



INSIDE TRACK

Quarterly Newsletter for the Members of the Road Runners Club of America

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NEW LOOK FOR WWW.RRCA.ORG

In 1996, www.RRCA.org was launched through the leadership of the organization's first Webmaster, Warren Finke.

Warren would go on to produce a comprehensive online database that housed the running club and event information of RRCA members along with other great features for the site. Warren served in a volunteer capacity hosting, updating and maintaining the RRCA website for 13 years, and we thank him for his many years of dedicated service to the RRCA and the running community.

Since its inception, www.RRCA.org has undergone several re-designs as web technology has continued to advance. In 2009, the RRCA Board of Directors outlined as part of the Strategic Plan, that website development needed to be a major priority for the organization and funds should be invested to ensure the RRCA website utilizes the most up-to-date website design and technology.

As 2010 kicks off, we are very pleased to once again unveil a new look for www.RRCA.org. We invite you to take a look at the re-designed website, if you have not already done so. The site contains all of the great information and features as the previous site but with many new enhancements and new content designed to meet the needs of our members and our website visitors. Be sure to check out the *Resources For Club Director* and *For Event Director* sections for best practices information.

Join us on Facebook, Twitter or share information from our website to your favorite social networking sites. Utilize our RSS feeds for RRCA News syndication.

You may have noted as part of this website update process that we also streamlined the RRCA logo to remove the troublesome lines in the triangle. You can find the 2010 RRCA logo, RRCA Membership icon for websites and other updated RRCA branding items at www.rrca.org/services/rrca-branding/. We encourage members to update their websites, print materials, etc. with the updated RRCA logo.



Image: Final design template of www.RRCA.org by the Matrix Group International



FROM THE PRESIDENT



Dear RRCA Members,

The RRCA Board met the second weekend in December in Lakeland, Florida, to review preparations for the 52nd Convention of the Road Runners Club of America.

We think you will be impressed with the preparations, the program, and the site. Lakeland is centrally located between Tampa and Orlando. It is an easy drive to Disney World, Cypress Gardens, and the beaches. The temperature in April averages 80-degrees and the hotel rates are as reasonable as they have been in recent years.

In addition to reviewing the convention site, the board approved the latest round of eight Kids Run The Nation grants, approved two new RRCA Micro-Finance loans to member clubs, pondered the 2009 financial reports (which projects an operating surplus, despite the sluggishness of the national economy), approved the 2010 budget tied to a set of operating objectives, and received a report on the new RRCA website.

The national office staff put a substantial amount of time and energy into this website. Among other things, the new site promises to streamline membership renewals and make information more accessible. Like all new initiatives, it will take some time to work out all the “bugs.” If you have not yet taken the opportunity, please visit the website and give us your feedback.

Keep running,

Brent Ayer

president@rrca.org

Support the *Kids Run the Nation* Fund

Make a tax-deductible contribution today! 100% of your contribution is granted to deserving youth running programs around the US. These programs are designed to get and keep kids active by teaching running as a positive lifestyle choice.

RRCA
1501 Lee Hwy, Ste 140
Arlington, VA 22209
Write KRN Fund in the subject line.

APPLY FOR A *KIDS RUN THE NATION* GRANT

A total of \$5000 will be awarded annually in a combination of grants ranging from \$500-\$1000. Learn more about this small grant program at www.RRCA.org/programs/kids. The deadline to apply is Oct 1st. Grants are award approximately 60-days after the deadline.

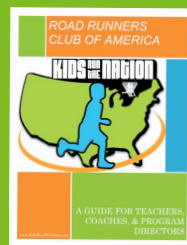
Purchase the Kids Run the Nation Program Guide and Kids Running booklets today at

[HTTP://STORE02.PROSTORES.COM/RRCA](http://STORE02.PROSTORES.COM/RRCA)



Purchase your Kids Run the Nation youth T-shirts and zipper pulls (backpack tags) from our online store. Shop today at:

WWW.RUNTHENATIONSTORE.COM





NEW PROCESS FOR RENEWING RRCA MEMBERSHIP

WHERE ARE MY 2010 MEMBERSHIP FORMS?

This is the big question that we have been getting at the National Office. Starting with this year's renewal process, we will no longer be mailing hard copy renewal forms to members. All membership renewals will be processed using our new online system, but membership dues and insurance can still be paid by check, which is preferred to credit card payments.

