

RRCA PROGRAMS & SERVICES

- *Roads Scholar® Program* — Designed to provide financial assistance to emerging, elite, distance runners that are recent college graduates and US citizens.
- *RRCA Championship Races* — Designed to award masters runners for top performance and showcase outstanding community based running events around the US.
- *Women's Distance Festival* — Designed to promote running events that celebrate women's access to the sport and events that promote women's health issues.
- *Coaching Certification* — Designed to train distance running coaches that may develop their own business, develop training programs for RRCA clubs, and more.
- *National Run@Work Day* — Designed to raise awareness about the importance of incorporating exercise into ones daily routine.
- *Personal Fitness Program* — Designed to provide tools and rewards to help educate and motivate runners
- *Children's Running Program* — Designed to educate children, parents and teachers about running. The program includes a running curriculum and guide for parents.
- *RRCA National Awards* — Designed to recognize individuals and organizations for their outstanding contribution to the sport of distance running on an annual basis.
- *RRCA National Volunteer Awards* — Designed to recognize the service of volunteers that commit over 2000 hours to the sport of running.
- *National Club and Event Listing* — Designed to connect interested runners with local running clubs and events around the country.
- *Volunteer Opportunities* — Designed to provide leadership opportunities to individuals interested in promoting community based, grassroots, distance running.

For more information on RRCA programs and services visit us on-line at www.RRCA.org.

ROAD RUNNERS CLUB OF AMERICA

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WWW.RRCA.ORG

RRCA

ROAD RUNNERS CLUB OF AMERICA

We Run the Nation!



Why Run With Us?



We Run the Nation!



WHY RUN?

Running is a sport for all ages.

There are running programs for kids, events for families, and people are running well into their 70's and beyond. Running is a sport that everyone in the family can participate.

Running is the most accessible sport

No matter where you live, work, or travel there are areas that are safe for running. Running clubs and events can be found in nearly every city in the US.

Running is the perfect exercise

35 minutes of running 3-4 times a week will result in improved physical fitness. Running strengthens the heart and lungs and the major muscles of the body. Running reduces stress and can improve self-esteem.

SUCCESSFUL RUNNING TIPS

- Invest in a good pair of running shoes and running apparel purchased from a specialty running shoe store
- Learn about good running form from a coach, a publication, or a running website
- Develop running goals and a training plan
- Make running part of your daily life and pick a regular running time that works best for your schedule
- Avoid injury through proper training and recovery cycles



Since 1958, the Road Runners Club of America has served as the national association of running clubs, running events, and runners dedicated to promoting long distance running as a competitive sport and as healthful exercise. The RRCA's mission is to represent and promote the common interest of its member clubs, events, and individual runners through education, leadership, programs, and other services. The RRCA is a 501(c)3 nonprofit organization.

FIND A RUNNING CLUB

Joining and actively participating in a local running club can help you achieve your running and fitness goals. Running clubs are a great way to socialize with people that value running and an active lifestyle. To find your local club, visit www.RRCA.org, click on the CLUBS link, click on your state, and find your local running club.

Don't see a running club in your town? Start one! Click on the JOINING link on the RRCA website and learn how to start an RRCA, community-based, running club.

The RRCA provides many benefits and services to running clubs and events to ensure grassroots running success.

FIND AN EVENT

The RRCA maintains an event calendar at www.RRCA.org/calendars. You can search for events by type, location, or month. Race directors, post your event on the RRCA calendar for FREE!

FIND A COACH

To help motivate you, provide advice on training, planning, injury prevention, and race day prep, the RRCA trains and promotes our Certified Coaches. To find a coach in your area or to learn about the RRCA Coaching Certification, visit www.RRCA.org/coaching.



JOIN THE RRCA AS AN INDIVIDUAL

MEMBERSHIP TYPE: AMOUNT:

INDIVIDUAL MEMBER \$25.00

DONATION TO RRCA \$ _____

TOTAL: \$ _____

Name

Address

Email

METHOD OF PAYMENT:

VISA MASTERCARD CHECK

Credit Card Number

Expiration Date

Signature

Membership/Donations should be mailed to:

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