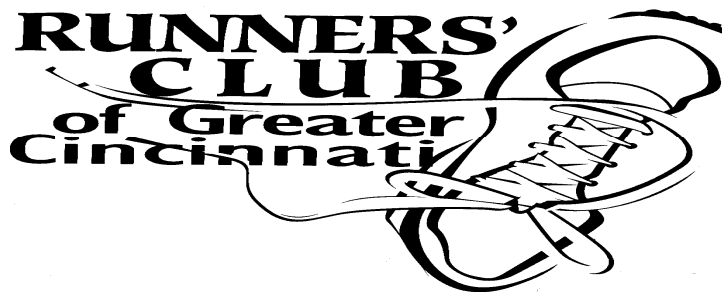


Nomination Form..... Pg. 3
 New Members..... Pg. 5
 Featured Runner..... Pg. 6
 Race Calendar..... Pg. 9
 Membership Form..... Pg. 11



President Letter



This is the best time of the year to join and become active in our Club! Renew your membership, and take advantage of all the wonderful benefits we have to offer you. We have many great events and races coming up in the next few months that you definitely will not

want to miss!

The Heart Mini Marathon falls one week early this year on Sunday, March 18th. If you haven't joined our team to help raise money for the American Heart Association, I invite you to do so soon! Exclusively for our Club members we will have our Hospitality Suite at the Westin Hotel downtown. If you only take advantage of one membership perk a year, this is certainly the one! We offer pre-race and post-race accommodations with a wide spread of replenishments, showers, a place to store all of your sweaty clothes, and a fantastic view of Fountain Square – where all the action is!

Our Annual Members Meeting will be on April 9th at 6:30PM at Swaim Park Lodge in Montgomery, OH. We will present our 2011 Financial Report and 2012 Budget to members. Also we will have a featured guest speaker, voting and elections for the 2012 Board of Trustees and Officers. We will provide dinner and drinks, so mark your calendar now! The 14th Flying Pig Marathon and Half-Marathon, 10k and 5k and Expo, is set for the weekend of May 5th and 6th this year. The Club will have a booth at the Expo to help promote our Club, and we will need many volunteers to help us with this so please let us know if you may be able to assist us.

New for 2012 is our **weekly** group run at Miami Whitewater on Sunday mornings at 8:30AM. Our group runs the inner and outer loops ranging anywhere from 4-10 miles. Many of us are training for the upcoming full and half marathons in Cincinnati and like to get our long runs in together at one of the most beautiful and biggest parks in Hamilton County. It is a perfect place to bring your family and jogging strollers! Visit our Facebook page for updates and weekly mileage. We are looking into bringing more group runs to Cincinnati and Northern Kentucky in the next couple of months, including speed training sessions, running and injury prevention clinics, and race training programs. Check your inbox, our Blog, and our FB page for announcements!

We are busy planning these great events for you, so don't forget to check your e-newsletters and member emails for updates. We've compiled a great list of races and events in our newsletter Calendar – don't forget to check it out!

On one final note, I am so thankful for all of our wonderful volunteers for their time and the hard work they put in to all of our races and events. Without these dedicated volunteers our club simply would not exist. You keep the Club running and we really appreciate all that you do! As always, if you ever have any comments or suggestions on what you would like to see in our newsletter, or you would like to contribute an article or some of your great training tips, please email us and let us know! We love getting your feedback and of course we want to make it a great newsletter for you, our members. I welcome your emails and phone calls anytime so please don't hesitate to get in touch.

Have a great spring season everyone!

Gina Meyers, President
 Runners' Club of Greater Cincinnati

Runners' Club of Greater Cincinnati

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

Board of Trustees

President Gina Meyers, meyersgm@rprunning.com
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Dave Reid
Laura Wagner

Committee Chairs

Equipment: Stacy Osborne(timers) 513.351.6300
Nick Kleiner(tent,coolers)513.574.4502
Newsletter: Open
Membership: Open
Merchandising: Alicia Zimov
Social: Open
Webmaster: Marty Hovey

Board Meeting: Check website for details

RRCA 703.8336.0558

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).