With over 1000 club and events in the RRCA membership coupled with over 1000 certified coaches, it became very important for the RRCA to undergo a major upgrade to the way we manage membership information and process renewals. After reviewing bids for website and database design, the RRCA determined that working with the Matrix Group International would best meet our database and website design needs. So we set forth working to develop an internal membership database that is fully integrated into the online renewal system on the website, thus fixing several layers of redundant data entry that has developed over time.

2010 DUES AND INSURANCE RATES

For the third year in a row, RRCA membership and insurance rates have NOT increased for 2010. We are also happy to inform our members that additional coverage has been built into the insurance program at NO additional cost. You can find the dues and insurance rates online at www.rrca.org/membership/join-renew/.

Our general liability insurance remains at \$ one million per incident with no cap. Additional \$ one million coverage for events needing \$ two million or more can be purchased through Star Insurance. The damage to property coverage increased from \$250,000 to \$500,000 per occurrence. Due to the increased numbers of our members hosting youth programs and events, we have also built in a sexual abuse and molestation (SAM) coverage of \$500,000 per occurrence with a cap of \$ five million. It is very important that all RRCA members managing youth running programs or events adopt a criminal background check for all youth coaches and youth program volunteers. A sample policy can be found at www.rrca.org/club-directors/manage-your-club/.

PROCESSING YOUR 2010 MEMBERSHIP

If you mailed in forms during our interim period between the start of renewals and the launch of the online system you do not need to do anything more until next year. If you have not yet renewed your membership, you will need to do so before January 31 to ensure all of your activities for 2010 are insured. After January 31, activities are covered as of the date we receive your renewal through December 31.

First Create Your Personal Profile and Password ...

1. Go to www.rrca.org/membership/join-renew/
2. Select the appropriate membership type from the list (running club or event).
3. Review the information provided about the membership category and the dues and insurance rates.
4. Select the Join/Renew link.
5. This will take you to a login page. Select the link in green which indicates "Obtain Password".
6. Submit your name and email in the proper fields and choose "Continue". Many of our club and event contacts are pre-programmed into the system so chances are you already have a profile created in the database. If so, you will be able to select "This is Me" from the list of possible contacts and an email will be sent to you with a user name and password. If your profile has not already been pre-programmed you will be prompted to enter information that will become your personal profile. Complete the required fields and click "Find My Company" (Company = Club Name). Type your club or event name in the appropriate search field and select your club. Choose continue, and finish creating your profile.

CONTINUED ON PAGE 4



NEW PROCESS FOR RENEWING RRCA MEMBERSHIP

7. Once you have received your user name and password, you can log in and renew your club or event membership, as long as you are the designated Primary Contact for your club. (See note 3 below)
8. To edit personal profile information, choose “My Profile” in the blue header of the RRCA.org home page.

Next, Process Your Membership Renewal...

1. After creating your personal profile, obtaining your user name and password, and “attaching” to your Club/Event (Company), you can complete the renewal process.
2. Go to www.rrca.org/membership/join-renew/, and select the Join/Renew link. You will be taken to the Membership Application/Renewal screen. Select either Club or Event membership then Join/Renew. Enter your log in information if requested.
3. At this point, you may receive a message that you are not the Primary Contact for your club. Each club is assigned a Primary Contact who is authorized to renew a club/event membership. If a new Primary Contact has been designated, please complete a personal profile for the new Primary Contact then send an email to membership@rrca.org indicating the name of the new Primary Contact and the club/event name. We will make the change within 24 hours and notify you when the change is complete.
4. You will be taken to the membership application and asked to answer a few questions. All members need to review the Insurance FAQs, the Guidelines for Safe Event Management, and for clubs, the Guidelines for Leading a Group Run.
5. Choose whether your club/event is a nonprofit organization or a for profit organization.
6. Club members will be asked a series of questions about club activities for data collection purposes. Club membership dues and insurance fees are calculated on the number of household members in the club. Event membership dues and insurance fees are based on the total number of individuals involved in the event.
7. Next, please consider giving an optional contribution to one of the various RRCA funds. The RRCA is a 501c(3) organization and contributions are tax deductible.
8. Choose Save/Continue. Your membership dues and insurance fee will be automatically calculated and appear on the next screen.
9. Choose to pay by check or credit card. Payment by check is preferred however Visa and Master Card are also accepted. If paying by check, print the invoice and send it with your check.
10. Club members must also email a club roster to membership@rrca.org. This is used to verify membership numbers for dues, and all households listed will receive Club Running, the RRCA quarterly magazine.
11. Complete the renewal by listing your club’s race events on the calendar as a record of your activities for insurance coverage. Insurance coverage extends only to running events and club activities.

