until they changed their Wave Rider 14 model drastically. I am now an Adidas man.

Thank you Chris for answering our questions and good luck with your running and running goals.

## Runners' Club of Greater Cincinnati 43<sup>rd</sup> Annual Summer Cross Country Series Preview – Stacy's 25<sup>th</sup> and final season as race director

Dr. Stacy Osborne, Hall of Fame Running Legend, locally famous foot doctor and International Cult Rock Star (If you don't believe that, go to [www.flipreality.org](http://www.flipreality.org)) directs his 25<sup>th</sup> Summer Series in a row with the help of former club President Mike Smith at Loveland High School.

Osborne stated, "This will be my last year as race director; My son Alex is going into his senior year of high school and this is the perfect time to get my gold watch and hand it over to Mike Smith. I will still be involved with the series and help out, but I won't be the boss, the head man, the top dog, the big cheese, numero uno after this year."

The Summer Cross Country Series started in the late sixties by local Running legend Don Wahle and cohorts. At the time, there were few races in the area. The running boom was still a few years away, and if it was not for Don Wahle's Summer Track Meets at Reading and his Summer Cross Country Series at French Park; running in Cincinnati may have died out in its infancy or been completely different.

As Osborne puts it, "If it was not for Don Wahle, I do not think the future leaders of the Running Scene, especially myself, would have got as hooked on the sport as we eventually did."

The 43<sup>rd</sup> Summer Cross Country Series is open to all, studs to scrubs starts July 7 at 7:00 PM at Loveland High School. A splendid time guaranteed for all! No entry fees! No awards! Stacy once again will guarantee you triple your money back if you do not like the services that he provides in his last year. Of course, there will be two waterstops on the course – one at the start and one at the finish!

### Details:

#### 2011 Summer Cross Country Series

**Where:** Loveland High School

**Info:** 3 Mile Cross Country Races starting at 7:00 PM on Thursdays July 7, July 14, July 21, July 28, August 4<sup>th</sup>. No entry fees No awards.

## Heart Mini-Marathon Suite Recap



Future Member Scott Goertemiller, Members Nancy Zadek, Timothy Kling, and Joni Torsella

One of the better club benefits besides the printed newsletter is the Heart MiniMarathon Suite. Each year the club gets two rooms at the Westin to allow club members a place to put their stuff, avoid the dreaded and germ infested portolets with 15,000 other runners and walkers, get out of their damp clothes after the run, socialize with other members and enjoy food and adult beverages. In 2011 we were able to get two rooms facing Fountain Square versus one from across the hall as in years past.

Thank you to Mike Harvey, Nancy Zadek and Tom and Julia Glasscock who helped with clean-up. Do not miss it in 2012!



Gary Miller and Tom Cummin at the Westin

## VALENTINES DAY RACE WINNERS

### Men

1 Denny Kramer	10:32.3
2 Greg Lemmon	10:43.4
3 Robert Messmer	10:52.5
4 Blake Meyer	10:54.5
5 Matt Motsinger	10:57.6

### Women

1 Becky Clark	11:37.0
2 Samantha Siler	12:01.9
3 Christine Wampach	12:13.1
4 Emily Akin	12:37.6
5 Maryn Lowry	13:31.7

### **Top couple (lowest score)**

Becky Clark and Matt Frondorf

### **Top Married Couple**

Brian and Christy Voorhees

### **Top Ball & Chain**

Keith and Julianne Knapp

### **Top Mother-Son**

Darlene and Darik Page

### **Top Father-Daughter**

Jim and Emily Ling

### **Top Blind Date**

Adam Bartel and Tisha Way

Thank you to all who came out and ran the 31<sup>st</sup> Valentine's 2 Mile Labor of Love. For the third year in a row we had more runners sign up early than ran the previous year's race. Join us next for the 32<sup>nd</sup> where we figure out ways to keep it Cincinnati's most unusual race.



