



# 51<sup>st</sup> RRCA Annual Convention

## San Francisco, USA

### March 26-29, 2009

[www.rrcaconvention.org](http://www.rrcaconvention.org)



#### ROAD RUNNERS CLUB OF AMERICA

The Road Runners Club of America is the national association of running clubs, running events, and runners dedicated to promoting long distance running as a competitive sport and as healthful exercise. RRCA's mission is to represent and promote the common interest of its member clubs, events, and individual runners through education, leadership, programs and other services. The RRCA website can be found at: [www.rrca.org](http://www.rrca.org)

#### HYATT: HOST HOTEL & EXPO

Most activities, meals, & seminars will be at the "Hyatt at Fisherman's Wharf." Located in the heart of world-famous Fisherman's Wharf, this four star hotel has easy access to Pier 39, the Cannery, Harbor Cruises & Ghirardelli Square; across from the Powell & Mason Cable Car Line, about a mile from Union Square, Chinatown & Nob Hill. The convention room rate is \$172 per night for a room with either 1 or 2 beds. For a special discounted rate, call reservations at **402-592-6464/800-233-1234**. (Be sure to mention you are attending the RRCA Convention!) **EXPO!** Check out products & races from the sponsors, book signings, silent auction, & learn the history of the host clubs.

#### TRAVEL

JetBlue will offer a 5% discount on flights to San Francisco. Mention code "**RRCA2009**" when making reservations at [www.jetblue.com](http://www.jetblue.com). [CONDITIONS APPLY.] Once you arrive, take the Super Shuttle from the airport to your hotel in Fisherman's Wharf. To take advantage of a discounted price for each way, mention code "**3WG4F**" when making reservations at [www.SuperShuttle.com](http://www.SuperShuttle.com). [CONDITIONS APPLY.]

#### AWARDS BANQUET

Included in the full convention fee is the RRCA awards banquet highlighted by keynote speaker, Frank Shorter, Gold Medalist in the 1972 Olympic Marathon and Silver Medalist in the 1976 Olympics. Take part as national award winners are honored.

#### OTHER SPECIAL MEALS/ACTIVITIES

Join us for other meals (see fees) with special guests & activities.

- **Friday Luncheon** - RRCA State Representatives are honored by Runner's World's Chief Running Officer, Bart Yasso, who will give a slide show presentation of his running adventures around the world which was the basis for his book, "My Life on the Run."
- **Friday Dinner** - Join runners from around the nation for a special shopping experience at Sports Basement along with contests and music provided by the East Bay Gay Men Choir.
- **Saturday Marathon & Beyond Magazine's Luncheon** - Keynote speaker is Ultramarathon Man & local Dean Karnazes who ran 50 marathons in 50 states in 50 days.
- **Saturday Morning Cruise** - Take a cruise as a local bay swimmer explains the sights & quirks of the bay. Light refreshments offered. LIMITED TO 40.
- **Course Measurement** - Hands-on session on course measurement. LIMITED TO 15.
- **RRCA Coaches Continuing Education Course** - 4 hours of seminars in addition to convention. See website for more details.

#### PURPOSE

Each year the RRCA gathers in a different city for its annual convention, business meeting, workshops, and national awards banquet. The convention has taken place since 1958 without fail. Hundreds of runners and club and event delegates attend the convention. The convention includes an RRCA Board meeting, training for RRCA state representatives, seminars, coaches training, luncheon banquets, fun runs, and an awards dinner banquet.

#### CONVENTION HOSTS

Four of the leading clubs in the Bay Area are heading up the effort: Dolphin South End Runners (DSE), Pamakid Runners, San Francisco Road Runners Club (SFRRRC) and Lake Merritt Joggers & Striders (LMJS).

#### COMPANION RACE: PRESIDIO 10

Run across the Golden Gate Bridge! The Presidio 10 has been selected as the companion race for the convention. Attendees are eligible for a \$5 discount off the pre-registered rates. **Use code "2009RRCA"** (use separate race entry form). For detailed information about the Presidio 10 & to register for either the 10K or 10mile race, visit [www.presidio10.com](http://www.presidio10.com).

#### RUNS/WALKS

Attendees will be guided on scenic runs/walks around the Fisherman's Wharf area that take in many of San Francisco's iconic sights. For attendees who love trail running, the Tamalpa Runners will host a run with light refreshments on the infamous Dipsea trail. This run is limited to 40 participants.