* Special Instructions for Event Directors with Multiple Events

Event Directors hired to direct races for clients can obtain insurance through the RRCA if responsibilities include complete direction of the race(s) and not simply providing finish line direction and timing services. Event directors seeking RRCA membership and insurance will apply for coverage for one event through the online membership system, and subsequent events should be placed directly on the RRCA calendar and you must call Eve Mills at 703.525.3890 to obtain an invoice for insurance for all subsequent races. Event Directors will pay an annual one-time membership fee of \$75 for nonprofit members, and \$100 for profit members plus the insurance premium for the event. Subsequent events will be charged \$.05 per participant plus the insurance premium for the event.



DEVELOPING A SAM PREVENTION POLICY

Compiled from K&K Insurance Loss Control Bulletin

One of the greatest challenges to persons working with children in youth sports is when a child confides that they have been abused whether it is sexual or otherwise. The trust they put in their coach or youth program volunteer and the deep feeling that they may share must be respected. Your youth program volunteers should know how to respond if confided in, and respond they must. Whatever the case may be, the child's immediate interest must be a top priority. Accompanying the serious concern of responding to disclosure of abuse is the concern among good coaches and volunteers of youth sports that they may be wrongfully accused of child molestation. As outlined on page 3, the RRCA insurance program now includes basic coverage against sexual abuse and molestation claims for clubs hosting youth running programs.

Ideally if your organization hosts a youth running program or event, your organization has already adopted written policies and procedures for how such a situation will be managed. If not, it is very important to do so.

- 1. Written Policies and Procedures:** Any program that attracts minors away from the custody and control of their parents should have written policies that confirm their position against "child sexual abuse" in any form and procedures that enable reasonable effort to be made to minimize any occurrences in the program. These procedures should include methods of selecting, training supervising, investigating and removal of employees or volunteers.
- 2. Point Person:** The program should appoint and give authority to one person and one alternate to be the point person for representing the organization, confidentially and within its policies, if a sensitive issue arises or is reported. The point person should be fully vetted to ensure they have no history of abuse. All complaints, concerns, and reporting to authorities and legal counsel should be managed by the point person to ensure action and to maintain confidentiality to the best of their ability. The lead coach or program director may be appointed as the point person or another volunteer may be appointed, but this role and the responsibilities should be made clear to the point person.
- 3. Staff/Volunteer Selection:** All paid employees or program volunteers must be made aware of the club's position against child sexual abuse and all staff and volunteers will be required to undergo a criminal background check prior to working with youth. Also consider reviewing your local sex offender registry to ensure none of your program volunteers are on the list.
- 4. Training:** Be sure to train your volunteers and staff on your policies and procedures and how to contact the point person and/or local authorities if abuse is reported. Training should outline what to do if a child confides in a volunteer as a trusted adult. Local agencies can provide training but a few important items to keep in mind are to sit at eye level with a child and move the conversation away from being overheard by others. Take what is said with quiet concern, don't panic or scare the child, and never try to dissuade them that they might have misunderstood what has happened. Let the child know that you will get an expert involved that can help with what was disclosed. Contact the point person immediately.
- 5. Reporting:** Any complaint must be investigated immediately. The complainer should be informed that their disclosure is taken seriously and a confidential investigation will be made. The point person should report all actions in a confidential manner to the Board of Directors after law enforcement has been contacted.
- 6. Removal:** Volunteers or staff accused of wrongdoing should cooperate with local law enforcement and legal counsel to respond to allegations before action is taken. If law enforcement feels a complaint is founded, the volunteer or staff should not be allowed to continue to work with children until local law enforcement officials have concluded their investigation.

**SPORTS
AUTHORITY.**

DEDICATED TO THE DEDICATED

EVERYTHING YOU NEED FOR
THE RACE
SHOES. APPAREL. GEAR.



**SPORTS AUTHORITY IS PROUD TO SUPPORT
THE ROAD RUNNERS CLUB OF AMERICA.**

CLUB AND EVENT LEADERS:
HELP YOUR CLUB MEMBERS AND EVENT PARTICIPANTS
WITH OUR MEMBERSHIP DISCOUNT CARD.



