



NORTH FLORIDA NEWSLETTER:
NOTES FROM THE ROAD
AUG/SEP 2010
Michael S. Bowen
3365 Adrian Road
Pensacola, FL 32504-7440
H(850) 308 1953, C(850) 375 9277
e-mail: northflorida@rrca.org

FROM OUR SPONSOR:

ROADS SCHOLAR CLASS OF 2010

RRCA's Roads Scholar provides financial assistance to American post-collegiate runners who show great promise to develop into national & world-class road running athletes. RRCA is pleased to introduce the Roads Scholar Class of 2010:

Lindsay Allen

College: Stanford University - 3,000m Steeplechase - holds the school record; two-time NCAA Division I National Championship qualifier, All-American.

Professional: McMillan Elite, Flagstaff, AZ, coached by Greg McMillan - 2008 Olympic Trials; 2009 & 2010 USATF Championships, Steeplechase.

Road: 10th - US 5k Road Championships, 2009; debut at US 10k Road Championships, 2009.

Jeffrey Eggleston

College: University of Virginia.

Professional: Flagstaff, AZ, under the tutelage of Jack Daniels. 10th - US 20K Championship, 2007. 1:04:58 for first half-marathon – US Half-Marathon Championship, Houston, 2008. *New England Runner* magazine 2008 New York Runner of the Year. 2012 Olympic Marathon Trials qualifier, running a HM personal best of 1:03:58, Houston, 2009.

Stephan Shay

College: Michigan State, Brigham Young - All-Region in Track and Cross Country.

Professional: Currently being coached by Magdalena Lewy-Boulet and advised by Coach Joe Vigil. 10th - Gate River Run, the USA 15K Championship; 5th - USA Half Marathon Championship, with a time of 1:02:26.

Patrick Smyth

College: Notre Dame - Seven-time All-American; three in cross country, three in outdoor, and one indoor - holds the school record for the most sub-14 minute 5000m races (10), including five sub-13:50 performances - school record holder in the 10,000 (28:25.85).

Professional: Team USA Minnesota. 5th - USA 10k Championships; 3rd - USA Men's 10 Mile Championship; 2nd - USA Half Marathon Championships, 2010; 2nd - USA Cross Country Championships; member, World Cross Country team.

Jill (Steffens) Swope **College:** University of Georgia - four-year team captain, 10k school record holder, 3-time SEC Champion, 10k All-American.

Professional: New Balance. 2008 Olympic Trials 10K; 2008 20k National Champion (1:08:47); 2008 IAAF World Half Marathon Championships (30th, debut HM).

Since 1996, RRCA has awarded grants totaling over \$330,000 through the Roads Scholar® program. The grants awarded by the RRCA go directly to the athletes to help support their goals of becoming world-class runners.

RRCA MICROFINANCE LOAN FUND

Does your club need to upgrade or invest in timing systems, finish line equipment or other capital assets? As you plan for the 2011 budget, consider investing in assets for your club by applying for an RRCA Microfinance Loan. The RRCA Microfinance Loan Fund provides small annual loans (\$1,000-\$10,000 max) for qualifying nonprofit running clubs. Deadline for applications is November 1, 2010. Application forms are available on the RRCA web site, http://www.rrca.org/downloads/programs/2010_Microfinance_Loan_Apl.doc.

More information on the Microfinance Loan Fund, criteria, application process and repayment terms are at <http://www.rrca.org/services/microfinance-loans/>.

RUN @ WORK DAY

The 5th Annual RRCA National Run@Work Day is scheduled for September 17. The goal of National Run@Work Day is to encourage individuals across the country to incorporate at least thirty-five minutes of walking or running into their day. This is a great opportunity to educate members of your community about the health benefits of daily physical activity through running or walking, & maybe even increase your club membership.

What can you do on September 17?

- Organize an office group run/walk activity before, during, or after work. If a gym is nearby, see if they will provide a day pass so employees can shower before returning to work.
- Sponsor a group run with a local running store. Supply cold water, energy drinks, or snacks at the end. The store may be willing to hold a raffle or discount for purchases.
- Approach a local restaurant about a post-run "Happy Hour".
- Enlist your club to lead group runs for businesses in your community.

- Engage the local college, university or fraternity to host a group run.

Please visit www.RRCA.org and select the **Run@Work Day** tab on the **Programs** page to view more information & a planning kit.

