



May 2005



Wow. I actually managed to get one more issue out before I left for my summer "vacation." Well, sort of...

The board has decided (temporarily) or until a better option can be found to suspend mailing the color print newsletter to members. What we will be substituting will be the option of receiving it via email or printing it from the new and improved website ([www.CincinnatiRunning.com](http://www.CincinnatiRunning.com)). The Club will however, for a select few longstanding members who were likely running long before computers were around (much less email and websites) and request a printed copy, continue to send out a color printed copy. This will continue until the Club finds a printer that can print it at a reasonable cost. This change will save the Club hundreds of dollars in mailing expenses over the year.

That said, I would like to encourage all of you to take a look at the updated website! Marty and Beth have done an outstanding job creating an exceptional website for your use. If you have questions or ideas to improve the site, please feel free to let us know; we're always looking for ways to improve your club. The new site can be found at [CincinnatiRunning.com](http://CincinnatiRunning.com).

This leads me to memberships. Dues are now past due. If you haven't renewed yet, please do so! Use the form in this newsletter! Todd sent email reminders to members who have not renewed and will send a postcard reminder in May. Membership cards have been printed and you'll receive yours once your membership has been paid. The cards allow you to take advantage of great Club discounts on races like the Memorial Day Race and at all the local running stores including the Running Spot, Meters & Miles, and Fleet Feet. There are other discounts available as well. Please support our sponsors! They are a huge part of our running community.

For the Summer Picnic & Prediction Run, the Club has also reserved a shelter at Swaim Park in Montgomery, the site of last year's picnic, for Sunday, August 28, 2005. We will have the infamous Prediction Run (2.5 mile run in which the closest to their predicted time wins) at 3:30 p.m., dinner around 4:00, followed by games. 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.

By the time you read this the Flying Pig Marathon will likely be well underway or possibly over. But I would like to mention that we will have helped out many local and out-of-town runners at the Expo by providing "Ambassadors" and on Sunday at our Mile 22 Water Stop! Hope you were able to be a part of this great event, whether it was running, walking, volunteering, or cheering on participants!

Lastly, I would like to remind everyone about the second oldest race in the area, the Club's Memorial Day Race (5 miles, Monday, May 30, 9 a.m.). Please sign up as soon as possible and help keep this great Club event as one of Cinci's greatest races. You can register on the website (check out the calendar) or by sending in the registration form included in this newsletter. The race will be held at Lunken Airfield and the Club will have food and beverages available. Please feel free to bring a food item and help make it a great day. Stay awhile, enjoy the day, the food, the drinks, and meet new members.

Please take time right now, to add the above items to your calendar and benefit from your membership.

Sincerely,  
**Michael Moyer, President**  
**Runners' Club of Greater Cincinnati**  
[CincinnatiRunning.com](http://CincinnatiRunning.com)

## Runners' Club of Greater Cincinnati

P.O. Box 8761 Cincinnati, OH 45208

www.RCGC.net and www.cincinnati-running.com

### Board of Directors

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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

Open Positions: Merchandise/Clothing, Website Updates

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!  
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## SHAKE IT RECORDS

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REMINDER! MEMBERSHIP BENEFITS WERE DUE IN MARCH - RENEW TODAY!



# 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)



## Racing to Read 5k Run & Walk Benefits Kenton County Public Library Foundation

On Saturday, June 4, at 9 a.m., readers, runners and walking enthusiasts are invited to participate in the second annual Racing to Read 5k Run & Walk at the Mary Ann Mongan Library in Covington. Hosted by the Library Foundation, the race offers something for everyone with great awards, delicious food, a Kids' Fun Run, family-friendly activities and an appearance by the Library's friendly mascot, Booker.

Those who are interested in signing up for the Racing to Read 5k Run & Walk can visit the Library's Web site at [www.kenton.lib.ky.us](http://www.kenton.lib.ky.us). Click on the Racing to Read logo on the home page to download registration forms or to register online. Forms are also available at the Library branches in Covington, Erlanger and Independence. Cost is \$12 (\$20 with a T-shirt) before May 25. Race day registration begins at 8 a.m. and costs \$15 (\$25 with a T-shirt).

The 3.1 mile course is shaded and passes through historic Covington and along the Ohio River. Bob Roncker's Running Spot gift certificates will be given to the overall male and female runner and walker, the top three runners and walkers in each age group and the overall finishers in the Clydesdale and Athena weight divisions. The Runners' Club of Cincinnati will be providing the timing for the race.

This year there will also be an Imagination Exploration Extravaganza to kick-off the Library's annual summer reading club. Bring the family for a fun-filled day with activities that include a Fun Castle bounce, Bungee Run, face painting and a strolling magician.

