

ROSE CITY RUN — THOMASVILLE

Road races in little towns are really nice. Come to think of it, road races in medium size and big towns can be nice, too, Thomasville, Georgia's Rose City Run on April 29 demonstrated why.

A small contingent of JTC folks drove on over and registered for the 10,000 meter race in a large, grassy park in the center of town, under "The Big Oak," a 291-year-old tree that hasn't stopped growing for just that long. We signed up, designating four runners for a shot at the men's team title (not enough of our women runners made the trip for a team in that division), and stretched in the early morning (9 a.m.) sunshine.

We all wore tags, like airline baggage-claim tags, instead of numbers, and they fluttered from running singlets, shorts, anywhere that would hold a safety pin. Roses in little plots were here and there—Thomasville takes its nickname seriously—and the place was full of color. The tall church tower bonged the hour, all 1,075 of us crammed onto the red-bricks of Broad Street, and, following instructions and a minister's prayer (but it is only 10,000 meters!), we were off.

The field was potentially strong, with Winter Beach Run winner Tim Simpkins and St. Augustine runner-up George West competing, as well as Atlanta's star marathoner Lisa Lorrain and Janice Gage, conqueror of Boston winner Gayle Barron at River Run. But Gainesville and other Atlanta people were absent. Simpkins and West just jogged, and the race was relatively pressure-free.

We swept through town over its cobblestones, turned onto a major highway with a whole lane coned off just for us and passed beds and beds of roses. The course described a rough square, with the finish in about the same place, at the grassy park. On the "backstretch" the



Team trophy winners at Thomasville

hills came one after another, but the final two miles were tree-shaded and people-crowded. "Go Jacksonville, that's my hometown", cried one bystander, and the rest of the people, gathered at intersections and apartment groups mainly, were gracious enough to clap and smile. A small school band played a march as we ran past three miles.

Gary Slayton of Valdosta State College ran off and hid in 31 minutes, 20 seconds, with VSC teammates in second through fourth. Janice Gage just edged Nancy Schaeffer of the Florida Track Club by a hair in a little under 37:00.

Following the race, we turned in our baggage-claim tags at age-group tables and wandered around with cups and cups of icy liquid, admiring our T-shirts (among the nicest given by any race), greeting old friends, making new ones. After gathering together, the JTC contingent figured things looked good—Valdosta State had failed to register as a team.

In a while, we all gathered around a wooden gazebo in the park, sat in the grass, and awards were presented. The sun was bright now and everything was sweet and warm from our recent exertion. We picked up age-group firsts in the women's 13-and-under (Laura Fannin, 44:00) and men's 26-to-32 (Chris Hosford, 34:02). Janice Gage was given a rose bouquet by the Rose Queen, who looked suspiciously out of shape.

Later, we were to find out that our men had won the team title, too—the first team trophy for the club. Hosford and Jim Dugger tied (intentionally) at 5th place apiece, with Jay Birmingham, 34:44, in 11th, and bumper Larry Todd, 35:44, in 18th.

Other Jacksonville people running were Rodney Smith, 34th in 37:04, Bob Reardean, 98th in 39:07, and Buck Fannin, 100th in 39:08, Richard Fannin (4th in the under-13), 42:30, Hope Van Nortwick, 52:00, and Christine Milton, 54:00.

Every season has its specialness—special smells, attitudes, barriers to overcome. Cross-country is chilly and linamenty, track can be rather grim. But spring road races in little towns—or medium size and big towns, too—can be very nice things. The Rose City Run, with its special before-and aftermaths—was just that.

--Chris Hosford--

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RIVER RUN IN RETROSPECT

More than a month has passed since River Run 15,000, and, with the advantages of rest and hindsight, perhaps it can be seen more objectively. Judging from the swollen JTC membership roster and other indices, the affair had an impact on the Jacksonville community that exceeded even the more optimistic predictions of organizers. Administratively most things went right. The things that didn't, primarily finish-line backups and a T-shirt distribution snafu, were largely the race director's (my) fault. But first the good things.

