

# TENNESSEE RRCA STATE REP NEWSLETTER

## August 2017

### CONGRATULATIONS MEMPHIS!

The Road Runners Club of America is pleased to announce and welcome its Runner Friendly Community® designations for 2017.



Frederick, Maryland

Golden, Colorado

Holland, Michigan

Huntington Woods, Michigan

Ithaca, New York

**Memphis, Tennessee**

Minneapolis - St. Paul, Minnesota

Sheboygan, Wisconsin

These communities have shown

that they meet the program's criteria, which includes community infrastructure, community support and local government support for running. The goal of the RRCA's Runner Friendly Community program is to shine a national spotlight on communities that stand out as runner-friendly and to provide incentives and ideas for communities to work towards becoming runner-friendly communities. <http://www.rrca.org/news-articles/news-archives/2017/08/03/rrca-welcomes-2017-runner-friendly-communities>.

### 2017 RRCA CHAMPIONSHIPS IN TENNESSEE!

The 2017 RRCA Championships in Tennessee consist of 1 National, 2 Southern Region and 9 Tennessee State Championships for a total of 12 RRCA Championships in Tennessee in 2017. With 3 remaining, you have plenty of time to plan to attend a RRCA Championship in Tennessee. You will not be disappointed!

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

### YOUR RACE COULD BE A RRCA CHAMPIONSHIP IN 2018!

RRCA Championship events qualify for free race-branded RRCA Championship medals, race bib numbers, Gatorade (some exclusions apply), and Sports Authority gift cards. Application deadlines for the 2018 RRCA Championship Event Series for Regional and State events are:



2018 RRCA Southern Region Championship bids due October 1

2018 RRCA Tennessee State Championship bids due November 1

2019 RRCA National Championship bids due March 1, 2018

Apply today for your race to be designated as a RRCA Championship at

<http://www.rrca.org/our-programs-services/programs/rrca-championship-series/bid-form>.

## LIKE RRCA TENNESSEE FACEBOOK PAGE



Don't miss a single RRCA Tennessee activity by Liking the RRCA Tennessee Facebook page. Review Tennessee newsletters, championships and activities at [www.facebook.com/RRCATN](http://www.facebook.com/RRCATN). Keep up with national RRCA activities at the Road Runners Club of America Facebook page at [www.facebook.com/Roadrunnersclubofamerica/](http://www.facebook.com/Roadrunnersclubofamerica/).

## 12<sup>th</sup> ANNUAL RUN@WORK DAY and 6<sup>th</sup> ANNUAL RUN@SCHOOL DAY!

On September 15, 2017 the RRCA will present the 12th Annual RUN@WORK Day and the 6th Annual RUN@SCHOOL Day, nationwide fitness efforts. Company-based wellness



programs, human resources departments, running clubs, running events, running shoe stores, teachers, coaches, parents, and individuals

nationwide are encouraged to plan fun runs and walks around the country with their employers or at local schools. To help you plan your event, the RRCA has created the RUN@WORK Day and RUN@SCHOOL Day Planning Kit, Fact Sheets and Promotional Posters you can customize for your event. Go to <http://www.rrca.org/our-programs-services/programs/run@work-day-run@school-day> for more information.

## 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. Go to

<http://www.rrca.org/convention> for more information.



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