#### THURSDAY EVENING RECEPTION

Convention attendees will gather at the historic South End Rowing Club to learn about how this historical site laid the roots of Bay Area running. Attendees will meet national RRCA board officers and state representatives.

#### SEMINARS

The heart of the convention is the seminars such as:

- Careers in the Running Industry Panel - hosted by *Runner's World's* Bart Yasso
- "How to Make a Race a Real Event" - presented by the Big Sur International Marathon
- Ultrarunning Panel - highlighted by Western States 100 winner Tim Twietmeyer
- Healthy Training Tips for Runners - presented by Presidio Sport & Medicine
- Advanced Trail Running - Nancy Hobbs, Executive Director of the American Trail Running Association
- Runners with Disabilities Panel
- Marathon & Half Marathon Training Program
- How to Utilize Active.com for Your Running Club/Race
- Children's Running
- Blue Planet Run
- Club College: RRCA Programs, Club Governance

Check website for other seminars & schedule!



# 51<sup>st</sup> RRCA NATIONAL CONVENTION REGISTRATION FORM

Registrant Information					
Last Name		First Name			
Mailing Address					
City		State		Zip	
Primary Phone		Email			
Club Name		Title/Position in Club			

## ADDITIONAL INFORMATION (Circle)

T-Shirt Size: S M L XL XXL	Is this your first convention? Yes No	Do you want vegetarian meals? Yes No
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PRICES	RECEPTION & RUNS
\$250 X # _____ = \$ _____ until February 5, 2009.	Do you plan to join us at the Thurs. evening reception? Yes No  Do you plan to join us for the scenic runs? Thursday AM: Yes No Friday AM: Yes No Friday PM: Yes No Saturday AM: Yes No
\$275 X # _____ = \$ _____ postmarked after February 5, 2009.	<h3 style="margin: 0;">PAYMENT INFO</h3> Please sign waiver, mail and make checks payable to: <b>RRCA Convention 2009</b> PO Box 475224 San Francisco, CA 94147 <i><b>Refund Policy: You may cancel your registration for the convention up until February 25, 2009 and receive a refund minus a 10% service fee. After that date no refund can be issued.</b></i>
\$325 X # _____ = \$ _____ postmarked after March 1, 2009.	
\$50 X # _____ = \$ _____ Must register for convention as well.	
Continuing Education RRCA Coaching Certification (25 student limit) (Two 2 hour seminars.)	
MEAL TICKETS	Convention Use Only:
\$40 X # _____ = \$ _____ Fri. Luncheon w/ Bart Yasso	Date Received:
\$35 X # _____ = \$ _____ Fri. Dinner Party & Contest	Check #:
\$40 X # _____ = \$ _____ Sat. Luncheon w/ Dean Karnazes	Amount:
\$100 X # _____ = \$ _____ Meal Package (Friday Luncheon, Friday Dinner, & Saturday Luncheon)	Comp:
\$60 X # _____ = \$ _____ Awards Banquet (one ticket is already included with each convention registration)	Comp plus additional:
OTHER	Database Entry:
\$30 X # _____ = \$ _____ LIMITED TO 40.	Remarks:
\$25 X # _____ = \$ _____ Bay Cruise w/ light refreshments [LIMIT TO 40]	Quicken Entry:
\$25 X # _____ = \$ _____ Course Measurement Session [LIMITED to 15]	Questions about registration: Contact: (650) 438-9589 or <a href="mailto:rrcaconvention2009@sbcglobal.net">rrcaconvention2009@sbcglobal.net</a> <b>For more info, go to <a href="http://www.rrcaconvention.org">www.rrcaconvention.org</a></b>
<b>\$ _____ TOTAL</b>	

**Release form:** I know that running is a potentially hazardous activity. I should not participate in the running activities unless I am medically able and properly trained. I assume all risks associated with running in these convention runs & other activities, including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Clubs of America, Pamakid Runners, Lake Merritt Joggers & Striders, San Francisco Road Runners, and Dolphin South End Running Club, all city, county, and state governments, the Hyatt, South End Rowing Club, transportation, volunteers, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this convention & related activities. I understand that all entries are final with no refunds. The official convention hosts reserve the right in any event of emergency or local or national disaster to cancel the convention or to change the day and/or time to a later day and that in the event of cancellation or change there is refund of entry fees minus a service fee. The official convention hosts reserve the right to change the schedule of activities and seminars without warning. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. I have received a copy and read the above. [initials]

sign name \_\_\_\_\_

print name \_\_\_\_\_

date \_\_\_\_\_