



North Florida State Rep Newsletter

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www.north-florida-rrca.blogspot.com

Right Off The Bat – Yahoo small business services decided, in their infinite wisdom, to make editing my web page more difficult than it initially was. Okay, I'll be honest about the old site being a little behind the power curve. Since I already had a weblog, or "blog," as they are commonly known, where I chronicled my training & coaching journeys, I said to myself (in the best Emeril Lagasse voice possible...), '*...self! Wouldn't it be easier & faster for you to do a North Florida RRCA weblog? You could post race events on the calendar, put bits & pieces of information as they come in from clubs to you, all with less effort?*'

Once I popped in all the information I felt an RRCA club needed to have access to on one page, I knew it was a great idea. So, for your edification, the new site – which replaces the old site – is <http://www.north-florida-rrca.blogspot.com>. Not a lot of difference from the old URL, see?

I'm moving addresses from the old computer to a newer one, so you might be receiving this stuff again after you asked to be taken off the mailing list. Sorry, bear with me...just forward it to someone in your club who might need to see this stuff...& thanks!

Oh, & one more thing...

If your club's web page has "dead links," e-mail boxes that are never checked, or race information that has not changed in a year, it's past time to get that stuff squared away. You never know how many people have decided to not be involved with your club or it's activities, just because NOBODY responded to their e-mail. Believe me, it's the first, & sometimes the only, face of your club that people will ever see.

Make certain your club's website information is up to date on the RRCA web page, also. Sometimes that's the only thing I have to go by; I've hit five or six links which were duds – that's almost one-in-seven (or eight!) clubs for which I can't get in contact...some of them might even have a race worthy of state or regional championship status...

2010 Championships - Don Nelson (S. FL rep) & I received the 2010 RRCA State Championship event bid requests from the RRCA National Office. The good news was we had a handful of great 10K bids. The bad news was we didn't receive bids for any other distance.

Don & I discussed the relative merits of each bidding event & awarded the RRCA State Championship 10K race to the K-Swiss Heritage Harbor 10K, to be held in Bradenton, on April 11, 2010. That means we still have Championship slots available for 5 Kilometer, 10 Mile, Half-Marathon, Marathon, Ultramarathon, & Cross-Country events.

In the past we've said "first come, first-served." It's kind of that way this year, but Don and I want to get the bids completed as soon as possible. That doesn't mean the standards have been lowered. Please refer to the **RRCA Championships Page** on the RRCA website - **a two-page PDF file** lays out the specific requirements an event has to meet to be selected for a Championship:

1. Be a *RRCA club in good-standing*.
2. Follow the *RRCA Guidelines for Safe Road Races*, which includes a "*no-headphone*" policy.
3. Demonstrate the ability to plan & conduct a high-quality event.
4. Have a *USATF-certified course* - unless the event is an ultra-marathon or cross-country race. If you don't know, please contact me - I measure courses for USATF certification & can tell you whether your course is acceptable.
5. Be open to runners of all nationalities/abilities - proof of state residency is not required.
6. Recognize and award male/female winners in the 18-under, plus 5-year age groups.
7. Make every effort to comply with USATF guidance on Americans with Disabilities Act compliance for disabled/challenged athletes.
8. Charge a reasonable entry fee.
9. Provide high visibility to RRCA on website home pages, event materials - make a strong effort to *promote the championship event*.

If your club is interested in hosting one of the remaining championships, please answer the questions on the document (RRCA Championship Event Bid Form) in the RRCA web site: **www.rrca.org/programs/championships** and send to **michael.s.bowen@gmail.com** and to **Don.n@juno.com** *a.s.a.p.* Don & I intend to fill the remaining available bids by December 7.

RRCA Convention - April 21 - 25, 2010 - Lakeland, FL - It's time to send in your RRCA Convention Registration!

The convention fee of \$250 includes commemorative vest, educational workshops, coffee breaks, networking meetings, Coaching CEC's, Thursday evening reception, ticket to Saturday night's National Running Awards Banquet & Ceremony featuring Bill Rodgers. The \$100 meal package includes Friday luncheon featuring Pat Williams, Friday night's Lakeland Derby, & Saturday's Marathon & Beyond luncheon featuring Keith Brantly.

We will also provide a \$15 per person shuttle service to & from both the Tampa & Orlando airports to ensure getting to Lakeland is as easy as possible for you & your family.

Register online today!

Nominate a deserving individual for a National Running Award.
Click here for details or nominate someone today!

On Friday April 23, the Annual Lakeland Derby will take place on Lake Mirror with proceeds supporting the Lakeland Volunteers in Medicine, a local charity that provides medical services to the uninsured residents of Polk County, FL. The event will be the Friday evening social function for the RRCA's 52nd annual convention. The Lakeland Derby is a "Kentucky Derby style event" where the horses are replaced with "man-powered swan boats" and pedaled across Lake Mirror. The swan boat race will feature ten swan paddle boats powered by two jockeys. The jockeys pedal the swan boats similar to that of a bicycle.

