

13 March 2018



Hello BRRRC Members,

Spring is just around the corner and I couldn't be happier to finally be off the "dreadmill" and back to running outdoors! We are so fortunate to have access to the many running pathways and views that our charming river city holds! There is nothing like the sight of a passing ship on the St. Lawrence River during the still of the early morning or the smell of the fresh, crisp Spring air while running through the beautiful Brock Trail. I hope you have an opportunity to join us for one of our runs soon!

Now to end my day dreaming and on to the real business of this letter. On behalf of your elected BRRRC Executive and, in efforts to keep you informed and up-to-date on club activity, I'd like to share with you some key information items that we are excited to announce!

Brockville Road Runners Club Beginners/Re-Entry to Running Group "Social Runs" - April 3 to June 2, 2018: Due to feedback from our members, we will be looking to improve our Saturday Social Runs. Currently, the group consists of "mature" runners, most of whom run 10KM+ on any given Saturday. This can be intimidating to some and may deter them from coming out to join us. We want to ensure ALL members feel welcomed and supported in a stress-free environment.

Starting on **Tuesday, April 3**, we will be hosting a "social" venue for our new/re-entry to running members. This will serve as a social run for adult members looking to log distances between 3km-8km per session. Runs will be held on Tuesday evenings (6:30pm) and Saturday mornings (8:00am).

For more information, **please contact Rhonda at brockvilleroadrunners@gmail.com.**



Brockville Community Wide Clean-up - Saturday, April 21 -9:00 am to 12:00 noon: As we begin to welcome more spring-like weather, it is also time for community spring cleaning! Brockville and area parks and greenspaces are in need of a helping hand in order to become clean and green once again. We as runners, enjoy these spaces on our regular runs throughout the city.

BRRC Executive Member, Ed Eby, will be coordinating a Brockville Road Runners group to participate in this important initiative. If you could lend a hand that morning, please email Ed at ed_eby@hotmail.com.



Brockville Road Runners Club Clothing Order: BRRC member Christie Reitsma has been working diligently to put together some exciting options for BRRC clothing for purchase. There will be hoodies and track suits available this year. More information on this will be coming soon! Thank you, Christie, for taking this on!

Freeze Your Buns Run Series for 2018: The last race of the *Freeze Your Buns Series* will take place **Sunday, March 25**, with the 1K race starting at 11:00am, followed by the 5K race at 11:15am. We are hopeful that the weather cooperates with us as last month, we had some very unfortunate conditions, which led to a steep decline in participation.

FYB long-sleeve technical shirts will be distributed at the final run for those who chose to pre-pay in January for all three runs.

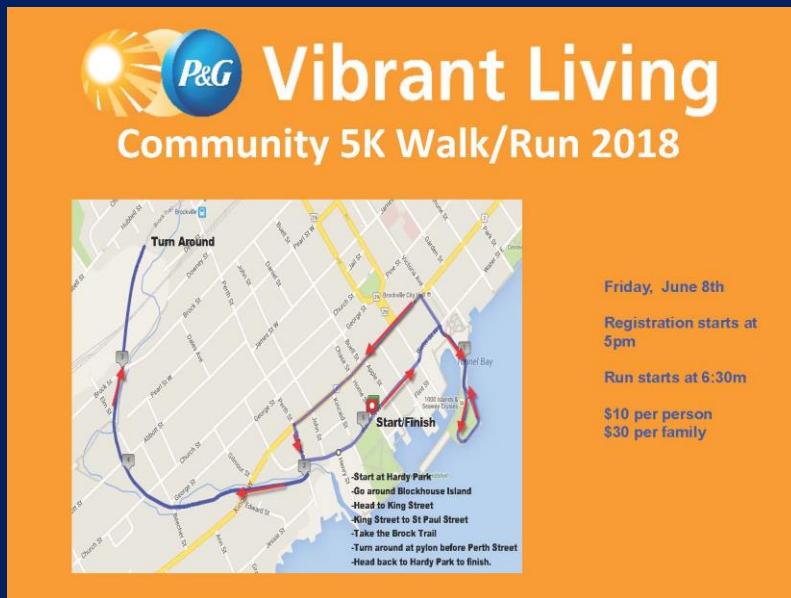
Upon completion of this series, our club will be making a donation on behalf of the FYB Volunteer Committee and runners who have participated in this series to the [Brockville and Area Food Bank](#) in mid- April 2018.