TO FIND A STORE NEAR YOU CALL 1.888.LOOK.AT.SA OR VISIT SPORTSAUTHORITY.COM/LOCATOR



2010 RRCA NATIONAL CHAMPIONSHIP EVENTS



RRCA National 5 K Championship

Race the Lakes 5K
Lakeland, Florida
April 24, 2010
www.RRCAConvention.org/



RRCA National Half Marathon Championship

Parkersburg News & Sentinel Half Marathon
Parkersburg, West Virginia
August 21, 2010
www.newsandsentinelhalfmarathon.com



RRCA National 10 K Championship

Kalamazoo Classic 10 K
Kalamazoo, Michigan
June 19, 2010
www.kalamazooklassic.com



RRCA National Marathon Championship

Milwaukee Lakefront Marathon
Milwaukee, Wisconsin
October 3, 2010
www.badgerlandstriders.org/lfm/



RRCA National 10 Mi Championship

Credit Union Cherry Blossom 10 Mile Race
Washington, DC
April 11, 2010
www.cherryblossom.org



RRCA National Ultra Championship

Tahoe Rim Trail 100 M Endurance Run
Spooner Lake State Park, Carson City, Nevada
July 17, 2010
www.sagebrushstompers.org/trt50



CONGRATULATIONS TO THE FOLLOWING 2010 REGIONAL CHAMPIONSHIP EVENTS

CENTRAL REGION CHAMPIONSHIP EVENTS

5 K - Rotary Ramble 5K – DeMotte, IN
10 K - Dexter-Ann Arbor Run - Ann Arbor, MI
Half Marathon - Glass City Marathon & Half – Toledo, OH
30 K - Labor Day 30 K Festival of Races – Milford, MI
Marathon - Indianapolis Marathon – Indianapolis, IN
Ultra - Kal-Haven Trail Run – Kalamzoo, MI

EASTERN REGION CHAMPIONSHIP EVENTS

5 K Championship – open
10 K Championship – open
10 Mile – Capitol 10 Mi – Richmond, VA
Half Mara. - Mountain MD Half Marathon – Cumberland, MD
Marathon – Maine Marathon – Westbrook, ME
Ultra - Mountain Madness 50K – Ringwood, NJ

SOUTHERN REGION CHAMPIONSHIP EVENTS

5 K - Woodstock 5K – Anniston, AL
10 K - The Old Reliable Run – Raleigh, NC
10 Mile - Red Nose Run – Birmingham, AL
15 K - Fort Worth Runners Club Labor Day 15K – Fort Worth, TX
Cross Country - Chile Pepper Cross Country Festival – Fayetteville, AR
Half Marathon - Germantown Half Marathon – Germantown, TN
Marathon - Tallahassee Marathon – Tallahassee, FL

WESTERN REGION CHAMPIONSHIP EVENTS

5 K - Heart & Sole Run – Billings, MT
10 K – Mainly Masters 10K, San Diego, CA
Half Marathon – San Francisco Half, San Francisco, CA
Marathon – Kaiser Permanente Napa Valley Marathon – Napa, CA
Ultra - Bulldog 50k - Calabasas, CA



There are still a few distances open for bid, and we hope to fill the slate over the remainder of the year. Only RRCA club and event members may bid, and winning races are provided free bib numbers courtesy of Sigvaris, Inc., Gatorade, and awards, including Sports Authority gift cards for overall, masters and grandmasters winners (some exclusions may apply). For more information, or to bid please visit www.rrca.org/programs/championships/.



52nd ANNUAL RRCA CONVENTION HIGHLIGHTS

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 52nd Annual RRCA National Convention. The purpose of the training seminars is to teach running club and event leaders how to develop and engage in grassroots advocacy campaigns and lobbying efforts in their communities.

The RRCA envisions our members as important players in the development of local advocacy campaigns and lobbying efforts related to topics that are of importance to the running community. The RRCA's investment in this training is a commitment to our vision of runners as health, fitness, and pedestrian safety advocates.

The first session will outline the laws that govern grassroots advocacy and lobbying activities for nonprofit organizations. This session will cover the differences between direct and grassroots lobbying and other important concepts. The second session will outline the concepts of developing grassroots advocacy campaigns that clubs can implement locally. These locally developed campaigns will address ideas such as runners' safety initiatives, community health promotion initiatives, multi-use trail development and maintenance initiatives, and many other topics of interest to the running community.

The training sessions will be lead by CLPI training fellow Jeannie Fox. Jeannie is Deputy Director of Public Policy at the Minnesota Council of Nonprofits. The Center for Lobbying in the Public Interest (CLPI) is now a national, nonprofit organization that helps charitable organizations to increase their effectiveness and impact through advocacy. Civic participation is the essence of democracy, and nonprofit organizations are one of the most effective vehicles for engaging people in the democratic process. CLPI trains nonprofits and promotes increased advocacy within the nonprofit and philanthropy sector in order to create systemic change on the critical issues of our day.