The fundamentals were sound. A good course and the right time of year in North Florida. This aspect of the event was discussed by Atlanta Constitution writer Dave Martin in these words:

HF "One big difference between the two races (Peachtree and River Run) will always remain. The beautiful tropical residential neighborhoods and the awesome skyline views from the top of the mammoth Hart Bridge, with ocean freighters far below, add scenery and drama that the Peachtree will never equal. Although the bridge creates a vicious hill between six and seven

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miles, the thrill of conquering it is indescribable."

Even Bill Rodgers, commenting on the Hart Bridge, called it "tough" and noted that he was gasping by the time he got over the top. That is endorsement enough. Don't let anyone of lesser ability try to tell you it isn't a challenge.

The weather, although perfect for spectators, was a little on the warm side (unseasonable) for runners, and the heat took its toll on a number of competitors. Next year we'll have to make provisions for a medical aid station at the finish-line area, and maybe a 9:00 A.M. start would help.

Some things were tried that perhaps have not been seen before. One was the American Eagles' CB radio transmission of the progress of the race to the announcer at the finish line. Another was the roping off of the finish-line area, which permitted the runners an unimpeded finish and allowed race officials to work the finish-line chutes without blockage. The Jacksonville Sheriff's Office, traffic division, and its subsidiary volunteer groups did a masterful job of keeping the streets clear for runners. This feature of the race was highly praised by the runners who too often have to fight traffic for running room at such road races. The splits also were exceptional—marked by large, numbered signs at each mile and amplified by bullhorns in the hands of the timers, all of which had digital stopwatches.

It began to fall through the cracks at the finish. There was the troublesome backup of competitors during the "crunch" period, despite utilization of three, hundred-yard chutes. Tom Skordas, whose always-logical thought processes are sometimes a marvel, had proposed a more complex system of multiple, shorter chutes, but University of Florida Coach Roy Benson and I had worn him down with arguments for a simpler system. In retrospect, Tom probably had the right idea, and his system is in the process of being hammered out for the August 20 Summer Beaches Run.

The most irritating problem turned out to be T-shirt distribution. The undersigned race director simply did not assign enough personnel to enough T-shirt distribution areas, and as a result there was plundering by some and too-long lines of patient finishers, some of whom had to be promised shirts in the mail. Disappointing. That problem too will be cured next time.

On the whole, though, the runners had a great time and promised to return next year. The race seems assured of a secure place on the national spring road-racing calendar. In 1979 the race may have to be limited to about 4,000. The event could well get out of hand if the entries were permitted to exceed 4,000. The streets are too small and the race (15 Km.) is too short to handle a Bay-to-Breakers, or even Peachtree-type crowd.

Complete 1978 results and certificates, together with race notes, will be ready for mailing to all finishers by mid-May. The Jacksonville Track Club owes a huge debt of gratitude to its loyal members who sacrificed the fun of competing in this great event and who spent countless hours doing all of the jobs that were necessary and, for the most part, behind-the-scenes. Thanks to you all. Your reward is a vigorous and healthy track club that may well be on its way to becoming the most dynamic of its kind in the south.

--John F. "Buck" Fannin--

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BARRY, LARRY AND THE GANG GO TO BOSTON

As marathons go, it wasn't bad. There were no official mile markers and only unofficial times en route. The start was a bit crowded. No cars were on the course. The police did a fair job of keeping a path for the runners.

But the Boston Marathon is an experience with a big E, not just a foot-race. On a cool, drizzly April 17th, nine Jacksonville Track Club runners joined five thousand others for the 82nd annual jaunt from Hopkinton to Boston. Four came back with best-ever times.

Barry Sales did best of all—he juggled transportation and accommodations for nine people, visited a half-dozen relatives, then paced off a nine-minute improvement on his personal record. Barry ran an unofficial 2:47:20. Larry Warnock worked his way through the pack for an eight-minute improvement and a time near 3:21 flat. Bill McGregor, a JTC member and career Navy man, pared six minutes from his best to finish a shade over 3 hours and Jay Birmingham ran a strong last five miles to set a PR 2:39:15.

