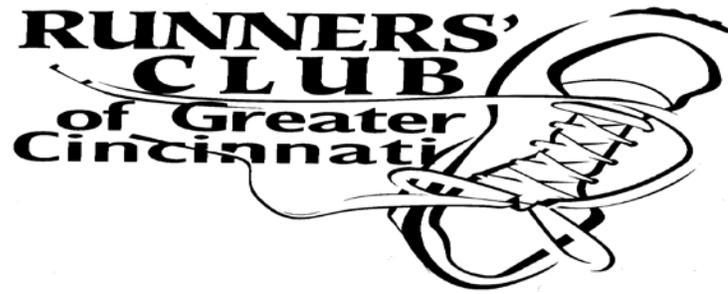


Winter 2009

New Members.....	Pg. 2
Save the Date.....	Pg. 3
Featured Runner.....	Pg. 4
Valentine Race.....	Pg. 5
January Minutes.....	Pg. 6
Holiday Party.....	Pg. 12
Race Calendar.....	Pg. 13-14
Membership Form.....	Pg. 15



President Letter



I hope that you are having a good 2009 by keeping your resolutions and getting in some great training for the upcoming Spring Races. From November to May, the club is

busy with several activities where you can participate as a runner or volunteer.

December had the Holiday in Lights Run. Kudos goes to Tom Glasscock for organizing the event for the umpteenth straight year as it was another smashing success. January had the Holiday Party with a white elephant gift exchange. It was a success right up until I decided to dance and then members and guests left. I have no idea why.

February features the 29th Annual Valentine's Labor of Love Run. It will be at Northern Kentucky University on Sunday February 15, 2009 and begins at noon. We have added a couple of specialty categories this year to improve one of Cincinnati's unique races. Also, we have extended prerace registration by a couple of days so you have time to get the member discount for the race.

If you can not run it, we definitely could use you as a volunteer. We need 2 volunteers to help with the Packet Pickup at Bob Roncker's in O'Bryonville on February 14 from noon to 3:00 PM. On race day we need timers and scorers for the race. Please help as this is one of our biggest fundraisers of the club. Just fill out the volunteer form in the newsletter, fill out the online form or contact us by email.

When you look at the volunteer form, there are plenty of opportunities to help out the club. Some of these opportunities will be

under the eyes and ears of the Cincinnati running community. Do not hesitate to help out at the Club's Flying Pig Waterstop at mile 22. Mile 22 is where the marathon begins and your support and encouragement means plenty to the marathoners. An event's success is determined by the quality and quantity of its volunteers. If you are a new or longtime member, volunteering is a great way to meet other people in the club.

Congratulations to member Laura Wagner. She is our winter featured runner and one of our newer members. She won a couple of club races and I hope that the club can help her meet her running goals.

The club's Annual Meeting is Monday April 13, 2009 at Swaim Park Lodge in Montgomery at 6:30 PM. I hope to see you there so that you can have your say in electing the next Board of Trustees. It is free, and drinks are on the club but you do need to have your membership dues paid by March 1. We have several openings on the Board of Trustees for the upcoming year. Most positions take only a couple hours of week and last about a year. If you can be a board member, please let us know.

Membership renewals are due on March 1. Without your support, the club could not survive. If you know someone who would like to join, point them to our website www.cincinnatiirunning.com or print out a membership form and give it to them. Keep up the running.

Todd Hofacre
President

Runners' Club of Greater Cincinnati
P.O. Box 8761
Cincinnati, OH 45208
www.cincinnatiirunning.com or
www.rcgc.net
cincinnatiirunning@gmail.com

Board of Directors

President Todd Hofacre 513-451-2587
Vice President Lonnie Smith 513-398-4140
Secretary Monica Kohler-Krebs
Treasurer Jenny Rudy

Trustees At Large

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
Newsletter: 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 703-836-0558
If you are interested in getting involved, please contact
us at 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) 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/\$25 per individual. \$20/\$25 per family.

Articles and letters should be emailed to cincinnatiirunning@gmail.com by April 15, 2009.



