



# NORTH FLORIDA NEWS

## (Some Headlines From The Road)

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### MICHAEL'S MANIC MOMENT FOR THE MONTH: WRAP IT UP... –

My friends who live in more-northern climes have begun to feel jealous again. They're getting snow and cold and wind and rain. We're getting conditions in which we all can run and train. And – just in the nick of time – I get to taper for the Jacksonville Bank Marathon on December 16th. A dozen of my club athletes are driving over from Pensacola; several hope to run times which will qualify them for Boston. I've got such a big window of capability (I've the potential, my coach thinks, to break three hours, but I *only* have to do 3:30), thank goodness, that all I want to do is go under the qualifying standard – even if only by a second.

The RRCA front office sent me a copy of the 2008 Calendar, and boy, is it nice. If you don't have one already, you need to get your hands on it. Not only will you be kept up-to-date on important dates for RRCA business, but the net proceeds will be invested in both local running programs and the RRCA Kids Run the Nation Fund.

Oh, if your training runs take you out after dark, please make certain you have a way to help drivers see you while you are on the road. Some clubs have purchased lights and reflective clothing items at low cost for their club members; others have instituted a light/reflective vest policy during their club runs. Be proactive. Take advantage of whatever deals you can to keep your members safe. It's much easier than writing insurance reports.

Coaching Education - If your club has a training program, you might want to take advantage of RRCA or USATF coaching certification seminars which have been scheduled for the coming months. A USATF Level 1 coaching seminar is being held at Jacksonville University on the weekend of January 4-6, 2008, and RRCA's coaching seminar is scheduled for the weekend of February 29 in Sarasota. More information on RRCA's seminar is located on the RRCA web site at <http://www.rrca.org/calendars/showevent.php?id=13046&css=>. These seminars provide the training to help people who are passionate about running to work with adult runners at all levels, beginner to advanced. Coaching programs can attract more individuals to the sport, extend running careers, provide more fun running, and minimize the risk of overuse injuries.

Roads Scholars - RRCA Roads Scholar grants made a difference in the lives of eleven men competing at the 2008 U.S. Olympic Team Trials — Men's Marathon:

(2001) **Josh Cox**, San Diego, CA; **Clint Verran**, Lake Orion, MI

(2002) **Chris Graff**, Crofton, MD; **Kyle Baker**, Grand Rapids, MI

(2005) **James Carney**, Boulder, CO; **Mike Morgan**, Lincoln, NE; **Trent Briney**, Colorado Springs, CO

(2006) **Jacob Frey**, Reston, VA; **Matthew Gonzales**, Albuquerque, NM

(2007) **Nate Jenkins**, Lowell, MA; **Steve Meinelt**, Topsfield, MA

The RRCA has proven that investing in young runners is the key to long-term success in the sport of distance running. To invest in future Olympic marathon hopefuls, give online at <http://www.active.com/donate/RoadsScholar> or mail a check to the RRCA with ***Roads Scholar*** in the memo line.

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Tampa Bay Runners:

Marty Butler mentioned in their newsletter, *Treadwell*, the Brandon Running Association (I believe a S. Florida RRCA club) challenged TBR during the coming Brandon Half-Marathon on December 2nd. This was a response to TBR's challenge of Brandon at October 20th's Spartan 5K. Go, TBR...beat Brandon...

JTC Running:

13-year-old David Ferrman, and his father Len, were the only multiple gold-medalists at the 2007 World Jogging Championships, held in Winston-Salem, NC this past July. David won overall gold medals in the 100-meter/five-ball (24.3 seconds), the overall 100-meter/three-ball (14.81 seconds), and the 200-meter/three-ball (31.81 seconds) events. Len won overall gold medals in the 800-meter/three-ball (2:42) and the 1,600-meter/three ball (5:46) events. Congratulations!

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ONE LAST THING...

I said this before, but...many new officers...and board members, for that matter, don't know about the insurance or dues, the programs or the benefits RRCA provides to its member clubs. Make certain your club officers and board of directors 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!