THE LAKELAND DERBY

FRIDAY NIGHT EVENT: On Friday April 23, 2010 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 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 paddleboats powered by two jockeys. The jockeys pedal the swan boats similar to that of a bicycle.

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. More information can be found on the convention website at www.rrcaconvention.org. For more information on the Lakeland Derby please visit www.lakelandderby.com.





HOST HOTELS



**HYATT
PLACE**

Hyatt Place at The Lakeland Center
525 West Orange Street
Lakeland Florida 33815
863-413-1122
<http://lakelandcenter.place.hyatt.com>

The Hyatt place is located steps away from the convention center where the convention educational sessions and meals will be held. It is only a short walk from downtown Lakeland and other convention activities.

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

This hotel is sold out



The Terrace Hotel
329 East Main St
Lakeland, Florida 33801
863-688-0800
<http://www.terracehotel.com>

The Terrace Hotel is a full service luxury hotel. That is also home to one of Central Florida's best restaurants Terrace Bar and Grille. The Terrace is a 1 mile walk to the convention center

Rate: \$119 per night which includes free breakfast, 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
www.Marriott.com

The all suite Residence Inn is located approximately 2 miles from the convention center in the beautiful Lakeside Village. Lakeside Village is Lakeland's outdoor shopping plaza complete with movie theaters, fine dining and shopping.

Rate: \$109 Studio, \$119 one bedroom, \$154 two bedroom all include free hot and cold breakfast and 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
www.Marriott.com

The Courtyard by Marriott is located 2 miles from the convention center in the beautiful Lakeside Village. Lakeside Village is Lakeland's outdoor shopping plaza complete with movie theaters, fine dining and shopping.

Rate: \$109 Double bed, \$119 King. All rates include breakfast and free parking. Please let them know you are with the **Road Runners Club of America Room block**



TRANSPORTATION

RENTAL CAR

We have arranged a discount to all RRCA Convention attendees through Dollar rental. Renting a car really is your best option to see all of Lakeland and Central Florida. More information will be sent to you soon regarding discount codes and rates.

SHUTTLE SERVICE

We will be offering bus service to and from the Tampa and Orlando airports to your hotel on Thursday April 22nd and Sunday April 25th. The cost to secure a seat on the bus is \$15 one way. If you wish to take advantage of the bus service please mail the bottom portion of this sheet with a check or you may choose to purchase shuttle service as an option on your ACTIVE.com

TAXI CAB

Taxi service from the Orlando International Airport to Lakeland Florida is approximately \$160 one way.

Taxi service from the Tampa International Airport to Lakeland Florida is approximately \$87 one way

SHUTTLE SERVICE REGISTRATION

Last Name _____ First Name _____

If you are requiring shuttle service please complete the following

Circle one of the following will you be arriving/departing from: **Tampa Airport** or **Orlando Airport**

Arrival information

Day of arrival _____ Approximate arrival time _____

Departure information

Day of departure _____ Approximate departure time _____

Cost \$15 each way /\$30 round trip:

Amount enclosed _____

****please make all checks payable to ****

BOCC
c/o PCTSM
600 North Broadway
Suite 300
Bartow, Florida 33830

52nd Annual RRCA National Convention Registration

REGISTRANT INFORMATION

Last Name _____ First Name _____
Mailing Address _____
City _____ State _____ Zip _____
Email _____
Primary Phone _____
Club Name _____
Position/Title in Club _____
T-Shirt Size S M L XL XXL

CONVENTION PRICING

Convention Registration includes: shirt, workshops, meetings, Thursday evening reception, 1 ticket to Friday night awards banquet. Cost: \$250.00 valid thru January 15, 2010. After January 15th cost goes up to \$300 per person. (shirt sizes are based on availability for late registration) *All Registrations must be received by April 1st. Please contact host for registration and cost after April 1st 2010*
Amount Enclosed _____

MEAL PACKAGES

Friday Luncheon with Keith Brantly \$40
of attendee's _____
Friday Dinner Party \$35
of attendee's _____
Saturday Luncheon with ***** \$40
of attendee's _____
Awards Banquet with Bill Rodgers (1 ticket is provided with convention registration) \$60
of attendee's _____
Meal Package only (includes Friday Luncheon, Friday Dinner and Saturday Luncheon) \$100
of attendee's _____

