



## August 2005

Hello, as some of you know me and many do not, I am Nick Kleiner. As any Vice-President should, I have been filling in for Mike during his hiatus this summer. Along with the assistance of steadfast board members I have tried to keep the club running smoothly.

However there was mention in the last issue of discontinuing the paper version of our newsletter and you are probably holding a contradiction to that in your hands right now. Through resilient effort of the board, this newsletter was brought to you. I want to send the Bat-Signal out to anyone in the Club that has connections in the printing field to contact myself or Mike.

We are looking for a long term solution for color printing in a cost-effective and timely fashion.

Now, on to running related news. Despite the bad weather for a second straight year **The Memorial Day Race** was a success! The rain held off during most of the race but was abundant before and after. The footing should have been dry after our winners, Denny Kramer and Jill Tranter, smoked through the course at 26:34 and 30:08 respectively. Congratulations on the victories! There were also many age group awards up for grabs and if you were fortunate enough, hopefully your award has brought you many cold beverages during these hot summer days. After a small battle with the precipitation, the grill was lit and the cook-out began. As with years past the post-race festivities were filled with lots of food and drinks. I would personally like to thank every volunteer that made The Memorial Day Race possible!! There are far too many to list, but you know who you are. Without you, the race would not have happened this year, so many thanks go out to you! I would also like to thank all the race participants because without you the race would not exist. Stay tuned next year as we celebrate the 30th anniversary of The Memorial Day Race. The board has discussed some special ideas to commemorate one of the oldest races in Cincinnati, but we are still looking for those

Club members who were there from the start. If you have run all 29, or if you ran the very first one, I would love to hear from you. Please contact me!

Before I go, I hope to see you at the **Summer Picnic & Prediction Run on Sunday August 28, 2005**. Come out and join in the fun at Swaim Park in Montgomery. The 2.5 mile Prediction Run will test your pacing ability, not your speed. The run takes off at 3:30, the picnic follows at 4:00 p.m., continuing into the ever-popular egg and water balloon toss. The Club will provide the meat and beverages. If your last name begins with A-K bring a dessert. If your last name begins with L-Z bring a side or salad.

**See you there!**

**Sincerely,**  
**Nick Kleiner, Vice President**  
**Runners' Club of Greater Cincinnati**  
**CincinnatiRunning.com**



Cincinnati's running community will miss Bill Workman. See inside for a tribute to Bill.

## Runners' Club of Greater Cincinnati

P.O. Box 8761 Cincinnati, OH 45208

www.RCGC.net and www.cincinnatiRunning.com

### Board of Directors

President	Mike Moyer	859.356.8818
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Treasurer	Jeff Hummel	513.667.6462

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Webmaster	Marty Hovey	
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Mike Smith		513.372.5401
Marianne Douglas		513.469.6459

Board Meeting: Call 859-802-5903 for details  
(1st Sunday of each month - all are welcome)

RRCA 703.8336.0558

If you are interested in getting involved, please contact Mike Moyer at [mmoyer@rcgc.net](mailto:mmoyer@rcgc.net)

The Runners' Club of Greater Cincinnati is a non-profit organization dedicated to educating, inspiring, and promoting running and fitness in the community by devoting its energy to the people, issues, and events that make running challenging and fun. RCGC is a member in good standing of the Road Runners Club of America (RRCA). Participants in our events may represent any club, school, organization, or be unattached.

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

#### Membership Benefits:

- \* The RCGC monthly newsletter with information/event details on the Cincinnati running scene.
- \* A \$1 discount on most RCGC races.
- \* Discounts from area merchandisers as they become available and are announced in our newsletter.
- \* Free health and fitness programs.
- \* Coordinated group runs.
- \* Various social events throughout the year including picnics, bi-monthly group runs, Holiday Lights Run and the Christmas Party.
- \* An opportunity to meet people with a common interest - running and staying fit!

