



NORTH FLORIDA NEWS

(Some Headlines From The Road)

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MICHAEL'S MANIC MOMENT FOR THE MONTH: ...DON'T IT ALWAYS SEEM TO GO...? –

For those of you who are old enough to remember the Joni Mitchell (or Amy Grant, or Counting Crows...) song know the next few words. I had an enforced time off for most of this summer after fracturing my right humeral head...bicycle accident...looked more like Artie Johnson than Lance Armstrong. It caused me to focus a little more on just what I like about running, swimming, bicycling, and other physical activities.

I did have the opportunity to work a couple of races, though, both locally and during a planned vacation time down in the Keys (news flash, my friends - it's quite warm there!). While I had a great deal of satisfaction helping out (what I like to call 'no pay, but good karma'), I was really itching to get back onto the roads and the track. There's a sense of disorientation that comes when you have to break a habit or modify a schedule...which came to a head as I was beginning to write this.

Donna, I probably do have that paperwork somewhere, I just don't have a clue what we said. I will make it up to you, I promise.

If you have club members who take the summer off, please remind them to return back to their running habit slowly. We are lucky here to have a solid nine to ten months out of the year when the weather is great. Enjoy it!

Reminder from Ken Bendy, Southern Region Representative

August 31 is the deadline for submitting competitive bids for the 2008 State and Region Championships. (Don Nelson and I divide up the events, so South FL gets half and we get half; we try to swap them year by year...if S. FL doesn't bid for a race, then N. FL can have it...) After that date championships will be awarded on a first-come, first-served basis. Complete bidding information is available on the championships page on the RRCA web site. Please make sure all of your state championships get posted on the RRCA website championship calendar.

Free Shoes or Running Skirt for A Pledge?

September 21 is fast approaching and hopefully your club is planning 35 minutes of running or walking to celebrate RRCA Run @ Work Day! RRCA has encouraged each rep to invite ten friends to sign the pledge to Run @ Work on September 21st. It is FREE to sign the pledge. You will not be charged a fee by Active.com if you sign the

pledge to Run @ Work, but you will be entered into a drawing to win a free pair of Puma Running Shoes or SkirtSport items.

Orlando Runners Volunteer for Habitat For Humanity

Continuing their relationship with the West Orange Habitat for Humanity, the Orlando Runners Club volunteered at a house building on Saturday, June 23. The Habitat volunteers have met Wednesday evenings and Saturday mornings. For more details on the Habitat house, go to www.woh4h.org.

New IRS Requirements

Beginning in 2008, small tax-exempt organizations that previously were not required to file returns may be required to file an annual electronic notice, Form 990-N, Electronic Notice (e-Postcard) for Tax-Exempt Organizations not Required To File Form 990 or 990-EZ. This filing requirement applies to tax periods beginning after December 31, 2006. Organizations that do not file the notice will lose their tax-exempt status.

Small tax-exempt organizations, whose gross receipts are normally \$25,000 or less, are not required to file Form 990, Return of Organization Exempt From Income Tax, or Form 990-EZ, Short Form Return of Organization Exempt from Income Tax. With the enactment of the Pension Protection Act of 2006 (PPA), these small tax-exempt organizations WILL NOW BE REQUIRED to file electronically Form 990-N, also known as the e-Postcard, with the IRS annually.

If your club needs help in filing the 990-N, please contact me by phone (850 308 1953) or e-mail (michael.s.bowen@gmail.com) - a N. FL club leader works as a CPA and has lots of non-profit reporting experience; he has volunteered to help out with the electronic filing.

Take The First Step Supports ZAP Fitness and MADD

A record turnout of 301 runners turned out at Tampa's Al Lopez Park for the 4th annual Spring Into Summer 5K event, supporting Mothers Against Drunk Drivers and ZAP Fitness. The money raised for ZAP Fitness helps pay for expenses such as room and board, health insurance and coaching for the collegiate athletes aspiring to compete in US World Championship games and for qualifying in the Olympic trials.

RRCA S. Florida State Meeting

Don Nelson (S. FL State Rep) would like to invite you to the South Florida RRCA State meeting August 18, 4-9 PM. Meeting will start at 4 p.m., with a short presentation, followed with dinner and networking from 6 p.m. on. Up to five club members per club are welcome to the meeting. Greater Ft Lauderdale Road Runners will host, and this meeting will be sponsored by Abooma, an online race registration and club membership company, and Top Drawer Printers. It will be held at the Fern Nature Center, 201 Lyons Rd. South, Coconut Creek. This is near Atlantic Blvd and the Florida Turnpike, Pompano, FL. Topics that are on the agenda include: RRCA updates and information, club best-practice-sharing, E-marketing, club fund raising, and the Abooma club membership program. All Florida clubs and all individual RRCA members are invited to attend. Each club can have up to 4 members attend free, additional members will incur

a \$10 charge. Reservations must be made by August 11. Contact Don < don.n@juno.com > to make a reservation or for more details.

Ancient City Road Runners Completes Summer Running Camp

ACRR just completed its Summer Running Camp which involved 30 middle and high schoolers. Many were involved in the success of the camp, but special thanks goes out to ACRR members Todd Neville, Patrick Neville and Justin Taylor.

ONE LAST THING...

Sometimes turnover between club officers isn't as good as it could be; many new officers don't know about the insurance or dues, the programs or the benefits RRCA provides to its member clubs. Make certain your club officers are linked into what's going on in RRCA. Get them hooked into the web site, signed up on the e-mail list, and pass along all the information they need to serve your club. If you have any questions, give me a call or an e-mail...I'll try to answer them as quickly as possible.

Have a safe-mileage-filled day!