Larry Todd of St. Mary's cruised to a 2:54 clocking in his second marathon outing, followed by Eric Reinhardt, the highest-seeded JTC runner, who ran about 2:55. Rodney Smith cranked out his third 1978 marathon in 3:02 and Bob Ryan shaded 3:12 in his first Boston. Patt Sher overcame a multitude of minor problems to cruise her third marathon in a time of 3:37. Anita Birmingham and Jane Matz provided logistical support and encouragement for the Jacksonville contingent.

Observations—the crowd was warm, encouraging and generally polite. Many times running room was two-wide only, however, making passing difficult. Jérôme Drayton's criticisms of the race in 1977 seem to have precipitated some official improvements including aid stations and semi-official 5-mile checkpoints. The finish line technique was smooth and neat with four chutes draining every minute. A good day, a great race; the Boston Marathon.

--Jay Birmingham--

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RUNNING WITH A NEW FRIEND (Fiction)

I usually run alone. It's not that I don't appreciate company, it's just easier to do without the trouble of having to coordinate time and place with someone else. And, if I miss my usual early-morning workout, I can fit it in later in the day. That's the way it was a couple of weeks ago, doing a long run in late afternoon. I live in an older section of the city, and my runs are mostly over concrete sidewalks and asphalt streets. I've grown to like it, though it tends to be hard on bones and joints.

My footfalls that afternoon had settled into synchronization with my breathing. I had passed the two-mile mark, the point my body and legs begin to make the warming transition from stiffness and labor to a relaxed, more fluid pace. I passed the large schoolgrounds. It was there I saw her—moving gracefully across the playing fields and heading my way. I knew she lived in the neighborhood, about six blocks away. I had seen her a couple of times running with Ted Stillman and occasionally with a group at the bus stop. Ted, as a runner, was out of my class. He had a four-year college scholarship. I read that already he had run a 4:09 mile this year. But today she was without him—and about to catch up with me.

"Hello," I said, in my most ingratiating manner. She pulled beside me and gave me a quick (but not discouraging) look. She obviously was

strong and her muscled legs did anything but detract from her good looks. I figured she too might be out of my league because before long she was putting small, challenging moves on me, which seemed to be effortless for her, and I had to respond with quickened bursts just to keep up. She obviously was enjoying the game, and just when I'd appear to be ready to drop off, she'd ease up, silently brush beside me and would match my pace for awhile.

I sneaked sidelong looks at her and once caught her doing the same. Her eyes, warm and expressive, captivated me. She soon teased me into another game, a form of follow-the-leader, where she ran about two steps in front of me and made unexpected moves and sideways shifts—around trees, signs, sidewalk benches, whatever, obviously enjoying my attempts to duplicate. I simply copied and followed for awhile, content to watch her lithe form, but finally look the lead myself. She dropped behind and traced my moves soundlessly, playing the same game.

After awhile we again fell in together. I studied her again. Her hair was long, deep-shiny red. I'm Irish by ancestry, and although in 1978 that fact has little practical significance, I nevertheless can spot Irish characteristics and amuse myself by doing it. Her eyes, hair, the bone structure—all unmistakably Irish. I was in love (I fall in love easily).

We came to a large park, full of great pines and oaks. The ground between the trees was springy, mulched with layers of pine needles. The running here was easy on the joints—therapeutic in fact. We slowed and inhaled the spring pine resin. Squirrels darted out of our way and scampered up tree trunks, peeking shyly around to watch us pass. We amused ourselves by occasionally pretending to chase them. It became obvious though that she was tiring and ready for a break, which was alright with me. I had been carried along mostly on adrenalin the last couple of miles and needed a rest too.

We discovered a free-flowing water pipe and drank deeply, taking turns until we were satisfied. We dropped to the ground under a graceful Live Oak and casually touched. The run had, in a creative and expressive way, drained us of the stiffness and reserve ordinarily felt by new acquaintances. She moved closer. It was getting dark. I reached to smooth her luxurious hair and noticed an expired date on the vaccination tag attached to her collar. It's O.K., I thought, Irish Setters don't bite.

