



SINCE 1981  
 www.rivercityrunners.com  
 PO Box 4496  
 Parkersburg, WV 26104  
 Email:rcrscribe@hotmail.com

# January 2009

Please verify with  
 race management for  
 dates and times.



## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 <a href="#">ICICLE CLASSIC 5K</a> 2:00 PM <a href="#">BELPRE, OH</a>	5	6	7	8	9	10 <a href="#">RUN TO READ</a> <a href="#">HALF MARATHON</a> <a href="#">FAIRMONT, WV</a> 12:00 NOON
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27 <a href="#">BOARD MEETING</a> <a href="#">WOOD COUNTY</a> <a href="#">LIBRARY 7:00 PM</a>	28	29	30	31



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# February 2009

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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b> <a href="#">VALENTINE            CLASSIC 5K            VIENNA, WV            2:00 PM</a>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> <a href="#">CABIN FEVER RUN            BROUGHTON WR            MARIETTA, OH            2:00 PM</a>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <a href="#">BOARD MEETING            WOOD COUNTY            LIBRARY 7:00 PM</a>	<b>27</b>	<b>28</b>



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# March 2009

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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7 <i>JAIME RIDENOUR</i> 5K RUN/WALK TUPPERS PLAINS, OH 10:00 AM
8 <u>MARCH HARE 5K</u> 2:00 PM BOAZ, WV	9	10	11	12	13	14  <u>SHAMROCK CLASSIC 5K</u> 9:00 AM MARIETTA, OH
15	16	17	18	19	20	21
22 <u>SPRING SPRINT 5K</u> 2:00 PM PARKERSBURG, WV	23	24	25	26	27 KIM NUTTER INV PHS TRACK	28 RYAN JOBES INV WHS TRACK
29	30	31 <u>BOARD MEETING</u> <u>LIBRARY 7:00 PM</u>				



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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 JV TRACK @ ERICKSON FIELD MS BOYS @ WILLIAMSTOWN	2 MS GIRLS @ BELPRE	3	4
5 ATHENS MARATHON & HALF MAR. 9:00 AM	6	7 BEGINNERS CLINICS 5:00 PM	8 MS BOYS @ BELPRE	9 MS GIRLS @ WILLIAMSTOWN	10	11 SHRINE RELAYS @ BELPRE  BUNNY HOP 5K 8:30 AM BEVERLY, OH
12 Easter	13	14 BEGINNERS CLINICS 5:00 PM	15	16	17 PSHS INVITATIONAL	18  VIENNA RR RACES 8:00 AM VIENNA, WV
19	20 BOSTON MARATHON	21 BEGINNERS CLINICS 5:00 PM FENTON RELAYS WHS TRACK	9 MS GIRLS @ ERICKSON	23 MS BOYS @ PHS	24	25 RUSS PARSONS INV PHS TRACK  LIONS INV MARIETTA, OH
26	27	28 BEGINNERS CLINICS 5:00 PM	29 MS GIRLS @ PHS	30 MS BOYS @ WARREN  BOARD MEETING LIBRARY 7:00 PM		






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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <a href="#">ERICKSON INVITATIONAL</a>	2 <a href="#">WILLIAMSTOWN MS CLASSIC</a> <a href="#">GOOD SAM 5K PARKERSBURG, WV</a> 8:00 AM 
3	4	5 <a href="#">BEGINNERS CLINICS 5:00 PM</a>	6	7	8	9 <a href="#">Y5, WALK &amp; RUN MARIETTA, OH</a> 8:00 AM
10	11 <a href="#">MS CHAMPIONSHIPS</a>	12 <a href="#">MS CHAMPIONSHIPS</a> <a href="#">BEGINNERS CLINICS 5:00 PM</a>	13	14 <a href="#">AAA REGIONAL MEET @ HURRICANE</a>	15 <a href="#">A REGIONAL MEET @ PHS</a>	16  <a href="#">CHICK-FIL-A 10K PARKERSBURG, WV</a> 8:00 AM
17	18	19 <a href="#">BEGINNERS CLINICS 5:00 PM</a>	20	21 <a href="#">NCAA CHAMPIONSHIPS MARIETTA</a>	22 <a href="#">OGDEN MILE WHEELING, WV</a> STATE TRACK MEET <a href="#">NCAA MARIETTA</a>	23 <a href="#">OGDEN 20K WHEELING, WV</a> STATE TRACK MEET <a href="#">NCAA MARIETTA</a>
24	25	26 <a href="#">BEGINNERS CLINICS 5:00 PM</a>	27	28 <a href="#">BOARD MEETING WOOD COUNTY LIBRARY 7:00 PM</a>	29	30  <a href="#">SMOOT MILE PARKERSBURG, WV</a>
31						