	<p>Meters & Miles 15% Discount with Card 317 Monmouth St. Newport KY www.metersand-miles.com</p>
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<p>FLEET FEET SPORTS The Crossings of Blue Ash 9525 Kenwood Road Cincinnati, OH 45242 513.793.8383 www.fleetfeetcincy.com</p>
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Welcome New Members!!

- Danielle Duncan
- Rebecca Haas
- Tom & Patty Kissel
- Rick Roche
- Llee Sivitz
- Danielle Smith
- Rosie Swan
- Scott Thacker

Please make our new members feel welcome.

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

February Board Meeting

Thursday February 5, 2009. 6:30PM.
Clifton Recreation Center

Heart Mini Bag Stuffing

Saturday February 7, 2009. 9:00AM.
AHA Office, 5211 Madison Rd, 45227

Valentine's Day Labor of Love Run

Sunday, February 15, 2009. 12 noon.
Northern Kentucky University, Highland
Heights, KY

RCGC Membership Renewals Due

Sunday, March 1, 2009

March Board Meeting

Sunday, March 1, 2009. 11:30AM.
O'Bryon's, O'Bryonville (tentative)

Heart Mini-Marathon Suite

Sunday, March 29, 2008 8:00AM.
Westin Hotel, Downtown Cincinnati

April Board Meeting

Thursday April 2, 2009. 6:30PM.
Clifton Recreation Center

RCGC Annual Meeting

Monday April 13, 2009 6:30PM
Swaim Park Lodge, Montgomery OH

Flying Pig Mile 22 Waterstop

Sunday May 3, 2009 7:30 AM
Eastern Avenue, Cincinnati OH

Memorial Day Race XXXIII

Monday May 25 2009, 9:00 AM
Armleder Park, Cincinnati OH

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

Winter Group Run Report

The Runners' Club of Greater Cincinnati has 2 group runs for the winter season. On Wednesdays, the club meets in Hyde Park Square at 6:30 PM. On Sundays, we meet at Perk Station in Crescent Springs KY.

Originally, the run in Hyde Park met on Tuesdays. However, with all the training programs for the Flying Pig meeting on Tuesday, Thursday and Saturday most members could not make it so it was moved to Wednesday. The runs are 3-5 miles (closer to 3 miles since most attendees do a decent warm-up by running to Hyde Park Square) at 8:00-11:00 pace. It is the best attended run as most members live around Hyde Park. For some reason, weather has not been to cooperative for this run, but as we get closer to spring, the sleet, freezing rain, ice and snow should subside.

The Sunday Group Run goes south for the winter to Kentucky but not too far south. At 9:00 AM, we meet at the Perk Station in Crescent Springs. The Perk Station is just off Buttermilk Pike. This run closely follows the Flying Pig Training Program for long runs gradually building distance to prep for the race in May.

If your running is getting stale, you have not run in quite sometime, you need a partner to run with or you would like to see a different part of town from where you normally run, join the club on one of the group runs. If there is an area of town where you would like a group run, please let us know that as well as we are always looking for different parts of town to run.

RCGC Weekly Group Runs

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

Sundays at 9:00 AM
Perk Station, Crescent Springs KY
Meet in front of Perk Station

Featured Runner – Laura Wagner



Laura Wagner is our winter Featured Runner. Laura recently qualified for the Boston Marathon when she was the 5th overall Female at the 2008 Indianapolis Marathon. She spent a few moments answering our questions.

1. How long have you been running? **I have been running since 5th grade, so about 13 years.**
2. What got you started running? **My dad hooked me on it.**
3. Where do you normally run? **Finneytown/ College Hill**
4. What is your favorite route? **I enjoy running to Winton Woods on some of the trails in Winton Woods and head back home (it's a good long route).**
5. What type of training do you typically do? **I typically do long runs, or the ARC machine at the YMCA.**
6. Describe a typical week of training. **I run just about every day. I also try to cross train and row 2 times a week**
7. What's your favorite workout? **Any workout that I am currently doing.**
8. What are your favorite three races locally? **Flying Pig Marathon, Thanksgiving Day Race, and Heart Mini Marathon**
9. What's your favorite race out of town? **Wilmington College Alumni XC meet.**
10. Where's the furthest from Cincinnati that you've run? **It was Atlanta but now it is Boston.**
11. What are some of your current PR's? **My current PRs are marathon: 3:13, ½ Marathon: 1:27, 5k: 20:08**
12. Of what accomplishments are you most proud? **Getting 5th female in the Indianapolis Marathon, running the Boston Marathon, 3rd place in the Mt. Gilead Hog Calling Contest**
13. What's your favorite pre-race meal? **Olive Garden pizza.**