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 and \$25 per family. Articles and letters should be emailed to cincinnatiirunning@gmail.com by the 15th of the month.

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

32nd Annual Valentine 2 Mile Labor of Love

Regents Hall, Northern Kentucky University
Sunday, February 12, 2012

Membership renewals are due March 1, 2012

RCGC Annual Meeting

Monday April 9, 2012 6:30PM
Swaim Park Lodge, Montgomery OH

Flying Pig Mile 22 Waterstop

Sunday May 6, 2012 7:30 AM
Eastern Avenue, Cincinnati OH

Articles for next newsletter due April 16 - A very Taxing day!

If you have an article in your brain, a top ten list, or a dirty limerick related to running send it in by April 16.

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Membership renewals are due March 1, 2012.

Do not forget to renew your membership by March 1.

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, the Summer Cross Country Series, various Happy Hours, Holiday in Lights Run, Summer Picnic, Winter Wonderland Run and other races just to name a few.

These events require the organized effort of both board members and volunteers. We are actively searching for Board Members to lead the RCGC for 2012. Requirements are a willingness to work a couple of hours a week, attend one meeting a month, where you would like the club to go, 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 a Vice President and a Secretary to serve in 2012. 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 if he is too shy to talk about himself, 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 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 23, 2012**

RCGC Anniversary Race Recap



In 2011, the club celebrated its 35th Year in existence with the RCGC Anniversary Race. The club was founded in summer of 1976 as a three times a week group run in Clifton. By November they had a name – Clifton Track club and made their

presence known at the 1976 Thanksgiving Day Race (See the club website for all the details).

Originally, the idea was to do the race at Mt. Storm Park but due to logistics and how cold it may get in Cincinnati in either November or December, we looked at another idea. Many past club races like the Valentine's Day Race were hosted by local drinking establishments in downtown Cincinnati and run along the river so the need for cops would be minimal. Since it was still a club tradition and we would have beer, we opted to do this. The recently opened Holy Grail at the Banks offered to host the race and gave the club free chili and bananas in return for a sponsorship.



RCGC Anniversary Race Start

About 50 runners ran the race on December 3 which was the only race in the area that day. Many were still recovering from the Thanksgiving Day Race and Black Friday the week before. The course was flat and ran along the river through Sawyer Point Park and International Friendship Park and back.

The overall men's winner was Tallin Forshey who ran a time of 17:48. The overall woman's

winner was Michela Santini with a time of 19:25 and fifth overall. (Complete results posted at www.cincinnati-running.com.)



Top finisher Tallin Forshey

After the race, participants enjoyed chili, bananas, water and any beverage that they wished. A few random people won door prizes which consisted of drift shirts, gift certificates and free club memberships. A big thank you goes to our volunteers Tom Glasscock, Bill Hardy, Liz Hofacre, Dale Mathis, Gina Meyers, David Nelson, Don Raake, Jenni Raake, Lisa Stephens Bodine and Kristen Snyder who designed the RCGC Anniversary Race Shirt.

Also thank you to our sponsors Holy Grail, RoadID, Group Health Associates, and Waltz Business Solutions.



Thank you Volunteers

RacePace Running

Cross-training

Exercises/Activities

-Gina M. Meyers

Over the past few years, runners of all abilities have discovered the many benefits of cross-training as a means to enhance their total conditioning and running performance. Cross-training is any exercise or physical activity that supplements your main sport - in this case, running.

Whether you're a beginning runner or an experienced marathoner, you can benefit from supplemental cross-training. Many cross-training activities are great cardiovascular workouts, so they build on those similar benefits of running, and may reduce your chance of injury. An added benefit is that cross-training gives runners a much-needed mental break from their sport, which is especially important for those training for long-distance events such as marathons. Similarly, some runners at some point during their training may hit periods when they are feeling bored or uninspired to run, and cross-training can be a great way to work through those unmotivated phases.