Valentine's Day 2011 Post Race

# Marathon Recovery Guide

By Laura Wagner

## Sunday

Recovery begins the minute you step into the finishing chute. Keep moving and start drinking, preferably a replacement drink such as Gatorade. Research suggests that re-fuelling works best if done immediately after exercise, when the body is eager to absorb energy... Refuel depleted muscles as soon as possible with a meal that includes carbohydrates, protein and sodium. Fuel is most efficiently absorbed in the first 30 to 60 minutes post-race. A peanut butter and jelly sandwich, banana and sports drink is one example. Most marathons provide bananas, yogurt and other easily digested high-carbohydrate foods. If you struggle with eating post-race, try a liquid recovery drink. Recovery drinks are formulated with what you need to refuel your body-- carbohydrates, protein, electrolytes and fluid. A good ole can of V-8 or chocolate milk works well too. A long walk to your car or hotel room won't hurt you. After that, get off your feet and rest an hour or two.

Within a few hours of finishing, soak your body in a cold bath, lake or ocean. Fill the tub with lukewarm water, add ice and soak for five minutes. Just like a baseball pitcher's arm post-game, a cold water bath will aid in decreasing inflammation, thereby speeding the recovery process. Avoid hot tubs post-race. Although they sound like a lot more fun, the heat can impede recovery.

## Monday

Monday was always a day of rest to help your body recuperate from weekend workouts. The same principle applies. Today is a good day to just walk and get the legs loose; make frequent trips to the water cooler at the office, take a walk around the block, walk in the pool a little.

## Tuesday

If you feel the need do a slow walk, but today is still a good no run day. Today's a good day for a massage, although getting a quick rubdown at the finish-line massage tent may have felt good, a massage 24 to 48 hours after the marathon works best.

## Wednesday

No running! And don't substitute cross-training in a mistaken belief that it will help you maintain fitness. You may be able to swim or cycle more easily than run because you'll be using somewhat different muscles, but you still need rest-rest-rest to allow all your muscles to recover. Starting to train too soon can delay that recovery. You earned this period of rest. Take it!

## Thursday

You're cleared to run again, but don't overdo it. Novice runners should do around 2 miles while intermediate and advanced runners might do a bit more, but see how your body feels.

## Friday

Today is a good day to cross train, only if you already had been. Swim some laps, peddle the bike. Do not overdo it.

## Saturday

By now, most of the muscle soreness should be gone. You're probably ready to resume your regular training routine, but don't rush things. Stick with the 2- to 3-mile routine today. Or maybe take today off entirely.

## Sunday

Call up your training buddies; go for a six to ten mile SLOW run together to rehash how you all did. But don't get competitive and push the pace too hard. Your body may feel better again, but it's still in recovery mode.



## News and Views from the Club's Race Clock

Spring is here again! Hooray! It will be good to get out of my dungeon in Norwood (In Norwood, there is no such thing as a basement) where I usually spend my winter to start timing some races.

The Valentine's Day Race exceeded last year's turnout which means more people to let them know how fast they are running and I think that I saw almost 400 runners. At one point, I wondered if I was going to make it out in one piece. Near the middle of the pack, one girl edged another girl. The defeated girl called the other girl the bword at which point I thought that a fight was going to break out. Fortunately cooler heads prevailed from the finish line crew after they got themselves off the ground laughing at the whole surreal scene.

But let's not look back but forward to a couple of upcoming club events where I will have a supporting role. One is Memorial Day Race 35. It will be Monday, May 30 at 9:00 AM at Otto Armleder Park, one of Cincinnati's best kept secrets, and location of the last three Memorial Day Races. The course is certified just like the race director (crazy that is). I believe that they will be doing the technical shirts again as well and they should be interesting.

On May 22, I hope to make an appearance at The Runners' Club of Greater Cincinnati Presents Weight Watchers® Walk-It Day 5K. Nothing gets me as much of a charge (besides Stacy, the keeper of the raceclock plugging me into the socket) is watching men and women trying to improve themselves and using exercise to do it. It will be at 10:00AM at Lunken Playfield at the Spirit of '76 shelter. Your support as a spectator and volunteer will mean much to the walkers. I hear that registration is going well for the walk especially on a weekend with so many events to choose from.

