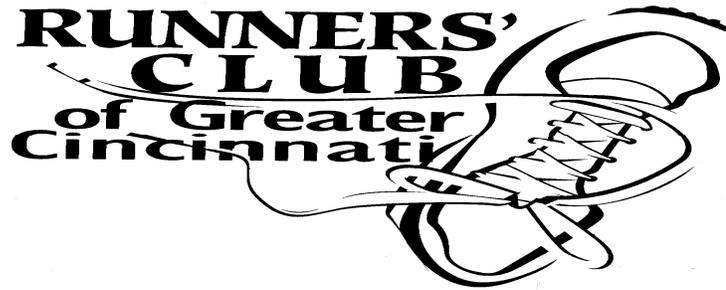


## Summer 2010

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## President Letter



Welcome to a hot summer. We had an exciting spring. For the first time in a long time, the club had a booth at the Flying Pig Expo where Flying Pig Participants could ask questions about our club and we could share

information with them.

Once again the Flying Pig Waterstop was a success. The music was fine since there was no Social Distortion music for 2010 like 2009. There were no fires but we had to deal with rain in the beginning of the marathon. Fortunately, the weather cleared later during the day when the bulk of the marathoners came through mile 22. Thanks to Paul Staudigel for supervising the fluid station for 2010 and Nick Kleiner for bringing out the club tent to keep the volunteers dry during the rain.

The 34<sup>th</sup> Memorial Day Race was larger than last year. Once again we got the drift shirts and decided to honor the Marine Corps Battle of Iwo Jima. Thank you to club member Amanda Booher who designed the Memorial Day Race 34 shirt. The postrace may have been the best that the club has done in recent years as well as the club tried new things for 2010.

One week after the Memorial Day Race, we put on the Weight Watchers Walk Challenge also at Armleder Park. It may have been the first time that the club did a walk in its long history. We had over 120 participants. We had rain at the beginning which dampened walk day turnout but the rain had cleared once the walk began and participants enjoyed the course and postrace refreshment.

Thank you to all the volunteers who had a hand in the success of the club's spring

events from the Expo to the Fluid Station to the Memorial Day Race to the Walk. To make the president's letter an easier write, I should list all your names here, but once again we decided to give you your own page inside. August is looking to be a busy month for the club and we can definitely use members to support club events and events that the club supports like timing races for other groups. Go to Runners' Club of Greater Cincinnati website for the upcoming events or check out the club calendar for the latest events where the club can use your support.

September 17 is the 5<sup>th</sup> Annual National Run@Work Day. National Run@Work Day is sponsored by the RoadRunners Club of America (RRCA) of which the club is a member in good standing. The goal of National Run@Work Day is to run or walk 30 minutes before during or after work. Just be sure to run or walk 30 minutes on that day. Even better organize some of your coworkers for a run or walk. If you do not have an event, the club will have a Run@Work Day event at Mount Airy Forest at 6:00 PM where members can do trails or the open road.

We had several new members join the club since our last issue in the Spring. Welcome to the club the following members: Brooke Bolton, Mary Ann Buczynski, Elizabeth & Lou, Coduti, Rob and Katie Dodd, Cherie & Lee Estill, Joshua Furnier, Rebecca Glawatz, Sherry Glover & Brad Walsh, Chris and Sarah Higginbotham, Rebecca Homan, Jake Northrup, Kathleen O'Neill, Jerry Patton, Kim Webb and Alicia Zimov, who is our new merchandise coordinator and would love to hear ideas for improving the club's merchandise line.

If you would like to volunteer for one of the club's ongoing open positions listed in the in seam, do not hesitate to contact me at [cincinnati@rrca.org](mailto:cincinnati@rrca.org) or just give me a call. Keep up the Running.

Sincerely,  
Todd Hofacre  
President

**Runners' Club of Greater Cincinnati**

P.O. Box 8761  
Cincinnati, OH 45208  
*www.cincinnatiirunning.com*  
cincinnatiirunning@gmail.com

**Board of Trustees**

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Nick Kleiner(tent)513.574.4502

Newsletter: Frank Field

Membership: Open

Merchandising: Alicia Zimov

Social: Open

Webmaster: Marty Hovey

Board Meeting: Check website for details  
(Typically first Thursday of each month - all are welcome)

RRCA 703.525.3890

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 general fitness in the community. The 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.



· MOVE YOUR HYDE ·  
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Hyde Park, Cincinnati

**Welcome New RCGC Members!!**

- Amanda & Blaine Booher
- Rebecca Brauch
- Lee & Lisa Clapp
- Ann & Colin Edwards
- Bill Hanneken
- Pam Holbrook
- Nick Schneider
- Meryl Shulman
- Brooke Bolton
- Mary Ann Buczynski
- Elizabeth & Lou Coduti
- Rob and Katie Dodd
- Cherie & Lee Estill
- Joshua Furnier
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## Featured Runner Lewis Finishes 7<sup>th</sup> at U.S. Nat. 100-mi Championship



*Harvey Lewis: Teacher Inspires Through Running Experiences, Uses Mind Over Matter*

RCGC Member Harvey Lewis used a fast-start strategy to flummox more experienced 100-mile ultra-marathon runners, and earn a 7<sup>th</sup> place overall finish at the US 100-mile National Championship, July 31<sup>st</sup>.