14. Do you have any special pre-race rituals or music? **I eat a Twix bar the night before a race.**

15. What do you do when you're not running? **I Teach (preschool in the day, Sylvan at night) and spend time with friends and family.**

16. Any special goals you'd like to accomplish in the next few years? **I want to break 3 hours in the marathon by the time I am 30, I would like to break 20 in the 5k again (I did it all the time in college).**

17. What typical distances do you enjoy running(5k, 10k, half-marathon, fullmarathon)other that you run? Why? **It depends on how I feel. I really like the marathon, but sometimes a 10k or 15k is great.**

18. Do you run solo or do you prefer group runs? **I normally end up running solo because of my schedule. However, I enjoy the company of some one to talk to on long runs.**

19. What was the last book you read? **I read 'Who Took the Cookies from the Cookie Jar' about 10 times to my preschoolers recently.**

20. What was the last movie you saw? **I saw Eagle Eye recently.**

21. If you were stranded on a desert island, what one item would you have to have? **A Wilson volleyball ☺**

22. What was the worst thing to happen while running? **I was hit by a car one morning on a training run. I told the police that I still had 5 miles to go.**

23. What would you do if you weren't a runner? **I would probably try to play soccer. I play broom ball in the winter.**

Congratulations Laura and good luck with your running.



29th Annual

Valentine's 2 Mile

Labor of Love



Door-prizes, Contests, Music, Awards, Dancing, & Food!

VOTED: One of Cincinnati's Best Races!

DATE: Sunday, February 15th, 2009 - Open to All.

TIME: 12 Noon.

PLACE: Northern KY University, Highland Heights, KY.

PRE-REGISTRATION: ends Monday, February 9th, 2009.

PACKET PICK-UP: The Running Spot, O'Bryonville, Saturday, February 14th, Noon – 3 PM or at NKU day of race.

DIRECTIONS: 471 ends at 27, turn right at 2nd light (NKU). Take first right, then first left; parking in lot "S".

COURSE: 2 mile course beginning at Albright Health Center.

FACILITIES: Restrooms and showers available.

RESULTS: Will be on-line at www.CincinnatiRunning.com

ONLINE REGISTRATION: www.CincinnatiRunning.com

INFO: Todd: 513.451.2587 NKU Athletics: 859.572.5193

AWARDS: Will be given in the categories listed below: Couples need to do nothing extra with pre-registration. They will turn place-cards in together.

Individual Awards: Overall Top 5 Men, Top 5 Women.

Couples Awards: Top 3 Couples overall and Top Couples in each of the Combined Age Group: 35 or less, 36 – 45, 46 – 59, 60 – 79, 80 – 99, and 100+ based on registration.

Specialty Divisions: Top Married Couple, Top "Ball & Chain" (must run race attached to each other), Top "Blind Date" (Don't have a partner, let cupid find you one), top "Robbing the Cradle" (lowest combined age) and others.

SUNDAY, FEBRUARY 15TH, 2009 @ NOON SUNDAY, FEBRUARY 15TH, 2009 @ NOON SUNDAY, FEBRUARY 15TH, 2009 @NOON

Make checks payable to: Runners' Club of Greater Cincinnati

Mail to: Runners' Club, Attn: Valentine's Day Race, P.O. Box 8761, Cincinnati, OH 45208

Please Print Legibly:

Last Name: _____ **First Name:** _____ **Sex:** M ___ F ___ **Age (02/15/09):** _____

Address: _____ **City:** _____ **State:** _____ **Zip:** _____

Telephone: (___) _____ **Emergency Contact:** (___) _____ **Name:** _____

Pre-registration PLUS Professionally Designed Race T-shirt: \$16.00 Circle Shirt Size: XXL | XL | L | M | S

High School Students/College Students/Runners' Club Member Pre-registration (incl. T-shirt): \$14. ____