All proceeds benefit the Library's Foundation, which was developed to raise funds to accommodate the growing demand for the Library's services and technologies. For more information on the Foundation or the Racing to Read 5k, visit the Library's Web site at [www.kenton.lib.ky.us](http://www.kenton.lib.ky.us).

## A Huge Thank You!

RCGC thanks our newsletter printing sponsor

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**SATURDAY, JUNE 4  
9 A.M.**

**Kenton County Public Library  
Mary Ann Mongan Library  
Covington, Kentucky**

**PRE-REGISTRATION:** (Mail by Wednesday, May 25) \$12 or \$20 (including T-shirt)  
**PACKET PICK-UP:** Friday, June 3 from 9 a.m. - 4:30 p.m.  
Mary Ann Mongan Library, 502 Scott Blvd., Covington, KY 41011  
Packets will also be available for pick-up the day of the race  
**RACE DAY REGISTRATION:** (Begins at 8 a.m. at the Mary Ann Mongan Library) \$15 or \$25 including T-shirt

**FAMILY FUN ACTIVITIES:** Great food and refreshing drinks will be available for all participants. Entertainment for all ages including a Kids Fun Run, Fun Castle bounce, Bungee Run, a strolling magician and face painting.

**DIRECTIONS:** Take I-71/75 to Covington/Fifth Street exit. Exit onto Fifth Street. Turn right on Scott Blvd. Library is on the corner of Scott and Fifth. Parking will be available in the garage across from the library, on the corner of fifth and Scott.

**COURSE:** The relatively flat 3.1-mile shaded, two-loop course begins and ends at the Kenton County Public Library, goes by the river and passes through historic, tree-lined Covington neighborhoods.

**RESULTS:** Will be posted immediately following the race on the Library's website, [www.kenton.lib.ky.us](http://www.kenton.lib.ky.us)

**AWARDS:** Top Male and Female runners and walkers. Running Spot gift certificates to top three age group winners in running and walking divisions and top finisher in Clydesdale and Athena divisions. Last year, over half of the participants received awards!

**DIVISIONS:** Runners: 14/under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+.  
Weight Divisions: Clydesdales 220 lbs/over; Athena 160 lbs/over. Fitness walking: Ages 29/under, 30-39, 40-49, 50-59, 60-69, 70+

For more information, call Elaine at 859-962-4060, ext 4204 or visit [www.kenton.lib.ky.us](http://www.kenton.lib.ky.us) and click on the Racing to Read logo. Please, no pets.

Sponsored in part by Ahsland Inc, Adams, Stepner, Woltermann & Deising; bank of Kentucky; Benner Company; Better Bodies; Roncker's Running Spot; Bramel & Ackley, CPA; Business Benefits; Central Business Group; Chiquita; City of Covington Recreation Department; Deters, Benzinger & Lavelle; Fassler Florists; Fifth Third bank; Friends of Kenton County Public Library; Hayes & Associates; Joseph-Beth Booksellers in Rookwood; The kentucky Post; KLH Engineers; Lexus Rivercenter; Local 12; Runner's Club of Greater Cincinnati; Schiff, Kreidler, & Shell; Seco Electric Inc.; Silverlake Recreational Center; TR Gear; Trauth Dairy; WNKU.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Telephone: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Gender: \_\_\_\_\_ Age (as of 6/4/05) \_\_\_\_\_ 5k Run \_\_\_\_\_ 5k Walk \_\_\_\_\_  
Pre-registration (due May 25) \_\_\_\_\_ \$12 (race only) \_\_\_\_\_ \$20 (with T-shirt)  
Race day registration (begins at 8 a.m.) \_\_\_\_\_ \$15 (race only) \_\_\_\_\_ \$25 (with T-shirt)  
Weight Division: Athena (160+) \_\_\_\_\_ Clydesdale (22+) \_\_\_\_\_ Men (220+)  
T-shirt Size (circle one) S M L XL XXL (please add an additional \$1.50 for XXL)  
Emergency contact: \_\_\_\_\_ Telephone \_\_\_\_\_

**Make Checks Payable to/Mail  
Pre-Registration to:**  
Kenton County Public Library  
Foundation  
Racing to Read 5k Run & Walk  
c/o Elaine Koenig  
502 Scott Blvd  
Covington, KY 41011

Waiver/Release: In consideration of the acceptance of my entry, I hereby waiv, discharge, and release on behalf of myselfm my heirs, executors, estate, successors, and assigns, all claims of any nature arising from my participating in Racing to Read 5K Run and Walk, and do hereby release the Kenton County Public Library, Kenton County Public Library Foundation Board, Kenton County, the City of Covington, the Commonwealth of Kentucky, all sponsors, workers, volunteers, and officials from any claim whatsoever arising from my participation in this event. I agree to abide by all rules for participation and acknowledge that the kenton County Public Library may refuse or return my entry at its discretion. I understand the risks involved in such a run/walk, and that I am physically fit and have trained adequately in preparation. I also give my permission to the Kenton County Public Library and its Foundation to use any photographs, video, or other recording of me that are made during the course of the event.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_  
Signature of Parent or Guardian, if Under 18: \_\_\_\_\_ Date: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

This event benefits the Kenton County Public Library Foundation, which was developed to raise funds to accommodate the growing demand for library services and technologies.