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# June 2009

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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> HALF TRAINING 5 MILE	<b>2</b> BEGINNERS CLINICS 5:00 PM	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>  <u>RIDGE RUNNER</u> <u>MARATHON</u> <u>CAIRO, WV</u>
<b>7</b>	<b>8</b> HALF TRAINING 6 MILE	<b>9</b> BEGINNERS CLINICS 5:00 PM HEART FUND 5K ST MARY'S, WV 7:00 PM	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> <u>CHUCK CORNELIUS</u> <u>5K FLEMING, OH</u> <u>8:00 AM</u>
<b>14</b>	<b>15</b> HALF TRAINING 7 MILE	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>  <u>ERICKSON 5K</u> <u>PARKERSBURG, WV</u> <u>8:00 AM</u>
<b>21</b>	<b>22</b> HALF TRAINING 8 MILE	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <u>ST MARY'S VFD 5K</u> <u>ST MARY'S WV</u> <u>9:00 AM</u>
<b>28</b>	<b>29</b> HALF TRAINING 9 MILE	<b>30</b> <u>BOARD MEETING</u> <u>WOOD COUNTY</u> <u>LIBRARY 7:00 PM</u>				





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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 <i>FIRECRACKER 5K</i> 8:00 AM ELIZABETH, WV
5	6 <i>HALF TRAINING</i> 10 MILE	7	8	9	10	11  <i>RUN FOR THE ROAR</i> 8:00 AM MARIETTA, OH
12	13 <i>HALF TRAINING</i> 12 MILE	14	15	16	17	18  <i>BELPRE 4 MILE</i> 8:00 AM BELPRE, OH
19	20 <i>HALF TRAINING</i> 9 MILE	21	22	23	24	25  <i>RIVER CITY MILE</i> PARKERSBURG, WV
26 <i>HALF TRAINING</i> 13.1 MILE COURSE	27	28 <i>BOARD MEETING</i> <i>WOOD COUNTY</i> <i>LIBRARY 7:00 PM</i>	29	30	31	



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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> <a href="#">RCPCA 5K</a> <a href="#">HARRISVILLE, WV</a>
<b>2</b>	<b>3</b> HALF TRAINING 10 MILE	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> LITTLE KANAWHA 5K, WIRT CO. FAIRGROUNDS
<b>9</b>	<b>10</b> HALF TRAINING 7 MILE	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b> BELPRE MILE BELPRE, OH
<b>16</b>	<b>17</b> HALF TRAINING 5 MILE	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> <a href="#">N &amp; S HALF MARATHON &amp; 2 MILE</a> <a href="#">PARKERSBURG, WV</a>  
<b>23</b> <a href="#">NEWS &amp; SENTINEL</a> <a href="#">KID'S RACES</a> <a href="#">PHS STADIUM</a>	<b>24</b>	<b>25</b> <a href="#">BOARD MEETING</a> <a href="#">WOOD COUNTY</a> <a href="#">LIBRARY 7:00 PM</a>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> <a href="#">HURRICANE INV CC</a> <a href="#">BROUGHTON INV</a> <a href="#">MARIETTA, OH CC</a>
<b>30</b>	<b>31</b>					



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# September 2009

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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 <a href="#">CHICK-FIL-A INV CC</a> <a href="#">SCENIC HILL INV CC</a> <a href="#">CHARLESTON</a> <a href="#">DISTANCE RUN</a>
6	7	8	9	10	11	12
13	14	15	16	17	18	19  <a href="#">CHALLENGE AT</a> <a href="#">MOUNTWOOD</a> <a href="#">10 MILE TRAIL RUN</a>
20	21	22	23	24	25	26  <a href="#">RSVP 5K</a> <a href="#">8:00 AM</a> <a href="#">MARIETTA, OH</a>
27	28	29 <a href="#">BOARD MEETING</a> <a href="#">WOOD COUNTY</a> <a href="#">LIBRARY 7:00 PM</a>	30			



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# October 2009

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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4  TONY COTTRELL MEMORIAL 5K ERICKSON FIELD	5	6	7	8	9 PHS/PSHS DUAL CC ERICKSON FIELD 6:30 PM	10
11	12	13	14	15	16	17
18 <u>COLUMBUS</u> <u>MARATHON</u>	19	20	21	22	23	24
25	26	27 <u>BOARD MEETING</u> <u>WOOD COUNTY</u> <u>LIBRARY 7:00 PM</u>	28	29	30	31 STATE CC MEET @ CABELL MIDLAND



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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7  TOYS 4 TOTS RACE 9:00 AM PARKERSBURG, WV
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24 <u>BOARD MEETING</u> <u>WOOD COUNTY</u> <u>LIBRARY 7:00 PM</u>	25	26 <u>TURKEY TROT</u> <u>9:00 AM</u> <u>PARKERSBURG, WV</u>	27	28
29	30					



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## RIVER CITY RUNNERS & WALKERS

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 JINGLE BELL 2 MILE RUN/WALK PARKERSBURG, WV
6	7	8	9	10	11	12
13	14	15	16	17	18	19  RYAN JOBES 5K WILLIAMSTOWN, WV
20	21	22	23	24	25 CHRISTMAS	26
27	28	29 <u>BOARD MEETING</u> <u>WOOD COUNTY</u> <u>LIBRARY 7:00 PM</u>	30	31		