--John Ferrell--

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ST. AUGUSTINE BEACH

Our carpool played a game, returning from the St. Augustine First Annual Five-Mile Beach Run, and counted every JTC runner we saw at the race. We quit at 54 and assume there must have been at least 10 more we didn't see or recognize.

Despite typical race troubles (to our mortification our shiny new Chronomix timer-on loan for the race-quit at about 200th place), the weather was cool and breezy, and everyone seemed to have a good time visiting before and after the run.

The Jacksonville Track Club's women turned in good performances, the first three overall places being won by Joanne Weber (34:50), Frieda Wyner and Mary Jo Douglass. Among the men, Chris Hosford turned in a strong performance—good for second in the 30-34 division and Jay Birmingham, who was racing for the second time that day, took third in 30-34 with a 28:45 time. George Burns placed 30th overall. The

most impressive time of the day in terms of individual improvement, was Norm Wyner's 30:33, good for third place in the 40-49 division.

Good race—Let's do it again.

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JACKSONVILLE TRACK CLUB STANDING PROGRAMS

JTC MONTHLY MEETING: Held each month on the second Tuesday at 7:30 P.M. Downtown YMCA Health & Fitness Center. JTC business discussed and programs held.

FUN RUN: Held each month on the second Saturday at 9:00 A.M. Florida Junior College, South Campus, Beach Blvd. in rear parking lot. Four mile cross-country, two mile, one mile, 880 and 440. Ribbons to all finishers - age divisions - all ages welcome - free to JTC members.

FUN RUN TRACK MEET: Held each month on the fourth Saturday at 9:00 A.M. at Raines High School. Open to anyone. Age-group competition. In order, (1) 100 yd dash; (2) 2 mile run; (3) 440 yd. dash; (4) 880 yd. dash; (5) 220 yd. dash; (6) 2 and 3-mile run (combined); and (7) Relays. Shot put and long jump during running event.

FRIENDSHIP PARK RUN: Held each Saturday at 8:30 A.M. (except Fun Run Saturdays). This is a long easy-going training run (9-10 min. mile pace) through pleasant neighborhoods and parks. Water breaks and conversation-free to all runners. Starts and ends at Friendship Park.

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FOUR-MILE FUN RUN RESULTS APRIL 8, 1978

1.	Bill Thomas		22:23	1	College
2.	John Havel		22:47	2	College
3.	Tom Graham	PR- :05	23:06	1	30-39
4.	Larry Todd		23:12	2	30-39
5.	Bob Fernee		23:38	1	22-29
6.	Gary Driscoll	PR-1:50	23:38	2	22-29
7.	Rodney Smith		23:48	3	22-29
8.	George Revels	PR- :24	24:09	1	H.S.
9.	Jerry Teske		24:09	4	22-29
10.	Jay Birmingham		24:15	3	30-39
11.	Ken Noftz		24:19	4	30-39
12.	Dan Graham	PR-1:06	24:38	5	22-29
13.	Bill Martin	PR- :17	25:15	6	22-29
14.	Cliff Dunn		25:48	3	College
15.	George Burns		26:01	4	College
16.	Buck Fannin		26:01	5	30-39
17.	Mike Sanchez		26:27	2	H.S.
18.	Scott Reardean		26:33	1	Jr. Hi.
19.	Peter Doyle		26:48	6	30-39
20.	Greg Torrance	1st	26:55	2	Jr. Hi.
21.	Jim Constande	PR- :02	27:37	7	22-29
22.	Bob Reardean		27:39	3	Jr. Hi.
23.	Harry Shorstein	PR- :20	27:46	7	30-39