Most people who jump out fast in the first mile of a race wither and die. But Lewis planned on doing just that, but then immediately settled back into the pack, and then slowly picked his way back toward the top as other runners responded with too-fast paces over the hilly Burning River race in Cuyahoga Valley National Park, Ohio.

It was a risky bet, but one that paid off for the 34-year-old Cincinnati runner, whose first 100-mile race was in May (a race he won, incidentally, while setting a course record of 17:12:00).

“Everyone, it seemed... went out too fast so I was able to capitalize on that,” Lewis wrote in an email after the race. “I would just pass a runner or two every aid

station. The final 50K, I was so depleted, but I just used my mind to keep myself moving.”

Lewis has been using that mind power for about two decades. At the tender age of 15, he was an obese 8<sup>th</sup> grader. Yet Lewis signed up for, and finished, the Cleveland Marathon on a few week's training, solely because his friends said he couldn't do it.

He describes the effort as a pretty miserable slog, but it must not have been too bad as he returns to the event every year, and hasn't been obese since he first started distance running.

He ran his first ultra at age 20 not long after a family friend took him to watch a 24-hour run. “I thought it was crazy,” he says. But it “must've left some impression with me. That was a lucky opportunity for me.” Because in doing his first ultra, he learned that he enjoyed challenging himself to do something hard and he's clearly had great success at it.

“It's the mental aspect,” Lewis says. “If you can will yourself to do it, then you can do it. And if you take the first step it's amazing how far you can go.”

In Lewis' case, that's far in distance, and back in time. A history teacher at the School for Creative and Performing Arts, Lewis has made a professional and personal effort to run along routes of historical events.

In 2008, for example, he ran the 240 miles of Gandhi's Salt March to protest British colonialism in India. The effort started as a private event, but got the attention of a museum director, which led to media involvement and a brief stint as a celebrity in India as he ran the route Gandhi marched in 1930.

“I've always been passionate about traveling, but now I love to retrace

historical marches and paths with running, cycling, swimming.... It's a neat way to connect with (students) because it adds a more modern perspective. It's a fun way to try to teach the subject. It's one thing to talk about India's independence movement, but it's another to talk about what the road feels like and say I've met relatives of people who marched with him."

Last fall, he followed the route of the Civil Rights March of 1965. "That was cool, we met Harry Belafonte and Mother Cooper, who just turned 100 in June and we were there at end of June.. They're so humble about the movement and that was powerful."

His hope is to make a trip to Greece to retrace the famous run of Pheidippides from Sparta to Marathon to Athens that gave the marathon its name. He'd hoped to bring students, but paperwork delays at the school district prevented that. Instead, he hopes to get approval for a substitute so he can run.

"It'd be so much fun to bring it back and share it with students and other schools in the district," he says.

Like many teachers, Lewis has inspired some of his students. He is happy to recount students who have decided to take on an active lifestyle. "Running is so good for kids because it gives them positive self esteem," he says. "You feel in control over your outcome, over your life."

Lewis runs without a sponsorship, though he's hoping to work out a deal with an independent clothing company called Structural Elements.

His training would seem a bit unconventional. Asked about his training, he talks first about food, not miles logged. A vegetarian, Lewis says eating well is "very important," but he claims to log a mere 40-80 miles per week, his peak mileage happening during weeks he races. He says it's his mindset that helps him accomplish what he does on what would seem to be very low mileage.

He sums up his mentality thus: "The capacity and power of human spirit and mind to do something when they will it within themselves, I nurture that when training.. It's not just about running long distances."

After laying a base of 70-mile weeks, Lewis says he likes to vary his workouts, even including long walks. He mixes in some "speed work" by running 5Ks with people who are faster than he is, though that would seem to be a small group from which to find running partners!

"Sometimes runners, we get into a rut where we need to specialize. But if you do a bit of all of them (types of workouts) it makes you better at all of them. And it affects your mental training. When you can adapt to an environment or event it makes you ready," he says.

He trains without a coach. "No one's ever helped me with a training plan. Maybe I'd do better!"

That's hard to believe, but whatever Lewis sets his mind to, seems to happen.

*Congratulations, Harvey on your terrific race at the 100-mile Championships and continued good luck!*

Did you know that ultrarunning pioneer Ted Corbitt grew up in Cincinnati and went to high school at the former SCPA school when it was Woodward High School and college at the University of Cincinnati?

# **"Lucky 7" Tips to Summer Running: How to Beat the Heat**

*By Laura Wagner*

Running in heat and humidity can put you at risk for dehydration, heat stroke and other heat-related illnesses. Common sense is the key to avoiding problems, so be sure to follow these precautions:

## **1. Stay Hydrated**

The easiest way to avoid heat disorders is to keep your body hydrated. This means drinking fluids before, during and after exercise. The body's fluid needs vary with exertion, climate, humidity, terrain, and other factors. The new fluid recommendations for runners say that they should "obey your thirst" and drink when their mouth is dry and they feel the need to drink. In training, drink before workouts and make sure you have access to fluids if *(cont'd on the next page)* exercising longer than 30 minutes. During longer workouts, you should drink a sports drink to replace lost salt and other minerals (electrolytes).

## **2. Don't Push It**

On a race day (or during any intense workout), take weather conditions into account. Brutal heat and humidity mean you should scale back your performance goals. Don't try to beat the heat.