# Upcoming Runs

Club runs featured in BLUE



Club runs featured in BLUE

**Sun May 1** 7th Annual Flying Pig Marathon, 26.2m, 6:30 am, Downtown Cincinnati, 513-721-pigs

**Sat May 7** Derby Dash 5k, 9:30 am, Williamsstown, ky, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Sat May 7** 29th Indianapolis Life 500 Festival Mini-Marathon, 7:30 AM, [www.500festival.com](http://www.500festival.com)

**Sat May 14** Pleasant Ridge Stroll 5k, 9:00 am, Nativity Church, Pleasant Ridge, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Fri May 20** Kilgour Carnival 5k, 7:00 pm, Kilgour Elementary School, Hyde Park, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Sat May 21** Right to Life 5k Run & Walk, 9:00 am, Mt. Airy Forest, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sun May 22** Code 3 5k Run & Walk, 9:00, Tri-County Mall, Al Maupin, 513-346-5537

**Sun May 29** Mariemont 5k, 9:00 am, Mariemont High School, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Mon May 30** RCGC Memorial Day Race, 5 mile, 9:00 am, Lunken Airport Playfield, [www.rcgc.net](http://www.rcgc.net), Mike Moyer 859-356-8818

**Fri Jun 3** Run For Kids 5k, 7:00 pm, St. Mary's Church, Hyde Park, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sat Jun 4** **Racing to Read 5k, 9:00 am, Kenton County Library, Covington, Ky, Elaine Koenig, 859-962-4060 (see flyer in this newsletter)**

**Sat Jun 5** Little Miami Triathlon, 8:00 am, Morgans Canoe Livery, Fort Ancient, 513-321-3123

**Thur Jun 9** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacey Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Sat Jun 11** Jim Sauls Foundation 5k, 8:30 am, Clermont County YMCA, Batavia, Oh, Don Connolly, 513-474-1399 or [www.racedmc.com](http://www.racedmc.com)

**Sat Jun 11** Cincinnati Corporate Championship 5k, 9:00 am, Sharon Woods Park, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Thur Jun 16** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacey Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Sat Jun 18** Run For The Poor 5k, 9:00 am, St. Elizabeth Seton Church, Milford, Oh, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Sun Jun 19** 5 for Fathers 5k, 8:30 am, Coney Island, Steve Prescott, [www.sprunning.com](http://www.sprunning.com)

**Thur Jun 23** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacey Osborne,

**Sat Jun 25** WCPO TV Big K 5k, 9:00 am, Northern Kentucky Convention Center, Covington, Ky, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Thur Jun 30** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacey Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Mon Jul 4** **4th Annual Hyde Park Blast, 4 mile, 8:30 am, Hyde Park Square, Chad Sims, 513-533-4708**

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

**Sat Jul 9** Beat The Heat 5k, 8:30 am, Miami Meadows Park, Don Connolly, [www.racedmc.com](http://www.racedmc.com)

**Thur Jul 14** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacey Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Sat Jul 16** Fairfax Day 5k, 8:30 am, Fairfax, Don Connolly, [www.race3dmc.com](http://www.race3dmc.com)

**Thur Jul 21** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacey Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)

**Sun Jul 24** 11th Annual East Fork Backpack Trail Run, 9:00 am, East Fork State Park, Bob Roncker, 513-321-3006 or [www.runningsspot.com](http://www.runningsspot.com)

**Thur Jul 28** RCGC Summer Cross Country Series, 7:00 pm, Princeton Jr. High School, Stacey Osborne, 513-351-6300 or [www.runlabdro.com](http://www.runlabdro.com)



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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:** \_\_\_\_\_

# CLUB NEWS YOU CAN USE

## MEMBERSHIP DUES ARE OVERDUE!

Like taxes come around every year in April, all RCGC membership renewals are due in March. If you haven't turned in your renewal, please use the form in this newsletter. Thanks to all of you who renewed at the Heart Mini-marathon Expo. Once you renew, you will receive your RCGC membership card.



## SAVE THE DATE Summer Picnic Swaim Park in Montgomery

Sunday, August 28, 2005, 3 p.m.

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

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

Games, Fun, Food, Prizes!

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.

