

North Carolina Roadrunners Club Historical Summary

From 1979 to 2017

Introduction:

This document was first put together for the 10th anniversary of the NCRC and was subsequently updated for the 20th and 25th anniversaries by me. In 2017, I undertook a major update of the history to capture more of the details from each year by going through all the newsletters that I had in order to bring the history up to date. As a result, I've found some of my newsletter missing, so I was not able to fully capture every highlight from some years. Those missing newsletters are identified.

In order to capture all the key highlights from the year:

- I relied on Race Reports written by the responsible Race Directors for details such as the number of participants, money raised, money donated, charities supported and any notable details such as weather conditions, course records, etc.
- Secondly, I looked for Minutes from Board meetings to identify actual amounts donated to a charity, Names of staff members responsible for activities, special recognitions noted and membership numbers.
- Third, for special awards I looked for reports from Conventions, Volunteer Dinners and Parties to identify people who received special recognition.
- Fourth, First Time Events such as races, trips, social events, run series, pool parties, etc. were identified whenever they were listed.

In some cases, newsletters contained little or no information on trips, races, donation amounts or receivers, leaders, numbers of participants, membership nos. Board Minutes, etc. In that case, you will find some missing information that needs to be filled in.

With that, I leave it up to the next Historian to keep this record of the North Carolina Roadrunners Club up to date.

Joe Lugiano
03/06/2017

1979/1980

The club was founded by Tom Phillips of Hackney's, a sporting goods store in North Hills Mall.

The club was officially established on November 10, 1979. The initial club roster had 45 names. The first "**RUNNERGRAM**" was published in January 1980.

The first fun run was held at Umstead Park with over 30 runners and a dachshund named Peanut Butter in attendance. The snickerdoodles and other refreshments and "poker game" were great. Other runs were held during that time period, with the year culminating in a candlelight run on December 21. The run was hosted by Tee Stephenson and John and Linda Miesch.

The December candlelight run was held at the newly opened Sertoma Park and Shelley Lake facility.

The initial staff of the newsletter was Dr. Terry Claycomb (Podiatrist), Tee Stephenson (Coach), Dr. Charles Mangano (Cardiologist), Dr. Arturo deLeon (GP), and Tom Devito (Nutritionist).

The initial dues were \$7.50 / year. The January calendar included a Fun Run at Umstead Park, a Cheese and Ale party, a Social Trip and Fun Run to Atlantic Beach, and Running Clinics in North Hills Mall and University Mall throughout the week.

The first North Carolina Roadrunners Invitational 5K was held on February 24, 1980 at 3:00 PM. Entry fee was \$2.50 for the general public and \$1.50 for NCRC members. This was the precursor to the Run for the Roses.

The Shamrock Marathon was held on March 15, 1980 and was attended by many club members.

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The Great Raleigh Road Race was held on March 30, 1980.

The first “real” Club Meeting was held on May 18, 1980. This is hard to believe considering the number of Fun Runs, Running Clinics, Social Gatherings, and Thursday night track workouts at W. Millbrook Jr. High that had occurred leading up to it.

Newsletter articles were written by the staff. Race results were from Shamrock, Great Raleigh Road Race 10K (GRRR), Smithfield Birthday Run 10K, Boston Marathon, Southeastern Masters Track and Field, and the Goldsboro 10K. (Sound familiar?)

A coordinating council was established at the May meeting.

Tom Phillips - Public Relations

John Miesch - Vice President (Later a President)

Linda Miesch - Treasurer

Marianne Glover – Recording Secretary (She later became Tom’s wife)

Jim Young - Events Committee (Later Executive Director and Race Management Owner)

Bob Ross - Events Committee (Later a President)

Rodney Johnson – Newsletter (Later a President)

Joe Lugiano – Newsletter (The first elected President)

Races that spring included Pine Level Fireman’s Run 10K, Spivey’s Corners Hollerin’ Run 10K, Rainbow Run 10K in Greensboro.

The first NCRC All Comers Track Meet was held on June 22, 1980. Al Elder and John Miesch earned the “Iron Men” title for competing in all 7 events in less than 2 hours. Donna Jenkins (now Donna Young) and Marjorie Allen were judges and timers.

The Saturday morning Shelley Lake 5-mile Fun Runs, followed by breakfast, were popular events. Sign-in was on the clipboard on Jim Young’s red Kawasaki motorcycle.

Both 3-mile and 5-mile fun runs were held during the summer months. NC State, Optimist Park, and Shelley Lake were frequent venues. The runs were followed with Gatorade and watermelon. And as frequently as possible, door prizes were provided by Carl Coats Jr. of The Locker Room and Jeff Howser of Second Sole.

In the fall of 1980, a Backgammon Tournament was put on by Tom Phillips and Marianne Glover of Hackney’s to help raise funds for the club. With 16 players entered, the double elimination tournament came down to a showdown between Garland and Susan Whichard. Susan won 2 out of 3 games to take home the prize of a \$50 Backgammon set.

The NCRC’s first “Saturday morning distance workout” was a big success with runners covering distances of 3 to 30 miles. Finish at 9 AM followed by breakfast at Griffin’s.

The Jonesville – Union Grove Marathon was held in the North Carolina mountains. First held in 1979.

The Raleigh Marine Corps Reserve / NCRC Half Marathon was held on October 11, 1980. The race was headed up by Rodney Johnson and Joe Lugiano, Co-Race Directors.

Fall interval workouts were moved to Broughton HS.

The First Annual Christmas covered dish supper was held at St. Giles Presbyterian Church in Oak Park. Over 40 members and families attended. The event was coordinated by Joe and Hannah Lugiano.

The First North Carolina Road Runners Club elections were held. Club By-Laws were formalized.

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1981

The following officers were elected:

President – Joe Lugiano
Vice President – Rodney Johnson
Treasurer – Linda Miesch
Membership Chairman – Dave Lenat
Activities Chairman – Bob Ross
Newsletter Editor – Jim Young
Member-at-large – Skip Midkiff, Judy Raynor

- **The first Run for the Roses 5K was held in Mini-City.**
- **The Newsletter expands its typewritten format to over 20 pages. (On Joe's IBM Selectric Typewriter)**
 - President's Corner
 - A column titled "The Good, the bad and the ugly" by Ellen Ross, Nutritionist
 - Race results expanded with details on known club finishers.
 - Upcoming events more detailed
 - Welcome to New Members profiles started. The majority of ages were in the 20s and 30s. The club membership was over 100.
 - More members attend the Shamrock Marathon in 1981. Bob Ross was praised for his work on putting this first of many annual club events together.
 - A very detailed Calendar of Events became a new fixture in the newsletter, as Jim Young would contact each race director to get the particulars on each race and provide details for the newsletter.
- **The Southeastern U.S. Masters Distance Jamboree became the site of the Marathon Championship of the USA.**
- Other races included in the Race Calendar were:
 - The First Annual Armed Forces Day 10,000 Meter Race and 1-mile fun run were held in Jacksonville.
 - The Second Kiwanis Brick Races, 10 Mile, 10,000m and 3 Mile were held in Sanford. Trophies and ribbons to age group winners (0-19, 20-26, 27-33, 34-40, 41-47, 48-54, 55-61, 62+)
 - The Carolina Beach – Pleasure Island Pepsi Run was sponsored by the Wilmington YMCA.
 - The Spirit of America Marathon, Half Marathon was held on July 4 in Washington, NC (A fifth-year race)
 - The Historic Beaufort Road Race was held in New Bern on July 19.
- **Rodney Johnson assumes the Presidency as the Lugianos return to Virginia.**
- Ed Monaghan was added to the list of officers as responsible for Race Transport or FART (Far Away Race Transportation).
- A 10% discount was offered to club members at Second Sole.
- **The Marine Corps Half Marathon was awarded the NCA/TAC/USA half marathon championship.** The Raleigh Amateur Radio Club provided split times of the first 3 men and women at the 2-, 4-, 6-, 8- and 10-mile points. There were 349 entrants with \$2,043 in fees collected.
- **Carolina Federal Savings and Loan becomes Co-sponsor of the Run for the Roses, with WPTF-AM, Harris Wholesale and Pine State.**
- **In August, the Maggie Valley Moonlight Race attracted several members. This became an annual summer pilgrimage for many years.**
- And now two opportunities to eat and run on the weekend with a Saturday and Sunday run followed by breakfast. Sunday runs were at the Sheraton Highwoods with breakfast at the Sheraton.
- The Race Calendar included:

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- The Collard Festival Footrace in Ayden, the Knightdale 10,000 meter run with Butch Robertson as the race director, Carolina Street Scene 10,000 Meter in Winston-Salem, the Fayetteville 10,000, New Bern Craven County Hospital Day 10,000M Roadrace, Wilmington Pepsi Triathlon (3rd), The Virginia 10 Miler, Apex Jaycees Street Run 5,000m, and the Greensboro Run for the Arts 10,000m. Wilmington Mini-marathon, Flora Macdonald Highland Games, Selma Railroad Run 10,000m, Fayetteville 3 Day Marathon (7.1mile, 6 mile X-C, and 13.1 Mile), the Holden Beach Oyster Festival Run 10,000m, the Charlotte Running Mates Road Race (for married couples only), the Greensboro Marathon(17th year), Swansboro First annual Mullet Festival 10K. Canton – 4th Annual Lake Junaluska Road Race, Chapel Hill Hokum-Karem 9+ Miles, Winston-Salem First Union Classic, 10,000m, 5,000m and 1.25 mile, Southern Pines Autumn Fest 20,000m, 10,000m and 2,000m, 2nd Annual RTP Run in the Park, 10,000m and 2 mile, Wendell – Pat Patterson Invitational 10,000m, Durham First Half-marathon and 10K, Marine Corps Marathon, Fayetteville, Veteran's Day Run 10,000m, Fuquay-Varina Exchange Club Roadrace 10,000m, Fort Bragg All-American Marathon, Lumberton Natural Run 10,000m, 3 mile, 1 mile, and the East Coast Classic, TFA/USA Master and Sub-Master Championship 5,000m at Meredith College.
- **The NCRC fielded its first 2 teams at the East Coast X-C Classic.**
- **NCRC Runners took 4 out of the top 5 positions at the Pat Patterson 10K in Wendell with their times between 32 and 33 minutes.**
- **The Marine Corps Marathon had a lot of the NCRC members participating with Rodney Johnson the fastest in 2:38:10 .**
- **One for the books: Jim Young took first in his age group at the Pasquotank River Run 5K while his future bride was first female overall.**
- **The Year ended with its 1st Annual Christmas Banquet at St. Giles Presbyterian Church in Oak Park with about 70 members in attendance. Danny Reeves presented his world-renowned Magic Show. A business meeting was conducted after dinner with reports from the various committees. We ended the year with 255 members.**

A revised version of the constitution was passed as our first step toward incorporation and nonprofit status.

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1982

The following officers were elected:

President – Rodney Johnson
Vice President – Bob Ross
Secretary – Sandra Shay
Treasurer – Donna Jenkins
Activities Chairman – Ed Monaghan
Membership Chairperson – Susan Johnson
Newsletter Editor – Jim Young
Members-at-large – Chuck Ainge and Danny Reeves

- Virginia Beach Trip planned for March 19 – Bob Ross spearheading – 30 Ocean Front Rooms (\$25/night) at Howard Johnson's. Along with that, the first Marathon Training Group was organized to prepare runners for the Shamrock races. Over 35 runners participated.
- In March, the Wilmington Marathon, Pulsebeat 10,000m in Raleigh, Greensboro 10 Miler, Rotary Easter Seal 10,000m in Jacksonville, Tarheel 12,000m in Chapel Hill and the St. Paul's Runners Classic.
- The one feature that we note as we review the evaluation of each race is the colorful and detailed report that Jim Young provided for each race that he profiled.
- Club membership was 222 at the start of the year not including subscribing members. The goal of the year was to join the Road Runners Club of America.
- A Training Tips column began with an article by Anne Holmes.
- **Another new feature was an article on cooking. It began with an article by Sims Roy Jr. on making Stir Fry Pork Liver in Fermented Black Bean Sauce. I am sure that after eating a good plate of that you would be ready to run. This feature continued for many years with different authors contributing.**
- This was followed by a satirical piece on a deadly gas.
- **Race Reports included one on the Run for the Roses. Over 240 runners showed up on race day to enter – pandemonium ensued. In the previous year there were 450 runners. We had planned for 700 and ended up with over 900 finishers. 4 men broke 15 minutes and 3 ladies were under 16:35. Ralph King and Mary Shea led the field.**
- Our teams were doing great as we fielded 2 men's and women's teams at the Ren Felton Run for Research at Wake Forest. The men's teams took 1st and 2nd place while the women's teams also took 1st and 2nd place.
- Chariots of Fire was the "must-see" movie of the year.
- The Cary Road Race was in its 5th year with over 700 runners.
- The Annual Club Picnic was held at the home of Sandra Shay. Ed Monaghan coordinated.
- ***** Club President Rodney Johnson suffered massive and debilitating injuries when his stopped vehicle was hit by a stolen Sheriff's car on August 29. *****SEE NOVEMBER / DECEMBER 1982 NEWSLETTER.**
Many club members rallied to help rehabilitate him over his long recovery.
- Over 150 members and families attend the 3rd annual Christmas Party at St. Giles Presbyterian. Following the buffet supper, club meeting and election of officers, magical entertainment was provided by Danny Reeves The Magic Man.