Renewals, new memberships and changes of address can be processed by mail or through the club website. Annual dues are \$15/\$20 per individual. \$20/\$25 per family. Articles and letters should be emailed to [apurcell@one.net](mailto:apurcell@one.net) (Amy Purcell) by the 10th of the month.

Please patronize our sponsors!  
Members receive a 10% Discount

## SHAKE IT RECORDS

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513.591.0123



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513.831.2378

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

### WELCOME NEW MEMBERS!!

Laura Appert	Bill & Debbie Mangus
Kim Bothen	Jim McHugh
Lia Davidson	Sylvia Morales
Regina Ford-Fowler	Gary Morgan
Dan & Kelly Furnier	Robert & Anne Ramsay
Sandy Haas	Jeremy Roberts
Marcia Harrison	Aaron Rourke
George Herren	Elizabeth Russell
Kathie & Harry Hocks	Dan Sieger
Patrick Hughes	Joann & David Videtto
Thomas Lindsey	Gareth Watson
Matthew & Claire Long	Anna Thauberger
John Fenton	



# MEMBERSHIP BENEFITS

- ❖ Group Runs Throughout the City
- ❖ Free Running Seminars & Coaching Advice
- ❖ Bimonthly 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

Runners' Club Of Greater Cincinnati  
 P.O. Box 8761 Cincinnati, OH 45208

## Membership Application / Renewal / Change of Address

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

Please check the boxes next to the information you would like included in next year's annual publication of membership. Or, if none, please check the box below marked "None."

- None
- 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.

- |                 |                  |              |                |
|-----------------|------------------|--------------|----------------|
| Marathoning     | Walking          | Newsletter   | Web Site       |
| Race Committees | Board Member     | Summer Track | Cross Country  |
| Valentine's Run | Memorial Day Run | Flying Pig   | Holiday Events |
| Other _____     |                  |              |                |

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)

# *Bill Workman (1929-2005)*

## *Avid Runner and Volunteer*

by Ed Hunter



Bill Workman, photo by Howard Hughes,

Few local runners started a race with more energy and enthusiasm than Bill Workman! When the starter's gun sounded, Bill usually sprinted the first several hundred yards of the course before settling down to a more reasonable (but usually age-group winning) pace. Bill displayed similar enthusiasm in the many community service projects in which he participated. Sadly, Bill died on Saturday, June 11, 2005, while running a 5K race at the Blue Ash Airport held in conjunction with an air show there that weekend. Bill collapsed, apparently of a heart attack, just short of mile 1 and died on the course. He was 75 years old.

Bill was a Board member of the Runners' Club of Greater Cincinnati, an avid race participant, a race volunteer, and a community volunteer. He started running in 1979 when his doctor advised him to change his diet and lose some weight (he weighed over 200 pounds at that time). So Bill started exercising, and in 1989 he entered his first race, the 4-mile Sharonville End of the Sun Run. Bill finished the race in 34 minutes 42 seconds and was hooked on racing. When he ran the same course 10 years later in 1999, his time was about 7 minutes faster.

According to his friend Howard Hughes, Bill was "a good sprinter who could run 100 miles." Howard recalled that Bill ran 24-hour races on two occasions. In one of these, the USA Track & Field 24-Hour Run National Championship held September 18 and 19, 1999, in Sylvania, Ohio, Bill covered 100.5 miles in the allotted 24-hour time period. That was good enough to beat all entrants 60 and

above and to be awarded recognition as a National Masters Champion. If Bill had been born two weeks earlier (he turned 70 years old on October 4, 1999), he would have set a national record for the men's 70-74 age group in a 24-hour run. Satisfied with his effort, Bill decided not to return the following year to try for the 70+ record.

