



July Newsletter from Kenosha Running Club

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Kenosha Running Club Newsletter

www.kenosharunningclub.org

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July / August 2009



Upcoming KRC Events

Upcoming KRC Meetings: Fun Run at 6PM & Dinner / Meeting at 7PM

Tuesday, August 11th - Lake Andrea - 104th Street and Terwall Terrace, Pleasant Prairie, WI

Tuesday, September 15th - Southport Beach House - 7825 1st Ave, Kenosha, WI

Saturday Morning Fun Runs - Coffee, Conversation & Fun

Meet us at "Common Grounds" on Kenosha's harbor front to run six at 7:30 am. Stay tuned to the email chains for details.

Tuesday Night Runs at Pets

Hit the hills on Tuesday nights at Petrified Springs Park. Groups normally depart around 5:30 pm. Stay tuned to the email chains for details on pace groups and times.

Wednesday Night Bike Rides

Interested in cross training? Join the group on Wednesdays for 20-mile rides. Riders normally depart around 5:00 / 5:30 pm. Stay tuned to the email chains for details.

Thursday Morning Runs

Meet at Mark Maurer's house to run along the lakefront at 6 am. Email Mark (maurertool@sbcglobal.net) for more details.

Harvest Moon Run - September 23rd

KRC's September Race - Harvest Moon - is coming up. Volunteers are needed. Attend the August meeting to learn how you can help.

Upcoming Races

August

8/1 - Prairie Family Days 5K - Pleasant Prairie

8/2 - Chicago Rock & Roll 1/2 Marathon

8/16 - Pleasant Prairie Triathlon - Pleasant Prairie

September

9/5 - Jubilee Days - Zion, IL
9/12 - Lake Geneva Triathlon Series - Fontana
9/20 - Fox Cities Marathon - Appleton
9/23 - Harvest Moon - Pleasant Prairie
9/27 - Susan Komen 5K - Milwaukee

October

10/4 - Lakefront Marathon - Milwaukee
10/10 - Pringle Nature Center 5K Trail Run - Bristol
10/10 - Al's Run 8K - Milwaukee

Club Trip Anyone?

Outer Banks, NC - November 8th

A few members are planning on traveling to the Outer Banks to participate in a marathon held on November 8th. We would love to round up a bunch of other members to travel with us for this speculator looking event. According to the website it is mainly a flat course (at sea level) and there are two points of elevation: mile 12 and mile 23 (when you cross a 35 foot tall bridge to get to Roanoke Island - how cool!!). The scenery is suppose to be fantastic with many different things to see along the way. Here is what was posted on the website of the course description:

The OBX® Marathon is a point to point course. The Marathon will start in Kitty Hawk, providing breathtaking views of the Albemarle Sound; traverse the famous Wright Brothers National Memorial in Kill Devil Hills; meander through the lush Nags Head Woods Maritime Forest; take you through some of our finest neighborhoods with cheering supporters; pass the largest sand dune on the East Coast at Jockey's Ridge State Park; cross the beautiful Washington-Baum Bridge; and finish on Roanoke Island near where the first English colonists landed in 1587.

To find out more information, visit the website: <http://www.obxmarathon.org/site3.aspx>. It also breaks it down mile per mile (almost) and what there is to see.

Not interested in running a marthon? You're in luck! There is a half marathon as well.

Last time checked, current prices for flights were at around \$265 (one stop - Milwaukee or Chicago) to \$325 (non-stop from Chicago only). The Hilton Garden Inn is the host hotel with a special offer

of \$139 for race participants:

The Hilton Garden Inn Outer Banks/Kitty Hawk is conveniently located at MP 1.5 on the Beach Road. The newest oceanfront hotel in the Outer Banks offers 1king bed size or 2 queen beds size spacious rooms with refrigerators, coffee makers, microwaves, iron and ironing boards, free high speed/wireless internet. The hotel has an indoor heated pool with jacuzzi, a seasonal outdoor pool, fitness room, game room, business center, pavilion pantry and the Great American Grill on-site restaurant.

If you are interested in joining us, please let Diane Wood know @ dwood5555@gmail.com. Interested members are responsible for purchasing their own flights and booking their own rooms.