24.	George Dorion	PR- :01	27:48	1	40-49
25.	?		28:03		
26.	Terry St. John	PR- :12	28:15	8	30-39
27.	Daniel Zerbest		28:36	3	H.S.
28.	Mark Howard		29:16	9	30-39
29.	Jeff Corrigan	1st	29:17	8	22-29
30.	Bob Kirk		29:18	1	13-under
31.	Laura Fannin		29:20	1	Fe-13-under
32.	Billy Woolf		29:20	4	H.S.
33.	Mike Thompson	PR-2:37	29:27	9	22-29
34.	Norm Fernee		29:32	1	50-over
35.	?		29:41		
36.	Todd Thompson	PR- :05	29:42	4	Jr. Hi.
37.	Tom Weaver		30:25	2	40-49
38.	Lyle Arinsberg		30:30	10	30-39
39.	Doug Splane		30:40	11	30-39
40.	Charles Trout	1st	31:08	2	50-over
41.	Phil Bright		32:03	3	50-over
42.	Richard Fannin		32:09	2	13-under
43.	Bill Van Marter		32:49	10	22-29
44.	Jeff Hellrung		32:58	12	30-39
45.	Jay Rovenstine		33:37	13	30-39
46.	Bruce Voland	1st	34:23	5	College
47.	John Lennon		34:37	5	Jr. Hi.
48.	Rick Grant	1st	34:40	14	30-39
49.	John Shippey		34:45	4	50-over
50.	Mark Yetter	1st	34:46	6	Jr. Hi.
51.	Lou Bagnato		35:40	5	50-over
52.	Jeff Power	1st	35:44	6	College
53.	Jeff Harper	1st	35:51	11	22-29
54.	Sally Howard	1st	36:06	1	Fe-30-over
55.	?		36:16		
56.	John Rahaim	1st	37:27	7	Jr. Hi.
57.	Vicki Register	1st	37:32	2	Fe-30-over

PR - Personal Record

1st - First time in four-mile competition

"PR-" - Indicates time improvement over old Personal Record

? - Name unknown. Runner didn't hand in finish stick.

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MAY - JUNE 24 RACING CALENDAR

Sat., May 6 - Fernandina 5-mile beach race. 2 P.M. \$3 entry fee. Register at noon. 150 T-shirts. 3-age group T-shirts

May 6 - Vidalia 10,000 meter Onion run. 9:30 A.M. \$4 entry fee. T-shirts to all. Two mile fun run. Vidalia, Ga.

May 6 - Oak City 5,000 meters. 9 A.M. \$3.00. 200 T-shirts, Bainbridge, Ga.

Sun., May 7 - Miami Podiathon, 20 km. \$6.00 entry. 8:30 A.M.

Sat., May 13 - Moultrie, GA 10 km. 9 A.M. \$3/\$4. T-shirts to all

May 13 - JTC fun run. 4 mi., 2 mi., 1 mi., 880, 440. 9 A.M., FJC South Campus

May 13 - ERA - 2 mile run. Register at track. \$3.00. T-shirts to all

Sat., May 20 - Phidippides Little River Run. 8 A.M. \$3 entry. T-shirts to all. 7,500 meters. Call 743-6063.

- May 20 - Silver Springs 10,000 meter. Silver Springs, FL. 9:30 A.M. 500 prizes. \$5 after May 5. Fun run, 2 miles. 8:30 A.M.
- May 20 - Smyrna, GA. Jonquil Festival 10 km. 9:00 A.M.
- Sat., May 27 - JTC track meet at Raines H.S. 9:00 A.M. All events. Ribbons to all. 50¢ entry for non-members.
- May 27 - Atlanta, GA. Run to Hidden Hills. 5,000 meters. \$3/\$5 entry. T-shirts to all. 10,000 meters fun run.
- Sun., May 28 - Bay to Bay road race. 7 1/2 miles. St. Pete, FL. \$3. Many age groups, divisions, awards. 1000 T-shirts. Tom White, 1250 Jungle Ave., St. Pete. 33710
- Sat., June 3 - 15 mile Swamp Run. Waycross, Ga. 10:00 A.M. 15-mile open or 3 X 5 mi. relay or 6 x 2 1/2 mi. relay. Award for age groups (open) and men & women's relay teams. \$4. T-shirts to all.
- Sat., June 10 - JTC Fun Run (440 thru 4 miles) 9 A.M. FJC South Campus.
- June 10 - Ft. Stewart, Ga. Savannah. 15 miles. 9 A.M. Contact Terry Laughlin. 925-1990.
- Thurs., June 15 & 29 - Summer Track meets (open). Orange Park H.S. 5:30 field; 6:30 running. 16 & over. Men & Women.
- Thurs., June 22 - Summer track meets (youth) Orange Park H.S. 15-under. 5:30 field; 6:30 track.
- Sat., June 24 - JTC track meet. 9 A.M. Raines H. S.