In the summer is the RCGC Summer Cross Country Series starting July 7. I believe it will be the 43rd year for the series and Stacy's 25<sup>th</sup> and last as race director. Ah the memories! I remember one year Stacy offered triple your money back if you did not like the services that he provided. Also when founder Don Wahle came out one time at French Park, he gave such a great prerace speech that my circuitry almost melted and the club almost needed a new clock. Also, several runners ran great times that evening. Come on out as this may be the last time to toast (or roast) Stacy for his 25 years.

I am looking forward to timing the following new members in the club: Lori Anello, Gary Auffart, Andrea Brooks, Joe & Karen Corso, Cindy & Dave Cranmer, Amy & Nick Duennes, Christine Fountain, Sue Guzior & Dan Burnett, Robert Haddenhorst, Kristi Kappes, David & Donna Koon, Allison Maxwell, Fredrick & Eric Oliver, Lisa Stephens-Bodine & Robert Bodine, James & Faith Welland, Leslie Williams, and Brad Young.

Don't forget to look at the mailing label! You will notice by your name numbers. If it reads 03/11 by your name, renew your membership as it is past due and this issue will be **your last. I don't want to give you the evil 0:00:00** at the start of the next race where I see you so fill out the membership form or renew online at [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).



The club race clock with 2010 Memorial Day 34 Race Winner Nathan Hauke and past Runners' Club President Mike Smith (in orange).



## Too Much of a Good Thing.....

By Laura Wagner

Do you over train? Here are some signs and side effects of over doing it.

Running is a great sport. We run because we love to. We like to run long and we like to run fast. Some of us are addicted to running. We can't get enough of it. We are like running junkies. If we don't get our daily fix of running we are in a really bad mood. That is not usually a bad thing. Running is great for our physical and mental health. But too much can cause problems. If we run too much or train too hard without sufficient rest we can suffer from overtraining syndrome (OTS). Overtraining syndrome is systematic fatigue and inflammation that is characterized by a number of symptoms. If you notice the following symptoms it is time to back off on your training. If you ignore early overtraining syndrome and it becomes a severe case it could take you months to recover.

The typical signs of overtraining include:

- Insomnia
- Achiness or pain in the muscles and/or joints
- Fatigue
- Headaches
- Elevated morning pulse
- Sudden inability to complete workouts
- Feeling unmotivated and lacking energy
- Increased susceptibility to colds, sore throats and other illnesses
- Loss in appetite
- Decrease in performance Headaches - an increase in headaches

### Unexplained drop in athletic performance - no go zone

Probably the first sign of overtraining that you will notice, many runners are tuned into their training and racing performance levels and are quick to notice any drops in performance. This is one of the many great reasons to keep a training log. If you notice unexplained performance drops it may be time to take some needed rest.

### Increased Resting Heart Rate

If your heart rate is higher than normal in the morning or you feel like your heart is pounding when you get out of bed, it is a sure sign of overtraining.

### Increased Susceptibility to Illness

One of the reasons that running and exercise is so good for you is that it strengthens your body's immune system. Overtraining has the opposite effect. It will depress your immune system. That is why marathon runners often become ill towards the end of their training. The high mileage they are running makes them more likely to suffer from overtraining. If you are getting sick more often your immune system may be taking a hit from overtraining.

### Chronic Muscle Soreness or Fatigue and sluggishness - it is not easy anymore

If your muscles do not get adequate rest they can become chronically sore and fatigued. This is your body trying to signal you to back off. Listen to your body and get some rest.

### Slower Recovery

One of best indicators of increased fitness is a decrease in the time you need to recover during interval training. Recovery time is also a good indicator of overtraining. If you find you need more time to recover between hard repeats at the track you are probably becoming over trained.

### Loss of Enthusiasm for Running

You know running should always be fun. You wouldn't be doing it if you didn't love it. There will always be those days when you aren't especially motivated to do your training run, but if you go through a long stretch where you dread running you are over trained. This is your brain trying to tell you to stop running. It takes away the joy of running in an attempt to make you rest. It is time to pay attention and rest until your motivation and joy of running comes back.

### Change in Sleeping Pattern

If you find you are having problems falling asleep at night you may have a touch of overtraining syndrome.  
**Continued on next page**

Continued from page 11

Your body and mind are in overdrive because of the overtraining and you find it hard to relax. Take some time off and let your body slow down.