Race day registration (T-shirt included while supplies last): \$20 ____

WAIVER OF LIABILITY AND STATEMENT OF FITNESS

In consideration of acceptance of this entry and permission to run the Valentine's Labor of Love 2 Mile, I hereby waive and give up for myself, my heirs, agents, assigns, representatives, and family members, any and all claims against the Runners' Club of Greater Cincinnati, Road Runners' Club of America, Northern Kentucky University (including it's representatives), the state of KY and it's subdivisions, Campbell County, and it's subdivisions, any and all sponsors and against any person associated with the Valentine's Labor of Love 2 Mile, which may directly or indirectly result from my participation in said run. I further state that I am in proper physical condition to run or walk a 2 mile distance, and that I am 18 years of age, or older, or if younger than 18, that my parents or legal guardians have approved my participation in this event by cosigning this waiver. I am aware of the effects of the cold northern Kentucky climate in February. I also give my permission to Northern Kentucky University, the Runners' Club of Greater Cincinnati and said run's sponsors to use any photographs, video or other recordings of me that are made during the course of this event.

Signature: _____ **Parent Signature (if under 18):** _____

RUNNERS' CLUB OF GREATER CINCINNATI BOARD MEETING MINUTES
January 3, 2009, 6:00 p.m.
Swaim Park Lodge, Montgomery, OH
PENDING APPROVAL AT NEXT BOARD MEETING

Members Present: Todd Hofacre, Ed Hunter, Ryan Woolley

Meeting Minutes: Minutes from the December 2 Board Meeting were approved with minor revisions.

Financial Report: The current balance of our account is \$10,100.60. This does not include adjustment for Todd's personal expenses for October through December. Todd distributed copies of the revised 2009 budget, which shows a net loss of \$3090.00 for the year. The top three budgeted expenses are newsletter (\$1400.00), scholarship (\$1150.00), and RRCA dues (\$863.00). The budget for 2009 could not be approved because a quorum of Board members was not present. Todd expects Jeff to have a year-end financial report available at the next Board meeting.

Membership: Currently 138, including three new members joining in December. Membership Dues are due March 1.

Newsletter: The deadline for articles for the next issue is January 12. The featured runner will be Laura Wagner.

Website: Todd has paid the bill for our internet hosting service. Marty will make updates when he returns from his vacation.

Social:

Holiday-in-Lights Run (recap): Heavy afternoon rains abated somewhat by the 6:30 p.m. start time and stopped completely at around 7:30 p.m., when many runners were returning to the Williams YMCA. One complaint we received via Bob Ronckers: some runners were "too loud" while running through the Nativity scene at Krohn Conservatory. The post-run party at O'Bryons went well.

Annual Meeting: will be Monday, April 13, possibly at Swaim Park Lodge (time to be determined). We need to hold such a meeting to remain in good standing with RRCA.

Races:

Reindeer Romp (recap): 5K and 10K races were held at Crosby Township (by Miami Whitewater Park) Saturday, December 13, 2008. The courses were good, but results took a long time to complete.

Valentine's Day Race (2 miles, Sunday, February 15, 2009, 12 noon, Northern KY University, Highland Heights, KY) We need to add the race to our website and promote it well. Two specialty divisions will include: "Ball and Chain" (couple must run race attached to each other) and "Blind Date" (don't have partner, let Cupid find you one). Fliers will be out next week. T-shirts and awards still need to be determined.

Heart Mini-marathon (5K and 15K, Sunday, March 29, 2009, downtown Cincinnati): It is undetermined whether Club members will be needed for bag stuffing. We need to reserve a suite at the Westin.

Flying Pig Marathon (Sunday, May 3, 2009): A kick-off volunteer meeting was held December 3. Groups managing water stops this year may receive \$700, instead of \$600 (in 2008).

Memorial Day Race (5K, Monday, May 25, 2009, Armleder Park) We need to pay \$150.00 to reserve the shelter.

Miscellaneous: Ed has confirmed with Ned Hertenberg, President of the Cincinnati Scholarship Foundation, that the CSF will select by early May 2009 two high school seniors to whom we will award \$500.00 scholarships in 2009.