- Try to choose workouts that are closest to running in terms of muscles used and aerobic systems taxed. Good low-impact cross training activities includes elliptical trainers, cross-country ski machines, cycling or spinning, swimming, water-running, and walking. These activities lessen the stress on your joints, which are often a sore spot for runners.
- Of all sports, swimming probably comes closest to providing the most all-over fitness. Deep-water running, stair-climbing and cross-country skiing are the closest to running in terms of muscle groups used and range of motion.
- In general, if you're a recreational runner, try to supplement your 3-4 days of running with 2-3 days of cross-training. If you're a competitive runner and run 4-6 days a week, you can substitute a low-intensity cross-training workout for an easy run or a rest day on 1-2 days week.
- Strength training is also an excellent opportunity to strengthen your core, which

helps runners avoid fatigue and maintain their form. You can do either resistance training, where you use your own weight for resistance (pushups, for example), or weight training, where you use weights (free or machine) for resistance (leg press, for example).

- Overtraining is overtraining, whether it's in one sport or a combination of them. Some of these activities may work muscle groups that you don't often use, or at least to a degree you're not used to. Be sure to stretch thoroughly after working out in any manner.

A note about walking: Walking builds endurance and is an excellent way to "push back the wall"

For beginning runners, it is important to start out with walk-run intervals, because this stretches your endurance levels and helps your body adapt quicker and with much less risk of injury, than if you tried to build only by running. As workouts progress, you can then wean back on walking and replace it with running. Even for marathoners, walking has become an integral part of training over the past several years. You can walk a lot further than you can run!

Welcome New Members!!

Donnie & Jonathon Adams
Stephen & Dawn Benson
Frank & Diane Carroll
JoAnn Derenthal
Brett Frondorf
Brigid Hayes
Bill Henning
Kelli Keiper
Erin & Raymond Martell
Cherie Norman
Kimberly Ogle
Kris Parks
Gary & Donna Payne
Jim Reis
Jeff Schrock
Ryan Smith
Kevin Strode

Please make our new members feel welcome.

Featured Runner – Kristen Snyder



Kristen Snyder is our featured runner. Kristen recently joined the club in the September 2011 and the staff decided to focus on some of our newer members as a chance to get to know some them better. Kristen relocated from

Columbus to Cincinnati in 2011 to take a job with the Cincinnati Reds. She designed the Club's anniversary race shirt and the 32nd Annual Valentine's day Race Shirt. Kristen spent a few moments answering our questions.

1. How long have you been running?
I've been running 14 years. I started in track and field and evolved into a full-fledged distance runner ☺
2. What got you started running?
I joined my school's track team in 8th grade, loved it and just kept running through college (including one year of cross country in high school). I picked up longer distance running after graduating in 2007 and have increased my racing distances ever since.
3. Where do you normally run?
I usually run downtown, Hyde Park, and Mariemont. I am always looking for new places.
4. What is your favorite route?
There's a 4 mile loop I've been running through downtown Cincinnati - Covington-Newport that's a new favorite. The scenery near Eden Park is always nice!
5. What type of training do you typically do?
At my peak I'll usually run 3-4 times a week, and mix yoga and other cross training another day or two out of the week.

6. What's your favorite workout?
I love hill workouts along with long distances on new interesting routes.
7. What are your favorite three races locally?
Redlegs Run 5K and 10K, Flying Pig, more to be determined ☺
8. What's your favorite race out of town?
My current favorites are the Cap City Half Marathon in Columbus, Cleveland Marathon, and races during Disney's Marathon weekend in January. It's just a great time down there that weekend and running through the parks is quite the experience!
9. Where's the furthest from Cincinnati that you've run?
Right now my furthest race has been in Disney World, Orlando FL.
10. Of what accomplishments are you most proud?
Finishing my first marathon in May 2011. I ran my first marathon in Cleveland. I was nervous because training did not go as planned, but oddly I felt stronger each mile and felt such a sense of accomplishment crossing the finish line. I never ever thought I'd be able to run that far. I did and I can't wait for the next one!
11. What are some of your current PR's? **Current PRs include: 5K-22:00, 10K-48:00, Half marathon-1:50, Full marathon-4:30**
12. What's your favorite pre-race meal?
Pasta of any kind, small salad, and lots of water
13. Do you have any special pre-race rituals or music?
I still get some good hard sprints in before a race and I always have the ipod going with a good play list before a race (but never during, not even during a half or full marathon).
14. What do you do when you're not running?
Usually working these days! I also enjoy yoga and other kinds of cross training, cooking, working on side design projects, reading, traveling—the list goes on.
15. How has running influenced your life?
Running gives me focus and allows me to push myself to become better. Even when things seem down, if I go for a run I'm guaranteed to feel better afterwards. I love what it does for me and excited when it helps those I'm close to in that way as well.