## **3. Make a Splash**

Use water to cool yourself during runs. If you are overheating, splashing water on your head and body will cool you down quickly and have a lasting effect as the water evaporates from your skin.

## **4. Be Educated**

You should be very familiar with the signs of heat problems so you recognize them in yourself or in a running partner. If you feel faint, dizzy, disoriented, have stopped sweating, or your skin is cool and clammy, slow down or stop running. If symptoms continue, sit or lie down in the shade and seek help.

## **5. Run Early or Late**

Try to avoid running between 10 a.m. and 4 p.m., when the sun's intensity is at its greatest. If you must train during those hours, try to stick to shady roads or trails.

## **6. Wear Sunscreen**

Protect your skin with a waterproof sunscreen that has an SPF of at least 15 and protects against both UVA and UVB rays. Stick formulations are good for runners' faces because the sunscreen won't run into your eyes.

## **7. Choose Clothing Carefully**

Light-colored, loose-fitting clothing will help your body breathe and cool itself down naturally. Tight clothing restricts that process and dark colors absorb the sun's light and heat. Wear synthetic fabrics (not cotton) because they will wick moisture away from your skin so cooling evaporation can occur

## **Hydration 101: A How-to for before, during and after your run**

*By Laura Wagner*

Staying hydrated is critical to your running, training, performance and more importantly, for preventing heat-related illnesses. Dehydration in athletes may lead to fatigue, decreased coordination, and muscle cramps. Other heat-related illnesses, such as heat exhaustion and, heatstroke have even more serious consequences. Runners need to pay attention to what and how much they're drinking before, during and after exercise.

**Pre-Run Hydration:** If you're doing a long run or race (more than 8 to 10 miles), it's important to make sure you're well hydrated during the few days leading up to your long run. You know you're well hydrated if you void large volumes of pale urine at least six times a day. In the days leading up to your long run (or race), drink plenty of water and nonalcoholic fluids. *(please continue on next page...)*

## Hydration 101 continued

Not only does alcohol dehydrate you, but it can also prevent you from getting a good night's sleep, plus you could be dehydrated when you start running.

An hour before you start your run, try to drink 16 to 24 ounces of water or other non-caffeinated fluid. Stop drinking at that point, so that you can void extra fluids and prevent any stops during your run. To make sure you're hydrated before you start running, you can drink another 4 to 8 ounces right before you start.

**Drinking on the Run:** Here's a general rule of thumb for fluid consumption during your runs: You should take in 4 to 6 ounces of fluid every 20 minutes during your runs. During longer workouts (90 minutes or more), you should drink a sports drink to replace lost sodium and other minerals (electrolytes). If you don't have access to water on your running routes, you'll have to carry your own fluids with you.

**Post-Run Hydration:** Don't forget to rehydrate with water or a sports drink after your run. You should drink 20-to 24 fl oz. of water for every pound lost. If your urine is dark yellow after your run, you need to keep rehydrating. It should be a light lemonade color.

## Cincinnati Zoo's Maynard Muses On Cheetahs and Human Speed

*(But Not When He Laces Up His Own  
Shoes)*

*By Frank Field*

If you've ever fantasized about leaving a cheetah in your wake during a run, you don't have to travel to Africa to accomplish the feat. Just sign up for The Cheetah Run at the Cincinnati Zoo, and even the slowest of runners will pass a cheetah. Literally. Well, OK, the cheetah will be in an enclosure, but you can literally pass right by a cheetah! And you'll share an experience with one of Cincinnati's best-known personalities – Thane Maynard, who also happens to be a runner.



OK, so you're not going to run with a cheetah, you'll run past one at the zoo. But even if the fast cat isn't racing, it'll be there for the awards ceremonies. In fact, Maynard, Cincinnati Zoo Director and NPR contributor says, it's the only race in the world where a live cheetah is present at the awards.



Ask Maynard about putting a cheetah on the course and the scientist ponders probabilities: "It is leash trained," he says, then you can almost hear his mind wander. "I don't know what a cheetah would do for 5K." He then launches into a short description of a cheetah's capabilities before being interrupted with a question about the course that humans will run.

"Nobody's going to set a record," Maynard says, "its hilly and crowded at the start." But he adds quickly, "It's fun!"

The course, which was lengthened to a full 5K run several years ago, starts with a loop inside the zoo before going out to run a  
*(Please continue on next page)*

## Cheetah Run Continued

loop on Vine and then returning to finish at the zoo. Maynard says runners will go past the giraffe, elephant and cheetah enclosures. And, he says the animals do notice. "When a thousand runners go by they go, 'Huh...'"

So maybe you'll not only pass a cheetah, you'll make one jealous.

Though it's not a PR course, it is a good opportunity to involve the whole family in running.

There is a kids' run, and the whole family can then stay at the zoo after the race.

You'll also get a little zoology lesson. Before the race, Maynard says there's a little talk about how fast various animals can go. And humans, even the likes of Olympians, aren't even close to the fastest mammals on Earth.



"We're not very fast at all. We're pretty good at running long distance, but in your yard, if you got chased by cat, raccoon, skunk or cat," he says with his trademark chuckle, "– you'd get caught."