Group Runs: The Hyde Park run will be Wednesdays, beginning at 6:30 p.m. A new group run starting from the Perk Station Coffee House in Crescent Springs Kentucky will begin Sunday, January 11, at 9:00 a.m.

Next Board Meeting: Thursday, February 5, 2009, 6:30 p.m., at the Clifton Recreation Center.

Respectfully submitted,
Ed Hunter (substituting for Monica)



Race Volunteer Form

Name: _____
Phone: _____
Email: _____

I would like to help with the following activities:

___ Heart Mini Bag Stuffing – Saturday February 7, 2009 – 9:00 AM – Noon – need 15

___ Valentine's Day Race Packet Pickup – Saturday February 14, 2009 – 11:30 AM – 3:30 PM – need 2 people to help

___ Valentine's Day Race – Sunday February 15, 2009 – Northern Kentucky University – Need 5 people to help with finish line and timing

___ Heart Mini-Marathon – Sunday March 30, 2009 – downtown – need 2 people to hand out water

___ Flying Pig Waterstop Mile 22 – Sunday May 4, 2009 – 7:00 AM – noon – Eastern Avenue – need several people to hand out water

___ Memorial Day Race XXXIII – Monday May 25, 2009 – 8:00 AM – 11:30 AM – need 5-10 people to help with registration, timing, prerace setup, and postrace cleanup

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

Thank you to the following volunteers that helped make the Great Bearcat Run

a success:

Lonnie Smith
Erica Palmer
Mike Smith
Liz Hofacre

Nick Kleiner
Jim Cole
Bill Hardy
Mike Harvey

UC Running Club
UC Spirit Club

GREAT BEARCAT RUN – November 9, 2008

Top 10 Males

1 Matthieu Gancedo	16:57
2 Ryan Woolley	17:10
3 Brad Zoller	17:21
4 Ronnie McAllister	18:09
5 Chris Poptic	18:15
6 Sean Price	18:40
7 Cory Clementz	19:01
8 Lee Sekinger	19:19
9 Darrin Hunter	19:25
10 Brett Arnold	19:26

Top 10 Females

1 Jennifer Hannen	20:23
2 Tina Helquist	21:19
3 Cortney Staruch	21:32
4 Madeline LaFave	21:48
5 Melanie Miles	22:43
6 Laurie Herman	25:13
7 Margie Hartzel	25:18
8 Jennifer Hughes	26:17
9 Vicki Roessner	27:07
10 Jessica Baker	28:29



Top male finisher – Matt Gancedo – the only good view that anybody got of Matt



Top female finisher – Jennifer Hannen



Runners approaching the final turn in Nippert Stadium to the finish.



The race is pretty much all downhill from here.

Ohio Races You Might Have Missed

By El Presidente

Very few runners usually are unwilling to drive greater than 1 hour for a 5k which is a shame. They miss out on some great races. Below are a couple of short distance races (i.e. less than a 10k) in the State of Ohio that can make for a fun daytrip. Both races have been around for at least 25 years.

Beer Bottle Open

The race is held in Columbus Grove, OH which is two hours northwest of Columbus Ohio, and about 3 hours north of downtown Cincinnati. It benefits the Columbus Grove High School Cross Country Team. I ran the race in 2007 since any race with Beer in the name has to be a good race (Note: I missed it in 2008 due to snow.). The cost of the race was 18.00 including t-shirt and \$10 without a t-shirt. I went with the T-shirt option although my closet is swimming in t-shirts. The 2007 t-shirt was black and featured a James Bond 007 Theme. The flat as a pancake four mile course runs through the entire town for about 5 minutes before heading out into the farm fields surrounding the area and finishes back in the town. I wish that I was fast enough to get an award for they went pretty deep in the age groups and they gave out glass beer mugs. After the awards ceremony at the high school, most of the runners crammed themselves into the local bar, Miller's Lunch, for the post race party.

