



## N. FLORIDA NEWS

(Some Headlines From The Road)  
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(North) – Jul/Aug 2009  
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### **MICHAEL'S MOMENT: CH-CH-CH-CHANGES...**

Change is inevitable. You never step into the same river twice. The more things change, the more they remain the same. Jimmy Buffett & David Bowie tunes from my iPod...can you see where I'm going here?

Maybe not.

But we do not live in a static world, especially true if you are a runner or a triathlete. We spend lots of time moving forward, & lots of time training so we can move forward faster, farther, more efficiently or less painfully.

Looking at the larger picture - at organizations - we also realize there is a need for change. Doing the exact same thing for an extended period of time leads to inertia, loss of focus & eventual shut-down; a hard lesson I've learned from other endeavors. So we know there's a need for some new, fresh blood in a club...at the board or the officer level. Many clubs have their board & officer elections during this time of the year. It's interesting to hear from new club leadership "I had no idea this was supposed to be done," or, "the former president didn't tell me you were the state rep," & so on. Fortunately for me those instances are very few & very far between.

**Eve Mills**, the program director at the RRCA national office, has been great at sending me details on new clubs who have joined. Last week I received an e-mail about the **Marianna Stryders**, a new club in the district. I figured it might be a good idea to add them to my e-mail listing...heck, why not give them a call & say "welcome aboard." I think Crystal was a little shocked to get the call, but I hope it was a good shock.

The best way to keep the national office and me informed of who we need to talk to soonest is to make certain the e-mail & telephone information for your club contacts are correct in the RRCA web site database. Go to <http://www.rrca.org/clubs/showlist.php?state=FL> click on the link for your club & check. If it's not current, click on the button at the lower left side of the page to modify or delete it. If you have any problems, give me a call or send an e-mail - I'll help you out.

**JOIN A CLUB MOMENT** - As a runner-turned-triathlete, I am amazed at how many "Lone Rangers" are at races who may benefit from the socialization & encouragement most running clubs have. I like the way some of you clubs are using your imagination to tap into those populations who just might be interested in joining a running group:

**TAMPA BAY RUNNERS** - are booked for a fun few hours at Q-ZAR LASER TAG of Tampa Bay on Saturday JULY 11th 2009 !! 3:00 pm check in and enjoy a TBR complimentary beverage or two; 4:00-6:00 Laser tag (two full games with private party room and pizza). Bring your family or a guest and get the word out - save the date and more to follow!

**FLORIDA STRIDERS** - Social Sunday, 7/19/09 – 4:00-7:00 pm, 276 Gleneagles Dr., Orange Park, FL 32073 (904) 213-0115. Bring a dish to share & BYOB.

Bravo Zulu, guys. That's another way to say, 'keep up the good work.'

**ROADS SCHOLAR CLASS OF 2009** - Since 1996, the Road Runners Club of America has awarded grants totaling \$300,000 through the Roads Scholar® program. The goal of the program is to assist American post collegiate runners who show great promise to develop into national & world-class road running athletes. The grants awarded by the RRCA go directly to the athletes to help support their goals of becoming world-class athletes.

The RRCA Roads Scholar® selection Committee for 2009 included Carl Sniffen (Chair), Mike Morgan (former Roads Scholar), Amy Yoder-Begley (former Roads Scholar), Don Kardong, Phil Stewart, Brent Ayer, & Jean Knaack.

The RRCA is pleased to introduce and congratulate the Roads Scholar Class of 2009:

**Sally Meyerhoff** - nine-time Arizona state champion (Mountain Pointe High School, Phoenix, AZ), three time All-American (track/XC, Duke University), 2008 Olympic Trials Women's Marathon qualifier (20th place/2:39:39) 2009 US 25K Champion (River Bank Run 25K/1:27:28).

**Antonio Vega** - all-state in track (Tartan High School, Oakdale, MN), multiple letterman (soccer, football), Midwest Runner of the year (2006) All-American, 4x All-Midwest region, Midwest Regional XC Champion (2005) 3x NCAA Cross-Country Championships (Univ. of Minnesota), first American (Peachtree 10K, 2006) ; 2009 USA Half Marathon Championships (7th place/1:02:55), US Cross Country Championships (15th in 12K), US team for the NACAC Cross Country Championships, first-place men's team (USA 15K Championship), ING Georgia Half Marathon (2nd).

**Stephanie Rothstein** - school, conference record, 10th-ranked US 10,000-meters (33:27.85/Stanford Invitational, 2006); 2008 Twin Cities Marathon (5th).

**Forest Braden** - seven-time Idaho state champion, 3x All-American, 7x conference champion (Boise State); US 15k Championships (15th), Bloomsday (12th).

More information on each of the Roads Scholar class is on the RRCA website:

<http://www.rrca.org/news/index.php?article=2451>

**RRCA REACHES 1,000 CLUB MARK** - During the month of June 2009, the RRCA reached a new milestone when it welcomed its 1000th member for 2009. "We are excited to hit this milestone," commented Brent Ayer, RRCA President. "It speaks well about the health of the RRCA, and the sport of running that we are able to keep growing during uncertain economic times."

The Runner's Edge Foundation is an extension of Tom Vladimir & Carol Virga's desire to give back to the community by supporting youth runners, local teams, the running clubs & producing events. The Runner's Edge Foundation will present the Boca Half Marathon in its 9th year this November as well as the Holiday Mile in downtown Boca Raton in December. The Runner's Edge Foundation also offers marathon training programs, 6-months of the year, from July-January, to train local runners for Chicago, New York, Palm Beach, Miami & Disney marathons.

As the 1000th member of the RRCA, the Runner's Edge Foundation will receive one free registration to the 51st Annual RRCA National Convention to be held in Lakeland, FL from April 21-25, 2010.

Following the Runner's Edge Foundation, the RRCA has received ten more new members including the Western States 100-Mile Endurance Run, bringing total organization members up to 1010.

**RUN @ WORK: WHAT ARE YOU DOING?** - What's on your calendar - or your club's - for September 18? That's RRCA's 4th Annual National Run@Work Day. The goal is for RRCA members & individuals to host events that encourage people to incorporate at least thirty-five minutes of walking or running into their daily lives. Run@Work Day events can be before work, during lunch, or immediately after work; something as simple as taking your co-workers out for a lunch time walk or a fun run.

More information, plus planning kits and promotional materials, are at the RRCA website: <http://www.rrca.org/programs/runatwork/>

**ONE LAST THING:**

I want to keep the lines of communication open from the national office in VA/DC to your clubs. Sometimes the key workers in the trenches; the ones working the websites, writing the newsletters, announcing the upcoming events at the club runs...need to know as much as the movers & shakers on the board of directors. Please pass any information about upcoming events to me, care of the contact information above...and I'll try to get it out to everyone in (weekly) e-mail or bi-monthly print form...unless you'd rather not have people show up.

Have a safe, mileage-filled day!