Not that he's a sand-bagger, Maynard is quick to add. He runs most days and has done several marathons. He just claims he's not fast. "I'm just a suburban guy who gets out," the 56-year-old laments. As if he had to. He holds a 3:57 marathon PR and is a fixture at several races he looks forward to, including the Heart Mini, Flying Pig, and State-to-State. He plans on adding the new Cincinnati Half Marathon in October to his list.

Maynard, unlike cheetahs that are born good runners, only got serious about running marathons about a decade ago when a friend challenged him to run the Flying Pig Marathon. At first, he thought, "I couldn't do

it." But the next thing he knew he was training with friends and he found that "...running is actually a lot of fun. It's one of those things that you always feel better when you stop."

Maynard can be found on the bike trail near Newtown, a path he says he enjoys, though a lack of hills has him running closer to his house in preparation for races.

Cheetahs can't change their paws and Maynard has worn the same shoe for years, the Asics 2100 series. He says he's considered other shoes in the past, but describes the shopping as going to the ice cream parlor and saying you'll try something new, only to ask for a scoop of your old standby.

Maynard says he prefers to run with other people because it helps him go faster. He says his most enjoyable run this year was a 5-mile jaunt during lunch with a biology professor and ultra-marathon runner from Montana who was in town to give a speech.

If you'd like to join Maynard on a 5K, see a cheetah and earn the right to say you showed one your back during a race, visit: <http://www.cincinnati.org/events/Cheetahrun.html>

You won't actually race against a cheetah, but you will always be able to say you passed one in a race.

## **FLEET FEET SPORTS**

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## **SHAKE IT RECORDS**

4138 Hamilton Avenue  
Northside  
513.591.0123



# Thank you to the following club members and others who helped out with the following Spring 2010 Events:

<p><b>Flying Pig Expo:</b></p> <p>Mohammed Banoun          Julia Glasscock          Todd Hofacre          Rebecca Homan          Gina Myers          David Nelson          Kathy Thompson          Ryan Woolley</p>	<p><b>Flying Pig Marathon Waterstop</b></p> <p>Karen Couch          Tom Eckel          Jennifer Farrington          Tom Glasscock          Julia Glasscock          Cathie Hamann          Dave Hamann          Bill Hofacre          Liz Hofacre          Todd Hofacre</p>	<p>Ed Hunter          Nick Kleiner          Stephanie Kleiner          Alex Osborne          Stacy Osborne          Elizabeth Picos          Peggy Roesch          Nick Schneider          Paul Staudigel</p>
<p><b>Memorial Day Race:</b></p> <p>Walter Blair          Mike Donawerth          Patti Fudge-Prince          Tom Glasscock          Julia Glasscock          Mike Harvey          Liz Hofacre          Ed Hunter</p>	<p>Paul Loveless          Sara Macintosh          Mike Prince          Mike Smith          Paul Staudigel          Laura Wagner          Nancy Zadek</p>	<p><b>Weight Watchers Walk:</b></p> <p>Mike Donawerth          Patti Fudge-Prince          Tom Glasscock          Liz Hofacre,          Sara Macintosh          Carly Schaible          Ken Schaible          Pamela Schaible          Laura Wagner          Lynn Warner          Ryan Woolley</p>
<p>Special Thank You to the St Henry District High School Students, Parents and Teachers who helped with the Flying Pig Water Stop:          Elyse Adams, Ryan Bailer, Jessica Bier, Emily Bockweg, Max Cucinotta, Michael Danahy, Abby Elliston, Kevin Grout, Alex Hoffman, Crystal Hurtle, Hannah Kimmich, Nicholas Lalley, Kerri Marks, Caleb Miller, Peter Miller, Emily Scheper, Briana Sharpe, Rachel Skubak, Emily Whalen, Addie Wilson, Nick Wilson, Corey Zielinski</p>		

If you want to help out at the latest club event, signup online at [www.cincinnatiatirunning.com](http://www.cincinnatiatirunning.com).

**Congratulations to these RCGC Members who have run all 11 Flying Pig Marathons!**

Jim Beshalske, Jennifer Black, Mike Hauser, Wayne Hinaman, Martin Hovey, David Krekeler, Harvey Lewis III, Jean Schmidt, Jim Walsh, Arden Wander, Nancy Zadek

**RCGC Weekly Group Runs**

**Wednesdays:** 6:30 PM/Hyde Park Square/Meet by the fountain

**Saturdays:** 8:30 AM/Fountain Square/Downtown Cincinnati

**Sundays:** 8:00 AM/Nature Center, Milford/Contact Mike Smith at [smithmi@zoomtown.com](mailto:smithmi@zoomtown.com) for details

## **Rain Doesn't Dampen Spirits at Weight Watchers' Annual Walk**

The Weight Watchers® Walk-It Challenge is held every first Sunday in June to get their members moving through walking. In 2010, they teamed up with the Road Runners' Club of America (RRCA) in an effort to get more of its members moving.



The RRCA asked its member clubs this past spring to see if they could do this event. Despite the Memorial Day Race 6 days before, the Runners' Club of Greater Cincinnati took up the challenge to host a Weight Watchers® Walk-It Challenge in Cincinnati, one of 16 cities around the nation to do so.

About 130 walkers came out to participate for the walk held at Armleder Park, same site as the club holds the Memorial Day Race. About 110 signed up early but it rained heavily earlier that morning which dampened Walk Day turnout. Also volunteers had to dry off Picnic Tables in the shelter before registration opened which delayed the opening of registration and the start of the walk. When the walk started, the rain had gone away and walkers enjoyed a flat scenic walk of 3.1 miles. After participants finished

the walk, they had some healthy refreshments which included granola bars, bananas, strawberries and string cheese.