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1983

The following officers were elected:

President – Bob Ross
Vice President – Aliece Bristol
Secretary – Bill Clark
Treasurer – Donna Jenkins
Membership – Susan Johnson
Newsletter – Jim Young

- Bob reports a total of 525 members (including subscribing members) at the beginning of the year.
- The new meeting location was the Sertoma Arts Center at Shelley Lake.
- The year started off with a 5K “Run for Rodney” event on the Run for the Roses course that raised \$700 to help with Rodney’s therapy sessions that were not covered by insurance.
- The Sunday runs were moved to the Ridgewood Shopping Center and breakfast was at the Ramada Inn.
- **Over 530 regular members and 100 subscribing members were on the rolls as of August.**
- A Poets Corner was added to the newsletter, along with Triathlon training tips by Michael Wharton.
- Aliece Bristol leaves for Florida and Brenda Bridgman (now Pitts) takes over control of the clothing.
- **The first evening race held in Raleigh was the Sunset 5K. Over 700 runners participated with Mike Mantini wining in 14:34. The NCRC Women’s team beat the DUPAC team for 1st place honors. (Anna Moore, Susan Johnson, Donna Jenkins, and Susan Gray).**
- The Spivey’s Corners first ever 3.3 Mile miscue was held.
- The newsletter was filled with runners’ times as well as upcoming races and social events.
- The 3rd Annual Run for the Roses was held in frigid conditions as 838 of the 1,000 registered runners braved the cold to run. Bruce Geltman of Durham wins in 14:40 while Mary Shea of Raleigh sets a new course record in 16:08. Heinz Weigand of the NCRC and Mary Shea win the couples division in 31:41.
- The Virginia Beach Marathon weekend had over 100 participants making the trip. Bob Ross Coord.
- The Highwoods Walleyball Bash was in March with 45 people playing and partying. Aliece Bristol Coord.
- **The First Run for the Oaks was conducted by the club as a service to the city of Raleigh. It had 450 registered participants and 425 finishers. A check for \$2,024.41 was presented to the city.**
- **The First Capitol Trail Run 10 Mile and 5,000m was held in Raleigh. It included Team Prize money. There were 833 registered participants and 733 finishers.**
- **The NCRC Women’s Team (Marla Daniel, Linda Weis, Lisa Klatt, Anita Jones, and Allison Edwards) dominated the competition. The NCRC Men’s Masters A & B Teams placed 4th and 5th overall. The competition was fierce. The “A” Team of, Tom Hare (56:14), Joe Lugiano (56:24), Gordon Whitman (58:31), Rich Mowat (59:01), and Cecil Davis (59:25) didn’t even place in their age groups. We did take many of the other age group prizes.**
- The 19th Annual Ahoskie Rotary Runathon 13.1 mile and 10,000M was held in November.
- Johnny Teal took on responsibility for computerizing the Club Newsletter.
- The East Coast Cross-Country Classic was held on Friday and Saturday. There were 9 separate races with the 18 and under groups competing on Saturday. The \$5 entry was considered on the high side considering that it did not include a T-Shirt. The NCRC Teams won many of the age groups the previous year. Participation was down this year due to the high entry fee and dinky awards (medals).
- The year concluded with the annual Family Christmas party with over 150 in attendance. Louise Wortham entertained with some great Jazz Piano and Don Jayroe joined in on the trumpet.
- The 1983 Treasurer’s Report showed receipts of \$16,668.86 and expenses of \$15,175.12. The ending balance was \$2,232.05.

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1984

The following officers were elected:

President – Bob Ross (2nd Term)
Vice President – Bill Brown
Secretary – Connie Underwood
Treasurer – Brenda Bridgman
Membership – Susan Johnson
Newsletter – Jim Young
Public Relations Chairman – Sandra Shay
Members-at-Large – Ken Long, Dave Leo
Activities Co-chairpersons – Tom & Linda Gould

- The Saturday morning run at the Sertoma Club was followed by breakfast at the Deli-King in North Hills.
- The Sunday morning runs were held at the Sheraton Highwoods followed by breakfast at the Sheraton.
- The Road Race Management Program was in full swing with a goal of conducting 5 races this year.
- The Race Director Compensation program was started.
- The annual Shamrock weekend was again hosted at the Howard Johnsons with 50 oceanfront rooms at a special rate of \$33.00 per night. A "Pasta Pig-out" was held at Howard Johnson's at a price of \$4.50. The Saturday night event was held at the Black Angus Restaurant for the 2nd year. This was preceded by the Saturday afternoon celebration at the Howard Johnson's. Over 100 people will be making the trip. Bob Ross Coord.
- **The first Road Race Management Meeting was held in Washington DC in November. One session that the group attended was using computers in road racing and club management. I guess it paid off.**
- The Ironperson Triathlon article was written by Greensboro member Shelby Hayden-Clifton.
- The Literary Corner poem, "What is a Workout?", was written by George Allen.
- The road race results showed long lists of club members who finished races offered throughout the area.
- The 4th Annual Run for the Roses was held.
- The 1st Annual People Chase 10,000m and 5,000m were held in Rocky Mount.
- **The First Old Reliable 10K was held.**
- The Regular Membership fee was raised to \$10.00 with the Family Membership at \$15.00 and the Subscribing membership at \$8.00. The club membership was growing by leaps and bounds.
- The 5th Annual Christmas party was held at St. Giles Presbyterian Church.
- *** Missing May/June, July/August, September/October, November 1984 newsletters. ***

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1985

The following officers were elected:

President – Rick Barbour
Vice President – Ron Delzer
Secretary – Connie Underwood
Treasurer – Brenda Bridgman
Members-at-large – Mary Olive, Danny Reeves, Johnny Teal, Jim Young
Newsletter – Jim Young

- There were 764 members at the start of the year.
- **The newsletter added the title “Running Account” and the October-November edition had a full cover, complete with pictures, graphics, and ads.**
- Bowtie’s Run for the Roses was successful.
- The RRCA Convention was held in Atlanta, GA. Rick Barbour attended.
- Chuck Petersen was coordinating the Team Information and Masters race reporting.
- On The Roads with Jim Young covered in detail the results of many races in which club members participated.
 - Mark Strucko, Kevin Brower, Jim Cooper, Kevin Amigh, and Wayne Broadhead were still on top.
 - Marla Daniels, Treva McLean, Mary Brown, Anita Jones, Meta Leckband, Nancy Johnson, Anna Moore, Donna Jenkins, and Susan Johnson were strong leaders on the distaff side.
- 1st Annual Bald Head Island run was held.
- The quest for Volunteers continues on.
- The club provided volunteers or ran 7 road races this year.
- Breakfast at Horowitz’s became a Saturday morning tradition.
- The Annual Spring Umstead Park Breakfast drew 50 members. Bill Clark coordinated the event.
- Fees were raised to \$12 for Reg. \$18 for Family, and \$10 for Subscribing members.
- *** Missing February / March, April / May newsletters. ***

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1986

The following officers were elected:

President – Ron Delzer

Vice President – Connie Underwood

Secretary – Mary Anna Osburn

Treasurer – Ron Beard

Members-at-Large – Beverly Cooper, Donna Jenkins, Susan Johnson, Ken Murray, Johnny Teal

Newsletter – Jim Young

- **The NCRC Executive Committee appointed Jim Young, Executive Director of the Club.**
- First North Carolina State meeting of the RRCA was held. Ron Delzer and Jim Young attended.
- Linda Weiss was inducted into the YWCA's Academy of Women.
- Bowtie's Run for the Roses was a huge success. Jim Cooper sets new course record in 14:12.0 besting Jim Haughey's 14:12.5. The National Running Data Center recognizes 19 National age group records from the Run for the Roses.
- \$100 was donated to the National Running Data Center from the Bowtie's Run for the Roses.
- A large turnout for the Shamrock Marathon and 8K saw the Women's Team win the Women's Team championship for the second year in a row. Claudia Ciaverella was first woman and won \$2,500 for her effort.
- The summer picnic was held at Bond Lake Park in Cary.
- The NCRC Men's Team wins the team title at the Charleston Distance Run. The women's team takes 2nd.
- The Deli-King reopened after a disastrous fire. Wasn't after one of our breakfast parties, was it?
- **Chuck Petersen donated all his findings to Cancer Research in memory of member Ed Monaghan, who passed on.**
- A Volunteers column was added to the newsletter to highlight their contributions.
- The Great Raleigh Road Race returns after a year's absence with new sponsors.
- The Health & Nutrition column by Nancy Clark appears in the newsletter.
- Carroll Jr. High adds lights for its cinder track.
- The Capital Trail Run 10 Miler had 1417 Registered runners and 1210 Finishers.
- The club buys its first computer, a Compaq Plus, and an IBM Proprinter for \$3200.
- The membership fee was raised to \$15 for Regular, \$20 for Family, and \$12 for a Subscribing Membership.
- The National Running Data Center ranking of NCRC Members highlighted.
- According to the RRCA, the club ranked 10th of 147 clubs in the South with 872 members.
- Annual Christmas party at St. Giles is a highlight of the year.

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1987

The following officers were elected:

President – Ron Delzer

Vice President – Mary Anna Osburn

Secretary – Norma Vega

Treasurer – Ron Beard

Executive Director – Jim Young

Members-at-Large – Larry Bates, Donna Jenkins, Susan Johnson, Ken Murray, Carty Osburn

Program / Social Chairman – Bob Ross

- **Highlight of the year had to be the Volunteer Appreciation Weekend with Julie Isphording as a special guest.**
- ***Robert Taylor, five-year member of the NCRC, was killed in a freak accident from a falling tree branch.***
- RRCA ranks the NCRC as the 4th largest club in the South with 949 members.
- The 3rd Annual NCRC Race Director's Workshop was held at the North Raleigh Hilton. Jim Young hosted.
- Another successful Shamrock Marathon weekend was enjoyed by all. – Bob "Mr. Shamrock" Ross Coord.
- NCRC Members Dan Caprioglio and John Rogers qualify for the 1988 US Men's Olympic Marathon Trials while on the distaff side, Beth Dillenger qualified for the US Women's Olympic Marathon Trials.
- NCRC Member Ed Furtaw wins the Southern Grand Prix Ultra Series consisting of 8 races.
- Mary Anna Osburn, Carty Osburn, Dana Lasher, and Ron Delzer attend the RRCA Convention in Rockville
- Thanks to the Reebok /NCRC Team for organizing Breakfast in the Park. Kevin Amigh and Marla Daniel.
- The Summer Runs in the Park Series takes place at Umstead Park in August. This was the brainchild of Mary Anna and Carty Osburn to provide a low-key event where runners could prepare for the fall racing season while showcasing Umstead State Park. The final event, a 10K, was to be designated the Robert Taylor Memorial Run. The runner who finishes in a time closest to a goal Robert had penned in his diary would win an award.
- Looking for volunteer runners to work with the Achilles Track Club.
- The first National Senior Olympics was held in St. Louis. Among the 81 North Carolina athletes were Marie Betts, Ken Long, and Caldwell Nixon. They all fared well against some stiff competition.
- A number of club members attended the Virginia 10 miler in Lynchburg.
- Club members continue to score heavily in races border to border.
- Capital Trail Run 10 Miler has a record field with 1904 registered runners / walkers.
- Corporate Road Race Team events becoming more popular.
- The Annual Christmas Dinner was held at St. Giles Presbyterian Church.

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1988

The following officers were elected:

President – Mary Anna Osburn
Vice President – Bob Ross
Secretary – Norma Vega
Treasurer – Brenda Bridgman
Executive Director – Jim Young
Members-at-Large – Larry Bates, Ron Beard, Al Terry / Claudia Ciaverella
Social – John and Linda Miesch
Programs – Dave Pritchard

- **Craig Virgin was the guest at the 1988 Volunteer Appreciation Weekend.**
- The Bowties Run for the Roses saw huge men's and women's fields with a variety of records being broken.
- The club raised \$359 at the Run for the Roses for the Brooke Ward Trust Fund.
- RRCA lists the NCRC, with 727 members, as the largest club in NC, 10th in the Southern Region, and 26th out of 384 member clubs nationally.
- Headlines began to appear on the front page of the newsletter – courtesy of June Woodward's Company.
- The Marshall Cup was given to Monty Austin for the most improved time at the Shamrock Marathon.
- Southern Region RRCA Awards were presented to: **Ron Delzer – named the Most Outstanding Club President; Mary Anna Osburn – named the Most Outstanding Club Officer; Betty Brekhus – named the Most Outstanding Club Volunteer.**
- **Donna Jenkins nominated by the NCRC for the RRCA Rod Steele Memorial Award for the top running club volunteer of the nation.**
- The NCRC was challenged by the Wilmington Roadrunners Club to a "friendly" competition at the Pleasure Island 5 Miler.
- The RRCA Convention was held in Indianapolis with Mary Anna Osburn, Brenda Bridgeman, Ron Delzer, and Marshall West representing the NCRC.
- The Annual NCRC Summer Picnic was held at the WRAL-TV Tower East of Raleigh.
- Letters to the editor continued to be popular items in the newsletter.
- The Annual Christmas Dinner was held at St. Giles Presbyterian Church. John and Linda Miesch Coord.
- TACSTATS/USA ranked a few NCRC members among the best for 1987 for 8K, 10K, 15K, and the marathon. 8K – Sherry Kanoy and Anna Moore, Bruce Dale; 10K – Lena Hollmann and Sherry Kanoy; 15K – Rosie Chastain; Marathon – Claudia Ciavarella, Beth Dillinger, Lena Hollmann, and Sherry Kanoy.
- New course records, as well as State Age Group records, were set at the Capital Trail 10 Miler. A new men's course record of 47:20 was set by Steve Taylor. Betty Geiger ran 54:44 to break her 1986 course record. Anna Moore, Tom Hare, Marie Betts, and Robert Morrison also set state records.