Several years ago, I interviewed Bill about the Sylvania 24-hour run. He told me that 170 entrants from all over the U.S. started the run in Olander Park in Sylvania at noon on September 18. The relatively flat course circled a lake, each loop being 1.12 miles. To keep track of their distance, the runners wore paper tags and dropped a tag into a box after completing a loop. A computer recorded each runner's progress. The course was designed so that 89 loops were equivalent to 100 miles. Bill ran his first mile in a conservative 10 minutes.

For the next 24 hours, Bill ran or walked continuously except for bathroom breaks. Periodically he ate GU, pieces of apple, orange, or banana, and peanut butter and honey on bread. He drank mostly water but also some Ultra-fuel and All-sport. During the cool early morning hours, he drank coffee for a boost. Bill varied his pace frequently, sometimes running, sometimes walking fast, and hummed tunes to keep from getting bored.

Bill told me he "felt good the whole time," even after completing 89 loops plus an extra half mile to make sure he had covered at least 100 miles. He expressed sincere gratitude to his friend, Chip Schwartz, who served as his "crew." Chip had food and water ready for Bill after each loop and helped him change into a dry t-shirt occasionally.

After the race, Bill experienced no problems other than a little soreness in his calf and thigh muscles. In fact, he felt so good he drove all the way home himself while Chip slept. Twenty-four hour runs apparently are tougher on the crews than on the runners!

# Bill Workman (1929-2005)

## Avid Runner and Volunteer

continued from previous page



Left to right, Bill Workman, Don Wahle, Bob Roncker at RCGC Christmas Party (12/1/2000). Photo by Ed Hunter.

The City of Sharonville, where Bill lived, proclaimed September 28, 1999, as "Bill Workman Day" in honor of Bill's success in the 24-hour run. The mayor presented Bill with a key to the city and a framed proclamation, which read in part: "Bill is an outstanding member of the community, volunteering his time to his church and helping his neighbors with odd jobs whenever he can; "and ... Among his many accomplishments, he has won his age group at the Cincinnati Heart Mini-marathon, (and) competes in nearly every running event in the Senior Olympics."

Bill worked as a pipe-fitter and as a waste treatment operator at Ford Motor Company, retiring in 1992. He had numerous interests besides running. He did major renovations around his house, helped friends with household projects, worked in community outreach programs with his

church, the Vineyard in Springdale, and for a while flew his own airplane, which he kept at the Blue Ash Airport, the site of his last race. He supplemented his running with aerobics and yoga and attended a regular Bible study. He served as a member of the RCGC Board for about 7 years, and regularly helped at Club events.

Howard noted that for two consecutive years, when Bill was in the 65-69 age group, he (Bill) ran both the 5K and 15K distances of the annual Cincinnati Heart Mini-marathon. On these two occasions, he finished the 5K and then about 30-35 minutes later ran the 15K, winning his age group at both distances.

Bill had two daughters, Billi Myers of Bridgetown and Shari Battaglia of Cleves, two step-daughters, Susan McClure of Cincinnati and Lorri Wurtzler of New Hampshire, and seven grandchildren. He had many friends, particularly in the running community. He will be missed but well-remembered.



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# Summer Picnic & Prediction Run

## Sunday, August 28 3 p.m.

### Games, Fun, Food, Prizes!!



**Picnic begins at 3 p.m.**

**2.5-mile Prediction Run at 3:30 p.m.**

**Dinner, 4:30 - 5:30 p.m.**

**Members whose last names begin with A-K will bring desserts; those whose last names begin with L-Z will bring sides or salads (reversed from last year). The Club will provide meats and beverages. This is a great chance to meet new members and catch up with old friends!**

**Swaim Park is located on Cooper Road west of Montgomery Road. Visit [www.cincinnatiirunning.com](http://www.cincinnatiirunning.com) for details.**



**THERE'S SOMETHING FOR EVERYONE!**  
**LOVELAND RIVER RACE 10K, 5K RUN or WALK, KIDS FUN RUN**

**COURSE:** Winds through neighborhoods, across Little Miami River and on Bike Trail.

**REFRESHMENTS:** Provided by Krogers, Paxton's Grill, Skip's Bagel Deli, Clif bar

**ENTRY DEADLINE:** 9/13/04. \$20 entry incl. t-shirt guaranteed to pre-registered; Race day entry \$25

**INFO and REGISTRATION:** 513-683-0468; [www.lovelandbiketrail.com](http://www.lovelandbiketrail.com)  
**AWARDS:** First place overall each race male and female award commissioned glass piece by Lovelander Richard Duncan owner of ARCHITECTURAL ART GLASS.