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

## Flying Pig Marathon - RCGC Events

### Expo Booth

Friday, April 29 & Saturday, April 30

Be sure to stop by the RCGC Expo Booth for the latest race flyers and info on your favorite running club!

### Water Stop Mile 22,

Sunday, May 1, 7:00 a.m. to noon

### It'll Be A Real Squeal!!

Thanks to all of RCGC's water stop volunteers! We know we're going to have the best water stop this year and we'll make Mile 22 memorable for all of the runners and walkers. If you're participating in the Pig, be sure to wave hello as you pass by! A full report of the marathon will be in the next newsletter.

• CINCINNATI •



FLYING PIG  
MARATHON





## A Runners' Club Grand Prix Event

For more Club benefits visit our website at: [CincinnatiRunning.com](http://CincinnatiRunning.com)

- ➔ **WHAT:** 5 Mile Race. One of Cincinnati's longest standing events. Help celebrate the tradition...
- ➔ **WHERE:** Lunken Airfield
- ➔ **WHEN:** 9 AM, Monday, May 30th, 2005 – Memorial Day
  
- ➔ **DIRECTIONS:** From Cincinnati take Columbia Parkway (50) East, Right on Beechmont, Right on Wilmer.
- ➔ **PRE-REGISTRATION:** (includes T-shirt): \$18 – General Public,
- ➔ **\$14 for Runners' Club Members.** Online at [CincinnatiRunning.com](http://CincinnatiRunning.com).
- ➔ **RACE DAY REGISTRATION:** \$20 - No Discounts – includes T-shirts while available.
- ➔ **REFRESHMENTS:** Burgers, beer, cornhole, music, awards and doorprizes following the race.
- ➔ **COURSE:** Flat, fast, five miles, Lunken Airport loop, starting at the Spirit of '76 Shelter.
- ➔ **AWARDS:** Top Male and Female runners and top 10% of each division based on pre-registration.  
Male and Female Divisions:  
Runners: 14/under, 15-18, 19-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-69,70+.  
Weight Divisions: 220+; and Walkers.
  
- ➔ **T-SHIRTS:** Included with registration - NOT guaranteed race day.
- ➔ **RESULTS:** Results will be posted at [CincinnatiRunning.com](http://CincinnatiRunning.com).
- ➔ **INFO:** Visit [CincinnatiRunning.com](http://CincinnatiRunning.com).

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Results: \_\_\_\_\_

Age (as of race date): \_\_\_\_\_ Sex: M | F Runner | Walker | 220+ Circle Size: XL L M S

Make Checks Payable / Mail to: Runners' Club of Greater Cincinnati \$18 Public | \$14 Member

Memorial Day Race

PO Box 8761

Cincinnati, Ohio 45208

On behalf of myself, my heirs, executors, estate, successors, and assigns. I hereby release all the Runners' Club of Greater Cincinnati, club and race sponsors, affiliates, managers, coordinating groups, volunteers and all other individuals, groups, and entities associated with this event, as well as their affiliates, agents, employers, directors, officers, and members, from all claims which may arise from or as a result of my participation in the Memorial Day Race. In consideration of the acceptance of my entry and my participation in this event, I understand and agree that I give this release to the full extent permitted. I certify that I am physically fit and able to participate in this event, and agree to assume all risks of my participation. I understand and agree that my name and picture or photograph of my participation in this event may be used for results and publicity purposes.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian, if Under 18: \_\_\_\_\_ Date: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

# Humana Heart Mini Marathon 28



**Chris Reid (above) and Jill Tranter (below) come down the home stretch of the race.**



The Heart Mini Marathon was a huge success this year for the runners and walkers as well as RCGC! More than 11,000 runners, walkers and supporters crowded Fountain Square's start and finish area before the events concluded.

Chris Reis won the 28th annual event and longtime runner Jill Tranter was the first woman to finish the 15K. Reis, 23, captured his first Mini-Marathon title in three tries by completing the course in 47:30. The University of Cincinnati graduate ousted defending champ John Sence after finishing second to Sence in the same race last year. Tranter and second-place women's finisher Tonya Thatcher ran together for two miles before Tranter broke free. She won her fifth Mini-Marathon in 58:34.

Plenty of Runners Club members participated in the race and relaxed in the comfort of RCGC's hospitality suite after they crossed the finish line. A special thanks to the RCGC volunteers who helped at the Expo and at the hospitality suite. It's a lot of hard work and your efforts make the club fun for all of us!



**A room with a view. RCGC member Ed Hunter took this photo from the hospitality suite, capturing some of the 11,000 participants enjoying a sunny Sunday morning.**

# Humana Heart Mini Marathon 28



Victory was sweet ... and so were the beers, snacks, and comfy beds for these hard-working runners. The hospitality suite was hopping this year. If you missed it, we hope you'll join us next year!