Race Results

Name	Race	Location	Distance	Time
Ron Willis	Lighthouse Run	Racine, WI	10 mile	1:36:45
Jon Jackson	Cellcom Marathon	Green Bay, WI	Marathon	4:12:29
Dominic Ruffalo	Cellcom Marathon	Green Bay, WI	Marathon	4:14:30
Ann Brothen	Lighthouse Run	Racine, WI	10 mile	1:23:35
Amy Greiner	Lighthouse Run	Racine, WI	10 mile	1:20:35
Deb Nutting	Lighthouse Run	Racine, WI	10 mile	1:47:55
Deb Nutting	Green Bay Tri	Green Bay, WI	1/2 swim, 16 bike, 3.1 run	1:30:53
Brian Falcone	Lighthouse Run	Racine, WI	10 mile	1:13:23
Brian Falcone	Kenosha Firecracker	Kenosha, WI	10 K	42:13:00
Dave Michielli	Lighthouse Run	Racine, WI	10 mile	63:35:00
Dave Michielli	Kenosha Firecracker	Kenosha, WI	10 K	37:27:00
Michelle Boldon	Kenosha Firecracker	Kenosha, WI	10 K	42:03:00
Tom DeVroy	High Cliff Tri	High Cliff State Park	1/2 Ironman	5:47
Tom DeVroy	Open Water Challenge	Pleasant Prairie, WI	1 mile swim, 5K	59:07:00
Melissa Lonergan	WI Marathon	Kenosha, WI	Marathon	4:22
Melissa Lonergan	Grandma's Marathon	Duluth, MN	Marathon	4:52
Maritza Adams	Grandma's Marathon	Duluth, MN	Marathon	4:48
McKenna Hall	WI Marathon	Kenosha, WI	Kids Marathon	
Arlene Martin	WI Marathon	Kenosha, WI	1/2 Marathon	2:15
Elizabeth Kiefer	Run for Freedom	Antioch, IL	5K	25:49:00
Kenton Burki	WI Marathon	Kenosha, WI	1/2 Marathon	2:04:06
Kenton Burki	Northshore 1/2		1/2 Marathon	1:59:26
Kenton Burki	Lighthouse Run	Racine, WI	10 mile	1:38:57
Brian Falcone	Run for Freedom	Antioch, IL	5K	19:40
Brian Falcone, Jr	Run for Freedom	Antioch, IL	5K	24:17:00
Sue Brinkman	Lighthouse Run	Racine, WI	10 mile	82:32:00
Sue Brinkman	Kenosha Firecracker	Kenosha, WI	10 K	48:26:00
Sue Brinkman	Firecracker 4	Hales Corners	4 mile	30:52:00
Elizabeth Kiefer	Kenosha Firecracker	Kenosha, WI	10 K	55:44:00

Renew your Membership

Contact Tom Devroy at tdevroy@fastmail.fm to renew your KRC membership.

Club Gear

T-Shirts

New Member? Pick up your 100% cotton t-shirt at an upcoming meeting or at an upcoming group run. Be sure to send an email to Diane Wood (dwood5555@gmail.com) with your size preference S, M, L, or XL.

Interested in ordering a different shirt with the KRC logo, please contact Missy or Diane. Discounts are offered when ordering 4 or more shirts from Super Sports - 3206 80th Street.

Warm-up Jackets

Order your KRC jacket from www.hollowayusa.com using Men's #9043 or Women's #9346. Hooded pullovers are #9042. Jackets are approximately \$50. Get one with your name on it for an additional \$5.

Need some training help?

Jay & Willie LaBonne offer a variety of training classes for marathoners, cyclers, & swimmers. Check out the current class schedule at www.speedzonesp.com or contact Jay (jayl@wi.rr.com) / Willie (willie@teachfitness.com).

RRCA Strategic Plan

Submitted by: Barb Jewell, RRCA WI State Rep

At the 51st annual national convention held in late March, the RRCA announced its new 10-year strategic plan. The development of the strategic plan was headed by a special task force, and included input from the Board of Directors as well as from a survey of members.

The strategic plan includes many elements: mission, vision & values; strategic direction; short and long-term operational objectives; and implementation plan.

This is the first article in a series to provide you with the details of the strategic plan. It will focus on the mission, vision, and values of the RRCA.

Many of you may have previously seen the RRCA mission statement, and it bears repeating because it is at the core of everything the RRCA does. The RRCA mission statement is: "The Road Runners Club of America is the national association of running clubs, running events, and runners dedicated to promoting running as a competitive sport and as healthy exercise. The RRCA's mission is to represent and promote the common interests of its member clubs, events, and individual runners through education, leadership, programs and other services."

As alluded to in the mission statement, the RRCA membership is diverse and encompasses a variety of running organizations. Nonprofit running clubs, like the Badgerland Striders, comprise 70% of the

membership, and nonprofit events make up 19% of the total. The remaining 11% of the membership is made up of for-profit training programs, running shoe stores, and for-profit events.

It's also important to note that the RRCA uses the term "running" to encompass a broad range of activities including competitive running, jogging, fitness walking, race walking, and wheelchair fitness, on roads, trails, and tracks.

The RRCA's vision is to promote the development and growth of running clubs and running events, and to support the interests of recreational runners throughout the country. This vision is realized by RRCA provided programs that can be replicated by member clubs to promote and support running and runners at all stages in life, and by educational informational to keep runners safe, healthy, and informed. In addition, the RRCA strives to promote excellence in nonprofit management.

The RRCA has established a number of values to guide the organization's direction: Running, runners, and the promotion of running as a healthy lifestyle choice. The strength and support of its network of grassroots members and volunteers, and as such, we strive to maintain positive relations with all of our members. Diversity in its member clubs and encourages all clubs to maintain an enjoyable atmosphere for all members. The promotion of safety for all runners and the development and enforcement of laws and infrastructure that protects runners' safety. Running as a competitive sport and we support the Zero Tolerance Policy developed by USA Track & Field for the use of performance enhancing drugs in the sport. The participation of people who support the sport of running. The financial contributions and support of members, sponsors, volunteers, and donors to the organization. Good communication with its members and the running community as a whole. Prudent financial management that enables the organization to achieve its mission while ensuring adequate cash reserves. Strong relationships with national and local media that cover the sport of running and running as a healthy lifestyle choice.

KRC Officers

President - Missy Lonergan - missylonergan@wi.rr.com - 909-7013
Vice President - Mark Maurer - maurertool@sbcglobal.net - 652-9046
Treasurer - Tom DeVroy - tdevroy@fastmail.fm - 553-5391
Secretary - Ann Brothen - abrothen@kUSD.edu - 639-6322

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