**FREE 5/3 Bank KIDS FUN RUN:** 8 and under.

**RESULTS:** RCGC.NET

**BENEFITS:** Little Miami Inc. and Loveland Arts Council.

**DIRECTIONS:** 275 exit 52 Lov.Indian Hill, left off ramp. 3mi to W. Lov. Ave, turn Right, 1/4 mile Bike Trail. Turn left.

**SATURDAY**  
**SEPT. 17**  
**9 a.m.**

Thank you to our contributing sponsors: Eads Fence Co., hyperQuake, Runner's Club of Greater Cincinnati and Running Spot East

# Upcoming Runs

Club runs featured in BLUE



Club runs featured in BLUE

**Thur Aug 4** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacy Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Sat Aug 6** Lady Distance Classic, 10k & 5k Run/Walk, 7:30 am, Blue Ash Recreation Center, Kelli Weissmann, [coprdog@fuse.net](mailto:coprdog@fuse.net)

**Sun Aug 7** Visability 5k, 8:00 am, Spring Grove Cemetery, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Thur Aug 11** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacy Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Fri Aug 12 11th Annual Brian Rohne Memorial 5k, 7:00 pm, Northern Kentucky University, Steve Kruse 859-572-5193**

**Sat Aug 13** 23 Annual Newtown 5k, 10.00 am, Moundview Park, Newtown, Ohio, Tom & Carolyn Busse, 513-561-7541 or [www.villageofnewtown.com](http://www.villageofnewtown.com)

**Thur Aug 18** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacy Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Sat Aug 20** St. Joseph Home 5k, Sharonville, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sat Aug 20** Eye Run For Vision 5k, 9:00 am, Lenscrafters HQ, Mason, Oh, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Sun Aug 21** James Cooper Memorial Run, 5k, 9:00 am, Winton Woods Park, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Thur Aug 25** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacy Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Sat Aug 27** Forest Park Charge 5k, 8:30 am, Winton Woods H.S., Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sat Aug 27** Stoney Run 5k, 8:00 am, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Sun Aug 28 Annual RCGC Picnic 3:00 pm, Prediction Run 3:30 PM, Swaim Park, Montgomery, [www.rcgc.net](http://www.rcgc.net)**

**Sat Sept 3** Independence 5k Foot Pursuit, 9:00 am, Independence, Ky, [www.5kfootpursuit.com](http://www.5kfootpursuit.com)

**Sun Sept 4** The Cheetah Run 5k, 8:00 am, Cincinnati Zoo, Don Connolly, [www.racedmc.com](http://www.racedmc.com) or 513-474-1399

**Mon Sept 5** 27th Mercy Metric 5k & 10k, 8:30 am, Lunken Airport Playfield, Don Connolly, [www.racedmc.com](http://www.racedmc.com) or 513-474-1399

**Sat Sept 10** Enzweiler Multi-Miler 5k, 9:00 am, Drake Center Hospital, Hartwell, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Sun Sept 11** Firefighter & Police Memorial 5k, 8:00 am, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sun Sept 11** Beat The Hill 4 Mile Trail Run/Walk, 1:00 pm, YMCA Camp Kern, Erin Crosby, 513-932-3756

**Sat Sept 17 Loveland River Race 10k/5k, 9:00 am, Nisbet Park, Loveland, Oh, Kathy Ray, 513-683-0468**

**Sun Sept 18** Outreach Half Marathon, 8:00 am, Nisbet Park, Loveland, Oh, Frank Sheehy, Running Spot East, 513-831-2378

