

RRCA TENNESSEE STATE REP NEWSLETTER

July 2019

2019 RRCA CHAMPIONSHIPS IN TENNESSEE!

Tennessee has been very busy this year with nine RRCA Championships. We have one more in 2019 which is the Mt. Juliet Holiday 5K in Mt. Juliet on December 14. The course will take you around Mt. Juliet with some beautiful scenery. Participants will receive a long sleeve shirt, a delicious post-race meal, and a great finisher medal. For more information, check out the event website at <https://www.team-magic.com/events/156>.



SUBMIT YOUR BID NOW FOR A 2020 REGIONAL & STATE CHAMPIONSHIP!

Don't forget to submit your bid for a RRCA Championship race in 2020. The deadline to apply for a 2020 RRCA Southern Region Championship is **October 1**. The deadline to apply for a 2020 RRCA Tennessee State Championship is **November 1**. You may bid for both championships with one application. Check the regional and state boxes. Remember, bidding for a RRCA Championship is **FREE!** Submit your bid today at <http://www.rrca.org/programs/rrca-championship-series/bid-form/>.

You can submit championship bids for the following distances: 1M, 5K, 10K, 10 Mile, Half Marathon, Marathon, Ultra, Cross-Country and Other. When a race is designated as a championship race, the race receives:

1. **FREE** eight RRCA Championship medals for Overalls, Masters, Grandmasters, and Senior Grandmasters for both male and female!
2. **FREE** RRCA Championship bibs
3. **FREE** Gatorade product, cups, coolers, mixing wands and banners (non-profit, 10K and longer, minimum of 400 participants - unless Ultra distance)
4. **FREE** use of RRCA Championship banners
5. **FREE** use of RRCA Championship finish line tape

A graphic with the text 'I love free stuff' in a hand-drawn, black, blocky font. The word 'love' is replaced by a red heart with a black outline. The entire graphic is enclosed in a thin black rectangular border.

6. **FREE** promotion through social media
7. **FREE** listing in the RRCA Event Calendar as Championship event
8. **DISCOUNTED** advertising in Club Running magazine

14th ANNUAL RUN@WORK DAY and 8th ANNUAL RUN@SCHOOL DAY!

On September 20, 2019 the RRCA will present the 14th Annual RUN@WORK Day and the 8th Annual RUN@SCHOOL Day, nationwide fitness efforts. The goal of



RUN@WORK Day and RUN@School Day is to encourage adults and children to get at least 30-minutes of exercise each day,

in accordance with the Physical Activity Guidelines for Americans, either before work/school, during lunch, or immediately following work/school. RUN@WORK Day also encourages companies to help employees schedule time for physical activity.

Incorporating exercise into one's daily routine can markedly improve one's overall physical health. 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. For more information, go to <https://www.rrca.org/our-programs-services/programs/run@work-day-run@school-day>.

62nd RRCA NATIONAL CONVENTION

MARCH 19-22, 2020

The 62nd RRCA National Convention will be held in Portland, Oregon. Join us in this one-of-a-kind city and explore everything the region has to offer to the running community. The 2020 RRCA National Convention fee is \$395, and includes our robust education program for club leaders, race directors, coaches, and runners; organized morning group runs; Friday & Saturday breakfasts and luncheons; Thursday, Friday and Saturday networking receptions; the 62nd RRCA National Running Awards Dinner; an attendee goody bag with commemorative jacket; and more! Sign up four or more club or event leaders at the same time and get \$5 off per registration.



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