



NORTH FLORIDA NEWSLETTER:
NOTES FROM THE ROAD
JANUARY 2010
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MB's MOMENT: SEMPER GUMBY

So, there I was, trying to make lodging arrangements for the 2010 RRCA National Convention in Lakeland, when I received an e-mail from the front office. No more rooms in the Hyatt near the Convention Center! My shock turned into horror. 'What if,' I said to myself, 'my good friends/traveling companions (Betsy & Aaron Boudreaux, from New Orleans) managed to get a room there & my loving wife & I were staying some place else?' Fortunately – or unfortunately – for us, we were both in the same kettle of soup. We had convention registration taken care of but had not booked rooms. So, now we're working on Plan B, which might be a little bit of fun for the four of us, since we get along fairly well. In case you don't know, Lakeland is not a very large city when compared to Tampa, Jacksonville or Orlando. Clubs who plan to send members or leaders to this convention, get your logistics figured out now! While you're getting the logistics squared away, learn this phrase, & quickly:

Semper Gumby.

Some of you might have some experience dealing with Marines and can figure out the front half of the statement. Most of you should have an idea about the back half of the statement if you're anywhere within five years of my age. *Semper Gumby* means 'always flexible.' This ain't San Francisco or Chicago, but Central Florida; our home field. It's going to be an experience, but it is going to be up to each of us to make it the experience we want it to be...and the experience we want it to be for our friends coming in from around the country. That might mean putting ourselves out for the benefit of someone else. Be prepared to flex!

RRCA STATE CHAMPIONSHIPS: FL 5K STATE CHAMPIONSHIP IN ST. AUGUSTINE

The Matanzas 5K race through historic downtown St. Augustine kicks off at 9:00 am on January 23rd. You can register online (Active.com) or print the registration form and then pick up your race packet prior to the race. This years' event features team competitions, tons of awards for all age groups & even a Clydesdale division. The Matanzas course (FL98039DL) is flat & runs through historic St. Augustine, starting & finishing at St. Augustine/St. Johns County Recreation Department on Castillo Drive.

Overall awards will be presented to the top three male & female finishers, including cash prizes (1st \$750, 2nd \$200, 3rd \$100). The first Masters male & female also receive a cash prize of \$100. A \$100 course record incentive is also up for grabs. Age Group awards will be given to the top five male & female finishers in the 10 & under, 11-14, & 15-18 year-old age groups, transitioning to traditional five-year age groups up to age 75 & older. Clydesdale awards will also be given to top men (200-224 lbs, 225+ lbs) & women (150+ lbs). Weigh-in for award eligibility will be done before 8:30AM on race day.

Early registration is \$20, with a \$5 discount for ACRR members. There is no charge for the fun run. Mail-in registration checks can be made out to "ACRR" & sent to 1st Place Sports, 3931 Baymeadows Road, Jacksonville, FL 32217. Registration & packet pick-up is scheduled for Thursday, January 21st, 10:00 AM until 6:00 PM at 1st Place Sports, 3931 Baymeadows Road., Jacksonville FL. 1st Place Sports will also host registration & packet pick-up on Friday, January 22nd, from 12:00-7:00 PM.

Day of race registration is \$25 at the Ketterlinus Gym, 60 Orange Street, St. Augustine, FL, January 23rd from 7:30 AM to 8:30 AM.

Open male and open female teams may enter up to five runners with the fastest three places scoring. Team captains should submit a list of team members on the entry form by 8:45AM race day to be eligible.

RRCA.ORG'S NEW LOOK

If you have not looked at the RRCA website in the past month or two...you're going to be in for a shock. It's undergone a bit of a facelift. Club webmasters may want to check up on your links to make certain you're not sending your members off into "404-land," the place where no one ever is found. Each state rep now has an rrca.org e-mail address (for example, mine is northflorida@rrca.org, HINT, HINT!), a photo & brief biography...just in case you wanted to know anything about us.

The race calendar at this moment seems to be in a bit of flux, but your club events need to be in there. If you entered them in the calendar in the past; before November...well, let's just say you'll need to enter them again. As with any time of transition, sometimes we need to harbor a little bit of patience while the bugs are ironed out. And if you have any extra ironed-out bugs, please...don't send them to me. I have enough of my own!

KIDS RUN THE NATION MOMENT

RRCA awarded \$5250 worth of "Kids Run the Nation" grants to the following youth running programs:

COUCH TO 5K - CHILDREN'S RESCUE CENTER, Springfield, OH
CLEAR CREEK RUNNING CLUB, Bloomington, IN
FITNESS UNIVERSITY, Nashua, NH
FAY DOLPHIN RUNNERS CLUB, San Diego, CA
SUGARLOAF SHARKS RUNNING CLUB, Cudjoe Key, FL
RUN FOR HOME YOUTH TRAINING PROGRAM, Dover, OH
CLEARVIEW PANTHERS, Bethlehem, PA
BANNER RUNNING CLUB, Peoria, IL

The RRCA office received 56 grant applications, but could only support eight programs. Please help support our fundraising efforts so we can support youth running programs around the country. Your contribution is tax deductible.

Mail your check to:
Road Runners Club of America
1501 Lee Hwy, Ste 140
Arlington, VA 22209
Memo line: Kids Run the Nation (KRN)

More information on KRN at < <http://www.rrca.org/programs/kids-run-the-nation-program/> >

COACHING CERTIFICATION: NEED CEU'S, HEALTHCARE SPECIALISTS?

The RRCA will hold a coaching certification seminar March 12 & 13 in Bradenton (Sarasota), FL.

The certification is designed for coaching adult endurance runners in road running. The two-day program includes 16 hours of coursework & an online multiple choice exam. Seminar topics cover the fundamentals of coaching, rules of training, physiology, psychology, injury prevention & nutrition, as well as how to develop training plans, cycles, progressions, speed work & other related topics. Group exercises teach how to apply the topics covered.

The seminars will be taught by Janet Hamilton & Mike Broderick, both RRCA certified coaches. Janet is an Exercise Physiologist who specializes in biomechanics, gait analysis, & exercise program design. She is a certified strength & conditioning specialist who has been working with athletes of all ages for over 18 years. Mike is certified as a personal trainer by the American College of Sports Medicine (ACSM), National Strength & Conditioning Association (NSCA) & National Strength Professionals Association (NSPA).

Cost for the two-day certification class is \$250. You must register for the certification class at least two weeks prior to attending or before it is filled, (limited to 30). Classes tend to fill early, so register as soon as possible. For more information & to register visit <http://www.rrca.org/programs/coaching-certification>.

The American College of Sports Medicine's Professional Education Committee certifies this offering meets the criteria for 16.0 credit hours of ACSM Continuing Education Credit.

NATIONAL ULTRA CHAMPIONSHIP

The 2010 Tahoe Rim Trail Endurance Runs online registration opened on January 1. The event, which serves as the RRCA's Ultramarathon (100M) National Championship, as well as the RRCA Nevada 50K & 50M State Championship, is limited to 400 participants. Registration is 'First Come, First Served,' regardless of the distance. The event organizers have taken steps to make their event more ecologically-friendly this year, including a paperless online registration. They chose Race360.com as their online registration partner in order to simplify the process & reduce processing fees. Though they would like to accommodate all who are interested in running with them this summer, the event has filled early the past three years; the 2009 event was filled by the middle of March. Please consider registering early to avoid the waiting list.

To register for this year's event please visit: www.race360.com/12427 .

Stay safe. Stay hydrated. And, if you have to wear them, keep the volume down. It might keep you from being disqualified, or earn you a few bucks at a race! If you want to know more, ask me.