COACHING CERTIFICATION/CONTINUING EDUCATION

Continuing Education RRCA Coaching Certification (15 student limit for each 2 hour session) 2 sessions will be offered. *must be registered for RRCA convention* open to current RRCA coaches only \$50

PAYMENT INFORMATION

Registration amount _____
Meal Package amount _____
Coaching Certification _____
Total amount enclosed _____

****please make all checks payable to ****
BOCC (Board of County Commissioners)
600 North Broadway
Suite 300
Bartow, Florida 33830

Release form: I know that running is a potentially hazardous activity. I should not participate in the running activities unless I am medically able and properly trained. I assume all risks associated with running in these convention runs & other activities, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, Polk County Tourism and Sports Marketing, The Lakeland Runners Club, The Lakeland Center all city, county, and state governments, transportation, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this convention & related activities. I understand that all entries are final with no refunds. The official convention hosts reserve the right in any event of emergency or local or national disaster to cancel the convention or to change the day and/or time to a later day and that in the event of cancellation or change there is refund of entry fees minus a service fee. The official convention hosts reserve the right to change the schedule of activities and seminars without warning. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I have received a copy and read the above. _____ (initials)

sign name

print name

date



RAINBOW RACING OFFERS GREAT DEAL TO RRCA MEMBERS

The RRCA is pleased to announce that Rainbow Racing System is the official race number supplier for the Sigvaris, Inc/RRCA Championship Bib Number Program.

In addition to providing bib numbers to RRCA Championship Races, Rainbow Racing will offer RRCA members deep discounts on its custom printed bib numbers and supplies.

Founded in 1982 by Wally Egger, a past president of the Bloomsday Road Runners Club, Rainbow continues to print and provide race numbers for thousands of events large and small. Rainbow was the first number company to popularize the pull tag system, which utilizes a tear away portion of the race number to record order of finish. Rainbow produces both pull tag and non-pull tag numbers for all types of events. Although Rainbow is known throughout the running community for its great product and customer service, the company's hallmark is its guaranteed on time delivery.

Wally Egger and his entire crew look forward to working with the RRCA members, many of whom are already loyal customers. The RRCA numbers discount program offers quality race numbers and related supplies at a special reduced "flat rate" price. Rainbow's sales staff is "up to speed " on the RRCA program and ready to answer questions regarding the program and/or accept orders. Rainbow can be reached at (800) 962-1011 or sales@rainbowracing.com or faxed to (509) 326-5795.

PRICING – CUSTOM PRINT NUMBERS

- \$17.00 per hundred for pull-tag numbers, regardless of quantity
- \$16.00 per hundred for non pull-tag numbers, regardless of quantity

This applies to Quick Print or Full Option numbers. Numbers are sold in lots of 100 and include one color for sponsor/event name and another color for the numeral (red or black numerals only on Quick Print orders). Some restrictions apply on quantities of less than 500.

PRINTING OPTIONS – CUSTOM PRINT NUMBERS

- *Set-up charges waived on all options listed below*
- 2-color copy; add \$2.00 per 100
- Floodcoats (color of bib background other than white); add \$2.00 per 100
- Printing on back side of bib, such as store coupon, add \$2.00 per 100
- Store Coupon next to scoring tag with downcut, add \$1.00 per 100
- Random Drawing or T-Shirt coupon next to scoring tag, add \$1.00 PER 100
- Bar coded scoring tag, add \$6.00 per 100

GENERIC NUMBERS

- In stock, ready for immediate shipment
- Generic numbers w/ pull-tag: \$18.00 per 100 (Type C)
- Generic numbers w/out pull-tag: \$15.00 per 100 (Type E)

SUPPLIES

- Safety pins; \$10.00 per box (enough for 360 numbers)
- All other supply items discounted 10%

TURN-AROUND TIME

- Numbers generally received within 3-4 weeks of ordering. Orders required sooner *may* incur rush production charges.

PAYMENT

- Required prior to shipping. Visa, MasterCard, Discover, or American Express cards accepted, as well as company checks.



CLUB RUNNING MAGAZINE

The next issue of Club Running magazine is scheduled to hit mailboxes at the end of January 2010. Be sure you have submitted your updated club rosters so your members will be included in this mailing.

Club Running magazine is one of the 23 regional and national running magazines represented by Running Network LLC, part of the oldest and largest specialty running magazine and website network in North America. *Club Running* magazine is sent to all household members of the RRCA, and we have a circulation of over 150,000 households.