16. Any special goals you'd like to accomplish in the next few years?
I'd love to set some new PRs in my half and full marathons. I'd like to get under 1:40 for a half one day and under 4:00 for my full. I'd also love to start finding more races in other states because I know there are some good ones.
17. How did you get involved with the Runners' Club of Greater Cincinnati?
I am fairly new to the area—I moved here from Columbus in January 2011 after accepting a job in the Cincinnati Reds' Creative Services dept. I joined RCGC in September to continue running and meet new people who liked to do the same.
18. What is your favorite Runners' Club of Greater Cincinnati Event? Why?
I have only been a member for a few months, but I really enjoyed the Holiday Lights run—it was a great way to see the city that I'm still getting to know in a really cool way!
19. What typical distances do you enjoy running (5k, 10k, half-marathon, full marathon) other than that you run? Why?
I enjoy 5ks and 10ks because I like getting me legs going in a nice short race, love the half marathon distance because it feels like my body takes well to it and love the feeling I get when I finish, also enjoy the challenge of a full marathon and would love to do another one soon! I'm also a big fan of the half or full marathon relays for the team aspect, and it's just fun to get a group together for a race like that.
20. Do you run solo or do you prefer group runs?
I like both for different reasons and different times, so I like to mix it up.
21. What cheat foods do you like to eat?
I feel I may have a lot, but pizza is definitely high up on the list!
22. What brand style running shoes do you wear?
Mizunos—I found my first pair in 2009 and fell in love with how it felt!

Thank you Kristen and good luck with your continued success.

Membership renewals are due March 1, 2012.

Do not forget to renew your membership by March 1.

I want to...run a 5k race!

Have you walked a 5k race, but have yet to **run** one? Have you been away from running for a long time, and want to get back into it without stress and injury to your body?

Establish a solid game plan!

Instead of running until your near exhaustion and out of breath and then stopping, which only gets you in the habit of quitting, start with mixing short intervals of running with walking, three to four times a week to build stamina. Make sure to warm up with a 5-minute walk, and then begin alternating 30 second of jogging with 30 seconds of walking. Try to go for 1 mile alternating this way for your first workout.

For subsequent workouts, add 30 seconds to the run portions and a half mile to your distance each week. In about a month, you'll be up to 3 miles, jogging a majority of the time. Add to that the adrenaline of race day, and you'll breeze through 3.1 miles.

RCGC Weekly Group Runs

Tuesdays at 6:30 PM
 Various Locations around the City
 Text Laura Wagner at 513-706-8951

Sundays at 8:30 AM
 Miami Whitewater Forest, Harrison OH
 Meet by the Visitor Center

For more information, contact us at
cincinnati@rcgc.org



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Llee Sivitz
 Wellness Group

mobile: (513) 205 - 9236

LleesJP@gmail.com
www.LleesJP.com

Holiday in Lights Run Recap



Group Picture at the Central Parkway YMCA

The Holiday in Lights Run took place on Tuesday, December 13 at 6:30 PM. The Williams YMCA which had hosted the Holiday in Lights Run for so many years closed during the summer so the club had to find a new location.



