



53rd RRCA ANNUAL CONVENTION

HISTORIC FREDERICKSBURG, VIRGINIA

Running. Fredericksburg. Timeless.

Schedule of Events

Wednesday	May 11	Location
2 pm-5 pm	RRCA Board Meeting	Courtyard Marriott
Thursday	May 12	Location
6-8 am	Historic Running Tour <i>Bus at 5:45 am</i>	Fredericksburg Battlefield
9 am- Noon Noon-5 pm	RRCA board meeting State Reps Meeting	Courtyard Marriott Courtyard Marriott
6-8 pm	Welcome Reception	Fredericksburg Area Museum and Cultural Center, Princess Anne St.
Friday	May 13	Location
6- 8 am	Historic Running Tour <i>Bus at 5:45 am</i>	Spotsylvania Battlefield, Rt. 613
8:30- 9:30 am	General Session w/Breakfast	Brocks Riverside Grill, Sophia St.
	Break-Out Sessions	
10- 11 am	Insurance & Risk Mgmt	Brocks Riverside Grill
11 am-12:30 pm	"Ms Manners-Freddi Carlip	Courtyard Marriott
11 am-12:30 pm	Implementing a Nat'l Activity Plan	Courtyard Marriott
11 am-12:30 pm	Good Governance: Club Finances	Courtyard Marriott
12:30- 2 pm	Lunch Buffet with Billy Mills	Fredericksburg Square
2- 3 pm	General Session Business Mtg	Courtyard Marriott
	Break-Out Sessions	
3:30-4:45 pm	Developing Marketing Strategies	Courtyard Marriott
3:30-4:45 pm	Motivating Your Volunteers	Courtyard Marriott
3:30-4:45 pm	Crisis Management	Courtyard Marriott
6-9 pm	Outdoor Barbeque with entertainment	Fredericksburg's Market Square



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Saturday	May 14	Location
7-8 am	Fun Run <i>Bus at 6:45 am</i>	Start at Hyperion Coffee Shop
	Break-Out Sessions	
9:30-11 am	Discover Running: Youth Clubs	Courtyard Marriott
9:30-11 am	Organizing Grand Prix	Courtyard Marriott
9:30-11 am	Managing Club Politics	Courtyard Marriott
12:30- 2 pm	Lunch with Gary Morgan	Brocks Riverside Grill
2 -5 pm	Expo, Sightseeing/Fun!	www.visitfred.com
2-3:15 pm	Developing a Plan for your Club	Courtyard Marriott
2-3:15 pm	Using Technology	Courtyard Marriott
2-3:15 pm	Dietary Supplements & Running	Courtyard Marriott
5:30-6:30 pm	Cocktails/Silent Auction <i>Shuttle 4:45-5:30 pm</i>	Fredericksburg Country Club
6:30-10:30 pm	Awards Banquet/Dinner with Julie Isphording	Fredericksburg Country Club
Sunday	May 15	Location
5 am	Race Shuttle Transportation	Courtyard Marriott to Central Park Walmart
7 am	Marine Corps Historic Half	Fredericksburg Expo & Conference Ctr
7:15 am	Semper Fred 5K	Fredericksburg Expo & Conference Ctr
7:15 am	Semper Fred 5K Kids	Fredericksburg Expo & Conference Ctr
9:30 am	Historic Half Awards Ceremony	Fredericksburg Expo & Conference Ctr
10:15 am-1 pm	Post-Race Shuttle Transportation	Central Park Walmart to Courtyard Marriott