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1989

The following officers were elected:

President – Mary Anna Osburn
Vice President – Dave Pritchard / Bill Bohm
Secretary – Deva Wright
Treasurer – Robert Pitts
Executive Director – Jim Young
Members at Large – Brenda Bridgman, John Miesch, Bob Ross, Claudia Ciavarella / Marla Daniel
Social – John and Linda Miesch
Programs – Al Terry

- **1989 Run for the Roses was canceled due to snow!!!**
- Volunteer Appreciation Event changed to a Saturday Evening Dinner / Dance.
- 10th Anniversary Planning Committee to be headed up by Jim Young.
- The Shamrock Weekend Club Headquarters was moved to the Thunderbird Hotel – Bob Ross Coord.
- Breakfast in the Park Scheduled for May – John and Linda Miesch Coordinating.
- New Member “Buddy” System introduced by Claudia Ciavarella.
- **Jim Young – Donna Jenkins wedding makes the headlines. His unending search for a roommate finally ends after years of searching. Newsletter space now freed up for real news.**
- August Social Series in Umstead State Park – Carty Osburn Coordinating.
- Several NCRC Members participate in the Run for Peace that wound its way through Raleigh.
- The RRCA Convention was held in Colorado Springs this year – Mary Anna Osburn, John and Linda Miesch to attend.
- **RRCA names Anna Moore and Mike Shea, NC RRCA Masters Runners of the Year.**
- Club receives \$100 from the RRCA for having the Best Club Newsletter in the Southeast Region.
- 10th Anniversary Trivia Quiz appears in the Oct/Nov 1989 Newsletter. Answers in the Dec. issue.
- The Annual NCRC Christmas Dinner was held at St. Giles Presbyterian Church. Bob Ross and Benjie Hester Coordinating.
- Jim Young Resigns as NCRC Executive Director but will still perform other duties.

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1990

The following officers were elected:

President – John Miesch / Bill Bohm

Vice President – Bill Bohm

Secretary – Deva Wright

Treasurer – Butch Fussell

Newsletter – Jim Young

Members at Large – Marla Daniel, Frank Haag, Emily Newkirk, Bob Ross, Ray Kanoy, Marc Liles, Al Terry, Anne Tyrrell, Danny Reeves

Social – Nancy Olson

Programs – Evelyn Terry

- **Jim Young resigns as Executive Director – keeps newsletter and office duties.**
- 10 Year Historical notes in this issue.
- It appears that a good time was had by all at the Volunteer Appreciation Dinner.
- The Shamrock trip moved to the Days Inn at Virginia Beach – Bob “Mr. Shamrock” Ross Coord. The weather was warm but some persisted in completing their first marathons. The NCRC Thespians provided the evenings’ entertainment at the shamrock themed banquet. Rusty Beall wins the Marshall Cup.
- Club receives \$2,089 from First Federal for the Capital Trail Run.
- Club donates \$436 to the Brooke Ward Fund.
- **The Capital Trail Run was Cancelled. A victim of the Nation’s Savings and Loan Crisis - Controversy ensued.**
- **John Miesch resigns as president. Bill Bohm assumes presidency.**
- The Annual Breakfast in the Park was held at Umstead.
- The Annual RRCA Convention was held in Miami in March. John Miesch and Bill Bohm to attend.
- NCRC is the largest Running Club in NC with 686 official members according to the RRCA.
- The Summer Picnic moves to the fall to find cooler temperatures. It was held at the A.E. Finley YMCA in Raleigh.
- The August Series at Umstead was attended by over 120 participants. Carty Osburn Coord.
- The NCRC will participate in the Flag Run from Arlington National Cemetery to Columbus GA. We are responsible for running a 60 mile leg from Raleigh to Fayetteville.
- The RRCA 1990 Chapter List recognizes the NCRC as the largest club in the state with 686 members.
- The December Christmas Party was held at St. Giles Presbyterian Church in Oak Park.

North Carolina Roadrunners Club Historical Summary

1991

The following officers were elected:

President – Bill Bohm

Vice President – Ray Kanoy

Secretary – Marla Daniel

Treasurer – Brenda Pitts

Members-at-Large – Elizabeth Aiken, Anna Moore, Emily Newkirk, Carty Osburn, Bob Pitts, Bob Ross, Al Terry, Anne Tyrrell, Jim Vinson

Social – Elizabeth Aiken

Programs – Evelyn Terry

Newsletter Editor – Jim Young

- The RRCA 1991 Chapter List recognizes the NCRC as the largest club in the state with 672 members.
- The Annual Shamrock Marathon Trip is well attended – Bob “Mr. Shamrock” Ross Coordinating. Over 100 attended under ideal weather conditions with Marcus Morgan winning the Marshall Cup knocking 32 minutes off his previous Shamrock Marathon best.
- Over 50 attend the Volunteer Appreciation Dinner at Gregory’s at Peachtree Market.
- The Annual Breakfast at Umstead State Park was well attended on a beautiful day. Elizabeth Aiken Coord.
- Hooter’s becomes the title sponsor for the Run for the Roses and drew over 1100 Entries. Controversy ensued.
- New contractual arrangements with Jim Young were detailed in the minutes for his services.
- Club receives \$927.45 for services related to the Old Reliable Run.
- 1991 Club Survey resulted in 65 responses with results being published in the Feb/Mar Newsletter.
- The club newsletter has a crisper format while continuing its many features including Ten Years Ago.
- Bob Ross’s Christmas Message was printed in the Feb/Mar ‘91 Newsletter. Writers Award expected.
- Sweeping changes to the Constitution were enacted.
- Bill Bohm and Ray Kanoy attended the RRCA Convention in Kansas City.
- The Pleasure Island Run Trip was a hit.
- August Series at Umstead Park continues – Carty Osburn coordinating.
- Hash Run followed by the Club Pancake Breakfast planned for September – Elizabeth Aiken Coord.
- First White Water Rafting trip and Maggie Valley race weekend was held.
- The Annual Christmas Banquet was held at St. Giles Presbyterian Church. Elizabeth Aiken Coord.
- NCRC donates \$100 to St. Giles for use of their facilities.

North Carolina Roadrunners Club Historical Summary

1992

The following officers were elected:

President – Bill Bohm

Vice President – Ray Kanoy

Secretary – Marla Daniel

Treasurer – Brenda Pitts

Members-at-Large – Elizabeth Aiken, Bernard Genna, Bob Pitts, Danny Reeves, Bob Ross, Al Terry, Tom Tune

Social – Elizabeth Aiken

Programs – Tom Tune

Newsletter Editor – Jim Young

- 1992 Club Survey results were published.
- The 1992 RRCA Chapter lists the NCRC with 628 members and 31st in size. Down from 28th in 1991.
- 1992 Shamrock Marathon Weekend saw over 100 participants. – Bob “Mr. Shamrock” Ross coordinating. Great eats and entertainment followed the racing events. The Marshall Cup was won by Al Lalik after some tough competition and the new NCRC 8K Cup was won by Bob Hastings.
- The Volunteer Appreciation Dinner was held at Gregory’s with 63 members attending.
- The D.A.R.E. Run for the Roses had 1222 entries and 1088 finishers. This is a merger of the Run for the Roses and the Police Olympic 5K. Proceeds from the run went to fight drug use among the city’s youth.
- First NCRC Golf Tournament was held with Ray Kanoy’s score of 88 besting all comers.
- The club agrees to purchase RRCA insurance.
- The 7th Annual Pleasure Island 5 Mile Road Race Beach Trip continues. Spencer Combos coordinating.
- First NCRC Bowling Tournament was held in lieu of a monthly meeting at the Buffalo Lanes in Raleigh.
- Membership fees rise: Regular \$20, Family \$25, Subscribing \$15
- New membership appears to be slowing.
- Bill Bohm, Ray Kanoy, and Marla Daniel attend the Annual RRCA Convention in Milwaukee, WI.
- August Series Run in the Park drew 19 to 25 runners. – Al Terry and Carty Osburn coordinating.
- The Maggie Valley Weekend of Rafting and Racing was attended by 50 people. Bob and Brenda Pitts.
- The Annual Christmas banquet was held at St. Giles Presbyterian Church. – Brenda Pitts Coord. The club sends a \$100 to St. Giles for use of their facilities.

North Carolina Roadrunners Club Historical Summary

1993

The following officers were elected:

President – Ray Kanoy

Vice President – Marla Daniel

Secretary – Jay Aiken

Treasurer – Brenda Pitts

Members-at-Large – Elizabeth Aiken, Bill Bohm, Spencer Combos, Bernard Genna, Georgia Hagen, Dave Pritchard

Newsletter Editor – Jim Young

- **The monthly meeting place was moved to the Glen Eden Pilot Park.**
- The 1993 RRCA Chapter List shows the NCRC with 576 members, now 2nd in the state.
- The Volunteer Appreciation Dinner was held at Gregory's.
- The Athletics Congress (TAC) has changed its name to USA Track and Field.
- The Annual Breakfast in the Park Run was held in May with 51 attending – Elizabeth Aiken coordinating.
- The 4th Annual Pulse Survey results were presented in the April / May '93 Newsletter.
- The Annual Shamrock Marathon Weekend Club event was a success. What else would you expect from a Bob Ross-organized event? Steve Austin wins the Marshall Cup and Sandra Shay wins the NCRC 8K Cup.
- The 2nd Annual NCRC Golf Tournament was rained out on the 14th hole. Young has scores annulled.
- The August Series Run in the Park at Umstead continues. – Ray Kanoy and Carty Osburn coordinating.
- 3rd Annual Maggie Valley Run and Swim (Rafting Trip). – Bob and Brenda Pitts coordinating.
- Large NCRC contingent attend the RRCA Convention in Portland, OR – Ray Kanoy, Marla Daniel, Jay Aiken, and Bob and Brenda Pitts.
- The Annual Christmas banquet was held at St. Giles Presbyterian Church. – Evelyn Terry Coord. The club sends a \$100 donation to St. Giles for use of their facilities.

North Carolina Roadrunners Club Historical Summary

1994

The following officers were elected:

President – Bob Pitts
Vice President – Al Terry
Secretary – Georgia Hagen
Treasurer – Brenda Pitts
Members-at-Large – Ron Davis, Bernard Genna, Sherry Kanoy, Joe Lugiano, Peggy Sprague
Newsletter Editor – Jim Young
Social – Sherry Kanoy
Programs – Ron Davis
Volunteer – Bernie Genna
Race Committee – Al Terry and Ray Kanoy

- 1994 Shamrock Marathon NCRC Headquarters will be at the Howard Johnson's. Bob Ross coordinating
- **Spa Health Clubs are the Title Sponsor for the 1994 Run for the Roses.**
- **\$3,700 was presented to the Make-a-Wish Foundation as proceeds from the 1994 Run for the Roses. \$299.99 coming from an overpayment of commission to The Results Group.**
- **\$350 presented to Interact as proceeds from the Women's Distance Festival.**
- Photo and article on Chuck Petersen's running finds.
- The 9th Annual Pleasure Island 5 Miler Weekend event was held in May. 30 Members attended.
- The Annual Breakfast in the Park, Run and Eat was successful. – Elizabeth Aiken and Sherry Kanoy Coord. Approximately 40 runners attended.
- Bob Pitts, Al Terry, and Georgia Hagen attend the National RRCA Convention in Washington, DC.
- 15th Anniversary Celebration was October 29, 1994 with a pig picking at Lake Crabtree Park. Joe Lugiano and Al Terry worked on special Anniversary clothing items. Tickets were \$7 for adults / \$3 for children. 61 people attended the festivities.
- The August Run in the Park Series continues at Umstead. – Carty Osburn and Al Terry coordinating.
- *** NCRC member Jeff Manner drowns during a beach outing while trying to save three teens. ***
- The RRCA / Saucony Women's Distance Festival 5K was held at Lake Crabtree Park. – Al Terry RD
- The Volunteer Appreciation Dinner was held at Ballentine's Cafeteria.
- The Annual Christmas Party was held at St. Giles Presbyterian Church. – Sherry Kanoy and Joe and Hannah Lugiano coordinating.

