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IMPORTANT DATES & EVENTS 2009 RRCA National Convention



March 24-29, 2009

RRCA North Texas State Rep
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K2 and Libby Jones, President of the DRC and DRC Half Marathon Race Director on a Championship morning.



RRCA North Texas Newsletter



November 2008

From ~RRCA North Texas State Rep

Greetings Texas Runners!

I'd like to congratulate Libby Jones and the Dallas Running Club for putting on another excellent Half Marathon this morning. Thousands of runners enjoyed the well-organized event supported by 400 volunteers. The winning times were very impressive with mere seconds separating the top three men. The newly crowned RRCA Texas State Half Marathon Champions and their times are listed on page five.

Last month it was announced that the Inaugural RRCA North Texas Club Conference & Club Challenge Championship Run will take place on Saturday, December 13, 2008. Registration is now open for both events.

The RRCA and my personal goals are to have every (North) Texas club participate in the run and to have at least one member from every club attend the conference.

The conference designed especially for club/event presidents, boards of directors, webmasters and race directors, yet would be enjoyed by all runners wanting to learn more about promoting the sport of running and the different tools available to achieve this, is open to the running public. You do not need to be a Texan, RRCA member or belong to any club to attend and enjoy this conference.

The conference provides a unique opportunity for round table discussions and brain storming with other club and running industry leaders.

The Club Challenge Run is all about fun and bragging rights as big as Texas. In fact your club can be deemed the Fastest Club in Texas or the RRCA Texas Club Challenge Champions. See page 2 for more information about the conference and run.

I look forward to seeing you on the roads, trails and especially at the conference,

~K2

Inaugural RRCA North Texas Club Conference & Club Challenge Championship Run

Saturday, December 13, 2008



**Participate in the Inaugural RRCA Texas Club Challenge Championship Run For the chance to be deemed:
*Fastest RRCA Club in North Texas!**

*Minimum 3-7 runners (depending on club size). Team must consist of Males and Females.

The Club with the most participation (runners or walkers) will be named the RRCA North Texas Club Challenge Champions!

Timing is "on your honor"
Fun Run is not officially timed.

Run is officially known as Mayor's 5K Fun Run.

Participants will receive TWO race T-shirts; one for the Mayor's 5K Fun Run and one for the RRCA Texas Club Challenge Championship. **Registration only \$10!**

**RRCA North Texas Club Conference
11:00 am - 3:00 PM**

**@ The Dallas White Rock Marathon Expo
Open to the general running public**

- **Potential Guest Speakers from**
 - The RRCA
 - The Dallas Running Club
 - Active.com
 - Runner's World Magazine
 - Local Running Stores
- **Potential Session Topics**
 - Incorporating RRCA programs into your club/event (race)
 - Web site design
 - Working with the Media
 - Marketing your club/event with logoed apparel
- **Round Table Discussion Opportunities**

Only \$25 per person

or

Eight members from one club for \$150

Space will be limited and will be awarded on a "first come, first served" basis.

*Speakers subject to availability

**Register for the Club Challenge and Conference at Active.com
Club Challenge:**

http://www.active.com/event_detail.cfm?event_id=1647298

When registering be sure to select your club name from "Select a Club".

Club Conference:

http://www.active.com/event_detail.cfm?event_id=1647300

A huge thank you goes to Marcus Grunewald from the Dallas White Rock Marathon for being instrumental in helping to make this event a possibility.

News from the National Office



Registration Opens for RRCA Annual Convention

Registration for the RRCA 51st Annual National Convention is now open! For over 50 years runners have gathered at the RRCA Convention to network, to learn about best practices in club and event management, to run, and to have fun. Please join the RRCA along with hundreds of running community leaders for this educational and fun filled experience. To learn more about the event visit, <http://www.RRCAConvention.org>.

REGISTER TODAY!

<http://www.rrcaconvention.org/registration.html>.

CONVENTION FEE: \$250.00

(until January 15, 2009)

Includes all seminars, reception & RRCA Awards Banquet, fun runs, and coffee breaks

BOOK YOUR ROOM AT THE HOST HOTEL!