We are creating a race section in *Club Running*. The regular full-page rate is \$5k, but RRCA members get it for \$4k. Half page rates are regularly \$3k, but RRCA members get it for \$2,400. A third of the page is regularly \$2k, but RRCA members get it for \$1,600. RRCA members can also list their events for \$250 per event. To list your event, contact Paul Banta at paul@oseproductions.com, to advertise your event email Larry.Eder@gmail.com, or call him at 608.239.3785 to place an ad.

Help make your membership magazine a success by placing your ad in *Club Running*. Your ad supports the publication costs, which is 100% funded by our advertisers, and your events will be seen by over 1,000 running club leaders, event directors, and over 150,000 runners and walkers!

Are you interested in sharing content for Club Running? Great, we are interested in your original material, photos, and reports about your races. Email your items to share@rrca.org for a chance to be featured in an upcoming issue of *Club Running*. Keep in mind that the RRCA maintains full editorial control, and submitted items are not guaranteed in the publication.



SIGVARIS LIFE FOR LEGS



Athletic Recovery True Graduated Compression

from the Global Leaders
in Compression Therapy

- ▶ Promotes lactic acid flush-out and relieves delayed onset muscle soreness!
- ▶ Superior Athletic Sizing Assortment and comfort & fit with 50+ years of graduated compression expertise!
- ▶ Patented Drivrelease® and latex-free yarns with an embedded Freshguard® treatment that virtually eliminates odors!

For more information about the solution
to post-exercise discomfort:
www.AthleticRecoverySock.com



NATIONAL RUNNING AWARDS NOMINATION DEADLINE EXTENDED TO JANUARY 31ST

The RRCA has extended the deadline for the National Running Awards nominations. Due to the fact that we launched the new website near the original deadline for the awards nominations, we determined that an extension would allow members adequate time to submit nominations. Detailed information about the award categories along with selection criteria and the new **online nomination form** can be found at www.rrca.org/services/national-running-awards/. To nominate a deserving individual simply follow the instructions on the online nomination form, print a copy for your records, and click the submit button. Email or mail newsletter copies as instructed in the online form.

The RRCA will provide a \$400 travel stipend and one complementary ticket for each award winner to the 2010 RRCA Annual Banquet and National Running Awards Ceremony that will be held in Lakeland, FL on April 24, 2010. Additional banquet tickets are available for purchase for accompanying family members.

The extended nomination deadline is 5:00 PM Eastern on January 31, 2010. The period of performance for the individual being nominated is January 1, 2009 through December 31, 2009 for all awards except the Hall of Fame and Browning Ross awards, which are lifetime achievement awards. All nominations will be forwarded to the appropriate selection panels tasked with selecting the final award recipients. Individuals interested in serving on one of the award selection panels should contact Eve Mills at office@rrca.org.

RRCA: NATIONAL RUNNING AWARDS CATEGORIES

RRCA DISTANCE RUNNING HALL OF FAME: Inducts individuals that have dedicated themselves to the sport of distance running.

BROWNING ROSS SPIRIT OF THE RRCA: Honors a club member who is an unsung hero and champions the RRCA tirelessly and enthusiastically at the local and/or national level.

SCOTT HAMILTON OUTSTANDING RRCA CLUB PRESIDENT AWARD: Honors an outstanding RRCA club president.

ROAD RUNNER OF THE YEAR AWARD: Honors a male and female open and masters US runner with an outstanding record of distance racing performance during the year.

RRCA JERRY LITTLE EXCELLENCE IN JOURNALISM: **1. Club Newsletter Award** honors two club newsletters that demonstrate a variety of content, good presentation, informative and creative, and inclusive of the RRCA logo. One award will be given to clubs with 499 or fewer members, and one award will be given for clubs with 500 or more members. **2. Club Writer Award** honors a top club writer that is an unpaid running journalist. **3. Club/Event E-Newsletter** recognizes the use of technology when communicating with members. It is open to any size club or event. The e-newsletter can be emailed to members or clearly posted on a website and should be in PDF, HTML, or another format such as Constant Contact e-newsletter. The e-newsletter should look like a newsletter and not simply be a page on a club website or a text email. **4. Journalistic Excellence** honors a professional writer who has made a notable contribution to the literature of distance running for the year.

ROD STEELE OUTSTANDING VOLUNTEER AWARD: Honors an outstanding volunteer (excluding the president) of a local club or event.

OUTSTANDING RRCA STATE REPRESENTATIVE: Honors the outstanding and superior service of an RRCA State Representative.