Thank you to FYB Series Race Director, Janet Wynands and her long-time, dedicated volunteer committee!!



P&G Vibrant Living Community Run, Canada Day Run and TIP Update:

The events calendar on our website continues to be updated as we work towards solidifying venues for our upcoming races. Recently added are the P&G Vibrant Living Community 5K Walk/Run (June 8) and one of our club's signature events, the Canada Day Run (July 1). Please refer to our website for information regarding locations, costs and contact information: [2018 Brockville Road Runners Race Calendar](#)



The poster features the P&G logo and the event title. It includes a map of the race route in Brockville, Ontario, with a 'Turn Around' point and a 'Start/Finish' location at Hardy Park. The route is described as follows: Start at Hardy Park, go around Blockhouse Island, head to King Street, King Street to St Paul Street, take the Brock Trail, turn around at a pylon before Perth Street, and head back to Hardy Park to finish.

Friday, June 8th
Registration starts at 5pm
Run starts at 6:30m
\$10 per person
\$30 per family

We continue to work on the **Thousand Islands Parkway Run** information, which will be uploaded shortly. Ian will be considering re-certifying the Parkway course as it has since lapsed under the past executive. This was important to some of our members and we are promptly acting on member feedback!

Thank you to Executive Members: Brenda Young, Bernie Cormier, Murray Tait and Ian Loughrey for putting together a great racing program for our members. Please feel free to email them if you have any questions or would like to volunteer. Their contact information can be found on the website.

Upcoming Races in our Area: If you know of an upcoming race that you would like to promote, please email our webmaster Tony Dunbar at: webmaster@brockvilleroadrunners.com. Tony works tirelessly to update this webpage and currently maintains an area race calendar on our behalf. If you're interested in checking it out, please follow this link: [2018 - Website - Other Race Calendar](#)

BRRC High School Bursary Program: TISS/BCI/St. Mary Student Services Departments are currently accepting applications for our 2018 Bursary Program. To be eligible for this bursary, the Grade 12 Student(s) must be interested in pursuing or have been accepted into a university or college level post-secondary program and has participated in events supported by the Brockville Road Runners Club. If you know of a runner or a long-time student volunteer, please let them know this is available to them! Forms can be accessed at on our webpage at: [Brockville Road Runners Bursary Form 2018](#) Applications will be accepted until May 30, 2018.

Brockville Road Runners 2018 Membership: Membership forms are still being collected and processed for the 2018 race year! Brenda Young will be at the next FYB run on March 25 for final "drop off" of fees and forms. After this date, you can then use the postage option. Membership forms can be obtained from our website: [2018 Membership Application Form](#).



Please note: Membership with the Brockville Road Runners Club has special advantages such as discounted entry to most BRRC races, participation in social/training runs, access to Facebook page, invitation to the AGM with voting rights, eligibility for Year End Awards, the option to purchase club clothing and, discounts at select stores.

Boston Marathon and other signature races in 2018: Have you or do you know of a club member who has qualified for the Boston Marathon? Or have any other exciting news to share with fellow club members? Please let us know by emailing brockvilleroadrunners@gmail.com. We are always looking for good news stories!



BRRC Facebook Page: To keep current and for up-to-date information on the Brockville Road Runners Club, you may wish to follow us on Facebook by clicking on the Facebook icon or by selecting this link: [Brockville Road Runners Facebook Page](#)



Thank you for your interest in the Brockville Road Runners Club and we look forward to seeing on the roads soon! If you have any suggestions or comments, I'd love to hear from you!

Take care,
Rhonda McNish
2018 Club President
brockvilleroadrunners@gmail.com



****If you no longer want to receive email notifications similar to this nature, please let us know and we'll remove your name from our distribution list.****