**Sat Sept 24** 9th Annual Kicks For Kids, 5 Mile, 10:00 am, Sawyer Point, Don Connolly, [www.racedmc.com](http://www.racedmc.com), 513-474-1399

**Sun Sept 25** Dayton River Corridor Classic, 13.1m, 5k, 9:00 am, Welcome Stadium, Dayton, Oh, Ray Olfky, 937-435-2633

**Sat Oct 1** 12 Annual Reggae Run 5k Run/Walk, 6:00 pm, Ault Park, Don Connolly, [www.racedmc.com](http://www.racedmc.com), 513-474-1399

**Sun Oct 2** 26th Annual Morgans Little Miami Triathlon, 9:00 am, Morgans Canoe Livery, Gary Morgan, 513-321-3123

**Sat Oct 8** Gold Rush Run 5k, 9:00 am, Courthouse, Batavia, Oh, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Sat Oct 8** Germantown Country Classic 17k, 8:30 am, Kercher Park, Germantown, Oh, Tom & Kathleen Tiller, 937-885-4270

**Sat Oct 9** 19th Annual Lite Lope 5k Run/Walk, Miller Brewery, Trenton, Oh, Linda Cooper, 513-422-7162 or 513-422-9622

**Sat Oct 15** Walk As One And Freedom Run 10k, 9:00 am, National Underground Railroad Freedom Center

**Sat Oct 15** Arlington's Run For The Ages 5k, 9:00 am, Arlington Gardens, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Sat Oct 15** Andrews Jump For A Cure 5k, 9:00 am, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sun Oct 16** 26th Columbus Marathon, 26.2m, 7:00 am, Columbus, Oh, [www.columbusmarathon.com](http://www.columbusmarathon.com)

**Sun Oct 16** Taylorsville Metropark Trail Run, 6-12-18 Miles, 9:30 am, Taylorsville Reserve, Tom & Angie Giere, 937-890-6981

**Sat Oct 22** Ministry In Motion 5k, Hyde Park Methodist Church, 8:30 am, Hyde Park, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sat Oct 22** Run More 5k, 9:00 am, Thomas More College, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Fri Oct 28** Run Like Hell 5k, 7:00 pm, Next to Xavier University, Don Connolly, [www.racedmc.com](http://www.racedmc.com), 513-474-1399

**Sat Oct 29** Fire Hydrant 5000, 5k Run/Walk, 10:00 am, Humane Assoc. Animal Shelter, Lebanon, Oh, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sat Nov 5** Mason Golden Fall Mini-Marathon 15k & 5k, 7:30 am, Corwin Nixon Park, Mason, Oh, [www.sprunning.com](http://www.sprunning.com)

**Sat Nov 12** Sycamore Township Challenge 5k, 9:00 am, Bechtold Park, Sycamore, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sun Nov 13** 2nd Annual HealthyHuntington Marathon, 26.2m, 8:00 am, Huntington, West Virginia, [www.healthyhuntington.org](http://www.healthyhuntington.org)

**Thur Nov 24** 96th Annual Thanksgiving Day Race, 10k Run/Walk, Paul Brown Stadium, Julie Isphording, [www.thanksgivingdayrace.com](http://www.thanksgivingdayrace.com)

**Sat Dec 31** Mt. Adams Egg Nog Jog, 5k, 10:00 am, The Wine Cellar, Mt. Adams, Laura Slagle-Williams YMCA, 513-961-7552


**Sat Dec 10** Jingle Bell Run 5k Run/walk, 10:00 am, Covington Convention Center, Don Connolly, [www.racedmc.com](http://www.racedmc.com) or 513-474-1399



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# Brian Rohne Memorial 5K Run & Walk



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## FRIDAY, AUGUST 12, 2005 @ 7:00 PM

