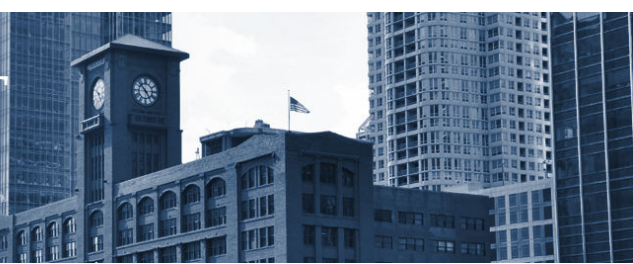


RIVERNORTH RETIREMENT PLAN NEWS



1st Quarter 2010

Terms of the Quarter

PERSONAL RATE OF RETURN

Unique to each participant, the personal rate of return takes into consideration your beginning 401(k) balance, cash flows, investment performance, and your ending 401(k) balance.

The personal rate of return will vary mainly due to individual investment selections and the timing of contributions, distributions and investment transfers.

EXPENSE RATIO

The expenses associated with investing in a mutual fund stated as a percentage of assets. These expenses can include management and advisory fees, overhead costs, and distribution and advertising fees otherwise known as 12-b 1 fees.

QUESTIONS ABOUT YOUR OTHER INVESTMENTS?

Contact RiverNorth
Retirement Plan Services:

401k@rivernorth.com
(866) 467-6412

Understanding 401(k) Fees

By: Todd Francisco

There has been a lot of press lately concerning the fees that 401(k) providers charge for their services. There is also a push in Congress and at the Department of Labor (DOL) for fees to be fully disclosed so that plan sponsors and participants are aware of the true cost of their retirement plan.

401(k) participants generally understand that mutual funds have management fees that are charged to the investors in the fund. Mutual fund fees - also known as the **expense ratio** - typically range between 0.20 % and 2.5% on an annual basis. Index funds - sometimes called “passively-managed mutual funds” - tend to have lower expense ratios. “Actively-managed mutual funds” generally cost more due to the research and personnel required to make investment decisions.

The other fees paid by 401(k) participants generally fall into three categories:

Recordkeeping: Covers the cost of calculating the value of participant accounts, preparing quarterly statements, maintaining the participant website, and executing trades.

Administrative: Covers the cost of required non-discrimination tests, government reporting, and processing of distributions and loans.

Advisory: Covers the cost of participant educational resources and consulting services to the plan sponsor.

The fees listed above are generally billed as a percentage of the total plan assets, and are deducted from participant accounts based upon the total balance in their accounts relative to the size of retirement plan.

The total amount of these fees can vary greatly based upon the size of the retirement plan. In general, retirement plans with a larger amount of assets and/or a fewer number of participants will cost less than plans with a smaller amount of assets and/or a larger number of participants.

These fees directly impact the size of the participants’ nest egg. Therefore, one responsibility of plan sponsors is to fully understand the plan fees and make sure that they are competitive and reasonable.

It is also very important to understand that a discussion of fees is incomplete without considering the services or value you receive in exchange for the fees you pay.

If you would like to learn more about the fees associated with your company’s retirement plan, and the services you are entitled to in exchange for those fees, please contact RiverNorth Retirement Plan Services.

1st Quarter 2010 Market Update

By: Chris Lakumb, CFA

The market continued its recovery during the 1st quarter. You may have seen that the Dow Jones Industrial Average closed over 11,000 again. Although this is still about 22% lower than the Dow's all time high of 14,087 set back in October 2007, it reflects the general consensus that the economy is on the road to recovery. Dow 11,000 also reflects a 71% gain from the low point of 6,440 set back in March 2009. So, what does all of this mean? Investing in the stock market can be volatile. Unless you are invested in a Money Market/Stable Value fund, your 401(k) account has probably experienced significant fluctuation over the previous three years.

Fluctuation of your 401(k) account balance (a measure of your investment risk) isn't necessarily a bad thing. It just makes the process of selecting your investments more difficult. Why? When the market is doing well, we tend to overestimate

our tolerance for risk. We also tend to underestimate our tolerance for risk when the market is dropping. The best solution to this challenge is to work with the professionals at RiverNorth Retirement Plan Services to assist you with your risk tolerance assessment. We have resources available to us to help you identify how much investment risk is appropriate given your personal situation. We can then work together to make investment selections to coincide with your risk tolerance.

If you have not taken a "risk tolerance quiz" at some point in the last two years, we strongly encourage you to contact us to go through the process. From start to finish, it shouldn't take more than 15 minutes of your time.

Until next quarter...

STOCK AND BOND MARKET RETURNS THROUGH MARCH 31, 2010							
Source: Morningstar	ANNUALIZED						
	1 MONTH	3 MONTHS	YTD	1 YEAR	3 YEARS	5 YEARS	10 YEARS
Citigroup 3 Month T-Bill	0.01%	0.02%	0.02%	0.13%	1.80%	2.76%	2.70%
Barclays U.S. Agg. Bond Index	-0.12%	1.78%	1.78%	7.69%	6.14%	5.44%	6.29%
Dow Jones Ind. Avg.	5.31%	4.82%	4.82%	46.93%	-1.48%	3.34%	2.26%
S&P 500	6.03%	5.39%	5.39%	49.77%	-4.17%	1.92%	-0.65%
Russell 2000	8.14%	8.85%	8.85%	62.76%	-3.99%	3.36%	3.68%
MSCI EAFE	5.81%	0.22%	0.22%	49.99%	-9.64%	1.05%	-1.01%

Questions?

Contact: RiverNorth Retirement Plan Services

Toll-Free: (866) 467-6412

E-mail: 401k@rivernorth.com

Web: www.rivernorth401k.com

All information presented herein has been compiled from sources believed to be reliable. However, no representation or guarantee is made as to the accuracy or completeness of information obtained from third parties. Readers are further advised that successful investing is more art than science and therefore no strategy, chart, graph, theory, philosophy, method, system or formula discussed in this newsletter can guarantee favorable results. Past performance is not an indicator of future results. The potential for loss exists with an investment.