The event is a fundraiser for the Lakeland Volunteers in Medicine but the event also focuses on bringing the local community together. Last year's event brought in more than 4,000 spectators to beautiful Lake Mirror in downtown Lakeland. The event will be hosted in downtown Lakeland at Lake Mirror from 5:00 PM to 9:15 PM. Transportation for RRCA attendees will be provided to and from the event. Dinner and non-alcoholic beverages are included in the cost of the convention meal tickets as well as a chance in the prize drawing. **Additional tickets for guests or spouses can be purchased online through the convention's website** or at the convention.

ADVOCACY TRAINING - The RRCA is working with the Center for Lobbying in the Public Interest (CLPI) to develop two one-hour training seminars at the Convention. The purpose of the training seminars is to teach running club & event leaders how to develop & engage in grassroots advocacy campaigns & lobbying efforts in their communities. The training sessions will be led by CLPI training fellow Jeannie Fox. Jeannie is Deputy Director of Public Policy at the Minnesota Council of Nonprofits.

EDUCATION SESSIONS - The educational sessions are being finalized & details will be announced in the coming weeks. The educational sessions are scheduled for Friday & Saturday & include topics of interest for race directors, club leaders, certified coaches, & runners. The topics include insurance & risk management, managing race growth, capital investments for clubs, working with charities, advocacy training, & much more. The sessions will also include 3 hours of Continuing Education Credits for RRCA Certified Coaches at no additional fee, open to all convention attendees. RRCA Certified Coaches can register for the CEC classes alone or as part of the Convention. CEC-only registration coming soon.

Click here to see the detailed Convention Schedule.

BOOK YOUR ROOM FOR THE RRCA CONVENTION - We will provide complimentary bus service to and from all hotels throughout the convention.

Hyatt Place at The Lakeland Center - Hyatt Place is located steps away from where the convention educational sessions & meals will be held. It is only a short walk from downtown Lakeland & other convention activities.

525 West Orange Street
Lakeland Florida 33815
863-413-1122

<http://lakelandcenter.place.hyatt.com>

Rate: \$119 per night - includes free breakfast, free internet access and free parking. Please let them know you are with the Road Runners Club of America.

The Terrace Hotel

Terrace Hotel

329 East Main St
Lakeland, Florida 33801
863-688-0800

Rate: \$119 per night - includes free breakfast, free internet access & free parking. Please let them know you are with the Road Runners Club of America room block.

The Residence Inn

3701 Harden Blvd
Lakeland, Florida 33803
863-680-2323

Rate: \$109 Studio, \$119 one bedroom, \$154 two bedroom - includes free breakfast, free internet access & free parking. Please let them know you are with the Road Runners Club of America Room block.

The Courtyard by Marriott

3725 Harden Blvd
Lakeland, Florida 33803
863-802-9000

Rate: \$109 Double bed, \$119 King. - includes free breakfast, free internet access and free parking. Please let them know you are with the Road Runners Club of America Room block.

SPONSORSHIP OPPORTUNITIES - Sponsoring the RRCA Convention or hosting a table at the convention expo is a great way to reach hundreds of leaders in the running community. Sponsorship packages range from \$625 - \$2800 (expo table, registration, & meal package included in sponsorship packages). Expo tables are \$250. Companies interested in sponsoring the RRCA Convention should contact Dawn Decaminada at **dawn@centralfloridasports.com**.

The Race the Lakes packet pick-up will be held in conjunction with the RRCA Convention Expo, increasing your exposure with the local running community.

Sigvaris Partners with RRCA - RRCA is pleased to announce that Sigvaris, Inc. has become an official sponsor & will be the 2010 Official Sponsor of the RRCA Championship Bib Program. The program will provide FREE race bib numbers to all races designated as State, Regional or National Championships. Race bibs will have the event name, the runner's number, the RRCA Championship logo & the Sigvaris logo. RRCA's National Office administers the program, with bib numbers supplied by Rainbow Racing. The National Office will contact all RRCA Championship events about placing their free Championship race bib order. Sigvaris will also provide monogrammed prize bags to the first overall, master and grandmaster male and female winners for the six 2010 National Championship races. Questions about the Championship Bib Program can be directed to **membership@rrca.org**, or (703) 525-3890.

Healthy Nation - RRCA has joined the effort to develop the National Physical Activity Plan for the United States. As part of this effort we encourage our members to engage in the national dialogue about making our nation healthier.

The U.S. Department of Health & Human Services invites you to comment on the DRAFT set of objectives for Healthy People 2020. For three decades, Healthy People has provided a set of national 10-year health promotion and disease prevention objectives aimed at improving the health of all Americans.

Visit **<http://www.healthypeople.gov/hp2020/comments>** to:

- View proposed draft objectives for Healthy People 2020
- Comment on the proposed objectives
- Comment on the topic areas
- Suggest additional objectives
- Make a general comment

Your comments will help ensure issues important to you are included. Establishing objectives & providing benchmarks to track progress motivates, guides, & focuses action. Comments will be accepted through December 31, 2009. Your feedback will help define the vision & strategy for building a healthier nation.

Last, But Not Least – Stay safe this holiday season:

Keep the volume down if you have to wear 'em on the run.

Look out for everything else on the road, because you know they certainly aren't looking out for you.

Most importantly, drink at least one drink less than ***you think*** you can handle. If you're the party's host, have the courage to call a taxi. A hangover is easier to remedy than a DUI, or worse; we all like the idea of having a race named after us, we prefer that it isn't our memorial.