Brian Rohne was the most valuable athlete for the Men's Cross Country team at Northern Kentucky University in 1992. The Milford High School graduate was a leader in every sense of the word. He was a truly talented runner and a tenacious competitor. Brian also excelled in the classroom and was always quick to help those not as fortunate as himself. Brian, like many other young athletes, had great plans for his athletic career. While on a training run in January of 1993, pursuing the dream to be an NCAA champion, Brian was fatally injured. He was 20 years old. All proceeds raised from this event will go to the Brian Rohne Memorial Fund, which will be used to assist future runners to pursue that dream of greatness at NKU.

**WHERE:** Northern Kentucky University, Highland Heights, KY. Race starts and finishes by Albright Health Center.  
**DIRECTIONS:** From Cincinnati take I-471 south until it ends at Route 27 in Highland Heights. Turn right at the 2nd light by the NKU sign and follow the arrows. From anywhere else take I-275 to the Highland Heights exit and follow the instructions from Rt. 27 above.

**COURSE:** 3.1 miles, relatively flat, entirely on closed roads around NKU's campus.  
**RECORDS:** Don Overstreet 15:00.89 ('96), Jill Tranter 17:35.80 ('03).  
**AWARDS:** **DIVISIONS & Top 200 receive 11th annual commemorative award.**  
**Men & Women Runners: Top 5 overall, Top 3 masters**  
**Winners in the following divisions:** **Top 3 race walkers** (with proper race walk style)  
14 & under    25-29    40-44    55-59    70+  
15-19    30-34    45-49    60-64    Weight Division:    200-219    220+  
20-24    35-39    50-54    65-69

**REGISTRATION:** \$18.00 postmarked by August 5 (includes T-shirt), \$15.00 for RCGC members. Online registration available at [www.rcgc.net](http://www.rcgc.net). Race day registration \$20.00-no club discounts- includes T-shirt while supplies last! Register by Albright Health Center after 5:30 PM.

**FACILITIES:** Restrooms available.  
**RESULTS:** Posted on Runners Club of Greater Cincinnati Web site within 24 hours. [www.cincinnatiRunning.com](http://www.cincinnatiRunning.com).  
**NORSE KIDS RUN:** FREE! 400 meter run for ages 7 and under; 800 meter run for ages 8-12; Drinks & prizes for all!  
**POST RACE:** After the race, your number gets you free Papa John's Pizza, non-carbonated AllSport & other snacks. Plus the chance to PARTY!!!!!! Win some great prizes! See for yourself why this ranks as one of the most popular races in the tri-state area.  
**NEED MORE INFORMATION?** CONTACT NKU ATHLETICS AT (859) 572-5193.

### OFFICIAL ENTRY FORM - BRIAN ROHNE MEMORIAL 5K - AUGUST 12, 2005 7:00 PM

Make checks or money orders payable to: NKU Foundation-Norse Athletics Club  
Mail to: NKU Athletics, Attn: Rohne Run, Nunn Drive, Highland Heights, KY 41099-7500

LAST NAME: \_\_\_\_\_ FIRST: \_\_\_\_\_ SEX: M: \_\_\_\_\_ F: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
TELEPHONE:(\_\_\_\_) \_\_\_\_\_ AGE (8/12/05): \_\_\_\_\_ WEIGHT DIV.: 200-219 \_\_\_\_\_ 220+ \_\_\_\_\_ WALKER: \_\_\_\_\_

\_\_\_\_\_ \$18.00 Pre-registration, includes T-Shirt.    Shirt size: \_\_\_\_\_ (RCGC MEMBERS DEDUCT \$3.00)  
\_\_\_\_\_ \$20.00 Race day registration, includes T-Shirt while supplies last.