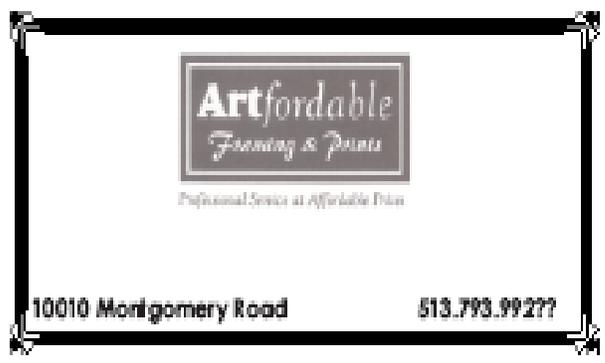
This year is the 31st year of the race. It is Saturday March 14, 2009 at 2:00 PM. Race day registration is at Columbus Grove High School. Race day registration will probably be the same price this year as 2007. I can not verify this, but this might be the only race that features the

same price for both pre-registration and race day registration.

Red Brick 5k Run

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

This year is the 29th year of the Race. It is Sunday April 18, 2009 at 10:30 AM. Race day registration will be at Millett Hall on the Miami of Ohio Campus and costs 12.00. T-shirts are available race day for a nominal price. If you like to pinch pennies until Abe Lincoln cries, you can preregister for \$10.00.



Board Members Wanted

As members of the Runners' Club of Greater Cincinnati (RCGC), do you enjoy the events and activities of the club? Throughout the year, the RCGC has many events starting in February with the Valentine's Day Race. Other events include the Heart-mini Marathon, Flying Pig Water Stop, Memorial Day Race XXXIII, the Summer Cross Country Series, various Happy Hours, Holiday in Lights Run, Summer Picnic, Great Bearcat Run and various races just to name a few.

These events, designed for the enjoyment of all members of the club and the Greater Cincinnati running community, require the organized effort of both board members and volunteers. We are actively searching for Board Members to lead the RCGC for 2009. Requirements are a willingness to work a couple of hours a week, a vision of the future for the RCGC, and a one year commitment.

If you are a person who enjoys the current RCGC events and want a strong and healthy running club, please volunteer to become a board member. New board members help invigorate the board and stimulate growth of the club with the execution of their new ideas.

Currently, the club needs 3 at-large board members and two officers (Vice President and Treasurer) to serve in 2009. If you can fulfill one of these positions or want to be apart of the future of the club as board member or officer, please fill out the form below or send an email letting us know of your interest to serve at cincinnati@rcgc.org. Your approval will be by the Club Membership at the club's Annual Meeting in April.

Note: A member may nominate himself for an office or be nominated by another member. Members who are at least 18 years of age and accept the nomination will be placed on the ballot. Nominations shall also be accepted from the floor at the Annual Meeting from any member provided they are members in good standing (dues current) and at least 18 years of age.



Nomination Form

OFFICERS (nominate not more than one for each position)

President: _____ Secretary: _____

Vice President: _____ Treasurer: _____

BOARD OF TRUSTEES (nominate not more than 4)

1. _____ 3. _____

2. _____ 4. _____

Please complete and mail to: **Runners' Club of Greater Cincinnati, PO Box 8761, Cincinnati OH 45208 by March 27, 2009.**

Holiday in Lights Run

This year the Holiday in Lights Run took place on Tuesday, December 9 at 6:30 PM. 43 runners showed up for the run on a rainy and relatively warm December evening. The weather was perfect for a marathon but not so much for a group run during the holiday season. Most completed the entire route through the Krohn Conservatory live Nativity scene, the lights of Mount Adams, and the holiday decorations in downtown Cincinnati from Fountain Square, to the Carew Tower to the Duke Energy Holiday Train Station display. Those who did not make the entire run wish that they had as they had to endure a foggy, cramped car back to the Williams YMCA. After the run, most met at O'Bryon's for food and spirits. A few more who could not make the run also showed up to help put down the beer and food. Special Thanks to Tom Glasscock for making this event a great success for the umpteenth year in a row and Ed Hunter for being the photographer.



The other half of the group at the Williams YMCA.



They're only here for the beer.



The Group at Fountain Square



Half of the Group just before the run in the rain!



Thank you Tom for organizing another successful Holiday in Lights Run!



Vicki Patton, Debbie Bramlage, and Tawny McCormick. The only person missing is Bob Platt.



Mike Hauser, new member Llee Sivitz, and Pat Bradford



Brian Bohl and Linda Jeanmougin. Linda is smiling since someone else planned the 2009 Holiday Party.