<http://www.rrcaconvention.org/hotelinformation.html>

HYATT - FISHERMAN'S WHARF

555 North Point Street

San Francisco, CA 94133

Located in the heart of world-famous Fisherman's Wharf, this four star hotel has easy access to Pier 39, the Cannery, Harbor Cruises and Ghirardelli Square; across from the Powell and Mason Cable Car Line, about a mile from Union Square, the Financial District and Nob Hill. The Convention room rate is only \$172 per night for a room!

RRCA Seeks Members for History Working Group

The RRCA is seeking individuals interested in serving on an RRCA History Working Group. The goals of the group will be to document and collect information about RRCA history, distance running history and other tasks as assigned by the executive director. If you are interested in serving on this group, please contact Jean Knaack at execdir@rrca.org.

RRCA Logo Contests

The RRCA kicked off a nationwide contest for a new **Run@Work Day** logo. Submissions must be original work, represent the goals of Run@Work Day, include the wording "Run@Work", design should translate well to various printed forms such as posters, fliers and t-shirts, and logo must be royalty-free for the RRCA and its members. Submit a design in a high resolution JPG file (1MB) along with your contact information to office@rrca.org by **December 31st**.

The RRCA is calling for design submissions in order to create a new **RRCA National Volunteer recognition patch**. Submissions must be original work, represent the idea of volunteerism in running, include the wording "RRCA National Volunteer - 2000 Hours", design should translate well to an embroidered patch, and must be royalty-free for the RRCA. Submit a design in a high resolution JPG file to office@rrca.org by **extended to December 31st**.

2009 RRCA Membership Renewal

The 2009 RRCA Membership Packets were mailed to club and event leaders this week. For your convenience, the forms are also posted on the website at <http://www.rrca.org/join/clubs>. The forms are an MS Word file that you can complete, SAVE, and email, or print then mail or fax to the RRCA. Be sure to SAVE the file after completing the fields. This form is not automatically saved or sent to the RRCA.

IMPORTANT REMINDER:

The RRCA membership is an annual membership that begins on 12/31/08 at 12:01 AM and ends at 12:01 AM on 12/31/09, regardless of when you joined in 2008. If membership is paid after 12/31/08, the insurance coverage will begin the day payment is received.

“We are extremely excited to announce that during these tough economic times, your RRCA dues and insurance rates are the only prices in United States that are NOT rising,” explained Jean Knaack, executive director.

Due to the diligence of club leaders and race directors, our insurance rates will not increase for 2009. Due to our membership growth along with the generous support from our sponsors and donors, the membership’s dues will not increase for 2009.

RRCA clubs are encouraged to use Active.com to renew club members. Active.com has a template for club membership registration that has pre-set fields, and will ensure that you collect all of the data needed by the RRCA. In addition, for every RRCA member that utilizes Active.com for club member registration, Active will make a contribution in support of RRCA programs that promote long distance running and healthy living. To gain access to the RRCA membership template, and for the RRCA to get a contribution, you will need to register your club on Active.com. Visit <http://www.rrca.org/services/online/> and click on the link “RRCA Club Discount Registration Form” to get started. By signing up with Active.com you will also get FREE access to their Volunteer Management module.

Did you know that providing online registrations is one of the best ways to grow your membership? People are more likely to join using the convenience of online registration compared to printing out a form, writing a check, and mailing it.

After you complete your membership renewal paper work, please remember these important items:

- Provide updated contact information so that we can keep in touch with your club throughout the year. We also need to have the contact information for your entire board of directors.
- Email your club roster to membership@RRCA.org . Your renewal is not complete until we confirm your membership numbers.
- Please send full payment with your renewal. Remember paying by CHECK saves the RRCA money that we can invest in programs.
- Take advantage the Active.com membership management module to benefit the RRCA.

When your renewal is complete, you will receive a post card in the mail from the RRCA. If your renewal is not complete the post card will instruct you which items are missing and need to be submitted as soon as possible to complete the renewal.

If you have any questions about your membership renewal, please contact the RRCA National Office at 703-525-3890 or email membership@rrca.org .