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JACKSONVILLE TRACK CLUB NEWSLETTER SUBSCRIPTIONS

The Jacksonville Track Club newsletter is printed and distributed monthly, free-of-charge to all JTC members. Nonresident (other than Duval County, Florida) subscriptions are available at the nonresident membership price of \$3.00 prepaid. The newsletter features original articles, race results, goings-on in JTC, news of happenings in South-eastern road racing, and a complete racing schedule of regional racing opportunities. Send check or money order to: Jacksonville Track Club, P. O. Box 515, Jacksonville, Florida 32201.

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RACE NOTES AND FOOTNOTES

°°Few personal records were set this past month at April's Fun Run as temperatures in the seventies slowed the PR-setting trend of the past few (cooler) months. To attempt to beat the heat, Fun Runs will be held at 9:00 A.M. during the summer, Daylight Savings Time months, starting with May 13th's Fun Run. We'll also have a 2-mile water station and possibly a hose for a quick shower during the race.

°°April 23 - UNF Earth Day run. A 4-mile-plus cross-country race was held at the University of North Florida. 75 entrants crossed creeks, bridges, chains and armadillos en route. Partial results: (1) Ben Jacobsen, (2) Bill Middleton, (3) Jay Birmingham, (4) Mike Yarbrough, (5) Mark O'Brien, (6) Kevin Collins, (7) Alan Mosley, (10) Rodney Smith. Patt Sher led all women runners and Eric Reinhardt was top master's runner.

°°Lake City, May 29. The first 10 Km. run here drew over 400 starters. Mark Lister won the H.S. division race with Clay McLeod second. Gary Hogue was 11th overall and placed in the 30-39 division. Harry

Stebbins won the 50-over race with John Hampton claiming second. Stebbins ran 45:22. Don Hillhouse placed 63rd overall with a 43:31 clocking and Doug Alred was 26th in 40:15.

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EDITORS' NOTE:

We need your race results. If you run anywhere, report your name, time and place to Jay Birmingham or Buck Fannin, P. O. Box 515, Jacksonville, FL 32201.

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JACKSONVILLE TRACK CLUB OFFICERS AND DIRECTORS

Birmingham, Jay	- 743-6063	McArthur, Nelson	- 771-6262
Burden, Bill	- 641-0248	Monts, Larry	- 772-1229
Burns, George	- 398-0626	Sales, Barry	- 268-6629
Dorion, Dotty	- 641-6991	Selber, Arlene	- 733-6485
Dugger, Jim	- 387-0031	Sher, Patt	- 737-1798
Fannin, Buck	- 353-3667	Skordas, Tom	- 743-1736
Foley, Diana	- 396-0134	TenBroeck, John	- 384-6183
Hogue, Gary	- 725-7173	Wilson, Cass	- 733-8040

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NEWSLETTER EDITORS

Jay Birmingham - 743-6063
John F. "Buck" Fannin - 353-3667

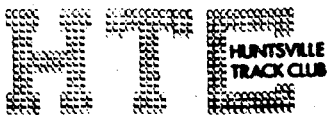
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The Jacksonville Track Club is governed to a great extent by the above individuals, acting as a Board of Directors, who formulate recommended proposals to bring before the membership-at-large for action. JTC has become so populous as to make it ungovernable by a single monthly meeting of the membership at which all of the pending business of the club is discussed in detail. It is important, therefore, that you make your ideas known to one or more of the officers and directors so that they will have ample opportunity to consider your thoughts at the monthly Board meeting.