Holiday Party 2009

The Runners' Club of Greater Cincinnati held its annual Holiday Party on Saturday, January 3, 2009 at the Swaim Park Lodge in Montgomery Ohio. Approximately 30 club members and guests attended.

The party was a gala potluck affair with the Club providing meat and a variety of beverages, and members and guests bringing appetizers, salads, side dishes, and desserts. The pot luck dinner format was similar to that used for Holiday Parties of years past when they were held at the Clifton Recreation Center. In addition this year's holiday party featured a White Elephant Gift Exchange. A white elephant gift is a new or lightly used item that you would rather somebody else have.

Thank you to the members and guests that contributed food items. The food was exceptional quality, variety, and amount to satisfy any hungry runner's appetite. Thank you to Stacy Osborne for providing the sound system. Stacy was unable to fill in as disc jockey as he is getting too old for this crap so a special thank you to Sasha McCormick for handling the sound the night of the party.



Nancy Zadek and Kim Retta

For more pictures of club events go to our website at www.cincinnati-running.com and click on photos.

2009 Race Calendar February – April

15 February

29th Annual Valentine's 2 Mile Labor of Love, 12:00 Noon, Northern Kentucky University, Highland Heights Kentucky, Todd 513-451-2587 or NKU Athletics, 859-572-5193

11th Annual Sweetheart Shuffle, 5k Run/Walk, Noon, Middletown YMCA, Middletown OH, Gail Alford, 513-539-6918

21 February

Frosty 14 Mile Trail Run, 10:00 am, Ceasars Creek State Park, Gary Hemmelgarn, 937-294-4104 or Mike Allen, 937-299-6712, www.orrcc.org

22 February

Climb the Carew, 7:00 am, Carew Tower, Downtown Cincinnati, Steve Prescott, 513-777-1080, www.sprunning.com

7 March

Cavalier 5k, 9:00 am, Purcell Marian High School, Tom Stickley, Purcell Marian Athletic Director, 513-487-3122, Don Connolly, www.racedmc.com

Strides of March 5k/10k, 9:00 am, Lunken Airport Playfield, Kelly Weissmann, www.nutritioncouncil.org or 513-621-3262

5k Run/Walk 4A Cause, 10:00 am, Glendale OH, Lonnie Dusch, 513-552-8340, www.phs.princeton.k12.oh.us

Anthem 5k Fitness Classic, 8:00 am, Slugger Field Stadium, Louisville KY, www.anthem5k.com

8 March

Arnold 5k, 9:30 am, Greater Columbus Convention Center, Columbus OH, Matt McGowan, 740-587-0376, www.runohio.com

14 March

Shamrock Shuffle 5k & 10k, 8:30 am, The Square at Union Centre, West Chester OH, Melissa Benedict, 513-874-5450 or www.wclfoundation.com

Emerald Miles 5k, 9:00 am, Newport on the Levee, Newport, KY, Steve Prescott, 513-777-1080 or www.sprunning.com

Running Spot Dirt Trail Series, Run for the Green 5k Trail Run/walk, 9:00 am, Landen/Deerfield Park, Greg McCormick, 513-793-0508 or www.runningtime.net

31st Annual Beer Bottle Open: 4 miler 2:00 PM, Columbus Grove High School, Columbus Grove, OH Terry Schnipke, 419-659-5139

15 March

3rd Annual St. Patrick's Day 5k, 11:00 am, St. Henry OH, Dan Hemmelgarn, 937-597-4480, <http://stpatricksday5k.blogspot.com>

21 March

March Madness 5k, 10:30 am, Nisbet Park, Loveland OH, Lindsay Webb, 513-721-4284, <http://marchmadness5k.kintera.org>

Rodes City Run 10k, 8:00 am, 4th and Broadway, Louisville KY, www.rodacityrun.com

22 March

Germantown 7 & 14 Mile Trail Run, 9:00 am, Germantown Metropark, Germantown, Oh, Jerry Swartzel, 937-696-2738, www.orrcc.org

28 March

Heart Mini Marathon Expo, 11:00 am to 3:30 pm, Cincinnati Convention Center, Downtown Cincinnati, OH, www.heartmini.org

