

# TENNESSEE RRCA STATE REP NEWSLETTER

March 2017

## "YOU HAVE TO HAVE A GOOD WORK ETHIC, DEDICATION AND PERSERVERANCE TO BE A CHAMPION." CRAIG VIRGIN

The 2017 RRCA National Convention in Detroit, Michigan featured several motivational speakers. One outstanding speaker was Craig Virgin. He is an American distance runner



who is the only American male to be on three Olympic teams in the 10,000 meters (1976, 1980, 1984), and the only American male to win the IAFF World Cross Country Championships...and he did it twice. His victories came in Paris, France (1980) and Madrid, Spain (1981). Throughout his life, Craig called upon himself to produce results and achieve goals despite many daunting obstacles, including reconstructive childhood surgery, an upbringing with modest financial resources, limited athletic facilities/equipment, and later on, a traumatic head-on car accident. He believes that ideal conditions or circumstances are not always necessary to be the best... but the right attitude and a stronger inner drive will always take you further! Craig's life story --- his ability to identify and commit to his dreams, persistence in the face of adversity and knack for reaching his goals some way or somehow made us examine our own attitude, as well

as our own self-imposed limits and boundaries. Craig showed us that we are truly capable of surviving or achieving far more than we think.

## RUNNER FRIENDLY COMMUNITY DESIGNATION SPRING DEADLINE - JUNE 30

RRCA is seeking applications for the Runner Friendly Community designation. Three primary segments will be reviewed: (1) community infrastructure, (2) community support, and (3) local government support. Each segment includes important criteria as part of the designation process. The goal is for applicants to prove that their community works together to promote running as healthy exercise for residents while ensuring runners safety. The Runner Friendly Community designation committee will convene twice a year to review applications. Applications for Runner



Friendly Community designation in the spring are due by June 30. For more information, go to <http://www.rrca.org/our-programs-services/programs/runner-friendly-community>.



## 2017 RRCA CHAMPIONSHIPS IN TENNESSEE!

State - 10 Mile: Feb 25 - Surgoinsville 10 Miler, Surgoinsville  
State - Half Marathon: Mar 5 - Chattanooga Half Marathon, Chattanooga  
State - 10K: Mar 18 - Music City 10K, Nashville  
State - Marathon: Apr 1 - Andrew Jackson Marathon, Jackson  
State - Ultra: Apr 15 - Locomotion 12 Hour Ultra, East Ridge  
Southern Region - 1 Mile: May 6 - Market Street Mile, Chattanooga  
Southern Region - Ultra: May 6 - Strolling Jim 40 Mile Run, Wartrace  
State - Other Distance: May 29 - Chattanooga Chase 8K, Chattanooga  
State - 1 Mile: July 4 - Farragut Freedom Run 1 Miler, Farragut  
State - 5K: Nov 23 - Hot To Trot 5K, Knoxville  
State - Cross Country: Dec 16 - Wauhatchie Trail Run, Chattanooga  
National - Ultra: Dec 16 - Lookout Mountain 50 Mile, Chattanooga

## SAVE THE DATE - 2018 RRCA CONVENTION IN WASHINGTON, DC!

The 60th RRCA National Convention starts with the welcome reception on **Thursday**



**April 5** and concludes on **Sunday April 8** with the featured race, Credit Union Cherry Blossom Ten Mile Run & 5K Run-Walk (<http://www.cherryblossom.org/>). The convention consists of educational workshops on best practices, the RRCA Annual Meeting of the Membership, the National Running Awards Banquet, and several social networking luncheons and events. Hundreds of runners, club leaders, event directors, and corporate supporters attend the RRCA Convention. Clubs are encouraged to reward their

key volunteers with a trip to the RRCA Convention. Hope to see you in Washington, DC!



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PLEASE MAKE SURE YOU ARE USING THE LATEST RRCA LOGOS ON YOUR SHIRTS AND WEBSITE!