

The Pacer

Newsletter of the Anderson Road Runners Club

April 2007

Volunteers of the Year Award

Giving up the opportunity to race is not something most of us want to do once or twice. These folks gave up their racing season to serve the club on Thursday nights. Sure, they got to run early – but have you ever broken a PR running alone? Much gratitude to **Kevin and Debbie Harry**.



Female Rookie of the Year

Her PR at Shadyside improved from an in 2005 to a 17:42 in 2006. Her 5k PR is 20:42. She has gone from the lap race and 5k's to a full marathon accepting and excelling with each new challenge. She runs halves in under 100 minutes and recently completed her first marathon with a Boston qualifying time of 3:37:24! With all this speed, she is the most modest person you will meet. In training, she will run at someone else's pace to encourage them. This year's Female Rookie of the Year is **Sherry Robertson**.

Male Rookie

First spotted this year's male rookie at the Buzzard's Roost and since he could be found running at Mounds on a Saturday morning, on Thursday nights at Shadyside both during the racing season and enjoying the Coffee Runs. He took 2 minutes off his lap race time this season with a PR of 18:35. He ran his first marathon this fall in Detroit. Your 2006 Male Rookie of the Year is **Chad Wallace**.



Comeback Runners of the Year

Two gentlemen in our club battled back from major surgery. **Mike Truman** had back surgery. It was great to see him back out and watch as each week he could push himself a bit more for a longer distance. His encouragement and advice were appreciated by those further back in the pack who were able to benefit last summer. **John Gentry** – heart surgery – It was an awesome sight to see him back at the park even before he began to run again. It was great seeing John finish races with

his scar shining on a hot day.

Male Most Improved -

Honorable Mention to Brian Rayl week 1 22:53, best week 18 18:53 a 4:00 improvement, 17.4%

Winner -**Jerry Warner** 23:43 week 1, best 19:24 week 20 a 4:19 improvement, 18.2%





Most Improved Female

Winner - **Pat Miller** started with a 25:10 in wk1 and consistently improved to a season best of 22:10 in week 20. 3 minute improvement, almost 12%

Honorable Mention to Paige Truman had a 21:46 in wk1 and consistently improved to a season best of 19:34 in week 19. 2:12 improvement, about 10%

James West Award for Outstanding Youth

Andy Prieshoff top ten at State, senior at Anderson High School, both cross country and track, will be running for Mississippi State University this fall. Andy is an awesome runner and a good citizen. A diabetic himself, Andy raised thousands of dollars for juvenile diabetes research through running 600 miles in the summer of 2006.



The Dale Johnson Award - Marathoner of the Year

Running 6 marathons last year but overshadowed by Jack Stepp's 50 states accomplishment, this runner ran another 4 marathons this year - Erie, Pennsylvania, the Hatfield-McCoy in W Virginia, Baltimore, Maryland, and Bayshore in Traverse City, MI. Her personal best was 4:47 at Erie PA. She ended the year on lucky 13. She is the personification of endurance – this year's Marathoner of the Year is **Wray Jean Cornwell**.

Jeff Bailey Service Award given to a member who has given himself in service to the club. Sending cards to individual members congratulating them on accomplishments, bringing out heat pack or water to runners passing by his home, he is always thinking of others. Always maintaining a positive and supportive attitude, he is a great ambassador for our club across the state. But one only has to go as far as the other side of the lake on a hot day to understand why we have chosen: **Bud Stiffler**. For all your water stops and more – we salute you!



I have created the web site <http://www.DisneyRunning.com> and a new Forum (<http://DisneyRunning.Informe.com>) which is dedicated to running at Walt Disney World and Disneyland. I was wondering if you or any of your club members have any reports/photos of the 2007(or any previous years) Disney World Marathon, Half Marathon, Goofy Race and Half Challenge, 5K, Disneyland Half Marathon, or any other Disney race. I will give full credit to the person and your run club. I am trying to make a great composition of information regarding these races so runners can truly understand the Disney experience.