Overall, the walk was a success. The complaints that I heard were the late start of the walk due to the rain, some walkers not getting the shirt size of their choice so the club offered them the club technical shirt in the correct size.

Thank you to our sponsors Bob Ronckers Running Spot for providing Bob Bucks, and Waltz Business Solutions for last minute printing of the fliers. A big thank you goes to our volunteers Tom Glasscock, Liz Hofacre, Sara Macintosh, Patti Prince, Ken Schaible, Lynn Warner, Carly Schaible, Mike Donawerth, Laura Wagner, Ryan Woolley and Pamela Schaible. Pamela is a local leader for a local Weight Watchers® group. Her assistance and her promotion to the local Weight Watchers® groups contributed greatly to the success of the Walk.

An advertisement for "Trust the Group". It features a green background with white text. The text reads: "Trust the Group", "For sports medicine &amp; 18 other specialties", and "www.trustthegroup.com". To the right is the logo for "Group Health Associates™ Physicians &amp; Surgeons", which includes a stylized red and white cross-like symbol and the text "Affiliated with TriHealth".

**Don't forget to check us out online!  
The RCGC Web site has:**

*Photos  
Group run info  
Race info  
Running Routes  
Links  
Shopping!*

**CincinnatiRunning.com**

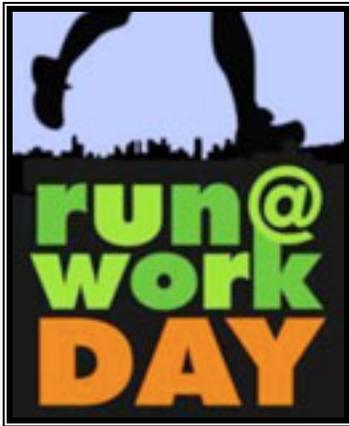
Don't forget to click the links to follow us at Facebook and Twitter!

Join the Runners' Club of Greater Cincinnati and the Road Runners Club of America (RRCA) for the

## 5<sup>th</sup> Annual National Run@Work Day®

*Encourage your co-workers to get 30-minutes of exercise a day*

The Runners' Club of Greater Cincinnati has partnered with the largest grassroots running organization in the country, the Road Runners Club of America, to promote the 5th Annual National Run@Work Day on September 17, 2010. Through this partnership, our organizations are working together to promote physical activity and healthy living within our community and around the country.



(RRCA logo)

The goal of Run@Work Day is to raise awareness about the importance of daily physical activity for adults. Company-based wellness programs, human resources departments, running clubs, running events, running shoe stores, and individuals nationwide are encouraged to plan fun runs and walks with their employers. National Run@Work Day events are community based events that promote and provide the opportunity for individuals to incorporate at least 30-minutes of exercise into their daily routine either before work, during lunch, or immediately following work. Incorporating exercise into one's daily routine can markedly improve one's overall physical health.

"Promoting running, walking, general fitness and a healthy lifestyle is the cornerstone of the Runners' Club of Greater Cincinnati," remarked club

President Todd Hofacre. "We encourage Greater Cincinnati employers and employees to plan and participate in local Run@Work Day events as part of the national movement to get people to incorporate exercise into their daily routines."

The Runners' Club of Greater Cincinnati is planning a Run@Work Day Event at Mount Airy Forest at 6:00PM called Run after Work. Meet by the oval, we will have routes whether you run or walk the open road or the trails. Meet near the oval. We plan to have a few healthy snacks after the run or work.

The RRCA is excited to have the Runners' Club of Greater Cincinnati involved in our Run@Work Day series of events", commented Jean Knaack, executive director of the RRCA. "Participation in the 5th Annual Run@Work Day is an important step in raising awareness about the importance of daily physical activity. If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity crisis gripping our nation and our children."

Run@Work Day supports several of the strategies outlined in the National Physical Activity Plan, launched on May 3, 2010. More specifically, Run@Work Day events highlight how nonprofit and for-profit sports organizations can work directly with business and industry to help promote physical fitness in the work environment. Additional information about the plan can be found at [www.physicalactivityplan.org](http://www.physicalactivityplan.org).

For more information about local Run@Work Day events in Cincinnati or how to plan a Run@Work event for your place of employment, contact the Runners' Club of Greater Cincinnati at [cincinnatiirunning@gmail.com](mailto:cincinnatiirunning@gmail.com) or call 513-451-2587.

# Memorial Day Race Photos/Results



Aaaaaand, they're off! Under partly cloudy skies and with warm temperatures.