## Loss of Appetite

One of the physiological aspects of overtraining is an increase of the production of the hormones epinephrine and norepinephrine. Among other things those hormones tend to lower your appetite. Runners love to eat – so if your appetite is on vacation you should follow suit until you feel like eating again.

Over training can also lead to depression which is one of the biggest psychological problems among over trained athletes. It can also cause menstrual irregularities in women.

Want to test to see if you are over training? Thanks to Finnish researcher Heikki Rusko, Ph.D., there's a reliable test to see if you've been overtraining

Here's how it works:

1. Lie quietly for 10 minutes, then stand up and wait exactly 12 seconds before counting your pulse for six seconds. Write this number down.
2. Next, starting precisely 90 seconds after you stood up, count your pulse again, but this time for 30 seconds. Write this number down.
3. Now convert these two numbers to heart rates (beats per minute) by multiplying the first reading by 10 and the second by two.

Do this test every day at the same time of day. If you are not overtrained, these two readings will remain remarkably constant from day to day. If you're overtrained, or heading in that direction, you'll see a gradual rise in your heart rates especially in your later reading

The cure: Take a day off now and then to let your body repair, build up muscle, and store up some energy to get you back on the road again. Even the Creator rested on the seventh day.

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 10 <sup>th</sup> 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 <a href="mailto:cincinnati@running@gmail.com">cincinnati@running@gmail.com</a> or 513-594-8203.	

### Members

**Do not forget to check the back label!**

**If the label reads 03/11 by your name, renew your membership or this will be your last newsletter!**

## Race Calendar Spring 2011

### April 30

**Toyota 10k**, 8:00am, Sawyer Point, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

**Flying Pig 5k**, 10:15 am, Sawyer Point, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

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

### May 1

**13th Annual Flying Pig Marathon & Half Marathon**, 6:30 am, Paul Brown Stadium, [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com)

### May 7

**Derby Dash 5k**, 8:30 am, Williamstown Baptist Church, Williamstown KY, [www.runningtime.net](http://www.runningtime.net), Greg McCormick, 513-793-0508

**5k Run for Life**, 8:30 am, Winton Woods, [www.5krunforlife.org](http://www.5krunforlife.org)

**Girls on the Run Spring 5K**, 10:00 am, Paul Brown Stadium, Downtown Cincinnati, [www.gotrcincinnati.org](http://www.gotrcincinnati.org)

### May 13

**Kilgore Carnival 5k**, 7:00 pm, Kilgour School, Mt. Lookout, Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

### May 14

**Humana Big Bugs 5k Run/Walk**, 8:00 am, Glenwod Gardens, Woodlawn, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Cornerstone Classic 5k**, 9:00 am, Lakeside Presbyterian Church, Lakeside KY, [www.runningtime.net](http://www.runningtime.net), Greg McCormick, 513-793-0508

**Branching Run/Walk**, 9:00 am, Blessed Sacrament Church, Ft. Mitchell KY, Steve Prescott, 513-777-1080 or [www.sprunning.com](http://www.sprunning.com)

### May 15

**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](http://www.runningspot.com) or [www.runningtime.net](http://www.runningtime.net)

**The Great Human Race 5k /10k**, 2:00 pm, Lunken Playfield, Cincinnati OH, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

### May 21

**Kenton County Veterans Memorial 5k**, 8:30 am, Crescent Springs KY, Julie Schuler, 859-331-7116, [www.runningtime.net](http://www.runningtime.net)

**Lungs on the Run 5k**, 8:30 am, West Chester Medical Center, West Chester OH, [www.lungsontherun.com](http://www.lungsontherun.com)

### May 21(cont.)

**Forest Hills 5K**, 8:30 am, Nagel Middle School, Anderson, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Paige's Princess Run 5k**, 9:00 am., Wyandot Elementary School; Liberty Township, [www.paigesprincessrun.com](http://www.paigesprincessrun.com)

**Go OTR 5k**, 10:00 am, 12<sup>TH</sup> and Vine Street, Cincinnati OH, [www.otrchamber.com](http://www.otrchamber.com), 513-241-2690.