Thanks, Robert Mathis
President- Lake of the Sky Trail Runners Running Club (NV RRCA)

Latest Update –BK from sunny Florida: Thought that I would let you know how my Senior Games went this year. The games went for two weeks over 3 weekends. First Sat. was the Track Meet. I was the only participant who ran all 6 races. Got a Gold in the 1500M - 7:09. I still hold the record in this event from 4 years ago @ 6:32. I received 3 Silver Medals --- 800M, 400M, and 50M. I picked up a couple Bronze Medals in the 100M & 200M.

The middle Sat. are the Field Events. I went out @ 3 ft 6" in the Hi Jump and picked up a Bronze. Last year I won the HJ @ 3' 9". I also picked up a Bronze in the LJ -- 9'9". Hey I won a Gold medal in the Soft Ball throw-- 142' 8". I got shut out in the Shot - Discus & Javelin.

This last weekend was a winner for me. My biggest competition had a pulled muscle and DNR - so I won the 5K run in 26:55. 30 minutes later I participated in the 5K walk. You are not allowed to use the Race Walk gait. Trouble is that the participants can't do it properly. So we just walk naturally as fast as you can walk. Out of 50 walkers I came in 3rd overall and of course I was 1st in my age group. Time 35:09. Then 30 minutes later I walked the 1500M and won that one also. Time 10:18 --- last year was 9:48. So three Gold medals.

During the week I got into Badminton. I Got a 3rd in Singles where one guy beat me 15 - 1 and 15 - 0. But I picked up two Gold medals in the doubles and Mixed doubles. Basket ball shooting is not my specialty but I did pick up a Bronze in the timed shooting. I got shut out in Free throws and spot shooting.

Entered 21 events and won 16 medals. There were 375 men in my age group in over 40 events and I was presented a trophy for the outstanding participant in my age group. I had won this trophy once in the 65-69 age group and this is the second time winning it in the 70-74 age group. Those guys better look out because I'm moving up into the 75-79 age group next year.

Hope that I did not bore you too much. I know that many of you are interested. I look forward each year to these games. There were 2,450 participants this year. It really is a well organized Event. It's the largest in Florida.

Will be heading north on Tues. the 27th. Just two more weeks of sunny Florida. I'm depressed. *(We will all be waiting for your arrival to help cheer you back up. Hope you have adjusted, BK)*

TTYL Bob & Elsie & Katie

Team Relay event in Vermont

The event's route cross rural and very scenic areas. Team categories are 12-person teams, 6-person Ultra teams, and Super-Ultra for teams of one to three runners. Registration is now open.

Green Mountain Relay
 Jeffersonville to Bennington, Vermont
 36 Legs - 200 Miles - 7 Covered Bridges
 June 2 - 3, 2007
www.GreenMountainRelay.com

Important Upcoming dates:

- April 23rd first signup night and preseason race for kids' fun run. Run will start at 6
- April 26th 4th preseason race
- April 30th kids preseason and signups continue
- May 5th - Indy Mini road series race - tent volunteers can earn road series volunteer points.
- May 7th - first official Kids' Fun Run and 1 mile walk
- May 10th - first Thursday night points series race
- May 19th – White River Run Mini Mini

News You Can Use

Anderson Road Runners will again have a tent in Rest and Recovery at the Indy Mini. Volunteers are needed to help man the tent. The tent is a great place to meet family and friends after the race and stash your things during the race. If you or a family member would like to volunteer, please contact Carolyn McKinney cmckinney@insightbb.com. Also, needed are snacks for refueling afterwards and for guests at the tent – cookies, chips, fruit – runners are not picky eaters ☺.

The White River Run Mini Mini is approaching quickly. You can help by distributing registration forms at other races, running or walking in the event, and recruiting volunteers primarily for traffic control and water stops. Contact Bob Kearns about these opportunities – bob.elsie@juno.com

