



NORTH FLORIDA NEWS

(Some Headlines From The Road)

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MICHAEL'S MANIC MOMENT FOR THE MONTH: ...DEJA VU, ALL OVER AGAIN –

I'll apologize for this going out late...again. At least the reason for this delay isn't a broken arm. The end of September was a little hectic here for a number of reasons; some are valid, but not anybody's business, others more on the edge of lame. Let me tell you this, I'm not celebrating any more birthdays. The only way I can get everything done is to remain the same age permanently. Suzanne's birthday gifts to me didn't end until last night, with tickets to a German Air Force-sponsored Oktoberfest celebration. Thank heavens *that* only occurs once a year. I'm not as resilient as I was when I experienced the real thing (three times!) 25 years ago.

The brew-induced train of thought derailment didn't interfere too much with my training for the Jacksonville Bank Marathon, thankfully. I'm taking an easy week in the middle of the training schedule, leading into my second test race, a half-marathon in the more-comfortable climes of Dayton, Ohio. Three other of my Emerald Coast Racing Team members are participating, one for the first time. And yes, a dozen of us are going to do Jax in December, so we'll be ready to see quite a few of you in about 10 or 11 weeks.

From the Front Office:

The 2008 RRCA Calendar is a high-end, full color, 10 x 14 inch, 12 month wall calendar designed to showcase the diversity of the sport of long distance running. All images in the calendar were submitted by RRCA members through a photo contest, and each image tells a story about grassroots running. By purchasing the 2008 RRCA Calendar, you are making an investment in local and national running programs; 100% of the net proceeds from the 2008 RRCA Calendar will be invested in both local running programs and the RRCA Kids Run the Nation Fund®. The Kids Run the Nation Fund is designed to award small grants to youth running programs around the country. The RRCA 2008 Calendar will begin shipping on October 15, 2007. Information about selling the 2008 RRCA Calendar as a local fundraising activity along with information about bulk purchasing the calendar as a gift for your local members will be mailed to each member club and event in early October. Stop by the RRCA booth (#729) at the Marine Corps Marathon Expo held at the DC Armory between October 25-27th to purchase the 2008 RRCA Calendar for all of your loved ones.

Reminder from Ken Bendy, Southern Region Representative:

Hopefully your clubs are submitting nominations for the RRCA Annual Awards. We have a very professional panel of judges for our southern region awards lined up this year. Please encourage your clubs to submit nominations awards winners that have national & regional categories. Keep in mind each club can submit the names of up to three volunteers with 2000+ hours of service for the National Volunteer Certificate Award...what could be more simple than that! You can also submit nominations of winners of the State Championships for Road Runner(s) of the Year. This year the criteria for winning will be based on truly outstanding accomplishments, i.e., top performance measured against age graded time standards, races won/age group won, overall place in races, etc. There will be no winners by default (i.e. no one else has applied) if they do not meet the criteria for outstanding performance.

General Criteria:

Open Male/Female:

1. Evaluated on running performance and accomplishments
2. Types of races run
3. Participation in RRCA State, Regional, or National Championship Race

Masters Male/Female (40-75+):

1. Evaluation of performance and accomplishments in age group
2. Participation in an RRCA State, Regional or National Championship Races
3. Participation in grassroots running within the community; coaching, club activities, children's running, etc.)

Jacksonville Striders:

Just a reminder that Jenny's Pennies, the annual Strider Breakfast will be held at Sun Tire on Blanding Blvd October 14th at 8:30 am. For those new to the club, it has been a long-standing Strider tradition that any change you see on the road get picked up and given to Jenny Allen. Jenny hangs on to it and then we use that money for the annual Strider Breakfast! Also, if you have any last-minute change for Jenny, please bring it to the tent at Marine Corps and we will be happy to collect it and get it to Jenny! Come and join us, bring a dish to share. There will be lots of great company and there is always the 6:30 run to get in beforehand!

St. Augustine, Ancient City Road Runners:

October 27, Saturday around 4 p.m. Hash Run celebrating 10 years of hashing in the Ancient City. Costumes and fun are required. More info at:

http://www.ancientcityrr.org/e107_plugins/calendar_menu/event.php?1193518800.event.88

Tampa, The Running Center and Take...The First Step:

TRC and TTFS present fitness clinics for walkers and runners, beginning October 11 and scheduled through April 2008. Topics include physical and mental benefits of walking and running, importance of strength training, footwear and foot injuries, heart rate monitoring and threshold training, eating for top performance, cross training and building a walk/run training program. A fee of \$99 to attend all seven clinics will be charged, individual sessions are \$20.00. Extra discounts and special pricing will be offered on clinic nights. Clinic attendance is limited to the first 30 people who register. For more information, call (813) 908-1960 or go to www.runcenter.com. The Running Center is located at 14308-E N. Dale Mabry., Tampa, next to Chuck E. Cheese Pizza.

ONE LAST THING...

I said this last time, but...many new officers don't know about the insurance or dues, the programs or the benefits RRCA provides to its member clubs. Make certain your club officers 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!