### May 22

**A Kid Again 5k /10k Run/Walk**, 7:00 am, Kings Island, [www.akidagain.org](http://www.akidagain.org)  
**5K Run/Walk for the Children of Covington and the World**, 9:00 am, Devou Park, Covington KY, [www.runningtime.net](http://www.runningtime.net), Greg McCormick, 513-793-0508

**The Runners' Club of Greater Cincinnati Presents Weight Watchers® Walk-It Day 5K, Lunken Playfield, Cincinnati OH, Todd Hofacre 513-594-8203, [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).**

**NKMC 5k Run/Walk**, 10:30 am, Pioneer Park, Covington KY, Steve Prescott, 513-777-1080 or [sprunning.com](http://sprunning.com)

**Help Haiti 5k**, 3:00 pm, Oak Hills High School, Cincinnati OH. [www.oakhills.k12.oh.us](http://www.oakhills.k12.oh.us)

### May 28

**RGI River Run & Walk 5k benefiting Kicks for Kids**, 9:30 AM, Purple People Bridge, Newport KY, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Ogden Newspapers Half Marathon Classic**, 7:30 AM, Wheeling WV, [www.ogdenhalfmarathonclassic.com](http://www.ogdenhalfmarathonclassic.com)

### May 29

**Mariemont 5k**, 9:00 am, Mariemont High School, Mariemont, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

### May 30

**Freestore Foodbank Hunger Walk & Run 5k**, Lytle Park, Downtown Cincinnati, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**25th Lou Cox Annual Memorial 5k Run/Walk**, 9:00 am, Welcome Stadium, Dayton OH, [www.orrcc.org](http://www.orrcc.org).

**RCGC Memorial Day Race 35, 9:00 am, Otto Armleder Memorial Park, Cincinnati OH, Todd Hofacre 513-594-8203, [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).**

### June 3

**Run for Kids 5k**, 7:00 pm, St. Mary School, Hyde Park, Don Connolly, [www.racedmc.com](http://www.racedmc.com).

#### June 4

**Olde Williamsburgh 5k Run/Walk & 10k Run**, 9:00 am, Williamsburg HS, Williamsburg OH, Rachel Lefker, 513-623-4611.

**Price Hill Pacer 5k**, 9:00 am, Elder HS, Cincinnati OH, [www.pricehillpacer.org](http://www.pricehillpacer.org).

**Racing to Read 5k**, 9:00 am, Covington Public Library, Covington KY, Greg McCormick, [www.runningtime.net](http://www.runningtime.net)

**Bridging the Gap 5k**, 9:00 am, Turfway Park, Florence KY, Greg McCormick, [www.runningtime.net](http://www.runningtime.net)

**Parkinson's Steady Strides 5k Race/Walk**, 9:00 am, Lakota West High School, West Chester OH, 513-948-1100

#### June 5

**Run for the Prize 5k**, 9:00 am, Abiding Word Lutheran Church, Landen, Greg McCormick, [www.runningtime.net](http://www.runningtime.net)

#### June 11

**Redlegs Run for Home 10K and 5k**, 7:00 am, Great American Ballpark, Kelly Weissman, [www.racedmc.com](http://www.racedmc.com).

**Daniel Boone Run for Statehood Half-Marathon and 5k**, 8:00 am, Falmouth KY, Craig Chaplin, 859-781-9101

**Run for the Poor 5k**, 9:00 am, Saint Elizabeth Seton Church, Mount Repose, Don Connolly, [www.racedmc.com](http://www.racedmc.com).

**Dreams within Reach 5k Run / Walk**, 9:00 am, Armco Park, Lebanon OH, Greg McCormick, [www.runningtime.net](http://www.runningtime.net)

#### June 12

**Running Spot Dirt Trail Series French Park Creek Crossings**, 9:00 am, French Park, Cincinnati, OH, Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

#### June 18

**Loveland's Amazing Race**, 9:00 am, Nisbet Park, Loveland OH, Kathy Ray, 513-520-5752 or [www.lovelandsamazingrace.com](http://www.lovelandsamazingrace.com).