Group picture – the other and better half

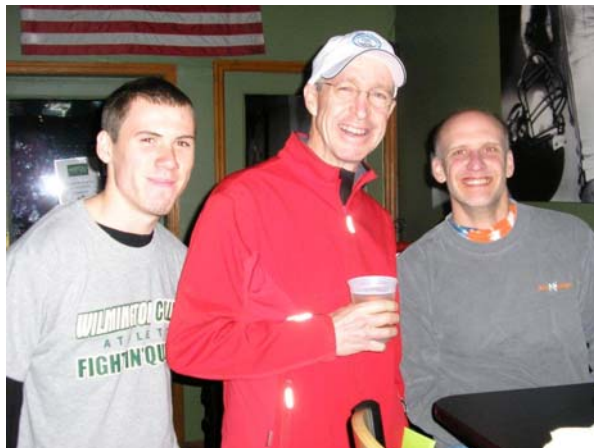
For 2011, the club started downtown from the Central Parkway YMCA and ran up the hill rather than down the hill. About 30 runners showed up for the run on a relatively mild December evening. We were unable to get everybody in one group picture so we took two pictures. Most completed the entire route through the lights and holiday decorations of downtown Cincinnati and Mount Adams and the Krohn Conservatory Nativity Scene which was up just in time for 2011. A new twist for 2011 was the Holiday Decorations in Piatt Park, but we missed the trains as they were at the Museum Center. Those who did not make the entire run enjoyed a nice dry drive back to the Central Parkway YMCA.



They are here for the beer!

After the run, most met at O'Bryon's for food and spirits. A few more that could not make the run due to schedule, or afraid that they would get tangled up in the lights or eaten by sheep at the Krohn Conservatory Nativity Display showed up at O'Bryon's to help with the beer and food.

There were few complaints that I heard except for the new route which had too many turns in the beginning and was about as clear as mud. Special Thanks to Gina Meyers and Todd Hofacre for making this event a great success.



Mischa McCormick, Greg McCormick and John Zerhusen

FLEET FEET SPORTS

The Crossings of Blue Ash
9525 Kenwood Road
Cincinnati, OH 45242
513.793.8383
www.fleetfeetcincy.com

2012 Winter Calendar February - April

12 February

32nd Annual Valentine's 2 Mile Labor of Love, 12:00 Noon, Northern Kentucky University, Highland Heights Kentucky, Todd 513-594-8203 or NKU Athletics, 859-572-5193

14th Annual Sweetheart Shuffle, 5k Run/Walk, Noon, Middletown YMCA, Middletown OH, Gail Alford, 513-539-6918

19 February

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

25 February

Frosty 14 Mile Trail Run, 10:00 am, Ceasars Creek State Park, Waynesville OH, www.orrcc.org

29 February

RCGC Leap Day Race, 6:30 PM, Lunken Playfield, Cincinnati OH, 513-594-8203, www.rcgc.net

3 March

Food on the Run 10k / 5k Carrot Run, 9:00 am, Yeatman's Cove, Cincinnati OH, 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

4 March

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

Little Miami 10 Miler, 1:00 pm, Bryan Center, Yellow Springs OH, www.orrcc.org

10 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, <http://ecgc-ohny.net/>

34th Annual Beer Bottle Open: 4 miler 2:00 PM, Columbus Grove High School, Columbus Grove, OH Terry Schnipke, 419-659-5139

17 March

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

St. Patrick's 5k, 10:00 am, Middletown High School, Middletown, OH, Warren Elam, www.orrcc.org

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

18 March

35th Annual Heart Mini-Marathon, 7:45 am 15k and Half Marathon, 10:30 am 5k, 12:00 pm 5k/10k Walk, Fountain Square, Downtown Cincinnati, www.heartmini.org

25 March

45th Annual ORRRC Marathon & Half Marathon, 8:30 am, Xenia YMCA, Xenia OH, www.orrcc.org

RCGC Split the Pot Prediction Run, 10:00 AM, Fernbank Park, Cincinnati OH, 513-594-8203, www.rcgc.net

31 March

Cavalier 5k, 9:00 am, Purcell Marian High School, Don Connolly, 513-474-1399, www.racedmc.com

GA 5k – a heavenly hog jog, 9:00 am, Guardian Angels, Mt. Washington, www.runningtime.net