North Carolina Roadrunners Club Historical Summary

1995

The following officers were elected:

President – Al Terry

Vice President – Elizabeth Aiken

Secretary – Marla Bohm

Treasurer – Debra Combos

Members at Large – Spencer Combos, Ben Dillon, Georgia Hagen, Tom Tune, Ted Wernikoff

Newsletter – Jim Young

- **The 1994 Volunteer Appreciation Dinner recognized Brenda Pitts for her contributions as Treasurer for the last 8 years and to Bob Pitts as outgoing President.**
- The 15th Annual Spa Health Club Run for the Roses saw sunny skies and 60 temperatures as 700 runners toed the starting line. – Jim Young RD
- \$686 was donated to the Make-A-Wish Foundation from the Run for the Roses proceeds.
- 1995 Shamrock Marathon NCRC Headquarters will be at the Howard Johnson's. – Bob Ross coordinating. **Joyce Young wins the NCRC 8K Trophy.**
- **Jim Young resigns his various NCRC duties to focus on his race management company and raising Samuel. Al Terry looks far and wide for replacements.**
- New equipment purchases, club letterheads, phone nos., office space and PO Box required.
- Pleasure Island 5 Mile Team competition and party drew 30 members. – Al Terry Coord.
- The RRCA Convention was held in Allentown, PA. – Tom Tune and Ben Dillon attended.
- The Annual Breakfast in the Park and fun run at Umstead drew 40. – Evelyn Terry Coord.
- The August Series at Umstead sponsored by Inside-Out Sports continues. – Carty Osburn coordinating
- **NCRC volunteers stain cabins in Camp Lapihio at Umstead State Park as a service project.**
- Saucony Women's Distance Festival at Lake Crabtree County Park was attended by 150+ women on a crisp fall morning following a torrential rain early in the morning. – Al Terry RD
- **NCRC Holiday Party moves to Page-Walker House in Cary – Format change to buffet and dance. Cost of \$300 + \$10 liquor permit. 77 people attended. A "Jim Young Roast" was a feature of the evening's entertainment led by Dana Lasher, Joe Lugiano, Butch Robertson, Al Terry, Dave Pritchard, Bob Pitts, and Bob Ross.**

North Carolina Roadrunners Club Historical Summary

1996

The following officers were elected:

President – Al Terry

Vice President – Ben Dillon

Secretary – Mary Dannegger

Treasurer – Debra Combos

Members-at-large – Marla Bohm, Beverly Cooper, Bob Dannegger, Emily Newkirk, Tom Quinn, Tom Tune

Newsletter Editor – Maggie Adams

- Club membership was reported to be 742 members, including Sustaining Members.
- **\$1337.73 was presented to Interact from 1995 Women's Distance Festival proceeds.**
- **Maggie Adams becomes Running Account – Newsletter Editor. Sweeping changes to the Running Account benefit from the new publishing software.**
- **The club is now becoming web-enabled.**
- The Spa Health Club / NCRC Run for the Roses will benefit Hospice of Wake County.
- **The Searle Center Rest. in the Duke Medical Center was the scene of the 1995 Volunteer Appreciation Dinner. Ben and Linda Dillon and their children Brendan and Jennifer received the 1995 Family Volunteer Award. Jim and Donna Young were also recognized for their two decades of service with the NCRC with a Lifetime Membership.**
- Hal Higdon to speak at the Carolina Godiva Track Club in Durham in February.
- The 15th Annual NCRC Shamrock Marathon/8K Weekend happened. The weather for the races was perfect. The Shamrockers perform "Run with the Wind" to wide acclaim. – Bob Ross coordinating.
- The 2nd Annual Umstead 100 produced an exciting race between NCRC member Mike Fiorito and Dave Drach of Florida with Mike taking the win as Dave slowed down on Lap 7 to give Mike the lead. There were 77 runners in the race from 21 states and Canada. – Blake Norwood RD
- Breakfast in the Park at Umstead was preceded by a Poker Run organized by Ray Kanoy and Brenda and Bob Pitts. At least 60 members attended. Elizabeth Aiken coordinating.
- RRCA Convention in Knoxville, TN was attended by Elizabeth Aiken, Spencer Combos, Tom Quinn, and Tom Tune.
- A Member Survival Kit was put together by Emily Newkirk.
- The Pleasure Island weekend with the Wilmington Roadrunners was organized by Val Price.
- The Umstead August Trail Series was coordinated by Carty Osburn.
- The Club managed the 1st Run for Umstead 5K Run and Walk benefitting the Umstead Coalition – Bev Cooper RD.
- Hurricane Fran cause widespread flooding as well as downing thousands of trees area-wide – Umstead closed.

North Carolina Roadrunners Club Historical Summary

- 3rd Annual Saucony/RRCA Women's Distance Festival draws more than 300 runners/walkers to Lake Crabtree – Georgia Hagen & Wendy Anderson were Co-Race Directors. Special medals to girls 12 and under.
- The annual Holiday Party was held at the Historic Page-Walker House in Cary.

North Carolina Roadrunners Club Historical Summary

1997

The following officers were elected:

President – Beverly Cooper

Vice President – Tom Tune

Secretary – Mary Dannegger

Treasurer – Debra Combos

Members-at-Large – Bob Dannegger, Emily Newkirk, Ben Dillon, Georgia Hagen, Janet Regnier, Sondra Panico, Maggie Hensler, Steve Kipisz

Newsletter Editor – Ben Dillon

- **\$2,500 presented to Interact from the 1996 Women's Distance Festival.**
- The club reported there are 701 members.
- **1996 Volunteer Appreciation Dinner was held with Elizabeth Aiken selected as the 1996 Volunteer of the Year.**
- The 1997 Spa Health Club Run for the Roses benefited the Children's Emergency Dept. at Wake Med. – A profit of \$2,412.88 was made. A check for \$2,411.33 was presented to the Wake Medical Foundation Board.
- **NCRC receives Interact's most prestigious award – The Community Award of Excellence.**
- NCRC / Inside-Out Sports sponsor a marathon training and clinic series with Cid Cardoso.
- Best Times for 183 NCRC members in the Shamrock Marathon from 1980 to 1996 appear along with Best Times for 107 NCRC members in the Shamrock 8K from 1991 to 1996.
- The Annual Shamrock Marathon/8K Weekend was held at the Howard Johnson's - Bob "Mr. Shamrock" Ross coordinating. Cid Cardoso wins the Marshall Cup for the 5-minute improvement in his marathon time.
- 3rd Annual Umstead 50/100 Mile Endurance Run was held on an altered course while park cleanup continues. NCRC member Mike Fiorito wins his 3rd Umstead 100 in 16:47. 108 runners participated. Camp Whispering Pines is the headquarters for a 5-mile out-and-back course. The 10-loop vs. the 8-loop 12.5 mile course worked. The race was co-sponsored by North Carolina Ultrarunning Association and North Carolina Roadrunners Club.
- Bev Cooper proposes a "1,000 Mile Club" to generate interest – over 50 participate.
- 10,000 Meter Olympian Dan Middleman speaks at the February meeting.
- Dr. John Bingham, Runner's World columnist and writer of the Penguin Chronicles speaks at March meeting.
- 12th Annual Pleasure Island 5 Mile Race in Carolina Beach a bust. GRRR conflicts. – Val Price coordinating
- The First Annual NC Triangle Race for the Cure was held at the Meredith College Campus with 2600 participants and raised more than \$110,000. The NCRC Team had 85 people.
- Bob Dannegger continues coaching interval training at the NC State Track on Tuesdays.
- Tour de Parks Poker Run Series sees 4 participants at Bond Park
- **** NCRC member Rick Rable dies under tragic circumstances on May 1 at the age of 42. ****
- RRCA Convention in Colorado Springs – Emily Newkirk and Georgia Hagen attend.
- August Run-in-the-Park Series sponsored by Inside-Out Sports returns to Umstead.
- Maggie Valley Rafting Trip and Running Event CANCELLED– Bob and Brenda Pitts coordinating.
- Holiday Party was held at the Page-Walker Hotel in Cary – Debbie Combos coordinating.
- Life Beyond the Marathon Column by Joe Lugiano begins.
- Training Advice column by Bob Dannegger continues.
- Women's Distance Festival draws over 270 female runners and walkers – Georgia Hagen and Wendy Anderson Co-RD. \$4,000 will be donated to Interact for 1997.
- **** April/May 1997 issue missing ****

North Carolina Roadrunners Club Historical Summary

1998

The following officers were elected:

President – Emily Newkirk

Vice President – Steve Kipisz

Secretary – Sondra Panico

Treasurer – Val Price

Members-at-Large – John Bradford, Meghan Clement, Ben Dillon, Maggie Hensler, Randy Mellott, Al Terry, Tom Tune

- **Approximately \$5,000 was contributed to Interact from the 1997 Women's Distance Festival.**
- The 1000 Mile and 1000 Km Club participants are recognized with the Athlete's Foot as a sponsor.
- **658 members reported at the beginning of the year.**
- **\$4,400.48 was raised for the American Cancer Society Relay for Life.**
- **The Volunteer Appreciation Dinner recognized Bob Dannegger, Ben Dillon, and Elizabeth Aiken for their contributions to the club and to Beverly Cooper for his contributions as Past President.**
- The 16th Annual Spa Health Club Run for the Roses drew 850 entrants (a 20% increase over 1997).
- 20 NCRC members participated in the Pleasure Island 8K trip to Carolina Beach with the Wilmington Road Runners Club.
- A monthly list of programs is planned for the monthly meetings and social events.
- A new Club Logo Contest is under way along with new club colors and clothing.
- JoAnn Griggs profiles some of the club's seniors – Milton and Peggy Bliss, Bob Ross, Butch Fussell, Ken Long, and Iris Vinegar.
- The 1998 Myrtle Beach Marathon was held with thunder and lightning as well as heavy rain which left the streets flooded until the sun came out and the winds picked up making it a memory maker day.
- The Run for the Oaks drew 540 participants with Mark Andrews setting a new course record in 14:23.
- The Umstead 100 saw new course records as Eric Clifton runs a 15:16:27 to best Mike Fiorito's time from 1996, and Marge Hickman's time of 20:17:11 erases Sarah Lowell's 1995 time of 21:49:29. The race had 129 starters with 56 100-mile finishers and 60 50-mile finishers, both new records. There were a few new PRs set by NCRC members in both the 100-mile and 50-mile races.
- Over 45 members participated in the annual Breakfast in the Park.
- The Tour d'Park Poker Run Series is held each quarter.
- Raleigh Parks and Rec recognized NCRC for 17 years of service.
- Over 4,400 participated in the Race for the Cure, making it the largest 5K road race in the Triangle area with Joan Nesbit winning in a state record time of 16:36 for 35-39 women.
- The NCRC provides a support team for the 1999 Special Olympic Marathon held on July 4.
- Health and Nutrition articles continue to offer news readers healthy tips.
- The RRCA National Convention was held in Peoria, IL. Emily Newkirk, Ben Dillon, and Val Price attended.
- The August Series was held at Umstead followed by a Pool and Pizza Party at the Oxford Hunt Clubhouse after the final Thursday 5K run. 40 to 62 runners participated in the runs.
- The initial Carrabba's Classic Half-Marathon and 5K was held in September starting at a farm outside Umstead State Park and following the Reedy Creek Trail into the park to experience the hills while covering the distance. Over 300 participants ran the half-marathon while 240 ran the 5K. Alltel and Inside-Out Sports were sponsors. – Al Terry RD.
- A check for \$4,000 was presented to Habitat for Humanity from the Carrabba's Half-Marathon and 5K.
- A Fall Marathon Training Group program begins. Starting point from Gregory's in North Raleigh. Ben Dillon coordinating.
- The column by Dave Lenat on Book Reviews highlighted the story of Johnny Kelley's remarkable running career.
- The Women's Distance Festival had over 380 finishers and raised over \$4,000 for Interact. Georgia Hagen and Wendy Dyer – Race Directors.
- The Raleigh Marathon Planning is under way. Al Terry meeting with Fulcrum Financial Services.
- A Marathon Dinner was held at Casa Carbone with 37 people participating.

North Carolina Roadrunners Club Historical Summary

- The Club Holiday Party was held at the Page-Walker Hotel in Cary with approximately 65 people attending.
- *** *Missing Feb/Mar 1998 issue* ***

North Carolina Roadrunners Club Historical Summary

1999

The following officers were elected:

President – Emily Newkirk

Vice President – Steve Kipisz

Secretary – Meghan Clement

Treasurer – Val Price

Members-at-Large – Penny Ashley-Lawrence, Ann Marie Calabria, Rhonda Crutchfield, Wendy Dyer, Randy Mellott, Randy Saunders, Al Terry

