

RRCA COASTAL CALIFORNIA NEWSLETTER Fall, 2010

Dear Officers of RRCA & PAUSATF Running Clubs, & Friends of Running in California:

Luckily, we are blessed with cooler weather in this part of the country and, therefore, we can continue to do all sorts of races during this time.

We're on Facebook!

The 3 California RRCA State Representatives have gotten together to have a California State RRCA page. Check us out at: <http://www.facebook.com/calrrca>

The RRCA can be found at: www.facebook.com/#!/group.php?gid=39259281145&ref=ts

Run @ Work Day is this Friday, September 17

You may run but do your co-workers? Every 3rd Friday in September, host events at work, community, or school to promote at least 30 minutes of running or walking. More info at: www.rrca.org/programs/run-at-work-day

Halloween Mile and 5K

Being a teacher myself, I can attest to the budget cuts that have negatively impacted schools. Thank goodness, Bill Dake of Ohana Road Runners is putting on a race in which proceeds and 100% of pledges will go to a designated school (be sure to write the name of your school on the entry form!). The race takes place in San Francisco's Golden Gate Park on October 31. Costumes are welcomed. If families have difficulty paying for the entry fee, contact the Bill to discuss your situation. More info at: http://www.peopleevents.org/Halloween_2010.html

Other Funding Opportunities for Youth

Kids Run the Nation grant is accepting applications. The deadline is October 1. In addition, there is info on Lowes Toolbox for Education Grant Program which can help schools build a track or walking trail on school grounds. More info at: www.rrca.org/services/news-entry/funding-opportunities-for-youth-running-programs/

RRCA State Championship Applications

October 1 is the deadline for state championships for 2011. If you need assistance, let me know. This is a great way to enhance your event. More info: www.rrca.org/programs/rrca-championship-series/hosting/

To see what races are championship events, go to: www.rrca.org/programs/rrca-championship-series/

Nominate a Deserving Person for the RRCA National Awards

I'm sure you know a great runner, club officer, or volunteer that deserves recognition. Nominating process is now opened until January 31, 2011. The winners will get a stipend to help with travel expenses to go the 2011 National RRCA Convention in Fredericksburg, VA. Info at: www.rrca.org/services/national-running-awards/

The convention will be from May 12 to May 15. www.rrcaconvention.org/

LOCAL RRCA CLUB RACES [SUPPORT YOUR FELLOW CLUBS!]

- 9/19. **Lake Merced _ Marathon.** Lake Merced. SF. Hosted by Dolphin South End Runners. Enjoy those loops! www.dserunners.com.
- 9/19. **Run for Peace 10K/5K.** Berkeley. Assisted by WOW.. www.unausaeastbay.org/
- Week of 9/21. **Lake Tahoe Marathon Events.** Lots to choose from. www.laketahoemarathon.com
- 10/2. **Dick Collins Firetrails 50 Miler & Golden Hills Marathon.** Castro Valley. Hosted by Bay Area Ultra Runners. www.firetrails50.net/
- 10/9. **East Bay Front Runners Pride Run & Walk 5k/10k.** Lake Merritt. Oakland. www.eastbayfrontrunners.org/
- 10/10. **Sand Dollar Shuffle Run.** Clam Beach. Hosted by 6 Rivers Running Club. www.6rrc.com/2010.html
- 10/16. **Crazy Creek Beer and Bratwurst kids run and 5k.** Middletown. Hosted by Lake County Milers. www.lakecountymilers.com
- 10/17. **Humboldt Redwoods Marathon, Half Marathon & 5K.** Weott. Hosted by 6 Rivers Running Club. www.redwoodsmarathon.org
- 10/23. **Big Sur River Run.** Pfeiffer Big Sur State Park. 30th Anniversary. www.bigsurriverrun.org
- 11/6. **Arcata Bottoms Run.** Arcata. Hosted by 6 Rivers Running Club. www.6rrc.com/2010.html

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- 11/14. **Big Sur International Half Marathon & Run Forrest Run 5K.** Monterey. Half is sold out!
www.bigsurhalfmarathon.org
- 11/25. **THANKSGIVING DAY EIGHT MILE RUN/TWO MILE WALK.** San Luis Obispo. Hosted by San Luis Distance Club. www.coachwaterbury.com/slcdc/events.html
- November. **San Francisco's Run/Walk for the Hungry 5K & 1M.** San Francisco. Flat and fast in Golden Gate Park. www.peopleevents.org.
- December. **Christmas Classic 5K & Miracle Mile.** San Francisco. Downhill and fast 1 miler in Golden Gate Park. www.peopleevents.org.
- Hosted by the **Dolphin South End Runners** almost every Sunday around San Francisco & a 12-week series of races every Thursday evening at 6:30pm, beginning June 10 and continuing to August 26. 4.5 mile paved loop course around Lake Merced. \$1 entry fee for all ages. www.dserunners.com.
- **Lake Merrit Joggers & Striders** have 4th Sunday runs in Oakland. Go to www.lmjs.org.

Next CA RRCA State Meeting

The day (April 16, 2011) before the Presidio 10 which is a RRCA National Championship event, there will be a RRCA state meeting to deal with issues unique to our state. RRCA Executive Director Jean Knaack will be there to talk about insurance and other RRCA programs. There will be other topics of interest as well. Stay tune for details.

UNTIL NEXT TIME

Please contact me if you need more information about what was presented in this newsletter. I'll be on vacation for the next couple of weeks, so I may be able to respond right away.

Finally, I'd like to give a big shout out for the Santa Rosa Marathon for inviting Eastern RRCA State Rep. Simone Adair and I to its 2nd edition. The 5K raised over \$15,000 for the local swimming pools.

Sincerely,

George Rehmet
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