Germantown 10 Mile Trail Run, 9:00 am, Germantown Metropark, Germantown, Oh, Jerry Swartzel, 937-696-2738, www.orrcc.org

Run the Bluegrass Half Marathon, 8:00 AM, Keenland Race Track, Lexington KY, www.runthebluegrass.org

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

1 April

Cincinnati Gorilla Run, 11:00 am, Montgomery Boathouse, Cincinnati OH, www.cincinnatiGORILLARUN.com

45th Annual Athens Marathon & Half Marathon, 9:00 am, Ohio University, Athens, OH, www.athensmarathon.org

7 April

Run for the American Dream 5k and 10k, 9:00 am, Winton Woods, Forest Park, OH, www.sprunning.com

9 April

RCGC Annual Meeting, 6:30 PM, Swaim Park Lodge, Montgomery OH, 513-706-1454

14 April

Meters for Mozart 5k, 9:00 am, Joyce Park, Fairfield, Greg McCormick, 513-793-0508 or www.runningtime.net

Frog Jog, 9:00 am, East Butler YMCA, Fairfield, Greg McCormick, 513-793-0508 or www.runningtime.net

Run For the Ridge 5k, 9:30 am, AJ Jolly Park - Campgrounds, Alexandria KY, www.campbellcountyschools.org

Aruna 5k Run for Freedom, 10:00 am, University of Cincinnati – Main Campus, Cincinnati OH, www.aruna5k.com

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

Southern Indiana Classic Marathon & Half Marathon, 7:00 am, Vanderburgh County 4-H Fairgrounds, Evansville, IN, www.sicmarathon.com

15 April

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

Teddy Bear 5k, 9:00 am, Masonic Center, downtown Cincinnati, Don Connolly, 513-474-1399, www.racedmc.com

21 April

St. Josephs Home 5k, 8:00 am, St. Joseph's Home, Sharonville OH, Don Connolly, www.racedmc.com

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

Rat Race 5k & 10k, 5:30 pm, Nisbet Park, Loveland, OH, 513-235-8153, www.cinciratrace.org

22 April

Run for the Lions 5k, 8:30 am, Ursuline High School, Blue Ash, Kelly Weisman, www.racedmc.com

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

35th Annual Glass City Marathon, 8:00 am, University of Toledo, Toledo OH, www.glasscitymarathon.org

28 April

Strides for Stars 5k, 9:00 am, Thomas More College, Crestview Hills KY, Greg McCormick, www.runningtime.net

Run It Forward 5k, 9:30 am, Sharon Woods Park, Sharonville, Greg McCormick, 513-793-0508 or www.runningtime.net

Blue Ribbon 5k Race, 10:00 am, General Cable, Highland Heights KY, www.familynurture.org

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

29 April

Covington Rotary 5K Run/Walk For the Children of Covington and the World, 9:00 am, Devou Park, Covington, KY Greg McCormick, www.runningtime.net

5 May

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

Flying Pig 5k 10:15 am, Sawyer Point, downtown Cincinnati OH, www.flyingpigmarathon.com

Pump and Run Spring Classic, Sawyer Point, downtown Cincinnati OH, www.flyingpigmarathon.com

6 May

14th Annual Flying Pig Marathon & Half Marathon, 6:30 am, Downtown Cincinnati, www.flyingpigmarathon.com



RUNNERS' CLUB Of Greater Cincinnati

P.O. Box 8761
Cincinnati, OH 45208
cincinnati@running@gmail.com



Membership Application / Renewal / Change of Address

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. 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.

- | | |
|---|--|
| <input type="checkbox"/> <i>New Application</i> | <input type="checkbox"/> <i>Single Membership \$20</i> |
| <input type="checkbox"/> <i>Renewal</i> | <input type="checkbox"/> <i>Family Membership \$25</i> |
| <input type="checkbox"/> <i>Change of Address</i> | |

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

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.	
<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, January 10 for Winter). Checks should be made payable to Runners' Club of Greater Cincinnati.</p> <p>For submission and payment details regarding advertising, contact us at 513-594-8203 or cincinnatiirunning@gmail.com.</p>	