ARRC 2006 ROAD SERIES RESULTS

<u>Women</u>		<u>Men</u>	
<u>Age</u>	<u>Place</u>	<u>Age</u>	<u>Place</u>
35-39	1 st Sherry Robertson	11-12	1 st Logan Rayl
	2 nd Gretchen Eaton	19-24	1 st Nick Cross
40-44	1 st Carolyn Mckinney	40-44	1 st Brian Rayl
45-49	1 st Ann Morris	45-49	1 st Tom Corda
	2 nd Denise Hall		2 nd Chet Paskiewice
	3 rd Lori Goodson		3 rd Mike Hall
60-64	1 st Pat Miller	50-54	1 st Mike Shelton
75-79	1 st Edna West		2 nd Tommy Goodson
		55-59	1 st Wally Post
<u>Walkers</u>	Female 1 st Kathy Nichols	65-69	1 st Chuck Bagley
	Female 2 nd Judy Baylor		2 nd Bill Miller
<u>Walkers</u>	Male 1 st Greg Smith		3 rd Bud Stiffler
	Male 2 nd Steve Hedgecraft	70-74	1 st Gene Chandler
		HWT	1 st Steve Ulrich

THURSDAY NIGHT RACE ENDING RESULTS

Women

<u>Age</u>	<u>Place</u>	<u>Age</u>	<u>Place</u>
1-10	1 st Lucie Browning	11-12	1 st Chloe Miller
13-14	1 st Allie Browning	15-18	No Runners
19-24	No Runners	25-29	No Runners
30-34	No Runners	35-39	1 st Sherry Robertson
40-44	1 st Jill Marstall 2 nd Carolyn McKinney	45-49	1 st Paige Truman 2 nd Denise Hall
50-54	No Runners	55-59	1 st Rebecca Pierce
60-64	1 st Pat Miller		

Walkers (Male & Female)

50-59	1 st Greg Smith	60-69	1 st Dennis Knapp 2 nd Steve Hedgecraft
50-59	1 st Kathy Nichols	60-69	1 st Judy Baylor

Men

11-12	1 st Jeremy Pierce	13-14	1 st Douglas Taylor 2 nd Matthew Marstall
15-18	1 st Matt Isenhour	19-29	1 st Nick Cross
30-34	1 st Chad Wallace	35-39	1 st Joe Baer 2 nd Shane Kirkpatrick 3 rd Jerry Pierce
40-44	1 st Brian Rayl	45-49	1 st Tim Swain 2 nd Chet Paskiewicz 3 rd Mike Hall 4 th Tom Corda
50-54	1 st Tim Grant 2 nd Mike Shelton 3 rd Mike Truman 4 th Terry Spoo	55-59	1 st Jerry Pierce Sr. 2 nd Jim Leffler 3 rd Jerry Warner 4 th Jim Dixon
60-64	1 st Ron Wallace 2 nd Fred Sprague 3 rd Phil Miller	65-69	1 st Bud Stiffler 2 nd Chuck Bagley 3 rd Bill Miller
70-74	1 st Bob Kearns 2 nd Bennie Westmoreland 3 rd Gene Chandler	75-79	1 st Frank Lindley

HWT 1st Walt Smith

If you have not received your award, they will be available on Thursday nights at Shadyside Activities Center before and after the lap race. Don't let your award become a door prize!

Information from the Editor:

- We will send out a test email in the next few weeks. If you do not receive this test email, please contact us so we can have your updated contact information.
- If you have a new or changed email address, please send this information to the following email: femike2@aol.com
- Any race results that you have need to be sent in. Your friends in the Road Runners like to keep track of all runners and their progress. So, please send your race results to the same email address or any of the other board members.
- We look forward to seeing everyone out on Thursday nights and the Saturday Road Series. We hope that everyone has a safe and busy summer.

Running is a Science. Build your program around Cardiac Efficiency.

-“Running to the Top of the Mountain,” By: Joe Newton

Your 2007 Anderson Road Runners Club Board Members are:

President:	Frankie St. Phillips
Vice President	Carolyn McKinney
Secretary	Starletta Schipp
Treasurer	WrayJean Cornwell
Membership Chair & Webmaster	Tom Corda
Editor	Mike Truman
At-large, Road Series	Greg Smith
At-large, Walking	Judy Baylor
At-large	Gene Chandler

For more information about the club, please visit www.andersonroadrunners.org or see us on Thursday nights at Shadyside Activities Center.

Special offer

Free membership to new anyone who has not been a member in the last 5 years!