Newsletter Editor – Ben Dillon

- **There were 636 members to begin the year.**
- Membership rates rise – Individual - \$25, Family - \$30, Subscribing - \$20.
- Member birthdays continue to be recognized in the newsletter and celebrated at monthly meetings with cake.
- The Spa Health Club Run for the Roses had 641 participants in both the Women's and Open Races. Jim Young RD
- **\$500 was donated to Lutheran Family Services from the Run for the Roses.**
- The Run for the Oaks was held for the 19th year with the club providing volunteers and over 500 participants.
- **The Volunteer Appreciation Dinner was held at Gregory's and was attended by 80 volunteers. RRCA National Volunteer Awards were presented to Al Terry, Elizabeth Aiken, and Ben Dillon.**
- The 18th Annual Shamrock Marathon Beach Trip had over 83 participating over the weekend at Howard Johnson's – Bob Ross coordinating. The Marshall Cup was awarded to Dennis Geiser as the most improved marathoner. The NCRC 8K Cup was awarded to Janice Sitzes. The NCRC Walker's Cup was awarded to Hannah Lugiano as the most improved 5K walker.
- Many NCRC members competed and volunteered at the Umstead 50 and 100 Miler Endurance Run at Umstead State Park. David Luljak of MD sets the new course record of 14:38:43 while the first-place woman was Susan Baehre of VA in a time of 21:11:13. Ben Dillon, Dave Lenat, Sam Rizk, Judy Esser, Joe Lugiano, Sally Squier, Chuck Petersen, and Georganna Quarles complete 50 miles while Bill Squier, Wals Esser, Bob Calabria and Mike Fiorito complete the 100. Mike finished second overall. The race limit of 160 runners was filled quickly. This year the race moved to Camp Lapihio. – Blake Norwood RD
- The NCRC Team comprised of 18 members participated in the American Cancer Relay for Life and raised \$4,235. – Bob and Brenda Pitts coordinating. The Raleigh event raised \$100,000.
- Breakfast in the Park had 25 people attending for the brunch and Poker run. Penny Ashley-Lawrence and Steve Kipisz coordinating.
- The Pleasure Island Weekend and run at Carolina Beach was held.
- Emily Newkirk and Barbara Troy attended the RRCA Convention in Spokane, WA.
- NCRC provides volunteers for the Special Olympics World Games Marathon – Butch Robertson RD.
- Umstead Run-in-the-Park Series continues – Ann Marie Calabria coordinating. Ben Dillon and Beverly Cooper determined courses for each week.
- 2nd Carrabba's Classic was held with Alltel the half marathon sponsor, Inside-Out Sports the 10K sponsor, and Pulse Athletic Club the 5K sponsor. – 460 half marathon finishers, 246 10K finishers and 260 5K finishers.
- NCRoadrunners.org website registered. Hurricanes Dennis and Floyd visit the state.
- **\$7,500 was donated to the Tammy Lynn Center from the Carrabba's Half Marathon.**
- **Women's Distance Festival 5K – Georgia Hagen and Wendy Dyer Co-RDs.**
- **\$8,000 was donated to Interact from the Women's Distance Festival.**
- The 3rd Annual Race for the Cure drew over 7,300 runners and walkers.
- The 20th Anniversary Celebration was held at the Lake Lynn Recreation Center. A BBQ hosted by Mel's BBQ with Rodney Johnson assisting preceded a hash run organized by Frank Haag and Danny Reeves. A slide show put together by Bob Ross and stories from the past were told by Dave Pritchard and Iris Vinegar along with a book of photos. A clothesline display of club clothing from the beginning was put together from Ken Long's collection.
- **Hurricanes Dennis and Floyd wreak havoc in the area – club members spring into action to volunteer.**
- The Annual Soup Run at Umstead was held in November – Anette Nordvall coordinating

North Carolina Roadrunners Club Historical Summary

- The Annual Holiday Party was held at the Northbrook Swim Club.
- **ChampionChip Timing System introduced to Raleigh at the Old Reliable Run.**

North Carolina Roadrunners Club Historical Summary

2000

The following officers were elected:

President – Dan McLaughlin / Penny Ashley-Lawrence

Vice President – Penny Ashley-Lawrence

Secretary – Elisa Murphy

Treasurer – Bill Bunn

Members-at-Large – Rhonda Crutchfield, Ben Dillon, Kirsten Hopper, Erv Love, Randy Saunders, Al Terry, Dave Wood

Newsletter Editor – Ben Dillon

- Membership is approximately 700.
- The 20th Annual Run for the Roses was held under drizzly conditions attracted 656 entrants – Jim Young - RD.
- 19th Annual Shamrock Marathon Trip was a success – 74 attendees – Bob Ross coordinating. There were 5 cups awarded. The Marshall Cup to Bill Squier for the Most Improved Shamrock Marathoner, The NCRC 8K Cup to Tom Tune for the Most Improved 8K Runner, the NCRC Walker Cup to Bob Ross as the Most Improved 5K Walker, The NCRC Male Marathon Cup to Mike Fiorito as the Fastest Male Shamrock Marathoner, and The NCRC Female Marathon Cup to Heather Kempinger as the Fastest Female Shamrock Marathoner. The New “Bob Ross – Age Graded 8K Performance Award” to Susie Kluttz with an adjusted 8K time of 27:47 and Jim Mitchell in 28:29. The NCRC Marathon Team of Mike Fiorito, Ben Dillon, Joe Lugiano, and Chuck Petersen finished 5th.
- The Run for the Oaks had over 600 entrants – NCRC provides volunteers.
- RRCA Convention was held in Atlanta, GA. Erv Love attended.
- A contingent of NCRC runners ran the Myrtle Beach Marathon and Marathon Relay.
- The 2000 Umstead 50/100 Mile Endurance run saw many NCRC members volunteering and running in this year’s race. Sally Squier finishes her first Umstead 100 Mile run. The race saw tougher conditions as rain, lightning, and cold weather challenge the runners after near perfect weather to start the day. Janice Anderson set a new 100 Mile course record of 18:02 while Mitch Craib set a new 50 mile course record of 6:20.
- Women’s Beginner Running Class starts for Carrabba’s 5K and Distance Festival 5K.
- 3rd Carrabba’s Fall Classic – 940 1/2 Marathon Finishers, 427-10K Finisher and 427- 5K Finishers - Al Terry RD
- \$10,000 was donated to the Tammy Lynn Center from the Carrabba’s Half Marathon.
- \$1,000 was donated to Umstead State Park / Umstead Coalition from the Carrabba’s Half Marathon.
- The club establishes the NCRC Running Library for books, magazines, articles, and videos. – Jerry Paul is the librarian.
- Alisa Wright Colopy, USA Certified Triathlon Coach, writes columns for the newsletter.
- A new column For the Beginning Runner was written by Kristen Hopper and Honor Gifford.
- The August Umstead Run-in-the-Park Series continues – Ann Marie Calabria coordinating.
- Women’s Distance Festival – 420 Finishers – Georgia Hagen RD
- \$7408.82 was donated to Interact from the Women’s Distance Festival.
- NCRC joins the Raleigh Chamber of Commerce.
- Triangle Race for the Cure draws 10,000 participants.
- Jeff Galloway Training Program introduced to Raleigh for the Raleigh Marathon.
- 1st Fulcrum Raleigh Marathon was held with over 2,500 participants – Butch Robertson RD
- Penny Ashley-Lawrence takes over as President.
- The NCRC Holiday Party was held at Durant County Nature Park – Campbell Lodge.

North Carolina Roadrunners Club Historical Summary

2001

The following officers were elected:

President – Penny Ashley-Lawrence

Vice President – Kirsten Hopper

Secretary – Don Weinstein

Treasurer – Bill Bunn / Ben Dillon

Members-at-Large – Chris Blaser, Ben Dillon, Erv Love, John Pare, Jerry Paul, Randy Saunders, Bill Tucker

Newsletter Editor – Marilyn Distelberg

- **900+ members**
- 21st Run for the Roses adds a Pump to the Run to deduct 30 secs for each pump from time.
- 969 entrants (48% increase over 2000) participate in the 21st Run for the Roses.
- 659 compete in the Run for the Oaks.
- Over 100 participate in the 2000 Volunteer Appreciation Dinner at Café Luna.
- Bob Ross diligently collects and writes up New Member Profiles.
- **Linda Dillon receives the 2000 Volunteer of the Year Award.**
- **Billy Squier and Lisa Tyndall selected Most Improved Runners of the Year.**
- Over 100 participate in the Shamrock Weekend – Bob Ross coordinating. The Marshall Cup for the most improved Shamrock Marathoner to Sally Ivins. The NCRC Shamrock Marathon Cup Fastest Male Marathoner to Mike Fiorito, The NCRC Shamrock Marathon Cup Fastest Female Marathoner to Sally Ivins, The Walking Cup for the most improved 5K Walker to Hannah Lugiano, The 8K Graded Plaque Male Winner was Kevin Nickodem, and the 8K Graded Plaque Female Winner was Susie Kluttz, who also set a pending National 8K record for 64-year-old women. Shamrock sweatshirts were provided by Second Sole.
- In spite of 88-degree weather, Mike Fiorito wins his 4th Umstead 100 Mile Endurance Run – Blake Norwood RD. The race saw only 42 finishers in the 100 but a record 106 who finished at least 50 miles, which is a testament to the smart thinking of the many who called it a day early. Many NCRC members volunteered and raced this year.
- Pleasure Island 5 Mile Trail Run with the Wilmington Roadrunners was contested.
- \$6,000 was donated to Interact from the Women's Distance Festival.
- The RRCA Convention in New Mexico was attended by Ben Dillon, Randy Saunders, and Erv Love.
- Ken Long wins two gold medals in racewalking events at the National Senior Games in Baton Rouge, LA.
- The NCRC August Umstead Run-in-the-Park Series sponsored by Inside-Out Sports was attended by 92/74/56/50+ participants over the 4 nights. The post event party was hosted at Ragazzi's thanks to member John Pare. – Ann Marie Calabria and Ben Dillon co-coordinated with Elizabeth Aiken and other volunteers.
- Over 2500 participate in the 4th Annual Carrabba's Classic races. – Al Terry RD
- A donation was made to Umstead State Park / Umstead Coalition from the Carrabba's Half Marathon.
- First-ever club trip to see the Durham Bulls organized by Bill Tucker.
- NCRC members and runners invited to the Bi-Annual Umstead 100 Brunswick Stew Celebration.
- Steve Kipisz and Sallie Whitmore tackle the Seven Continents.
- 9th Annual Women's Distance Festival 5K – 430 Runners - Georgia Hagen RD
- 2nd Annual Raleigh Marathon closes out the year. – Butch Robertson RD

North Carolina Roadrunners Club Historical Summary

2002

The following officers were elected:

President – Ben Dillon

Vice President – Don Weinstein

Secretary – Honor Gifford

Treasurer – Erv Love

Executive Director – Elizabeth Aiken

Members-at-Large – Jim Braman, Peggy Harper, Eric Johnson, Julie Morris, Jerry Paul, Bill Tucker

Newsletter Editor – Marilyn Distelberg / Bill Robertson

- 710 members to start the year.
- 1st Annual New Year's Day Resolution Run was held – 132 finishers – Ben Dillon RD
- 22nd Annual Run for the Roses was held with approximately 950 runners.
- Participated in the Health Fair at Crabtree Valley Mall.
- 21st Virginia Beach Race Weekend – Approximately 100 attended.
- Elizabeth Aiken elected to fill the new post of Executive Director.
- Annual Volunteer Appreciation Dinner held.
- **Bob Ross honored with a Lifetime Achievement Award.**
- **Bob Dannegger was honored as 2001 Volunteer of the Year for countless hours spent with track workouts in 2001.**
- Many club members volunteered and ran in the Umstead 50/100 Mile Endurance Run.
- RRCA National Convention in Norfolk, VA was attended by Ben Dillon, Erv Love, Don Weinstein, Julie Morris, Eric Johnson, and Elizabeth Aiken.
- Shoe Reviews, Health and Nutrition, Life Beyond the Marathon, 1000 Mile Club, Training Advice, New Members columns continue.
- Stonewood Tavern takes over the Carrabba's Classic – 1908 Entries – Al Terry RD
- Run for the Oaks – 570 Finishers – NCRC Volunteers
- 9th Women's Distance Festival 5K – 420 Finishers - Georgia Hagen RD
- Adopt-a-Highway program initiated – Don Weinstein coordinating.
- 3rd Annual Raleigh Marathon was held. – Butch Robertson RD
- Umstead State Park closed for several months due to tree damage from massive ice storm.

North Carolina Roadrunners Club Historical Summary

2003

The following officers were elected:

President – Ben Dillon

Vice President – Don Weinstein

Secretary – Honor Gifford

Treasurer – Peggy Harper

Executive Director – Elizabeth Aiken

Members-at-Large – Katherine Armentrout, Eric Johnson, Erv Love, Julie Morris, Blake Norwood, Jerry Paul, Bill Tucker

Newsletter Editor – Marilyn Distelberg / Bill Robertson

- 740+ Members to start the year.
- NCRC joins the American Association of Running Clubs after issues with the RRCA.
- NCRC Board donates \$300 to AARC for the Road's Scholar Program.
- 2nd Annual New Year's Day Resolution Run was held – 132 finishers – Ben Dillon RD
- 23rd Annual Run for the Roses was held with approximately 950 runners.
- \$6,000 donated to the Tammy Lynn Center from the Stonewood Tavern Half Marathon.
- Small group takes on the Myrtle Beach Marathon.
- 22nd Virginia Beach Race Weekend – Approximately 100 attended.
- **Annual Volunteer Appreciation Dinner held – 2002 Volunteer of the Year – Georgia Hagen.**
- Many club members volunteered and ran in the 9th Umstead 50/100 Mile Endurance Run.
- Shoe Reviews, Health and Nutrition, Life Beyond the Marathon, 1000 Mile Club, Training Advice, New Members, Race and Group Run columns continue.
- Major renovation of the Umstead Multi-Use Trails takes place.
- Inside-Out Sports takes over the Stonewood Classic – Al Terry – RD
- Run for the Oaks – 500+ Finishers – NCRC volunteers
- 10th Women's Distance Festival 5K – 420+ Entries - RD

North Carolina Roadrunners Club Historical Summary

2004

The following officers were elected:

President – Eric Johnson
Vice President – Mark Dowd
Secretary – Georgia Hagen
Treasurer – Nancy Bokish
Executive Director – Elizabeth Aiken
Members-at-Large – Ben Dillon, Betty Furr, Tom Karnatz, Jerry Paul, Sally Squier, Bill Tucker
Newsletter Editor – Angel Morales

- 578 Members to start the year.
- 3rd Annual New Year's Day Resolution Run was held – 168 finishers – Ben Dillon/Don Weinstein Co-RD
- Tammy Lynn Center receives \$5,700 from proceeds of 2003 IOS Classic.
- 24th Annual Run for the Roses was held with fewer than 500 runners due to weather – Jim Young – RD
- Volunteer Families for Children of NC receives \$2,081 from Run for the Roses proceeds.
- Volunteer Appreciation Weekend – 2003 Volunteer of the Year – Eric Johnson.
- 23rd Virginia Beach Race Weekend – Ben Dillon – coordinator
- **2003 Volunteers of the Year – Jean Hagen-Johnson and Ben Dillon.**
- 25th Anniversary Year Celebration was kicked off at the Volunteer Appreciation Dinner.
- Many club members volunteered and ran in the 10th Umstead 50/100 Mile Endurance Run.
- Shoe Reviews, Health and Nutrition, Life Beyond the Marathon, 1000 Mile Club, Training Advice, New Members, Race and Group Run columns continue.
- New Multi-Use Trail surface opened at Umstead along with the new Turkey Creek section.
- Tour de Park Series returns.
- Inside-Out Sports / NCRC Umstead August Series week 2 interrupted by Hurricane Bonnie.
- Inside-Out Sports Classic Half-Marathon/10K/5K – 1100 participants - Al Terry – RD
- Robert Wagers Memorial Fund receives \$200 contribution. Dr. Robert Ryan Wagers died during the 2003 IOS Classic. Robert Wagers Memorial Award presented to 1st Half Marathon Male Master Bib No. 417 Sarig Agasi. Duplicate award to widow Melissa Wagers.
- 22nd Run for the Oaks – 450 finishers – NCRC volunteers
- 11th Women's 5K Run and Health Walk – 436 entries - Elizabeth Aiken – RD
- 100 women participate in the 2004 NCRC WDF Training Group.

