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IMPORTANT DATES & EVENTS

National Run @ Work Day
September 19, 2008

The RRCA 50th Anniversary
Convention May 1-4, 2008



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Clint Bell Texas State 15K
Overall Male Champion



RRCA North Texas Newsletter



February 2008

From ~K2

Howdy Texas Runners!

I hope everyone is well into their RRCA 50th Anniversary Convention planning and Flying Pig Marathon training. As a reminder the Flying Pig Marathon actually has multiple events besides the marathon including a Half Marathon, the RRCA National 5K Championship and Kid's One-Mile Fun Run. There's even a special category called Pump N' Run, where you can pump iron and improve your race time! Similar to the race having an event for every type of runner the convention has something to offer all runners, leaders of running organizations, race directors and anyone that is fortunate enough to make a living in the running arena. There are seminars on a variety of topics, vendors with the latest and greatest products or services and hundreds of like-minded individuals to make a connection with and learn from. Hotel rooms available at a special rate for convention attendees are already running low. Take advantage of the special price and book your room now. For complete details on any of the Flying Pig races, hotel accommodations or the RRCA Convention go to:
<http://www.flyingpigmarathon.com>.

Wishing you all the best in your training and running.

~K2

News from the National Office

RRCA 2008 Top Web Sites

Congratulations to the Dallas Running Club and the Lake Grapevine Runners and Walkers for being named among the Top Three Web sites among large RRCA clubs.

**To see these sites go to:
Dallasrunningclub.com
&
DunnersandWalkers.com**

For complete details go to:
<http://www.rrca.org/services/awards/topsit08.htm>



The RRCA logo should be used on all media and materials, including but not limited to:

**Race T-shirts
Race brochures
Club newsletter
Membership forms
Sponsorship letters
Thank you letters**

Your web site (include a link to the RRCA web site too)

**For free copies of the RRCA logo go to:
<http://www.rrca.org/services/branding/>**

IS YOUR EVENT INSURED?

In order for an event to be covered through the RRCA Insurance Program, the event must first be listed on the club's event calendar that is submitted to the RRCA during the annual renewal or joining process. Clubs may develop new events during the course of the year, and these events must be reported to the RRCA throughout the year to ensure liability coverage.

To assist clubs with reporting new events, the Additional Event Form is posted at <http://www.rrca.org/join/join/documents/addevent.doc> and should be emailed, faxed, or mailed to the RRCA at least 30 days in advance of the event.

Many RRCA member clubs may be providing volunteer support at the finish line, water stations, traffic control at intersections, or providing a timing clock, and/or race timing support for events in their community. These are important services for a successful race, but if the club is not intimately involved in the production of the event from start to finish, then it should not be claimed as a club managed event.

Before submitting the Additional Event Form to the RRCA, answer these important questions:

1. Does the club identify the event as a club owned event by listing it on the club's calendar?
2. Does the board meet to discuss and make decisions about the event?
3. Is the club involved in planning at every stage of the event?
4. Is the event referred to in the club meeting minutes as a club owned event?
5. Does the club, in addition to managing all aspects of the event, train and supervise the volunteers on the course, at the aid stations, and at the finish line?
6. Do the words "organized by" (or similar wording) with the name of the club appear on the race entry form?
7. Do the proceeds of the event go into the club's checking account before being disbursed to vendors or charities?

If you answer each of the questions above with YES, then the RRCA considers the event a club owned event, and the event is covered by the RRCA Insurance Program. If you answer NO to any of the questions read the full article posted at http://www.rrca.org/resources/publications/20071201inside_track.pdf or contact the office to receive a copy of the printed newsletter, four issues for \$5/year.

North Texas Club News

10th Annual Bold in the Cold 5K and RRCA Texas State 15K Championship



A record 450 runners braved temperatures that dipped into the 20s on the morning of January 19th when participating in the Bold in the Cold 5K and RRCA Texas State 15K Championship. Race participants received coffee cups that were put to immediate use as the racers washed down dozens of donuts with gallons of hot chocolate and coffee.

Congratulations to all race participants!

The 2008 RRCA Texas State 15K Champions are:

Overall Male- Clint Bell (50:57)
Overall Female Fione Green (1:06:16)
Masters Male- Ken Hall (56:01)
Masters Female- Sharla Foster (1:14:57)
Grandmasters Male- Joe Champ (1:07:56)
Grandmasters Female Laura Holwasser (1:21:02)

FREE RACE SERVICE

List all of your races on the
RRCA Race Calendar

Go to:

RRCA.org then click on
“Post Your Event for Free”

Featured Club



The Plano Pacers has over 700 members and is growing! Members include children and seniors, recreational and competitive runners. Plano Pacers is for all ages and ability levels. Members receive free entry to monthly Prediction Runs and monthly Saturday races (except special fund raising events) and a subscription to the club newsletter *The Pace*, which includes articles written by local runners, an upcoming race schedule, race results, and more. Plano Pacers enjoys the sponsorship of local running stores that offer discounts to Club members. For more information on the Plano Pacers go to: <http://planopacers.org/>

2008 Trail Running Series Presented by the San Angelo Road Lizards



The San Angelo Road Lizards have extended a friendly invitation (or was it a challenge?) to all runners in the “Big Bad Metroplex” to participate in their series-ending 15k trail race on Saturday, February 23, 2008.

For more information on any of the races in the series contact Bill at bcullins@verizon.net.

**2008 RRCA
Texas State
Championship
Status for some
Race Distances is
still available.**



**Bid forms can be
found at:
RRCA.org**

**Click on:
Championship
events
Championship
Bidding
Information and
Forms**

For more
information or to
submit bids contact
K2 at:
RRCANorthTXRep@aol.com

Texas State Championship Races

Southern Region Championship Races

National Championship Races

The RRCA awards championships at the State, Regional, and National Level to help the host club secure to high-quality athletes and attract added sponsor, civic, and media support.

For the average runner this means increased excitement and additional benefits, and for the elite runner a chance to gain wider recognition. A Championship designation communicates to athletes and others that the race organizers have agreed to meet certain required standards and utilize approved guidelines in the conduct of the event.

Championship Events may qualify to receive the following benefits:

- ▶ Gatorade
- ▶ FuelBelt, Inc premiums
- ▶ Discounted services from Active.com
- ▶ Preferred pricing on participant shirts from sportscience
- ▶ All RRCA Championship Events may check-out a RRCA Championship banner from their State Rep, Regional Director, or the National Office
- ▶ National and Regional Championships receive six awards from the RRCA for their overall, masters and grandmasters winners

