



Cleveland

ROAD RUNNERS CLUB

Dear Road Runner:

You will soon discover while reading this mailing that it can be the start of something good for you and the whole distance running scene in N.E. Ohio.

The Cleveland Road Runners Club along with its competitive racing team "Lake Erie AA" has now become independent of any previous YMCA affiliation and is open to all runners at a fraction of the previous cost. Being functionally and financially on its own feet, we feel confident you'll want to become part of this organization once you find out what is in it for you. To back this feeling up, after reviewing the stuff enclosed and you aren't really enthused, we'll even refund your 6¢ postage for telling us so on the enclosed form.

Background - The Cleveland Road Runners Club, an affiliate of the Road Runners Club (RRC) of America is a non-profit organization founded in 1957 to promote running as a sport and healthy exercise.

The Cleveland Chapter of the RRC sponsors weekly distance running events for both the highly trained competitive runner and the jogger. Many of these events offer everyone a chance to run, regardless of age, sex or athletic proficiency. The RRC is a sponsoring group, NOT a competitive athletic team. You can represent any school team or athletic club in our events and still be a member of the RRC.

The RRC pioneered in developing the sport of athletic long distance running on a competitive basis, especially in areas where the sport was relatively inactive. There are now nearly a dozen active area clubs in the state of Ohio. These club's runs enables men who are through their college careers to continue to compete, enables men who just want to stay in condition to compete, and gives the high school runner the opportunity to stay in condition during the winter & summer months when he is not actively participating for his school.

The RRC is an affiliate of the ^{AAU} U.S.T.F.F. ^{The} and publishes the monthly magazine Long Distance Log that is the complete record of all Road Race results nationally and carries official news of National RRC and AAU meeting activities regarding Long Distance running.

Members of the Cleveland RRC are kept informed of upcoming events from an area schedule containing over 50 local races throughout the year plus additional information by separate mailings of entry blanks, newly organized races, schedule changes and other important races outside our area. Its local officers and suburban county representatives serve as a clearinghouse of important information and can help you regarding race contacts, entry requirements and travel arrangements to races.

Your \$2.00 membership fee helps defray the costs of mailing schedules, membership ID cards, Lake Erie AAU championship race entries, costs of prizes and includes your entry fee in two races sponsored by the Cleveland RRC and two races sponsored by the Akron RRC. These 4 free races alone are worth more than the cost of your membership!**

Members of the Cleveland RRC save additional money by reduced entry fees to all other local RRC sponsored races and possible sponsorship in some large Fund Raising races. There are also opportunities to buy certain publications and merchandise for our sport at team discounts and, it can open a whole new world of race opportunities at shared expenses for travel with other interested runners to out of town events.

Lastly, but regarded most valuable by present RRC members are the opportunities to share experiences and knowledge about their sport of Long Distance Running. At every club sponsored training session, before and after every weekend race and between, there are friendly open discussions about the things you and every other runner is most interested in: Training methods, mileages, helpful published articles, research findings, shoes, injuries, food, preparing for major competitions and pacing for the whole gamut of races from 1 mile on a track through cross country, "middle distances" of 10-15 mile road races and on to the marathons including all the flavor of the Boston reborn each spring.

Here the novice can learn from the best. The Akron-Cleveland area has no less than 4 RRC members who currently hold National Age Group Records and several more who are or were school champions. Their ages range from upward to over 65. Theirs, along with the cumulative years of experiences of many other successful runners are yours for the asking. It is our hope that all the interested runners in the area can gain by these personal contacts. It is our desire to see each runner maximize his performance within his own ability. We want you to get your best times. In turn, you will gain the satisfaction that only can come from running for fun. (Also, we may find some valuable additions for the Lake Erie AA competitive team!)

To get in on all this, we only ask that you complete the enclosed form and return mail today.

We urge you to take this opportunity now to keep abreast of all the upcoming races (sample copy enclosed) and get in on the weekly "over distance" group training sessions now being planned especially for the off school season months this summer and winter.

If any further information is desired, please do not hesitate to call me at 524-7004. If I'm out running or in the shower, just leave your name so I can return the call.

Yours for Better Fitness,



Bill Bredenbeck
President
Cleveland RRC/Lake Erie AA