STATE, REGIONAL & NATIONAL CHAMPIONSHIPS

Bidding for the 2010 RRCA Regional & State Championship Event Series is now open. RRCA Championship designation is awarded for the 5K, 10K, 10-mile, Half-Marathon & Marathon distances, as well as ultra-distance & a cross-country event, at the State, Regional & National level on an annual basis. (State Reps & Regional Directors may grant additional State or Regional Championship distances on request after standard distances have been filled). Only one championship designation will be awarded per event distance. Events with multiple distances may be considered for State, Regional & National status for varying distances. Take advantage of this opportunity to put your race on the map. Be featured in an upcoming issue of Club Running or FOOTNOTES. Sponsorship opportunities are available from Gatorade, Sports Authority, & more.

To submit a bid, review the Championship Bidding Information & Instructions posted at <http://www.rrca.org/downloads/programs/champ-bid-info.pdf> to ensure your event complies with the requirements (USATF-certified course, follow the *RRCA Guidelines for Safe Events*, to name a few). Then determine the appropriate designation for your event (State, Regional, National).

Make the bid using the online RRCA Championship Bid Form found at <http://www.rrca.org/programs/rrca-championship-series/> by the deadline.

The deadlines for National, Regional, & State Championship bids are staggered to give events an opportunity to compete for all Championship levels. So, if your club's event is not chosen for a regional designation it automatically is "rolled down" for state championship consideration.

NATIONAL CHAMPIONSHIP BID DEADLINE: JANUARY 31, 2011
(There is a \$250 non-refundable marketing fee if awarded the National Championship designation.)

REGIONAL CHAMPIONSHIP BID DEADLINE: SEPTEMBER 1, 2010
(There is no marketing fee.)

STATE CHAMPIONSHIP BID DEADLINE: OCTOBER 1, 2010 (There is no marketing fee.)

The form is on <http://spreadsheets.google.com/viewform?hl=en&formkey=dDEwVGFZUW81cld3UGZJNzdOdW9pNFE6MA>. Complete the form, print a copy for your records, & submit. You will be notified of your bid status when championship designations are awarded. To ensure a full slate of standard race distances for the RRCA Championship Event Series any

distance not designated after the bidding period may be filled on a first-come, first-served basis for qualified races.

Visit <http://www.rrca.org/programs/rrca-championship-series/> to learn about the 2010 RRCA Championship Event Series. Any questions about the Championship designation can be addressed by sending an email to office@rrca.org.

MB's MOMENT: HANDING OFF THE BATON

Most of the club leaders who read this newsletter may wonder why my personal comments are not at the front end this time.

I promised myself, once I met the two-year commitment state representatives make to the national organization, if being a state representative began to feel, look, smell or taste like a “real job” it would be time to step aside.

I noticed recently I spent nearly as much time on the computer doing state representative business as my wife spent doing her “real job.” The number of people in this district who know RRCA’s mission & are willing to do a better job than I have over the past five years are legion.

So, I am ready to let someone else – in this case, Todd Neville from the Ancient City Road Runners in St. Augustine – be the conduit between the national office in Arlington, VA, the regional director in NC, & clubs. He’s familiar with the national organization, having served as treasurer at the national level in years past, so I believe his learning curve will be relatively short.

Todd’s – and every state representative’s – duties are simple: he gets to be the “eyes, ears, nose & throat” of the organization in the North Florida district, which stretches from the Florida panhandle to the Interstate 4 corridor, give or take a few clubs. North Florida has more than three-dozen member clubs & event clubs; some are very active & communicate regularly with the representative, others are small “feeder clubs” related to bigger groups. Some clubs produce dozens of events each year; others spend their efforts on growing & nurturing individual runners.

The hours are as many as the representative wishes to put into the position: some state representatives are at a different club’s event every weekend. The geographic layout of larger states/districts can mean a representative can travel hours to visit a single club or event, especially if they’re located at the extreme edge of the district. Phones, web pages, e-mail, Facebook & ‘blogs work nearly as well as face-to-face interaction for the geographically-challenged representative.

The pay is nonexistent. RRCA reimburses some travel & incidental expenses related to state representative activities. The relationships I’ve developed with some of the nicest people in the world compensates for the lack of paycheck, though.

I've read Todd's 'blog and know he communicates well, is comfortable with technology & social networking, and is used to answering questions (I occasionally get some doozies!), so I have no doubt he will do a great job representing both the RRCA in your clubs & your wishes when it comes to the future of the RRCA.

It's been fun. To borrow from an old rock & roll lyric, I might be "checking out," but the odds I completely leave the scene are small. I've already spoken to Jean Knaack & Eve Mills at the national office about filling a less-public role for a year or two.

Stay safe. Stay hydrated. And, if you have to wear them, keep the volume down.