North Texas Club News



Winter Coaching Certifications

The RRCA will be holding coaching certifications January 17 & 18 in Dallas Texas.

The certification is designed for coaching adult endurance runners for road running. There are currently more than 600 RRCA certified coaches across the US and in Canada.

The two day program includes 16 hours of coursework and an online multiple choice exam with immediate results.

Day one will be The Basis of Training. The curriculum will include the Fundamentals of Coaching, Rules of Training, Physiology, Psychology, Injury Prevention and Nutrition.

Day two will be devoted to the Techniques of Training. It will cover developing training plans, cycles, and progressions, speed work and other related topics. Group exercises will teach how to apply the topics covered.

The certification will be taught by Janet Hamilton and Mike Broderick, both RRCA certified coaches.

Contact Patti Finke, RRCA Coaching Committee Chairperson with any questions. coaching@rrca.org

DRC Half Marathon RRCA Texas State Half Marathon Championship



RRCA Texas State Half Marathon Champions:

Overall male: Kip Kangogo 1:06:52
Overall female: Rose Kosgei 1:16:03

Masters male: Ernesto Caballero 1:12:32
Masters female: Sheila Natho 1:28:51

Grandmasters male: Derrell Davis 1:27:27
Grandmasters female: Mary McDonald 1:39:47

Congratulations to all 4,000 participants of the RRCA Texas State Championship Half Marathon!

For complete results go to: <http://www.drchalf.com>

The RRCA launches the 2008 selection process for outstanding web sites of the Year

Contest rules-

- 1) Your site must be listed in the club list <http://www.rrca.org/clubs/> on Dec 1, 2008.
- 2) You must have a link on your homepage back to the RRCA web site at <http://www.rrca.org>.
- 3) You must provide a club member who will review 10 other clubs' web sites and rank them as part of the site evaluation process. The list of sites to be reviewed will be provided by the RRCA no later than Dec 10. Rankings must be returned by Jan 1, 2009. Depending on the number of entries, your reviewer may be required to make 2 rounds of web site reviews.
- 4) If you fail to meet any of the requirements above your site will not be considered.

To submit your site for recognition, email the following to the RRCA Webmaster webmaster@rrca.org.

- 1) Club name as it appears in the club list on <http://www.rrca.org/clubs/>
- 2) Link to club's web site
- 3) State Club is located
- 4) Number of club members
- 5) Name and email of your club's reviewer.

Entries must be received by Midnight Dec 1, 2008.



**2008 RRCA
Texas State
Championship
Status for some
Race Distances is
still available.**



**Bid forms can be
found at:
RRCA.org**

**Click on:
Championship
events
Championship
Bidding
Information and
Forms**

For more
information or to
submit bids contact
K2 at:
RRCANorthTXRep@aol.com

Texas State Championship Races

Southern Region Championship Races

National Championship Races



2009 Southern Region Championships-some distance remain open to bidding

There are still a few distances open for bid and we hope to fill the slate over the remainder of year. Openings currently are a cross country of any distance plus road races of 5 mile/8K, 30K and ultra distance. Other distances will be considered. Bids are now accepted on a first come first served basis. Only RRCA regular or Event Clubs may bid. All bids must meet the requirements of the championship rules and be submitted electronically on the form posted on the RRCA website championship page. For complete information and all forms go to <http://rrca.org/programs/championships/>

The RRCA awards championships at the State, Regional, and National Level to help the host club secure to high-quality athletes and attract added sponsor, civic, and media support.

For the average runner this means increased excitement and additional benefits, and for the elite runner a chance to gain wider recognition. A Championship designation communicates to athletes and others that the race organizers have agreed to meet certain required standards and utilize approved guidelines in the conduct of the event.

Championship Events may qualify to receive the following benefits:

- ➔ Gatorade
- ➔ FuelBelt, Inc premiums
- ➔ Discounted services from Active.com
- ➔ Preferred pricing on participant shirts from sportscience
- ➔ All RRCA Championship Events may check-out a RRCA Championship banner from their State Rep, Regional Director, or the National Office
- ➔ National and Regional Championships receive six awards from the RRCA for their overall, masters and grandmasters winners