Top 5 Women: Mary Jablonski, Trish Hiler, Erin Zemanek, Amanda Burger, Kate Fledderjohn



Top 5 Men: Nathan Hauke, Ryan Woolley, Jacob Braswell, Josh Moon, Brock Hanthorn

<u>Women's Top Ten</u>		<u>Men's Top Ten</u>	
1 Mary Jablonski	21:25	1 Nathan Hauke	16:55
2 Trish Hiler	21:39	2 Ryan Woolley	17:05
3 Erin Zemanek	22:29	3 Jacob Braswell	18:01
4 Amanda Burger	22:53	4 Josh Moon	18:18
5 Kate Fledderjohn	23:25	5 Brock Hanthorn	18:28
6 Akina Morriss	24:56	6 Gabriel Ellis	18:36
7 Aimee Kirchner	25:20	7 Brett Arnold	18:37
8 Gretchen Weber	25:31	8 John Zerhusen	18:40
9 Chelsea Walters	25:51	9 James Leach	18:42
10 Cathie Hamann	26:46	10 Tom Allman	18:46

# Race Calendar

## Saturday August 7

**Fleet Feet Sports Lady Distance Classic,  
7:15 am, Blue Ash Recreation Center,  
[www.ladydistanceclassic.com](http://www.ladydistanceclassic.com)**

Macchiato Run 5k, 1790 Airport Exchange,  
Erlanger KY, Sonya Marksberry, 859-486-5870

Blue Jay 5k, 9:15 am, St. Joseph Church,  
Coldspring KY, Steve Prescott, [www.sprunning.com](http://www.sprunning.com).

Bulldog Chase 5k, 8:30AM, Batesville Middle  
School, Batesville IN, Ronnie McAllister, 812-852-  
1015

Ross Rambler 5k and Kid Fun Run, 9:00 AM,  
Fernald Nature Preserve Visitor Center, Ross OH,  
Pam Hodgson 513-550-0953

Red Hot Blues Run 5K and 15K, 7:00 PM,  
Lebanon OH, [www.lebanonohio.gov](http://www.lebanonohio.gov)

## Sunday August 8

CABVI Spring Light 5k, 9:00AM, Spring Grove  
Cemetery, Cincinnati OH Steve Prescott, 513-777-  
1080 or [www.sprunning.com](http://www.sprunning.com)

## Tuesday August 10

**A Midsummer's Night Trail Run, 5 miles,  
7:00 pm, Mount Airy Forest, el Presidente,  
513-451-2587, or [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).**

## Thursday August 12

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

## Saturday August 14

St. Joseph Run In the Sun 5k, 8:00AM, St.  
Joseph Church, Crescent Springs KY Keith Schneider  
859-750-2013

Bethel 10K Run and 5K Walk, 8:00 AM, Burke  
Park, Bethel, OH, Greg McCormick 513-793-0508,  
[www.runningtime.net](http://www.runningtime.net)

Forest Park Charge, 8:30 AM, Forest Park  
Senior Center, Forest Park OH, [www.racedmc.com](http://www.racedmc.com)

Newtown 5k XXVIII, 9:00 AM, Moundview  
Park, Newtown, OH, [www.runningtime.net](http://www.runningtime.net)

College Hill Rhythm Race 5k, 7:00 PM,  
Pleasant Hill Academy College Hill, Steve Prescott,  
513-777-1080, [www.sprunning.com](http://www.sprunning.com)

**16th Annual Brian Rohne  
Memorial 5k Run/Walk, 7:00 pm,  
Northern Kentucky University, Steve  
Kruse, 859-572-5193**

**[www.cincinnatiirunning.com](http://www.cincinnatiirunning.com).**

## Sunday August 15

Run Kings Island Beast 10k/ Diamondback  
5k, 7:00 AM, Kings Island Amusement Park, King  
Island, OH, [www.visitkingsisland.com](http://www.visitkingsisland.com)

Mitchell Memorial Forest Trail Relay and  
Individual Run 11.7 Mile, 9:00 AM, Mitchell Memorial  
Forest, Dent OH, Greg McCormick 513-793-0508,  
[www.runningtime.net](http://www.runningtime.net)

## Thursday August 19

The Hyde5(k), 6:30PM, St. Mary Church,  
Hyde Park, Steve Prescott, 513-777-1080 or  
[www.sprunning.com](http://www.sprunning.com)

Fox and Hound 5k, 7:30 PM, Newport on the  
Levee, Newport KY Don Connolly, 513-474-1399,  
[www.racedmc.com](http://www.racedmc.com)

## Friday August 20

Finish 4 Fred 4.2 Mile Run/Walk, 7:00 PM,  
Prince of Peace School, Fairfax OH,  
<http://finish4fred.org/>

## Saturday August 21

Big K 5k, 9:00 AM, Northern Kentucky  
Convention Center, Covington KY Don Connolly, 513-  
474-1399, [www.racedmc.com](http://www.racedmc.com)

Bohlke 5k Run/Walk, 8:00 AM, Summit  
Country Day, Cincinnati OH, Steve Prescott, 513-777-  
1080, [www.sprunning.com](http://www.sprunning.com)

Scott McDowell River Run, 5k, 9:00 AM, New  
Richmond OH, Jill Cochran, 513-553-1948,  
[www.runningtime.net](http://www.runningtime.net)

**Panther Prowl 5k Run/Walk, 9:00 AM  
Little Miami High School, Morrow OH, Susan  
Knippenberg, 513-728-1402**

Parkersburg News & Sentinel Half Marathon,  
8:00 AM, Parkersburg WV, Melissa Decker 304-485-  
1891, ext. 459, [newsandsentinelhalfmarathon.com](http://newsandsentinelhalfmarathon.com)

## Sunday August 22

Little Miami Half Marathon & 10K, Phegley  
Park, Morrow OH, [www.ohiorunning.com](http://www.ohiorunning.com)