#### WAIVER OF LIABILITY AND STATEMENT OF FITNESS

In consideration of acceptance of this entry and permission to run the Brian Rohne Memorial 5K, I hereby waive and give up for myself, my heirs, agents, assigns, representatives and family members, any and all claims against Northern Kentucky University (including its representatives), the state of Kentucky and its subdivisions, the county of Campbell and its subdivisions, any and all sponsors, and against any person associated with the Brian Rohne Memorial 5K, 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 3.1 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 co-signing this waiver. I am aware of the effects of the hot Northern Kentucky climate in August. I also give my permission to Northern Kentucky University to use any photographs, video or other recordings of me that are made during the course of this event.

**Signature:** \_\_\_\_\_ **Parents (if under 18):** \_\_\_\_\_ **Date:** \_\_\_\_\_



# MEMORIAL DAY RACE

Their socks may have been soggy but that didn't stop 175 runners from turning out for the annual Memorial Day Race.



Top 3 male finishers, left to right: 2nd, Keith Knapp (27:25); 1st, Denny Kramer (26:33); 3rd, Brad Bullock (27:39)



Top 3 female finishers, left to right: 2nd, Shannan Rieder (32:42); 1st, Jill Tranter (30:08); 3rd, Shalie Vetter (33:52).



The four runners pictured here have run the most Memorial Day Races that have been organized by the Runner's Club of Greater Cincinnati (originally called the Clifton Track Club). The first race was held in 1977 starting and ending at Mt. Storm Park in Clifton. Today's race was the 29th organized by the Club. Left to right in the photo: Jim Boland (has run all 29 races); Kent Friel (has run 27 out of 29 races); David Nelson (has run all 29 races), Walter Blair (has run 14 out of 29 races).

Mark your calendars now for the 30th Anniversary Memorial Day Race in 2006!

Be a part of one of the oldest races in the city!





P.O. Box 8761  
Cincinnati, OH 45208  
www.RCGC.net

## SPECIAL THANKS!

Thank you to those who volunteered for 2005 Mini Heart Bag Stuffing and the Flying Pig Marathon Water Stop. Your efforts were greatly appreciated!

### HEART MINI-MARATHON BAG STUFFING

Jim Beshalske  
Karen Bosse  
John Cressey  
Carla DeFonso  
Julia Glasscock  
Bill Hardy  
Scott Hasson  
Mike Hauser  
Laurie Herman  
Todd Hofacre  
Martin Hovey  
Ed Hunter  
Linda Jeanmougin  
Nick Kleiner  
Marlene Lesch  
Bob Platt  
Lonnie Smith  
Bill Stander  
Joel Stroup

### FLYING PIG WATER STOP

Brittany Ballard  
Rick Boehmer  
Brian Bohl  
Karen Bosse  
Chance Collier  
Christina Dickerson  
Michael & Melissa Echegaray  
Tom & Jane Eckel  
Paul Ellis  
Laura Fareman  
Tom & Julia Glasscock  
Fred Goebel  
Scott Hasson  
Mike & Joanne Hauser  
Todd Hofacre  
Marilyn Hunter  
Martha Kirby  
Nick Kleiner  
David & Celia Lasse  
Bill Martin  
Dave Miller  
Donna Molnar  
Mike Moyer  
Connie & Justin Mueller  
Ashley Murphy  
Omar Nash  
Brian & Martha Nash  
Stacy Osborne  
Aaron Rourke

Cemantha Sidell  
Jenn Snyder  
Rick Tobe  
Carol Wayte  
Fabrizio Zanardo

GET INVOLVED IN UPCOMING EVENTS! COME JOIN THE CLUB!  
Our next big volunteer event is the Thanksgiving Day Race. The Club helps with post race cleanup for which we are reimbursed. Proceeds for cleaning up after the race help pay for the Holiday in Lights Run Happy Hour. If you can help, please contact Jodi Collier at 513-271-4202.

For August and September, we can use help with the finish line for races. Upcoming races include the Brian Rohne Race in August and the Loveland River Run in September. If you can help out, please contact a board member.