



Newsletter of the Cajun Road Runners Club Looking Back at 2010...And Ahead to 2011

This year the Cajun Cup celebrated its 30th year of existence by presenting the UL Track and Cross Country program with a check for \$30,000.



Pictured from left to right: Kevin Smith, President of CRRC, Coach Paula Ogunbanjo, Coach Pat Arceneaux, Everrit Bergeron and Leah Naquin of AT&T, Huey Miller Jr., and Bobby Bennett of Service Master, ULL Associate AD Scott Farmer, Coach Valeriu Tomescu, Coach David Bellar, and Todd Delahoussaye, Cajun Cup Race Director.



January Meeting

Date: January 11, 2011

When: 6:30 p.m.

Where : Red Lerille's Pool Snack Bar

What: TBD



Perks of being a CRRC member:

- ***10% discount at Tri-Running***
- ***15% discount at Bell's Sporting Goods***
- ***10% discount at Smoothie Factory***
- ***Discounts at local races***

What the "non-runners" are saying...

"The only reason I would take up jogging is so that I could hear heavy breathing again."

- Erma Bombeck

"I don't think jogging is healthy, especially morning jogging. If morning joggers knew how tempting they looked to morning motorists, they would stay home and do sit-ups."

- Rita Rudner

"We can't all be heroes because someone has to sit on the curb and clap as they go by."

- Will Rogers

"I run so my goals in life will continue to get bigger instead of my belly."

- Bill Kirby



ROAD TRIP!!

Cajun Road Runners Club is organizing a road trip to run at the Baton Rouge Mardi Gras Mambo 10K and 1 Mile. So far we have lots of interested members and already a few registered.

CRRC will be coordinating transportation for those wishing to come along. The transportation fee will be minimal depending on how many people sign up. Please email CRRC1@cox.net if you are interested in reserving a spot on the bus. We need definite by January 9, 2011. Register for the race also, Jodi Ferguson with Casa Ole has agreed to send food for the return trip. Who knows, maybe we will even have some beverages.

Featured Race:

AL COMEAUX 10 MILE R

No frills 10 mile race raising monies for the Leukemia and Lymphoma Society in remembrance of our friend Al Comeaux. Easy out and back course out in the country. Your choice of old race or volunteers shirts left over from last year. No prize or medals just bragging rights for the next year.

Visit www.cajunroadrunnersclub.org for more details!

Membership forms can be found at www.cajunroadrunnersclub.org/membership.html

**2011
Officers/Committees**

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Message from the President

I took a look back at the goals that I had set as the president incoming last year. They were to increase participation, streamline the race timing process, and host some sort of children's activity. I would say that there were mixed results. Our membership has decreased from 80 households to 69 households. The number of people who volunteered and came to club functions increased to 45 from 33. This includes race volunteers, meeting and group runs. We reduced the number of events that we provided full timing service but increased the number of events that we rented timers so they could time the race themselves. This is a good thing as our race director volunteer "staff" has not increased. In the last year there has been a sharp increase in the number of organizations that want to host 5K race. Runners and charities benefit! We will continue to give them whatever support we can provide. We now have two scheduled group runs per month, all though some what sparsely attended. No one stepped forward to organize a children's event.

So what are my goals for next year and what does the club have planned. First, I would like to see an increase in events and participation of club events. Events currently planned include the AI Comeaux 10M, Mardi Gras Mambo Baton Rouge Road Trip, Breakfast Run, Cajun Cup 10K and group runs (First Wednesday and Third Saturday of every month). We are looking at some summer runs but nothing is planed yet.

Second, I would like to see an increase in the number of volunteers. We are printing a very nice race singlet for anyone who volunteers at a race (one per person per year). We will continue the points system for those who volunteer multiple times. We have some pretty good SWAG that you can earn by volunteering.

Finally, I want to issue a challenge to everyone who receives this letter. Participate in at least one event that Cajun Road Runner's Club is a part of. It could be one of the group runs, a meeting, volunteer to work a race, or something else. We are all ways looking for some one to write a newsletter article, lead a group run, stuff envelops for the Cajun Cup, or who know what! So I hope to see all of you out there on the street, at a race or at a meeting. Thanks to those that are all ready participating, keep it up.

Please don't hesitate to send me an email or give me a call with ideas.

2011 Meeting Schedule



January 11, March 15, May 10, July 12, September 13, November 15 (move for election day)

All meetings start at 6:30 pm.

2011 Group Runs

First Wednesday and third Saturday of every month. Wednesday run is at 6 PM from River Ranch and Saturday run is at 8 AM from Bendel Gardens. Check the website for details.

Volunteer Point System

There are lots of great prizes you can earn for volunteering. If you volunteer at one race, you can get a CRRC running.

If you earn 50 points or more, you can earn better prizes. Additional awards will be available at higher point totals. Point totals will be reset at the beginning of each year.



Here's how you can earn points:

Race Director: 30 points

Race Assistant (i.e., helping for the entire race): 15 points

Race Help (i.e., running the race and helping with set up or tear down): 5 points.

Club Meetings: 5 points

Group Runs: 5 points

Please contact Kevin Smith

(kevinrunner@gmail.com) if you have questions about the point system.

Group Run Help Needed

The monthly group runs need your help! Kirt and Dustin have been hosting the group runs and have done a great job but we need your help. We need people to run with them and could use a few people willing to lead them once in a while. Don't think you are fast enough or can't keep up? You are exactly what we need for the run! If we had some middle to back of the pack runners that would be willing to lead a run group it would encourage others in the similar pace band to come out and run. Contact Kurt or Dustin if you are interested.

Race Calendar

January 22 – Al Comeaux 10 Miler – Milton

February 5 – CRRC ROAD TRIP – Mardi Gras Mambo – B.R.
(see the story on page 2!!)

February 12 – Cupid's Dash 5k – Crowley

February 12 – Catholic High 5k – Rayne

February 13 – Mardi Gras Marathon – New Orleans

February 18 – (5:30 p.m.) – Candlelight Cap 'n Gown 5k

February 19 – 2 Loaves & 5 Fish 5k – Eunice

February 26 – CRRC Group run with Breakfast after – Hub City

March 12 – Carencro Catholic School 5k – Carencro

March 12 – St. Joe's Jog 5K – Milton

March 19 – Susan G Komen 5k – Lafayette

March 26 – Acadiana High School 5k – Lafayette

April 9 – Casa Ole 5k – Lafayette

April 16 – Lafayette High School Band 5k – Lafayette

April 30 – Festival International 5k – Lafayette

May 7 – ULL Natural High

For more race info, visit the calendar on our website:

www.cajunroadrunnersclub.org

Email Address Changes: Each time we email to members a number of emails are returned. When those fail a second time we delete the email addresses that do not deliver as being invalid because you have changed your provide and did not notify us. If you have not been receiving emails from the club, we do not have your email address in the list, so please email your new email address to mdelcamb@lsue.edu.

Email Policy: All official CRRC email addresses will not be given, loaned, swapped or sold to third party. We will give individual email addresses to other club members when there is a valid reason for them to contact you.

CAJUN CUP 2010