29 March

32nd Annual Heart Mini-Marathon, 9:00 am 5k, 10:00 am 15k, 1:00 pm 5k/10k Walk, Fountain Square, Downtown Cincinnati, www.heartmini.org

3 April

GA 5K ... a heavenly hog jog, 6:30 pm, Guardian Angel Church, Mount Washington OH, Steve Prescott, 513-777-1080 or www.sprunning.com

4 April

Run for the American Dream 5k and 10k, 9:00 am, Winton Woods, Cincinnati, OH, Steve Prescott, 513-777-1080 or www.sprunning.com

5 April

42nd Annual ORRRC Marathon & Half Marathon, 8:30 am, Xenia YMCA, Xenia OH, www.orrrc.org

42nd Annual Athens Marathon & Half Marathon, 9:00 am, Ohio University, Athens, OH, www.athensmarathon.org

11 April

Papa John's 10 Miler, 8:00 am, Papa John's Cardinal Stadium, Louisville KY, www.papajohns.com/louisville

Twincreek 10k Trail Run, 10:00 am, Twincreek Metropark, Dayton, OH, Mike Allen, 937-299-6712, www.orrrc.org

13 April

RCGC Annual Meeting, 6:30 PM, Swaim Park Lodge, Montgomery OH, 513-451-2587

18 April

Dogwood Days 5k, 9:00 am, Boone County Arboretum, Burlington KY, Greg McCormick, 513-793-0508 or www.runningtime.net

Rat Race 5k & 10k, 5:30 pm, Paxton's Grill, Loveland, OH, 513-235-8153, www.cinciratrace.org

19 April

Running Spot Dirt Trail Series, Ault Park Switchback, 9:00 AM, Ault Park, Cincinnati OH, Greg McCormick, 513-793-0508, www.runningspot.com

Miami Red Brick Run/Walk, 10:30 am, Millett Hall, Miami University, Oxford OH, Don Connolly, www.racedmc.com

25 April

5k Run/Walk St. Elizabeth Hospice & Stars, 8:30 am, Freedom Park, Edgewood KY, Dan Kruse, www.starsforchildren.com

St. Josephs Home 5k, 9:00 am, St. Joseph's Home, Sharonville OH, Don Connolly, www.racedmc.com

Mother Teresa 5k, 9:00 am, Winton Woods, Forest Park OH, Steve Prescott, 513-777-1080 or www.sprunning.com

Jim Sauls 5k Run/Walk, 9:00 am, Clermont Senior Services, Batavia OH, Connie, 513-536-4021, www.clermontseniors.com

Kentucky Derby Festival Marathon & MiniMarathon, 7:30 am, Louisville KY, www.derbyfestivalmarathon.com

OSU Fisher 5k, 9:00 am, Fisher College of Business, The Ohio State University, Columbus OH

26 April

5k Run/Walk for Kidney Awareness, 9:00 am, Winton Woods Park, Forest Park OH, Greg McCormick, 513-793-0508 or www.runningtime.net

33rd Annual Glass City Marathon, 8:00 am, Toledo OH, www.glasscitymarathon.org

2 May

Flying Pig Toyota 10k, 8:00am, Sawyer Point, Cincinnati OH, Don Connolly, www.flyingpigmarathon.com

Flying Pig Fleet Feet Sports 5k 10:15 am, Sawyer Point, Cincinnati OH, Don Connolly, www.flyingpigmarathon.com

Pump and Run Spring Classic, Sawyer Point, Cincinnati OH, Greg McCormick, 513-793-0508 or www.flyingpigmarathon.com

3 May

11th Annual Flying Pig Marathon & Half Marathon, 6:30 am, Downtown Cincinnati, www.flyingpigmarathon.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, joining 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 Hour

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.

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)



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

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
<p>Runners' Club Members receive a 15% discount on the above ad rates.</p> <p>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. (April 10 for Spring, July 10 for Summer, October 10 for Fall). Checks should be made payable to Runners' Club of Greater Cincinnati.</p> <p>For submission and payment details regarding advertising, contact us at 513-451-2587 or cincinnatiirunning@gmail.com.</p>	