Under consideration by the JTC, and recommended at the May Board of Directors meeting was a proposal that the JTC become affiliated with the Road Runners Club of America. On the next page there appears an open letter by the Vice President of RRCA, Southern Region, Harold Tinsley, concerning how a track club would benefit by joining the RRCA.

HUNTSVILLE TRACK CLUB

ROAD RUNNERS CLUB OF AMERICA



% HAROLD TINSLEY
8811 EDGEHILL DRIVE
HUNTSVILLE, AL 35802



HTC EXECUTIVE SECRETARY

HTC NEWS EDITOR

MARATHON CHAIRMAN

RRCA VICE PRESIDENT (SOUTH)

WHY JOIN THE RRCA

The Huntsville Track Club, of which I am a member and officer, joined the RRCA in 1974. The RRCA was a small organization (in numbers) at that time - before the explosion in jogging that has occurred in the last few years. We joined simply because the RRCA took an interest in our club, offered a program far exceeding the dues and administrative requirements the HTC would have to support, and to us the need for a strong national organization seemed very important to the growing sport of distance running. The potential for the RRCA to fulfill this need looked very promising. We have not been sorry.

A member club can participate to what ever extent it desires. As a minimum the club must pay a yearly dues of 35¢ per member and furnish a club membership address list for mailing purposes (The RRCA newspaper, FOOTNOTES is mailed to each active member). This fee and administration requirement is essentially insignificant for the return. To join the RRCA is almost as simple (see Blue Booklet). However, let me hasten to say, that if the club is willing, there are many programs in which it, as a whole or the individual members, can participate. The advantages in belonging to the RRCA are many and are listed in the following paragraphs.

As a new or established club you will find the two handbooks you will receive upon joining to be extremely valuable. They will make staging a major road race or conducting any facet of club activity simple with straight forward explanations and examples. The RRCA can obtain for your club the most prestigious 501 (c) (3) IRS tax exempt status. This will allow you to get a non profit organization mailing permit, and allow the clubs officers to deduct business expenses. Most of all donations are tax exempt. This will greatly enhance your acquiring outside support and sponsors.

There is no publication equivalent to FOOTNOTES that can be subscribed to for 35¢ per year. Your members will also be eligible to participate in the RRCA Standard Achievement Awards Program, Personal Fitness Program, National Postal Competition, Meet of Miles, and various State, Regional and National Championship Races. The RRCA has a marketing program for awards, other running related paraphenalia, magazine subscriptions and books, etc. Your club president will receive the Regional Report, Regional Race Schedule, Presidents Newsletter, and various other mailouts during the year. The RRCA has an Awards and Honors Program, a National Convention and a Clinic at the Boston Marathon. There is also a Director of Public Relations, which among other newsreleases, will issue a release to your hometown newspaper when your club joins the RRCA.

Your club races are automatically sanctioned by the RRCA and USTFF, and you will be eligible to bid for State, Regional and National Championships. These are benefits easy to relate to, but there are many less tangible benefits. The RRCA is working to further the sport and make it better by promoting races for all ages and both sexes, has endorsed an Amateur Athletes Bill of Rights, standardized road races and keeps records, supports the movement for longer distances in the Olympics for women. I could go on, but to me the advantages are obvious.

There is no hidden disadvantage. We are not an organization burdened by political and administrative problems. While success of the RRCA can be tied directly to the boom in running, the reason the RRCA is successful, and the other similar organizations aren't, is that we have responded to the needs of the runner. That's easy for us, because all RRCA officials are runners. We are not paid, we work for the love of the sport and the same benefits all runners derive from running.

It is a pleasure for me to have this opportunity to discuss the RRCA and the sport of distance running. I hope I have done a good job and you will be convinced as I am that the RRCA is for you! Thanks.

Harold Tinsley
RRCA VP-South