North Carolina Roadrunners Club Historical Summary

2005

The following officers were elected:

President – Eric Johnson

Vice President – Mark Dowd

Secretary – Jane Rouse

Treasurer – Nancy Bokish

Executive Director – Elizabeth Aiken

Members-at-Large – Bill Squier, Tom Karnatz, Martha Long, Mike Walsh, Mike Waldvogel, Dave Rouse

Newsletter Editor – Pamela Andrejev

- 610 members to start the year.
- NCRC monthly meetings changed to quarterly meetings.
- AARC was dissolved, and the RRCA once again became the governing body of running clubs.
- 4th Annual New Year's Day Resolution Run sponsored by New Balance was held – 168 finishers – Eric Johnson / Ben Dillon CO-RD
- \$681.86 donated to _____ from the 2005 Resolution Run.
- Tammy Lynn Center receives \$2989.49 from the proceeds of the 2004 IOS Classic.
- 25th Annual Run for the Roses – 608 Entrants – Jim Young – RD
- Flyers no longer included with the newsletter.
- Women's Beginners Running Class includes 110 women and 40 volunteers.
- 24th Virginia Beach Race Weekend – Ben Dillon – coordinator
- 2006 Virginia Beach Marathon moves to Sunday – Club picks Myrtle Beach as main event.
- Large group attends the Myrtle Beach Marathon and events. – Mark Dowd – coordinator.
- Annual Volunteer Appreciation Dinner held – Details lacking.
- Many club members volunteered and ran in the 11th Umstead 50/100 Mile Endurance Run.
- August Series draws over 50 runners each night.
- Inside-Out Sports Classic - Jim Young RD – Details lacking.
- December meeting / Potluck at Glen Eden Pilot Park.

North Carolina Roadrunners Club Historical Summary

2006

The following officers were elected:

President – Mike Walsh

Vice President – Mike Waldvogel

Secretary – Jane Rouse

Treasurer – Nancy Bokish

Executive Director – Elizabeth Aiken

Members-at-Large – Mark Dowd, Georgia Hagen, Dave Rouse, Joey Anderson, Jennifer Ennis, Karla Werner

Newsletter Editor – Pamela Andrejev / Esther Dill

- 650 members to start the year.
- The NCRC hosted a Mexican Fiesta at the NC State Faculty Club to honor volunteers.
- **Lynn Hoke and Mike Waldvogel as 2005 Female and Male Volunteers of the Year.**
- 5th Annual Resolution Run was held on December 31 . Dave Rouse - RD
- Large group attends the Myrtle Beach Marathon – Mark Dowd coordinator
- 26th Annual Run for the Roses with over 600 Entrants – Jim Young RD
- Profits from the 26th Annual Run for the Roses benefit the USO at RDU.
- Annual NCRC Summer Cookout held at Lake Crabtree Park
- NCRC members run and volunteer at the 12th Edition of the Umstead 100 Mile Endurance Run.
- Nancy Bokish and Jennifer Ennis attend the RRCA Convention in Houston.
- First April Run Series held at Lake Johnson.
- Triangle Race for the Cure draws 19,000 participants to Meredith College.
- New website up thanks to Eliane Hascal.
- Inaugural Magnificent Mile was held at NCSU Centennial Campus – 402 Entrants – Mike Walsh – RD
- 13th Annual Women's Distance Festival attracted 340 entrants – Nancy Bokish RD
- Interact receives \$9,000 from the Women's Distance Festival.
- 2006 Inside-Out Sports Classic draws 941 entrants as the RRCA State Half-Marathon Championship. – Elizabeth Aiken RD

North Carolina Roadrunners Club Historical Summary

2007

The following officers were elected:

President – Mike Walsh

Vice President – Mike Waldvogel

Secretary – Jane Rouse

Treasurer – Nancy Bokish

Members-at-Large – Mark Dowd, Georgia Hagen, Dave Rouse, Joey Anderson, Jennifer Ennis, Karla Werner, Steve Dezern

Newsletter Editor – Esther Dill

- 750 members to start the year.
- 6th Annual Resolution Run was held on New Year's Day – 200 entrants – Dave Rouse RD
- \$1500 netted from the 2007 Resolution Run.
- The NCRC hosted the 2006 Volunteer Appreciation Dinner at the Crabtree Holiday Inn.
- **Rhonda Hampton and Dave Rouse were the 2006 Female and Male Volunteers of the Year.**
- **RRCA Volunteer Awards were presented to Eric Johnson and Ben Dillon, Past Presidents, and to Elizabeth Aiken. Georgia Hagen, winner of the RRCA's The Nina Kuscik Women's Development Running Award for her leadership in the NCRC's Women's Beginner Runner Program and funding to go to the 2007 RRCA Convention in Chicago.**
- **RRCA Awards of Merit certificates to Dave Rouse, Ben Dillon, Joey Anderson, and Mike Walsh.**
- **NCRC receives RRCA award for the best large club newsletter in the Southern Region.**
- Elizabeth Aiken was presented a plaque and gift as the retiring NCRC Executive Director.
- 4th Myrtle Beach Marathon Trip includes over 175 people. – Mark Dowd coordinator
- Longtime NCRC member Lee Cooper passes away.
- NCRC pledges \$500 for a water fountain near the Trenton/Reedy Creek Trail Intersection.
- Initial March Trail series sponsored by Omega Sports.
- 27th Annual Run for the Roses adds Team Competition and quarter mile and 100 Meter Children's Run. Moved to April at the Halifax Community Center. 200 entrants – Darrow Johnson RD - \$750 donated to Urban Ministries.
- 13th Umstead 50/100 Mile Endurance Run features new 50 and 100 Mile Female course records under near ideal conditions. NCRC has a strong presence among runners and volunteers.
- Mike Walsh reports on the 50th Anniversary RRCA Convention held in Chicago.
- NCRC Team participates in the Race for the Cure – 22,000 entrants – Tammy Crafton Team Captain
- 1st American Tobacco Trail 10-Miler – Aaron Quick RD
- ***Missing Oct/Nov 2007, Dec 2007/Jan 2008 newsletters

North Carolina Roadrunners Club Historical Summary

2008

The following officers were elected:

President – Aaron Quick

Vice President – Olga Kruger

Secretary – Karen Groden

Treasurer – Brooke Molineux

Members-at-Large – Andrea Bachl, Brad Broyles, Jennifer Frahm, Lena Hollmann, Dave Rouse, Travis Wills

Newsletter Editor – Esther Dill

- Approximately 580 members to start the year.
- 7th Annual New Year's Day Resolution Run – Dave Rouse RD.
- Resolution Run net proceeds of \$4,108 reported.
- 28th Annual Run for the Roses 5K draws over 500 participants – Andrea Bachl RD.
- \$1,510 raised for Urban Ministries of Wake County from the Run for the Roses.
- Myrtle Beach Club Trip draws over 100 participants – Mark Dowd coordinator.
- **Volunteer Celebration was held at Art Space – Esther Dill and Bruce Bokish are 2007 Volunteers of the Year.**
- REI Kids Trail Running Program serves 40 youth from the Boys and Girls Club.
- The 14th Umstead 50/100 Mile Endurance saw many NCRC members running and volunteering under spotty rainy conditions.
- The 10th Annual Inside-Out Sports Classic 10K & Half Marathon
- 44 NCRC Team members participate in the 12th Annual Race for the Cure – Tammy Crafton coordinator – Over 23,500 registered participants. Close to \$1.75 million raised.
- May Trail running series at Umstead – Jennifer Frahm coordinator.
- June series at Lake Johnson – Erik Barrie and Mindy Hiteshue coordinating.
- July series in Bond Lake Park Cary – Allan Brunner coordinating.
- Lenovo Magnificent Mile Races and Fun Walks draw 450 participants – Mike Walsh RD.
- Monster Dash 5K sponsored by The Athlete's Foot – Cameron Village
- 2nd Annual American Tobacco Trail 10-Miler – 400 participants – Aaron Quick RD.
- NCRC / Galloway Pancake Breakfast – Mark Dowd coordinating.
-
- **** Missing Feb/Mar 2008 newsletter

North Carolina Roadrunners Club Historical Summary

2009

The following officers were elected:

President – Brad Broyles

Vice President – Aaron Quick

Secretary – Open / Dave Rouse

Treasurer – Brooke Molineux / Mike Waldvogel

Members-at-Large – Jennifer Frahm, Karin Groden, Ken Hamilton, Lena Hollmann, Chris Damico, and John Richardson

Newsletter Editor – Esther Dill

- Approximately 504 members in September.
- 8th Annual New Year's Day Resolution Run has over 250 participants – Dave Rouse RD.
- 29th Annual Run for the Roses 5K draws over 400 participants – Andrea Bachl Johnson RD.
- \$750 raised for Urban Ministries of Wake County from the Run for the Roses.
- Myrtle Beach Club Trip draws over 100 participants – Mark Dowd coordinator.
- **Volunteer Celebration was held at Campbell Lodge in Durant Nature Park – Mark and Terri Dowd are the 2008 Volunteers of the Year.**
- **Dave Rouse was recognized for winning the Browning Ross Spirit of the RRCA Award.**
- **Lena Hollmann was recognized as the RRCA State Representative of the Year.**
- The 15th Umstead 50/100 Mile Endurance Run saw many NCRC members volunteering and running in this annual event. Under ideal conditions, many Umstead and National records were set.
- April Series continues from The BrickHouse – (25-34 participants) - NCRC and The Athlete's Foot RDU Sponsor.
- May Trail Running Series at Umstead – (24+ participants) - NCRC and Omega Sports sponsor
- June Series continues at Lake Johnson – Charles West sponsor – Georgianne Fenchik and Larry James coordinating.
- NOTE: Incomplete minutes – charity contributions, membership numbers, details of races
- Mike Walsh, Lena Hollmann, and Dave Rouse attend the RRCA Convention in San Francisco.
- Run for our Heroes 2009 Inaugural Race – 636 runners participate – Dave Rouse RD
- Annual Club Picnic held in Lake Crabtree County Park – Aaron Quick organizing.
- NCRC Race for the Cure Team – 28 members – Raise \$1,440 – Tammy Crafton coordinator
- 11th Inside-Out Sports Classic Half Marathon and 10K – Aaron Quick RD
- July Series sponsored by Try Sports – Brad Broyles coordinator – Crabtree Creek Greenway
- September Series sponsored by NCRC and Fleet Feet Sports Raleigh – (20+ participants) From Carolina Ale House – Olga Kruger coordinator
- American Tobacco Trail 10 Miler – 414 registered / 319 finishers – Brad Broyles RD.
- ATT donations include: \$205 + free ad for Cary Road Race, \$300 to White Oak Foundation, \$800 to TRTC and \$300 to Wake County.
- \$400 donated to the RRCA's "Kids Run the Nation" Program
- 30th Anniversary Proclamation from Raleigh Mayor Charles Meeker.
- Magnificent Mile sees over 800 participants
- Inaugural City of Oaks Marathon held.
- John Bingham "The Penguin" speaks at the 4th Quarter Meeting.
- **** Missing Oct/Nov 2009 newsletter

North Carolina Roadrunners Club Historical Summary

2010

The following officers were elected:

President – Brad Broyles

Vice President – Aaron Quick

Secretary – Dave Rouse

Treasurer – Mike Waldvogel

Members-at-Large – Karin Groden, Ken Hamilton, Johanna Outlaw, Rhonda Logan, and Rebecca Sitton.

