

# SOUTH CAROLINA RRCA STATE NEWS

Summer 2010

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## Championship bidding season is upon us!

**It is time to bid for 2011 Southern region Championships! Deadline is September 1, 2010.** The State Championship bidding deadline is October 1, 2010. If you want to submit a National Championship bid for 2012, the deadline is January 31, 2011. Please note that the regional and state bid deadlines were moved up a month, to give winning races that are early in the year more time to promote and brand the championship.

Winning championship bids enjoy several benefits: Free Gatorade (for races 10K or longer with 400 or more participants), free bib numbers, championship banner displayed during the race, and special awards to Overall, Masters and Grandmasters winners (free for National, Regional and some State Championships). Winners of National and Regional Championships will also receive gift cards from our partner Sports Authority.

Bidding information can be found [here](#). Please scroll about one third down the page to find a link to the online bid form.

## Misc SC RRCA Info

- I would like to schedule a time to meet with each of the clubs before the end of the year. If you host regular club meetings, please let me know when and where you meet, so that I can plan on attending one of the meetings.
- I am going to be utilizing social media to get info out to the clubs in a more timely manner. The Facebook Group page is :SC RRCA and the twitter account is twitter.com/SCRRCA
- I would like to acknowledge each of our 2010 South Carolina State Championship RD's. All three and their teams put on great races!
  - Joe Lanahan- Reedy River Run
  - Michael Manley-Greer Earth Day Run
  - Joe Hamond- Red, White, and Blue Shoes

# South Carolina State Championships



## Upcoming:

Stay tuned for 2011 Races!

## 2010 Results:

Reedy River Run

10k State Championship

[http://www.setupevents.com/files/REEDY\\_10K\\_Overall\\_Results\\_2010.html](http://www.setupevents.com/files/REEDY_10K_Overall_Results_2010.html)

Greer Earth Day Run

½ Marathon State Championship

[http://www.greenvillehughes.com/www.greenvillehughes.com/GED\\_Results.html](http://www.greenvillehughes.com/www.greenvillehughes.com/GED_Results.html)

Red, White, and Blue Shoes

5k State Championship

[http://gvltrackclub.clubexpress.com/content.aspx?page\\_id=70&club\\_id=515359&item\\_id=10025&cat\\_id=-1](http://gvltrackclub.clubexpress.com/content.aspx?page_id=70&club_id=515359&item_id=10025&cat_id=-1)

## Miscellaneous RRCA Info

### *ROADS SCHOLAR CLASS OF 2010*

RRCA's Roads Scholar provides financial assistance to American post-collegiate runners who show great promise to develop into national & world-class road running athletes. RRCA is pleased to introduce the Roads Scholar Class of 2010:

#### Lindsay Allen

**College:** Stanford University - 3,000m Steeplechase - holds the school record; two-time NCAA Division I National Championship qualifier, All-American.

**Professional:** McMillan Elite, Flagstaff, AZ, coached by Greg McMillan - 2008 Olympic Trials; 2009 & 2010 USATF Championships, Steeplechase.

**Road:** 10th - US 5k Road Championships, 2009; debut at US 10k Road Championships, 2009.

#### Jeffrey Eggleston

**College:** University of Virginia.

**Professional:** Flagstaff, AZ, under the tutelage of Jack Daniels. 10th - US 20K Championship, 2007. 1:04:58 for first half-marathon – US Half-Marathon Championship, Houston, 2008. *New England Runner* magazine 2008 New York Runner of the Year. 2012 Olympic Marathon Trials qualifier, running a HM personal best of 1:03:58, Houston, 2009.

#### Stephan Shay

**College:** Michigan State, Brigham Young - All-Region in Track and Cross Country.

**Professional:** Currently being coached by Magdalena Lewy-Boulet and advised by Coach Joe Vigil. 10th - Gate River Run, the USA 15K Championship; 5th - USA Half Marathon Championship, with a time of 1:02:26.

#### Patrick Smyth

**College:** Notre Dame - Seven-time All-American; three in cross country, three in outdoor, and one indoor - holds the school record for the most sub-14 minute 5000m races (10), including five sub-13:50 performances - school record holder in the 10,000 (28:25.85).

**Professional:** Team USA Minnesota. 5th - USA 10k Championships; 3<sup>rd</sup> - USA Men's 10 Mile Championship; 2<sup>nd</sup> - USA Half Marathon Championships, 2010; 2<sup>nd</sup> - USA Cross Country Championships; member, World Cross Country team.

#### Jill (Steffens) Swope

**College:** University of Georgia - four-year team captain, 10k school record holder, 3-time SEC Champion, 10k All-American.

**Professional:** New Balance. 2008 Olympic Trials 10K; 2008 20k National Champion (1:08:47); 2008 IAAF World Half Marathon Championships (30th, debut HM).

Since 1996, RRCA has awarded grants totaling over \$330,000 through the Roads Scholar® program. The grants awarded by the RRCA go directly to the athletes to help support their goals of becoming world-class runners.