**Deerfield Honors Veterans 5k**, 3:00 pm, Cottell Park, Deerfield Twp OH, Greg McCormick, [www.runningtime.net](http://www.runningtime.net).

#### June 24

**5 for the Kids 5k Run/Walk**, 7:00 pm, Dayton OH, Greg McCormick, 513-793-0508 or [www.runningtime.net](http://www.runningtime.net)

#### June 25

**Hyde Park Blast**, 8:00 am, Hyde Park Square, Cincinnati OH, [www.hpblast.com](http://www.hpblast.com)

**Sardinia Founder's Day 4 Mile Walk/Run**, 9:00 am, Sardinia OH, Tom Glasscock, 937-618-0020

#### July 4

**Insight Edgewood Independence Day 5k**, 8:00 am, Presidents Park, Edgewood KY, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Campbell County YMCA Firecracker 5000**, 8:00 am, Tower Park, Ft. Thomas KY, [www.ftthomas.org](http://www.ftthomas.org).

**Greendale 4th of July 5K**, 8:00 am, Greendale Park, Greendale IN, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

#### 14th Annual 4th of July

**Spectacular 5K Run/Walk**, 8:00 am, Colerain Township Municipal Complex, Greg McCormick, [www.runningtime.net](http://www.runningtime.net)

**30th Annual Conquer the Hill 10K/4.5 mile walk**, 8:00 am, Evendale Recreation Center, Kim Pielage, 513-563-2247, or [www.evendaleohio.org](http://www.evendaleohio.org)

#### July 7

**RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, Stacy Osborne, 513-351-6300, or [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).**

#### July 9

**Sayler Park Village 5k Run**, 9:00 am, Sayler Park Recreation Center, Sayler Park OH

#### July 14

**RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, Stacy Osborne, 513-351-6300, or [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).**

#### July 17

**Running Spot Dirt Trail Series East Fork Backpack Trail Run**, 9:00 am, East Fork Lake State Park, Cincinnati, OH, Greg McCormick, [www.runningtime.net](http://www.runningtime.net)

#### July 21

**RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, Stacy Osborne, 513-351-6300, or [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).**

#### July 23

**Brookville Optimist 5 Mile Picnic Run**, 8:00 am, Golden Gate Park, Brookville, OH, Dick Baker, 937-833-5666, or [www.alliancerunning.com](http://www.alliancerunning.com).

#### July 24

**St. Martin's Country Run, 5K**, St. Martin's Church, Yorkville IN, Joe Rauch 812-623-2097

#### July 28

**RCGC All Comers Cross Country Series, 3 miles, 7:00 pm, Loveland High School, Stacy Osborne, 513-351-6300**



# MEMORIAL DAY RACE 35

5K Run/Walk, 9:00AM, Monday May 30, 2011  
Otto Armleder Memorial Park, Cincinnati OH



- **PRE-REGISTRATION: \$11- General Public, \$7 - Runners' Club of Greater Cincinnati (RCGC) Members/Age 21 & Under.** Technical Race T-shirts: \$10. Register online at [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com). Ends Monday, May 23, 2011.
- **RACE DAY REGISTRATION:** \$15 - No Discounts. Technical Race T-shirt: \$15 on race day.
- **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 USATF certified 5K (3.1 miles) course in park and on paved trail.
- **AWARDS:** Top 3 Male and 3 Female runners. Top 10% of each division based on pre-registration. Male and Female Divisions: Runners: 14/under, 15-18, 19-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64, 65-69, 70+. Weight Divisions: 215+; Walkers: Overall Male and Female, Open(40 and Under),Masters(40-59) and Legends(60+).
- **RESULTS** - Posted at [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).
- **INFO** - Visit [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com) or contact Todd at 513.594.8203 or [cincinnatiirunning@gmail.com](mailto:cincinnatiirunning@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:  \$11 Pre-Registration  \$21 Pre-Registration + Technical Shirt  
 \$7 RCGC Members/ Age 21 & Under  \$17 RCGC Members/ Age 21 & Under + Technical Shirt

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

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, Road Runners Club of America, 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 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: \_\_\_\_\_



PO Box 8761  
Cincinnati OH 45208  
Web Site: [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com)