Newsletter Editor – Esther Dill

- 413 members at the beginning of the 2010.
- 9th Annual New Year's Day Resolution Run had over 300 participants – Johanna Outlaw RD.
- Resolution Run net proceeds of approximately \$2,000 reported.
- 30th Annual Run for the Roses 5K draws over 500 participants – Dave Rouse RD.
- \$3,000 raised for Carolina Canines for Veterans from the Run for the Roses and \$1,000 for the Halifax Center.
- Myrtle Beach Club Trip draws a crowd – RACE CANCELED DUE TO SNOW – Mark Dowd coordinator. However, many in the group ran the "Unofficial half marathon".
- **Volunteer Appreciation Celebration honors Jennifer Frahm and Brad Broyles as the 2009 Female and Male Volunteers of the Year.**
- No March Social Series.
- Past President Eric Johnson completes 50 States Marathon Challenge.
- The 16th Annual Umstead 50/100 Mile Endurance Run saw many NCRC members running and volunteering in another successful event. New Male and Female course records were set as well as many PRs. – Blake Norwood RD
- 1st Tobacco Road Marathon volunteer opportunity
- Run for the Oaks volunteer opportunity – Jim Young RD.
- Adopt-A-Highway quarterly – Steve Dezern / James and Amy Howard coordinating.
- April Social Series sponsored by The Athlete's Foot and Brickhouse – 25 to 38 attended – Karin Groden coordinating.
- RRCA Convention in Lakeland, FL – Brad Broyles, Aaron Quick, Lena Hollmann, and Esther Dill attended.
- **Esther Dill was recognized as Running Account received the large-club RRCA newsletter of the year award.**
- Run for Our Heroes Volunteer opportunity – Dave Rouse coordinating.
- May Social Series – Rebecca Sitton coordinating.
- 12th Annual Inside-Out Sports Classic – 700 participate in the RRCA NC State Championship Half Marathon and 230 in the 10K - \$5,700 purse – Aaron Quick RD.
- Donations from the Inside-Out Sports Classic: BandwithCares.org - \$1,500, Kids Run the Nation (RRCA) - \$1,000, Tammy Lynn Center - \$1,000, Franklin Academy, Galloway Group and Cary Teen Council \$750 each for helping with the water stops, American Red Cross - \$750, Dreamchaser Foundation (Flashlights for orphans in Africa) - \$500.
- Women's Beginner Running Program – Debbie Hockstra is Program Leader.
- June Social Series at WakeMed Soccer Park – Avg. 25 Participants – Charles West Coord.
- July Social Series at the Crabtree Valley Mall and Greenway – Sponsored by Try Sports Raleigh – 25 – 30 Participants - Brad Broyles coordinating.
- August Social Series at Umstead State Park – Joey Anderson coordinating.
- Galloway Pancake Breakfast at Raleigh Running Outfitters well attended by NCRC.
- September Social Series – Barbara Latta coordinating.
- ATT – 10 Miler and RRCA NC 10 mile State Championship limit increased to 500 runners – Brad Broyles RD.
- ATT 10 Miler donations include: \$335 (direct runner contributions) to the Rails to Trails TC, Wake County Parks & Recs and White Oak Church Foundation - \$500 each, Town of Cary - \$300 plus advertisement for the Cary Road Race, Rails to Trails TC - \$1,000.
- Women's Distance Festival – Rhonda Logan RD

North Carolina Roadrunners Club Historical Summary

- Interact receives \$1,500 donation from the Women's Distance Festival.
- NCRC Race for the Cure Team – Tammy Crafton coordinating.
- NCRC trip to the Durham Bulls game – 24 tickets sold.
- 2nd Quarter Club Meeting at Blinco's – Aaron Quick coordinating.
- Donated \$150 to Children's Network in honor of Meredith Dolhare, 2nd Quarter speaker.
- 3rd Quarter Club Meeting at TirNaNog.
- Fourth Annual City of Oaks Marathon & Half Marathon draws over 2800 participants.
- 4th Quarter Club Meeting at Glen Eden Pilot Park

North Carolina Roadrunners Club Historical Summary

2011

The following officers were elected:

President – Brad Broyles

Vice President – Aaron Quick

Secretary – Dave Rouse

Treasurer – Mike Waldvogel

Members-at-Large – Bob Hastings, Lisa Howell, Johanna Outlaw, and Rebecca Sitton.

Newsletter Editor – Esther Dill / Meri Kotlas

- 440 (households), 90 Family Memberships at the beginning of 2011.
- 10th Annual New Year's Day Resolution Run moved to Bond Lake Park in Cary and had over 270 participants – Johanna Outlaw RD.
- Resolution Run net proceeds of approximately \$2,000 reported.
- 31st Annual Run for the Roses 5K draws approx. 500 participants – Rebecca Sitton RD.
- \$3,000 raised for Carolina Canines for Veterans from the Run for the Roses.
- Myrtle Beach Marathon / Half Marathon featured almost ideal conditions – 25-30 NCRC participants – Brad Broyles / Anjela Dukes / Ben Dillon coordinate activities.
- **The Volunteer Appreciation Celebration was held at the Raleigh City Museum – Bill and Sally Squier are the 2010 Volunteers of the Year.**
- **** Former Executive Director and Club Vice President Elizabeth Aiken passes away.****
- \$400 donated to "Kids Run the Nation" Program of the RRCA.
- Coach George Williams of St. Augustine's College was 1st Quarter Meeting speaker.
- March Mini-series sponsored by Raleigh Running Outfitters.
- Tobacco Road Marathon – Charles West coordinating pacers.
- 5th Annual NCRC April Series Start and Finish at The Athlete's Foot – Cameron Village – Mike Zimmerman
- NCRC May Series Sponsored by Fleet Feet Sports Raleigh - Start and Finish from the Carolina Ale House – Rebecca Sitton Coordinating.
- 13th Annual Inside-Out Sports Classic Half Marathon & 10K drew over 900 participants – Aaron Quick RD
- Donations from the Inside-Out Sports Classic: BandwithCares.org - \$1,500, RRCA Kids on the Run - \$2,000, Tammy Lynn Center - \$1,000, Franklin Academy (\$750), Galloway Group(\$750) and Cary Teen Council(\$500) for helping with the water stops, American Red Cross - \$1,000, CASL Soccer - \$500, Tunnel to Towers 5K Seed Money - \$250, Girl Scouts of America (Gold Award) \$4250 for race at Blue Jay Pt. certification course .
- 17th Annual Umstead 50/100 Mile Endurance Run saw 12 NCRC runners toe the starting line with 50 and 100 mile PRs set. Bob Calabria receives his 1000 Mile Club Buckle. – Blake Norwood RD
- A rash of tornadoes touched down in Raleigh and surrounding areas.
- \$2,500 left from the 2008 REI Grant in support of Kids' Trail Running was donated to Gavin Coombs for the Exercise, Education and Wellness program of the Boys and Girls Club.
- NCRC June Series at Umstead State Park South and sponsored by Omega Sports – Charles West sponsoring.
- NCRC Race for the Cure Team sponsored by New Balance of Raleigh – Tammy Crafton coordinating.
- NCRC July Series held on the Meredith Greenway and sponsored by Try Sports
- NCRC Night at the Durham Bulls Athletic Park.
- Annual Breakfast Run from Raleigh Running Outfitters - Raleigh – Mark Dowd coordinating.
- 15th Annual Race for the Cure team had 24 members – Tammy Crafton coordinating.
- RRCA 2010 Road Race of the Year was the NCRC Inside-Out Sports Classic Half-Marathon – Aaron Quick RD
- NCRC August Series sponsored by Inside-Out Sports was held at Umstead State Park – Joey Anderson Coordinating.
- NCRC September Series sponsored by Omega Sports North Hills – Barbara Latta Coord.
- Women's Beginner Program has 89 participants – Debbie Hockstra coordinating.
- Women's Distance Festival had 193 participants – Rebecca Sitton RD
- American Tobacco Trail 10 Miler sponsored by Inside-Out Sports had 380 participants with a new course record being set – Brad Broyles RD.
- **** Longtime member Samir (Sam) Fawzy Rizk was lost in a boating accident in December.***

North Carolina Roadrunners Club Historical Summary

2012

The following officers were elected:

President – Brad Broyles

Vice President – Rebecca Sitton

Secretary – Lisa Howell

Treasurer – Mike Waldvogel

Members-at-Large – Bob Hastings/Amy Howard, Johanna Outlaw, Dave Mulley, and Charles West.

Newsletter Editor – Meri Kotlas / Esther Dill (remotely)

- 430 Households at the beginning of 2012.
- Resolution Social Run on 12/31 had 140 participants – Brad Broyles.
- Soup Run (1/7/12) at Umstead drew 50 participants from NCRC, Godiva, Wake Forest.
- January – Snoopy's Social Run.
- 32nd Annual Run for the Roses 5K draws 648 participants and new male and female course records – Rebecca Sitton RD.
- \$3,000 raised for Carolina Canines for Veterans from the Run for the Roses and 500 pounds of dog food for the Wake County SPCA Community Program.
- Myrtle Beach Marathon / Half Marathon featured almost ideal conditions – 25-30 NCRC participants – Brad Broyles / Anjela Dukes / Ben Dillon coordinate activities.
- **The Volunteer Appreciation Celebration was held at the Raleigh City Museum – Charles West and Barbara Stone-Newton were the 2011 Volunteers of the Year.**
- 18th Annual Umstead 50/100 Mile Endurance Run sees 17 NCRC members toe the starting line while numerous other NCRC members volunteered. It was a day to remember with a little rain to start the day followed by a beautiful afternoon, followed by a “spine-tingling thunderstorm”, followed by a beautiful Sunday. Mike Morton of FL set a new course record in 13:11 with Jim Sweeney of NY and Mark Manz of Cary taking 2nd and 3rd with times of 14:14 and 14:16, respectively. Tracy Falbo from Indiana won the distaff side with a fine 17:02. A Memorial Sam Rizk 12.5 mile run was held, with many family and friends participating.
- NCRC Charity Night at the Nog run collected 8 bags of shirts for Helping Hands Mission.
- March Series at the Raleigh Running Outfitters – 25 participants.
- 6th Annual April Series at Capital RunWalk drew 60+ runners – Lisa Howell coordinating.
- May Series sponsored by Fleet Feet starts at the Carolina Ale House in Raleigh – Rebecca Sitton coordinating.
- NCRC 2nd Quarter Meeting held at the Backyard Bistro features Jeff Galloway as speaker.
- June Series sponsored by Charles West – Blanca Akers coordinating.
- July Series sponsored by New Balance starts at the Greenway at Meredith – Brad Broyles coordinating.
- Women's Beginner Running Program – Regan Reynolds is the leader.
- 19th Annual Women's Distance Festival 5K on Dorothea Dix Campus had 170 participants and raised \$800 for Interact – Rebecca Sitton RD
- Race for the Cure Team had 10 participants – Tammy Crafton is Team Leader.
- NCRC August Series sponsored by Inside-Out Sports at Umstead – Joey Anderson coordinating.
- September Series sponsored by Omega Sports North Hills – Barbara Latta coordinating.
- 6th Annual American Tobacco Trail 10 Miler sponsored by Inside-Out Sports – Brad Broyles RD.
Disbursements included: \$250 to Wake County, \$800 to Rails-to-Trails, \$150 to Town of Cary, \$250 to White Oak Church and \$250 to the Cary Teen Council.
- NCRC receives plaque for 10 years of Adopt-A-Highway public service.
- *** February/March Newsletters missing ***

North Carolina Roadrunners Club Historical Summary

2013

The following officers were elected:

President – Brad Broyles

Vice President – Gene Meade

Secretary – Mo Percy

Treasurer – Mike Waldvogel

Members-at-Large – Amy Howard, Dave Mulley, Paula O’Neal, and Jennifer Ennis.

Newsletter Editor – Esther Dill (remotely)

- 465 Households reported in June 2013 minutes.
- Resolution Social Run on 12/31– Brad Broyles coordinating.
- January – Snoopy’s Social Run.
- 33rd Annual Run for the Roses 5K draws 732 participants – Rebecca Sitton RD.
- \$5,500 was raised for Carolina Canines for Veterans from the Run for the Roses and a large donation of dog food for the Wake County SPCA Community Program.
- Myrtle Beach Marathon / Half Marathon - 25-30 NCRC participants – Brad Broyles / Anjela Dukes / Ben Dillon coordinate activities.
- **The Volunteer Appreciation Celebration was held at the Borden House – Dave Mulley and Louise Guardino were the 2012 Volunteers of the Year.**
- 19th Annual Umstead 50/100 Mile Endurance Run saw many NCRC members competing as well as volunteering – Blake Norwood RD.
- March Social Series Sponsored by Raleigh Running Outfitters
- 7th Annual April Series Sponsored by Capital RunWalk – Lisa Howell coordinating.
- NCRC Invitational Half Marathon and 10K - \$3,125 for donation – Charles Akers RD.
- Where in the Triangle is Chester? Contest begins. Sue Hatch and Frank Haag.
- NCRC August Series at Umstead sponsored by Inside-Out Sports
- NCRC September Series at North Hills sponsored by Omega Sports – Barbara Latta Coord.
- Women’s Beginning Runner Program – Terri Dowd coordinating.
- 20th Annual NCRC Women’s Distance Festival 5K at Dorothea Dix Campus sponsored by Capital RunWalk – Rebecca Sitton RD
- \$1,500 including \$235 from runner donations to Interact from the WDF.
- 7th Annual American Tobacco Trail 10 Miler sponsored by Inside-Out Sports – RRCA NC 10 Mile State Championship had 286 Participants – Brad Broyles RD
- ATT 10 Miler Donations - \$250 for Wake County Parks and Open Space, \$283 to Rails to Trails, \$800 to TRTC, \$150 to Town of Cary – USA Baseball area, \$700 for the Nog Run Club for volunteers, \$250 to White Oak Foundation for the church parking lot.
- New Online Membership Renewal and Signup database activated through the club’s Facebook page.
- Jean & Cathy’s Annual NCRC Day-After-Thanksgiving Run at Shelley Lake continues.
- Monster Dash continues
- Raleigh City of Oaks Marathon events continue.
- Barbara Latta celebrates her 30th Running Streak Anniversary.
- 4th Quarter Meeting and Potluck at Glen Eden.
- December Soup Run – Mike Walsh coordinating.