RRCA KURT STEINER OUTSTANDING YOUTH PROGRAM DIRECTOR AWARD: Honors a local club member who is dedicated to either promoting children's running and/or coordinating an outstanding children's running program.

RRCA OUTSTANDING BEGINNING RUNNING PROGRAM AWARD: Honors beginning running programs hosted by RRCA clubs that engage new or returning runners to the sport, regardless of their gender.

RRCA ROAD RACE OF THE YEAR AWARD: Honors a volunteer-run, nonprofit race that is safe, well organized and enjoyable and promotes grassroots running and the mission of the RRCA.

WEBSITE AWARD: Honors two clubs with outstanding website design and content. Awards will be given to small (250 and fewer) and large (over 250) club websites.



EXECUTIVE DIRECTOR'S NOTE



Dear RRCA Members,

Happy New Year, and I hope this issue of *Inside Track* finds you off to a good start in 2010. The end of 2009 proved to be a busy time at the RRCA as we put the finishing touches on the new website and membership database. I certainly appreciate the positive and constructive feedback we have received on this new effort. Your helpful comments continue to make the RRCA a better organization for all involved.

As I look back at 2009, I am very pleased with the direction of the RRCA and the running community. As an organization we were able to bring a print publication back to our household members for the first time since 2000 due to the generous support of the Running Network LLC and their advertisers (which hopefully includes more of our members in future issues of *Club Running*). As Brent Ayer noted, we continue to be a stable organization from both a membership perspective (1122 members as of December 31, 2009) and a financial perspective. We will continue to provide new programs and services to our members in 2010 as well as continuing to invest in existing programs and services. The running community is thriving due to everyone's dedication to the sport, and I encourage you to continue your vigilant efforts to provide a safe environment for group runs, events, and manage your organizations according to best practices and within the laws that govern your organization. As part of the 2010 renewal process, we are requesting that you attest to reviewing our Guidelines for Leading a Group Run, Guidelines for Safe Events and the Insurance FAQ's. This will help ensure the continued success of the RRCA running community.

I certainly appreciate your support for the RRCA, and I look forward to another successful year in 2010.

Happy Running,

Find back issues of *Inside Track* online at www.rrca.org/publications/inside-track/

Nomination Procedure for 2010 RRCA Board of Directors

The Nominating Committee of the Road Runners Club of America (RRCA) is advising membership that the following officer and director positions are up for election in 2010:

- President
- Vice President
- Treasurer
- Eastern Director
- Central Director

Elections for these positions will be held at the RRCA Annual Meeting of the Membership in Lakeland, FL on April 23, 2010 at 4:30 PM at the Lakeland Center.

Nominating Procedure

Details about officer and director nominations are covered in the RRCA Bylaws and the *2010 Nomination Procedures* document posted on our website in the About RRCA/Governance section. **The deadline for submitting nominations is February 8, 2010.** The Nominating Committee, appointed by President Ayer, will review all nominations and may review other candidates as allowed in the Bylaws. A report from the nominating committee with a recommended slate of board member nominees will be shared with the members and posted with the notice of the annual business meeting in accordance with the Bylaws. After such time, additional candidates may express interest in running for the RRCA Board of Directors.



**ROAD RUNNERS
CLUB OF AMERICA**
1501 Lee Hwy, Ste 140
Arlington, VA 22209
703-525-3890
www.RRCA.org

WE RUN THE NATION!

RRCA National Race Shirt Contest

The RRCA is pleased to announce the second annual RRCA National Race Shirt Contest. This is an opportunity to showcase your event from a little different angle. The RRCA is seeking shirts (long or short sleeve, cotton or performance) from 2009 events hosted by RRCA members. Only one shirt per event is needed, size does not matter. A club hosting multiple events can submit entries for multiple races.

****The race shirt must have the RRCA logo on it
to be considered for judging****

All entries should be mailed to the RRCA National Office at 1501 Lee Hwy, Ste 140, Arlington, VA, 20009 by February 26, 2010. Please include the name of the event, event date, location, host club, contact name, contact email, and contact phone number with the shirt.

A first round of judging will take place at the RRCA National Office by a team of local club members. Attendees to the 2010 RRCA Convention (www.rrcaconvention.org) will have the opportunity to vote on the finalists to select the 2009 RRCA National Race Shirt Winner. The winning shirt will be announced at the 2010 RRCA Annual Banquet and Awards Ceremony and featured in a future issue of *Club Running*.