## Wednesday August 25

Middletown Street Strider Summer Series,  
2.5 mile 6:30 PM, Smith Park, Middletown OH,

## Saturday August 28

Vevay 5k Run/Walk, 8:00 AM, Paul Ogle  
Park, Vevay IN, [www.swisswinefestival.com](http://www.swisswinefestival.com)

Crestview 5k Run/Walk, 8:30 AM, Voice of  
America Park Drive, West Chester OH, Steve  
Prescott, 513-777-1080, [www.sprunning.com](http://www.sprunning.com)

Powder Keg 5k Trail Run, 9:00 AM, Kings  
Mansion, Kings Mill OH Greg McCormick, 513-793-  
0508, [www.runningtime.net](http://www.runningtime.net)

## Sunday August 29

6th Annual Friendship City 5k, 8:00 AM,  
Kenton County Library – Erlanger Branch, Erlanger,  
KY Greg McCormick, 513-793-0508,

[www.runningtime.net](http://www.runningtime.net)

The "J" 5k 6:00 PM, Mayerson JCC, Amberly Village OH, Greg McCormick, 513-793-0508,

[www.runningtime.net](http://www.runningtime.net)

#### **Saturday September 4**

Castle Chase 5k, 8:00 AM, Devou Park, Covington KY, Sonya Marksberry, 859-486-5870

#### **Sunday September 5**

The Cheetah Run 5k, 8:00 AM, Cincinnati Zoo, Don Connolly, 513-474-1399,

[www.racedmc.com](http://www.racedmc.com)

#### **Monday September 6**

Mercy Metric 5k & 10k, 8:30 am, Lunken Airport Playfield, Don Connolly, 513-474-1399,

[www.racedmc.com](http://www.racedmc.com)

Doggie Doo-athalon, 9:30 AM, Blue Ash Recreation Center, Blue Ash OH, [www.racedmc.com](http://www.racedmc.com)

#### **Thursday September 9**

Harvest Home Fair One Mile, 6:00 PM, Harvest Home Park Cheviot OH, Debbie Bird, 513-661-3022, [www.harvesthomefair.com](http://www.harvesthomefair.com).

#### **Saturday September 11**

NOC Break the Silence 5k Run/Walk, 10:00 AM, Lunken Playfield, Cincinnati OH Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

Run to Remember 5K, 6:00 PM, Beech Acres Park, Anderson Township, [www.andersonparks.com](http://www.andersonparks.com)

#### **Sunday September 12**

Wild Cherry Loop Trail Half Marathon, 9:00 AM East Fork Park, Bethel OH, [www.ohiorunning.com](http://www.ohiorunning.com)

Harvest Home Fair 5k, 9:00 AM, Harvest Home Park Cheviot OH, Debbie Bird, 513-661-3022, [www.harvesthomefair.com](http://www.harvesthomefair.com).

#### **Friday September 17**

**National Run@Work Day in Cincinnati, Oval. Mt Airy Forest, 6:00 PM**

#### **Saturday September 18**

Tyler's Run, 5k & 10k, 9:00AM, Miami Whitewater Park, Harrison OH [www.tylersrun.com](http://www.tylersrun.com)

Wayne Fire and Auxiliary Shriner's 5k/2k Run/Walk, 9:00 AM, Stonelick State Park, Wayne Township OH Clermont County, 513-625-6018

The Race for Global Water, 9:00 AM, Waterworks Park, Fairfield OH Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

Raise the Roof 5k Run/Walk, 10:00 AM, Sharon Woods Sharon OH Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

Air Force Marathon, 7:30 AM Wright Patterson Air Force Base, Dayton OH [www.usafmarathon.com](http://www.usafmarathon.com)

Glenwood Gardens Night Trail Run, 9:00 PM, Glenwood Gardens, Cincinnati OH Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

#### **Sunday September 19**

Panerathon, 9:00 AM, Panera Hyde Park Plaza, Cincinnati OH, [www.racedmc.com](http://www.racedmc.com)

#### **Saturday September 25**

Susan Komen Race for the Cure 5k, 8:45AM, Great American Ballpark, Cincinnati OH, 513-671-9100, [www.komencincinnati.org](http://www.komencincinnati.org)

Black Squirrel 5k Run/Walk, 11:00 AM, Glendale Village Square, Glendale OH, Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

Mustang Stampede 5k, 9:00 am, Erpenbeck Elementary, Florence KY Don Connolly, 513-474-1399, [www.racedmc.com](http://www.racedmc.com)

20<sup>th</sup> Annual Applefest 10k Run and 5k Run/Walk, 9:00 am, Countryside YMCA, Lebanon OH Ruth Beals, 513-932-1424, [www.countrysideymca.org](http://www.countrysideymca.org)

RoadRunner Akron Marathon, 7:00 AM, Akron OH, [www.akronmarathon.org](http://www.akronmarathon.org)

#### **Sunday September 26**

State to State Half Marathon & 5k, 7:30AM, Oxford OH, [www.statetostate.org](http://www.statetostate.org)

Sophie's Angel Run, 5k, 1:00 PM, St. Jude Church Bridgetown OH, [www.sophiesangelrun.org](http://www.sophiesangelrun.org)

#### **Saturday October 2**

Run for the Nuns 5k, 9:00 AM, Winton Woods Park, Cincinnati OH, Steve Prescott, 513-777-1080, [www.sprunning.com](http://www.sprunning.com)