North Carolina Roadrunners Club Historical Summary

2014

The following officers were elected:

President – Gene Meade

Vice President – Jennifer Ennis

Secretary – Mo Percy

Treasurer – Mike Waldvogel

Members-at-Large – Blanca Akers, Amy Howard, James Howard, Lisa Howell, Carolyn Quarterman, and Rebecca Sitton.

Newsletter Editor – Esther Dill

- 397 Households reported in the January 2014 minutes.
- January – Snoopy's Social run had 45 participants - \$200 raised for the Wake County SPCA – Brad Broyles Coordinating.
- 34th Annual Run for the Roses 5K draws 833 registered runners and 744 finishers – Dave Mulley RD. Pump and Run returns thanks to Will Guidi of Valhalla Strength and Endurance following a two-year absence.
- Run for the Roses donated \$4,000 to Team Red, White and Blue, \$4,000 to Canines For Veterans, and a large donation of pet food and supplies to the Wake County SPCA.
- 10th Myrtle Beach Marathon / Half Marathon Weekend - 25-30 NCRC participants – Brad Broyles / Ben Dillon Coordinate Activities.
- **The Volunteer Appreciation Celebration was held at the Five Points Center – Charles Akers and Rebecca Sitton were the 2013 Volunteers of the Year. Brad Broyles was recognized for his 5 years of leadership as President of the North Carolina Roadrunners Club.**
- 20th Annual Umstead 50/100 Mile Endurance Run saw many NCRC members competing as well as volunteering under near perfect weather conditions – Blake Norwood RD.
- Umstead 100 Race Director Blake Norwood, Race Captains Tom Newnam, Jerry Dudeck, Charlie Barnes, and Sally Squier, and Headquarters Manager Myra Norwood retire, leaving the race in the hands of new Race Director Rhonda Hampton, HQ Aid Station Captain Jennifer Ennis, Aid Station 2 Captain Chris Squires, Course Captain Bill Parquet, and Headquarters Manager Renee Guynn.
- March Social Series sponsored by Raleigh Running Outfitters Cary – Blanca Akers coordinating.
- 8th Annual April Series sponsored by Capital RunWalk – Lisa Howell coordinating.
- 16th Annual NCRC Classic Half Marathon and 10K – RRCA State Championship – Sponsored by Omega Sports – Part of the Spring Triple Crown and Second Empire Grand Prix Race Series
- Where in the Triangle is Chester? Contest continues. Sue Hatch and Frank Haag.
- Gene Meade and Jennifer Ennis attend the RRCA National Convention in Spokane, WA along with RRCA State Representative Lena Hollmann.
- NCRC May Thursday Night Social Series from the Brickhouse – Reedy Creek and House Creek Greenways Raleigh.
- 6th and Final Run for Our Heroes race was held following the dedication of The Raleigh Police Memorial to its fallen officers.
- NCRC Club Cookout was held at Lake Crabtree County Park – Jenn Ennis coordinating.
- NCRC Race for the Cure Team – Tammy Crafton coordinating.
- NCRC June Trail Running Series at Umstead sponsored by Charles West.
- The Inaugural Raleigh Downhill Mile was held on July 4 with 195 participants with Raleigh Running Outfitters as the sponsor.
- NCRC July Series sponsored by New Balance of Raleigh-Durham from the Carolina Ale House Raleigh – Brad Broyles coordinating.
- NCRC August Series at Umstead sponsored by Inside-Out Sports – Ben Dillon coordinating
- NCRC September Series at North Hills sponsored by Omega Sports – Barbara Latta Coord.
- Women's Beginning Runner Program – Terri Dowd coordinating.
- 21st Annual NCRC Celebration 5K (Formerly Women's Distance Festival 5K) at Dorothea Dix Campus sponsored by Capital RunWalk – Elizabeth Werner RD
- \$1,500 donated to Interact from the NCRC Celebration 5K.

North Carolina Roadrunners Club Historical Summary

- 8th Annual American Tobacco Trail 10 Miler sponsored by Inside-Out Sports – RRCA NC 10 Mile State Championship had 455 Participants – Brad Broyles RD
- ATT 10 Miler Donations - \$200 for Wake County Parks, \$1300 to TRTC (includes \$478 from donations), \$150 to Town of Cary – USA Baseball area, \$250 to White Oak Foundation for the church parking lot.
- ***** Umstead 100 Race Director Emeritus Blake Norwood passes away suddenly. *****
- Jean & Cathy's Annual NCRC Day-After-Thanksgiving Run at Shelley Lake continues.
- Monster Dash continues.
- Raleigh City of Oaks Marathon events continue.
- 4th Quarter Meeting held at The Unitarian Universal Fellowship of Raleigh.

North Carolina Roadrunners Club Historical Summary

2015

The following officers were elected:

President – Gene Meade

Vice President – Jennifer Ennis

Secretary – Mo Percy

Treasurer – Mike Waldvogel

Members-at-Large – James Howard, Lisa Howell, Carolyn Quarterman, and Rebecca Sitton.

Newsletter Editor – Esther Dill

- 400 Households reported in the February 2015 minutes.
- January – Snoopy's Social run had 56 participants - \$520 raised for the Wake County SPCA – Brad Broyles coordinating.
- 35th Annual Run for the Roses 5K drew 935 registered runners and 837 Finishers – Elizabeth Werner RD. Twin 13-year-old girls win the women's division in 19:20 (6:14/Mile).
- Run for the Roses donated \$4,500 to Team Red, White and Blue, \$4,500 to Canines For Veterans, and a large donation of pet food and supplies to the Wake County SPCA.
- 10th Myrtle Beach Marathon / Half Marathon Weekend - 25-30 NCRC participants – Brad Broyles / Ben Dillon coordinate activities.
- **The Volunteer Appreciation Celebration was held at the Five Points Center – Terri Dowd and Brad Broyles were the 2014 Volunteers of the Year.**
- 21st Annual Umstead 50/100 Mile Endurance Run saw many NCRC members competing as well as volunteering under near perfect weather conditions again. The race briefing was preceded by a Celebration of Life Ceremony remembering the life of founder and 20-year Race Director Blake Norwood's life following his unexpected passing last fall. – Rhonda Hampton RD.
- March Social Series was held at Aviator Brewery in Fuquay-Varina – Gene Meade coordinating.
- April Social Series sponsored by Capital Run Walk in Cameron Village – Mike Zimmerman coordinating.
- May Social Series was held from the Raleigh Brewing Company – Rebecca Sitton coordinating.
- 17th Annual NCRC Classic Half Marathon & 10k sponsored by Omega Sports – Mike Waldvogel RD.
- NCRC Classic donations included: Dorcas Ministries / Genesis UMC - \$500, Green Hope High School Band - \$500, Galloway Group - \$500, Nog Run Club - \$3,000, Umstead - \$3,000, Red Cross - \$3,000, Cap Community - \$3,000.
- June Trail Running Series was held at Umstead State Park and sponsored by Charles West –
- Annual Club Cookout was held in June at Lake Crabtree County Park – Jenn Ennis coordinating.
- 9th NCRC ATT 10 Miler had 325 participants and was again the RRCA NC 10 Mile State Championship – Brad Broyles RD
- ATT 10 Miler Donations included: \$1,000 to the Rails-to-Trails Conservancy, \$200 to RRCA Kids Run the Nation, \$350 to Meredith Cross Country and Apex High School Cross Country for manning water stops.
- July Social Series –
- August Social Series at Umstead – Ben Dillon coordinating
- September Social Series in North Hills sponsored by Omega Sports – Barbara Latta Coord.
- *** Missing Oct/Nov 2015 newsletter ***
- NCRC Soup Run – Loblolly Trail to Schenk Forest – Mike Walsh coordinating

North Carolina Roadrunners Club Historical Summary

2016

The following officers were elected:

President – Rebecca Sitton
Vice President – Carolyn Quarterman
Secretary – Andrea Thorne
Treasurer – Mike Waldvogel
Members-at-Large – Bob Lauck, Judy Liu, and Pam Matz
Newsletter Editor – Esther Dill

- 290 members reported in the January 2016 minutes.
- January – 5th Annual Snoopy's Social run had over 107 registered participants - \$1,715 was raised for the Wake County SPCA – Brad Broyles coordinating.
- 36th Annual Run for the Roses 5K drew 535 registered runners and finishers – Elizabeth Werner RD. Race profits were \$3,482.50. NCRC net is \$1,424.41 after donations.
- Run for the Roses donated \$1,450 (\$1,029.04 from NCRC + \$420.96 donations) to Team Red, White and Blue, \$1,450 (\$1,029.04 from NCRC + \$420.96 donations) to Canines For Veterans, and a large donation of pet food and supplies to the Wake County SPCA.
- NCRC's New Destination Race the Wilmington Half Marathon -
- 10th Myrtle Beach Marathon / Half Marathon Weekend - 25-30 NCRC participants – Brad Broyles / Ben Dillon coordinate activities.
- **The Volunteer Appreciation Celebration was held at the Five Points Center – Jenn Ennis and Bill Parquet were the 2015 Volunteers of the Year.**
- 22nd Annual Umstead 50/100 Mile Endurance Run saw many NCRC members competing as well as volunteering under a variety of weather conditions with NC runners winning both the men's and women's top spots in the 100. – Rhonda Hampton RD.
- March Social Series was held at Aviator Brewery in Fuquay-Varina – Gene Meade coordinating.
- Rebecca Sitton and Judy Liu attend the 58th RRCA National Convention in Dallas, TX. Lena Hollmann (former NCRC member and former NC RRCA State Representative) received the Browning Ross Spirit of the RRCA Award for her many years of volunteering with the NCRC and RRCA.
- April Social Series sponsored by Raleigh Running Outfitters – Esther Dill hosting.
- 1st Annual NCRC Chocolate Run – Videri's to Escazu and back – Jack Threadgill hosting – 50 participants raised \$600 for Girls on the Run.
- May Social Series at Raleigh Brewing – Rebecca Sitton hosting
- 18th Annual NCRC Classic Half Marathon and 10K – Judy Liu and Mike Waldvogel Co-RD.
- NCRC Classic donations included: \$500 to CapCommunity Foundation, \$500 Frog Legs, \$500 Raleigh Galloway Training, \$500 Green Hope High School, \$3,500 The nOg Run Club, \$3,000 Triangle Area Red Cross, \$3,000 Umstead Coalition for a total of \$11,500.
- June Trail Running Series at Umstead sponsored by Charles West –
- June Cookout at Lake Crabtree County Park – Rebecca Sitton hosting.
- July Social Series sponsored by Fleet Feet at Bottle Revolution 3 – Pam Matz hosting.
- August Series at Crabtree Valley Mall sponsored by New Balance – Jenn Ennis hosting.
- September Social Series sponsored by Omega Sports North Hills – Barbara Latta hosting.
- nOg/Southeast Raleigh Magnet Track Team Donation – NCRC members donated \$1305 to the event and the NCRC matched \$1000.
- Member profiles are feature stories in many of the newsletters.
- October Social Series with Runologie through Downtown Raleigh – Rebecca Sitton Coord.
- \$250 Honorarium to The Herren Project Runs in appreciation of Pam Rickard speaking at the 3rd Quarter Meeting.
- NCRC Pacer Team supports the 10th Anniversary of the Raleigh City of Oaks Marathon.
- Hurricane Matthew strikes the Triangle.
- December Soup Run to collect cans of soup to replenish Food Bank shelves.

North Carolina Roadrunners Club Historical Summary

- NCRC Christmas Lights Social Run went through Cameron Village and historic neighborhoods with the nOg Run Club and Capital RunWalk.

North Carolina Roadrunners Club Historical Summary

2017

The following officers were elected:

President – Rebecca Sitton

Vice President – Judy Liu

Secretary – Pam Matz

Treasurer – Mike Waldvogel

Members-at-Large – Barbara Latta, Johanna Outlaw, Amber Boger

Newsletter Editor – Esther Dill

- **The Volunteer Appreciation Dinner was held at the AIA North Carolina Center for Architecture and Design. Jack Threadgill and Jeannie Armagost were 2016 Volunteers of the Year.**

North Carolina Roadrunners Club Historical Summary

GUIDING PRINCIPLES OF THE CLUB

CONDUCT FUN RUNS

PROVIDE ACCURATELY MEASURED AND CERTIFIED COURSES

PROVIDE WELL-ORGANIZED RACES AT A REASONABLE COST

PROMOTE RUNNERS / WALKERS SAFETY

HOLD GROUP OUTINGS / FAMILY EVENTS

ENCOURAGE VOLUNTEERISM (At Races, refreshments at meetings, organizing events, working in the office, highway cleanup, etc.)

ENCOURAGE GOOD NUTRITION

IMPROVEMENT THROUGH TRAINING

BREAKFAST IN THE PARK

SUMMER PICNIC

WINTER PARTY

PROMOTE COMPETITION

PROVIDE ONE OF THE PREMIER NEWSLETTERS IN THE COUNTRY

FELLOWSHIP THROUGH EATING

PARTICIPATE IN NATIONAL CONVENTIONS

MAINTAIN AN INFORMATIVE WEB SITE