

RRCA National Championship Race: Presidio 10 & Next CA RRCA State Meeting

On April 17, 2011, the Guardsmen will host the Presidio 10 in which the 10 mile race is a national Road Runners Club of America (RRCA) championship event while the 10K will be a Western Regional championship event. Team awards are in the works for largest team and fastest team. More info can be found at: www.presidio10.com.

The day (April 16, 2011) before the Presidio 10 there will be these activities at Sports Basement - Presidio:

Saturday, April 16: Trail Running Seminars (sponsored by The Presidio 10)

Join Nancy Hobbs, Chair of the USATF Mountain/Ultra/Trail Running Council, founder and executive director of the American Trail Running Association and coauthor of the book "The Ultimate Guide to Trail Running," for a presentation of trail running. Nancy Hobbs will present 2 sessions based on the runner's trail running experience:

Beginning Trail Running: Trail Running 101 at 1PM

This seminar will provide attendees with an introduction to trail running and a definition of the sport. Tips for getting started will include finding trails, choosing footwear, learning how to dress for conditions, and what you may encounter as you hit the trails. This is an introduction to the sport, but will also be a great session for those who already enjoy the trails.

Advanced Trail Running: Novice to Experienced at 4PM

This seminar will delve into tips and techniques for the trail. You will learn how to run better and more confidently on both uphill and downhill. You will learn how to navigate steep, rugged trails and what it's like to run at altitude. You will find out about opportunities to compete both nationally and internationally as a trail and/or mountain runner. Beginners also welcome at this session.

Both of these sessions will allow time for questions and discussion and include PowerPoint presentations. Both sessions will discuss how to run up and down the hills of the Presidio 10 races.

Hosted by The Guardsmen and the Presidio 10: Road Runners Club of America (RRCA) State Meeting from 2PM-4PM

Join RRCA Executive Director Jean Knaack and RRCA Board Director David Epstein from the national office as they discuss issues that affect races and running clubs: insurance, liability, securing sponsors. This meeting is open to all, especially members and officers of running clubs and races whether they're associated with the RRCA or not. This meeting will allow time for clubs to bring up concerns and to network with each other.

In addition, the meeting will have refreshments and will give out 20% off beads to go shopping at Sports Basement.

Any questions, please contact George Rehmet, RRCA State Representative, at coastalcalifornia@rrca.org. For more information about the RRCA, go to www.rrca.org.