White Tail Half Marathon, 9:00 AM Caesar Creek State Park, Waynesville OH, [www.ohiorunning.com](http://www.ohiorunning.com)

Reggae Run, 6:00 PM, Ault Park, Cincinnati OH, Don Connolly, 513-474-1399, [www.reggaerun.com](http://www.reggaerun.com)

#### **Sunday October 3**

White Tail Trail Marathon, 9:00 AM Caesar Creek State Park, Waynesville OH, [www.ohiorunning.com](http://www.ohiorunning.com)

Run in a New Direction 5k, 9:00 AM, Spring Grove Cemetery, Cincinnati OH, Steve Prescott, 513-777-1080, [www.sprunning.com](http://www.sprunning.com)

Oktoberfest Classic 10k, 9:30 AM, Minster High School, Minster OH, 419-628-3507, [www.minsteroctoberfest.com](http://www.minsteroctoberfest.com)

Peace Race, 10k, 9:30 AM, Youngstown YMCA, downtown Youngstown OH, [www.peacerace.org](http://www.peacerace.org)

#### **Saturday October 9**

Park Run for Parachute 5k, 9:00 AM, Ft. Liberty Park, Liberty Township, Steve Prescott, 513-777-1080, [www.sprunning.com](http://www.sprunning.com)

Bean Bash Dash 5k, 11:00AM, Turfway Park, Florence KY, [www.beanbash.org](http://www.beanbash.org)

#### **Sunday October 10**

Harbin Park Cross Country Maze, 8:30 AM, Harbin Park, Fairfield OH, Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

**Hang 10 on 10-10-10, 10k, 10:00 am, Lunken Playfield, el Presidente, 513-451-2587, or [www.cincinnatiRunning.com](http://www.cincinnatiRunning.com).**

Dayton River Corridor Classic Half Marathon /5k, 9:00 AM, Welcome Stadium Dayton OH, [www.keysports.net/rundayton.htm](http://www.keysports.net/rundayton.htm)

Bank of America Chicago Marathon, 8:00 AM, Chicago IL, [www.chicagomarathon.com](http://www.chicagomarathon.com)

**Saturday October 16**

Race for Hunger 5k 9:00 AM, 323 Main Street, Lebanon OH, [www.cincinnatiabaptist.com](http://www.cincinnatiabaptist.com)

7<sup>th</sup> Annual Freedom Run, 9:45 AM, Sawyer Point Park, Cincinnati OH, Greg McCormick, 513-793-0508, [www.runningtime.net](http://www.runningtime.net)

Running Scared 5k, 6:00 PM, Reading Stadium, Reading OH, [www.running scared5k.org](http://www.running scared5k.org)

**Sunday October 17**

Nationwide Better Health Columbus Marathon, 7:30 AM, Columbus OH, [www.columbusmarathon.com](http://www.columbusmarathon.com)

Detroit Free Press/ Flagstar Marathon, 7:15 AM, Detroit MI, [www.detroitfreepressmarathon.com](http://www.detroitfreepressmarathon.com)

**Saturday October 23**

Cincinnati Half-Marathon, 7:30 AM downtown Cincinnati, Jonathon Grinder, [www.cincyhalfmarathon.com](http://www.cincyhalfmarathon.com)

Raptor 5k Run/Walk, 8:00 AM Creation Museum, Petersburg KY, [www.creationmuseum.org](http://www.creationmuseum.org)

**Sunday October 24**

Stone Steps 50k, 8:00 AM, Mount Airy Forest, Cincinnati OH, [www.stonesteps50k.com](http://www.stonesteps50k.com)

Undy 5000, 9:00 am, Great American BallPark, Don Connolly, 513-474-1399, [www.racedmc.com](http://www.racedmc.com)

**Tuesday October 26**

Ghost-n-Goblins 5k Run/Walk, 6:30 PM, Memorial Hall, Dayton OH, Ohio River Road Runners Club, [www.orrrc.org](http://www.orrrc.org)

**Friday October 29**

Run Like Hell 5k, 7:30 PM, Dana & Woodburn Avenues, Cincinnati OH, Don Connolly, 513-474-1399, [www.cincyrunlikehell.com](http://www.cincyrunlikehell.com).

**Saturday October 30**

Sycamore Challenge 5k, 9:00 AM, Bechtold Park, Sycamore OH, Don Connolly, 513-474-1399, [www.racedmc.com](http://www.racedmc.com)

**Membership renewals due in March - Renew Today**



**MEMBERSHIP BENEFITS**

- ◆ 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
- ◆ Discounts at local running stores
- ◆ Free Track & Cross Country Series
- ◆ Women's Safety Seminars
- ◆ Social Events - Parties, Picnics, Happy Hours

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. (April 10 for Spring, July 10 for Summer, October 10 for Fall). Checks should be made payable to Runners' Club of Greater Cincinnati.	
For submission and payment details regarding advertising, contact us at 513-451-2587 or <a href="mailto:cincinnati@running@gmail.com">cincinnati@running@gmail.com</a> .	

# RUNNERS' CLUB Of Greater Cincinnati



P.O. Box 8761  
Cincinnati, OH 45208  
cincinnati@rcgc.net

**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](http://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 1<sup>st</sup>.*

- 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)



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