



NORTH FLORIDA NEWS

(Some Headlines From The Road)

Michael Bowen – FL State Representative (North) – Jun/Jul 2007
Contact: 3365 Adrian Road, Pensacola, FL 32504 – (850) 308 1953
Michael.s.bowen@gmail.com - <http://www.north-florida-rrca.com>

MICHAEL'S MANIC MOMENT FOR THE MONTH: ...LET'S BE CAREFUL OUT THERE –

This last few weeks brought me several reminders of how fleeting – and precious – our short stay on this planet can be. First, I was sent an e-mail about the Daytona Beachcombers' Lisa Vann, who lost her life in an automobile accident during the first week of May. Then, just prior to the Memorial Day holiday, my organization's senior enlisted advisor, Master Chief Master-At-Arms Michael Meussling, lost his life in an accident not far from his home in Chesapeake, VA. The first reaction, naturally, is shock. Then the questions begin to come; how did it happen? How could it have been avoided?

I probably waste my breath telling you this, but I think it important to pass along to you and your club members, especially during the next three to four weeks, when we're more likely to hit the road for family vacations. Please stay within your limitations, whether it's driving, socializing, training, or working in the yard. It's a fine, thin line between pushing the envelope and pushing daisies.

ON A LIGHTER NOTE...

The Fiesta of Five Flags 10K (RRCA FL State 10K Championship) pretty much closed out the spring racing season here in the FL Panhandle. That gave my wife, Suzanne, and me the opportunity to do something we don't normally do; get on our bicycles and hit the road on a Sunday morning in place of our “normal” 8 to 10-mile training run. We went out on the Milton Blackwater Trail, which is one of the larger rails-to-trails systems in this area of the country. RRCA released some multi-use trail guidelines which I thought you might want to send along to your club members – or think seriously about if you decide to use a trail system for a club training run or race in the near future...

Hey, Dave...you think we can send this along to all those guys/gals out on Lakeshore Drive in Chicago?

1. Follow the rules of the road - travel on the right and pass on the left.
2. Don't run down the middle of the trail. Run to the right side to allow others to pass safely.
3. Don't wear headphones – but if you insist on going against this RRCA safety guideline, keep the volume low or only wear one headphone.

4. If you are running an out-and-back route on a trail, don't just make a sudden u-turn at your turn around point. Stop, step to the right to allow oncoming traffic the opportunity to pass. If you are wearing headphones, now is a good time to pop out an earphone to make sure no one is approaching. Ensure the trail is clear of oncoming traffic (runners, cyclists, in-line skaters, etc.) then make your u-turn. Making a sudden u-turn without looking over your shoulder is a good way to get hit by an oncoming cyclist or skater.
 5. Avoid running on trails in the evening if they are not well lit and do not have regular traffic.
 6. Never run more than two abreast if you are running in a group. Don't be a trail hog. While pedestrians have the right of way on most trails, the goal is to share the trails.
 7. Alert people when you are passing them – don't assume they are aware of their surroundings. A simple “on your left” warning will suffice.
 8. Be alert on blind curves.
 9. Stop at stop signs if the trail crosses a roadway. Don't assume cars on the road will stop for the trail crossing.
 10. Be mindful of young children on the trail – their movements can be unpredictable. Slowing the pace a bit when you pass small children on the trail is a wise idea. Use this as an opportunity to slow the pace then pick up the tempo.
 11. Respect private property along the trail.
 12. Don't litter. If you can't find a trash can, carry your trash home in your FuelBelt (<http://www.fuelbelt.com>)
 13. Get approval from local authorities before planning a race or training event on your local multi-use trail.
-

HEY, BUDDY! GOT A GOOD PHOTO? --

Do you love taking pictures at races or club runs? Do you have a favorite picture you've taken in the last two years? In celebration of the RRCA turning 50 years old, we are in the process of developing the 2008 RRCA Calendar. Starting in May, the RRCA is launching a national photo contest with our members in order to select the images for the 2008 RRCA Calendar. The final product will be a high quality glossy calendar and will be available for sale in early fall. More details about this project and joint fundraising opportunities will be shared via RRCA News, e-blast, and Inside Track.

To enter your favorite photo(s) in the contest follow these simple instructions:

1. Make sure the image is interesting - it should be colorful, action oriented, and inspiring. No posed group photos from club runs. The image(s) should be landscape orientation. Portrait orientation images will not be accepted.
2. The image should be high-resolution.
3. Submit 1- 4 of your favorite image(s). You must own the rights to the image(s) and be willing to give the RRCA free and unlimited use.
4. To submit your favorite high-resolution, landscape image(s), save the image(s) to a CD-R disc. The image(s) should be saved as a jpeg.

5. Mail the disc, by July 1st, to the RRCA National Office (address on homepage). Be sure to include your name, contact information, and information about the photo(s) such as location, club name, event details, etc.

The final 12 images for the calendar will be selected from the submissions by the RRCA Board of Directors. For additional questions contact office@rrca.org.

PUMA JOINS RRCA FOR RUN @ WORK DAY --

PUMA® has joined the efforts to support the 2nd Annual RRCA National Run@Work Day® scheduled on September 21, 2007. PUMA will provide a free pair of PUMA performance running shoes to four lucky individuals that sign the pledge to Run@Work on September 21st.

Simply sign the pledge at <http://www.RRCA.org/programs/runatwork> and your name is entered into the random drawing for a free pair of PUMA performance running shoes.

The goal of the RRCA National Run@Work Day is to raise awareness about the importance of daily physical activity for adults. Running clubs, running events, company-based wellness programs, human resources departments, and individuals nationwide are encouraged to plan thirty-five minute fun runs and walks with their employers. Run@Work day events are community based events that promote and provide the opportunity for individuals to incorporate at least thirty-five minutes of exercise into their daily routine either before work, during lunch, or immediately following work. Incorporating exercise into an adult's daily routine can markedly improve one's overall physical health and can help alleviate health related medical costs associated with being overweight.

To help employers, running clubs, or individuals, plan and promote their local Run@Work Day event, the RRCA has developed a "Planning Kit" which can be found at <http://www.rrca.org/programs/runatwork>. The "Kit" contains a sample press release for announcing local events, ideas for planning and promoting the event, and information on nutrition and running that can be shared with event participants. In addition, Run@Work Day events can be posted on the RRCA Calendar for FREE at <http://www.rrca.org/calendars>. Event organizers can use the special event code, Run@Work Event, when posting their event and be sure to encourage your participants to sign the pledge of participation.

NEW BOARD MEMBERS? NEW OFFICERS? CHANGE-OVERS?

If your club has had board elections, don't forget as part of the turnover to the new officers to hook them up with all the information available on the RRCA website, www.rrca.org. Make certain the new officer information gets sent to the main office, either by phone, fax or e-mail (which, to me, is the easiest way!) to office@rrca.org. If they have any questions, you can also have them e-mail me at michael.s.bowen@gmail.com.

Have a safe-mileage-filled day!