

The Pacer

Newsletter of the Anderson Road Runners Club

August 2007

Scholarship Award

Presented to Andy Prieshoff

On Thursday, August 2, following the Thursday night lap race, Board Member, Greg Smith presented Andy Prieshoff with a \$500 check as the Anderson Road Runners Scholarship Winner for 2007. Andy was awarded our Outstanding Youth Award at the Annual Awards Meeting in February.



Andy is one of our own; most of you will recognize him from Thursday night races. He graduated in June with an academic honors diploma from Anderson High School. A few of Andy's accomplishments in track and cross country include: 10th Place at State Track in 2006, North Central Conference Champion, Athlete of the Week, All Sectional XC, All Regional XC, Ray Fleenor XC Award, Carl Bonge Award for outstanding track athlete who has shown outstanding attitude, courage, and leadership in the sport. He has also been recognized for his outstanding character with the Madison County Community Foundation Alexander Character in Athletics Award 2007 and Madison County Athletes of Character in 2006. He was also awarded the Hamer Memorial Scholarship.

In addition to his scholarship, character and athleticism, Andy has fought against Juvenile Diabetes. He fights his personal fight with the disease daily and has overcome much to continue his running in spite of his diabetes. But Andy did even more, in summer of 2006, Andy raised \$5300 for the Juvenile Diabetes Research Foundation through pledges and a 600 Mile Run. He was recognized by the Foundation with the "Golden Sneaker Award".

Anderson Road Runners is proud to call him one of our own and happy to assist and honor him with this scholarship. Andy will be attending Mississippi State University. He will be a member of the XC and track teams. Congratulations and best wishes to Andy. To his mom, Ann-Marie, "Well-done, you have raised a fine young man. We will look forward to reports on his collegiate running."

White River Run Mini-Mini



Bob Kearns and Frankie St Phillips
Are these two starting to look alike?

A big round of applause and appreciation go to Bob Kearns for another successful race. In addition to the usual race responsibilities, Bob had to enlist many volunteers. We were blessed with a beautiful day but cursed with a train. Many thanks to all the volunteers and sponsors but especially to Bob and Elsie.



Elsie Kearns
working registration

Results are posted and additional photos provided by Frank Tuckerman will be posted on the club website www.andersonroadrunners.org

Changes in the Board:

Starletta Schipp has left the secretary position due to family and personal responsibilities. We extend our thanks to her for her time of service. The board has approved a switch of offices between Carolyn McKinney and Mike Truman. Your current board is as follows:

President	Frankie St Phillips
Vice President	Mike Truman
Treasurer	WrayJean Cornwell
Membership Chair	Tom Corda (also Webmaster)
Editor	Carolyn McKinney
At Large (Walking)	Judy Baylor
At Large (Road Series)	Greg Smith (also Run the Mounds Race Director)
At Large	Gene Chandler
At Large	Jill Marstall

Anyone interested in the secretary position, contact Frankie at 683-9294.

Website www.andersonroadrunners.org

Our Webmaster, Tom Corda, is very timely and efficient. You can find race results, Thursday night and road series points and many results, and other up to date information at the club website. Warning - if you mistakenly use dot "com", you will find a running club website but in South Carolina.

We are also members of the national organization -its web address is www.rrca.org

Lapel CdLS and Chesterfield Race Reports - Nick Cross

This race is probably the definition of low-key events. With a 7:30am start, you are able to beat most of the heat typical of mid-July weekends. This year it was almost chilly at the start due to weird weather patterns. I feel this event is so low-key that I actually rode my bike the 10 miles from Anderson, raced, then rode my bike back.

All proceeds from this event benefit the [CdLS Foundation](#), which provides support to families who have a child with [Cornelia de Lange Syndrome](#). The foundation is located in Connecticut, but this is a personal issue for the race organizers as they have a child with CdLS. They have done everything possible to maximize "profits" that can be sent back to the foundation.

The course is exceptionally flat, and would be a good PR course if it weren't for the 180 degree turns. This year there were only 2, but that was because the leaders missed a turn (no one told them where to go, although a map was available at the registration area), the field followed and we all set some amazing times, I passed the mile mark at 3:41. Typically there are 3 180 degree turns, one water stop and a loop around a little park to make the 5K distance, this year's distance was approximately 2.7 (various GPS watches gave slightly different distances).

Ample water, grapes, and bananas were available at the finish. To add to the fun flavor of the event, random awards were given to the 8th place (8th year of the event), 17th place (Conrad's, the young man with CdLS, age), and 21st place (21st year of the Lapel Village Fair) of each division (men, women, walkers).

Chesterfield Optimist 5K & 10K had about 125 participants in both events (evenly split between 5 & 10K). Muncie runner Tyler Proctor, 17, won the 5K in 17:09 (5:31), Highland runner, Chris Jones was right behind him at 17:55 (5:46). Each year this race draws a lot of local high school runners looking for a mid-summer time trial. Gwen Kemple of Anderson, won the female division in 19:10 (6:10). The result sheets don't differentiate walkers and runners in the 5K divisions. In the 10K Muncie runner Matt Kimbrell won in 35:22 (5:41) and Ann Morris won the female division in 50:34 (8:08).

Nick's website has a vast amount of information on local races and running in general. He adds to it often, and you can sign up to receive updates via email if interested. Thanks to Nick for his permission to borrow from the site for the Pacer. A recent post includes tips for training in the heat. Read it and more at <http://runcentralindiana.blogspot.com/>

Miriam Project 5k Walk and Run

Following the Kernel Klassic, the next race in the road series will be the Miriam Run on September 8th at Madison Park at the south edge of Anderson. The Miriam Project is an adoption ministry through the Church of God. You can't go wrong with this one - support a good cause, great refreshments, and close to home - beat the high gas prices - race local! Registration forms are available at the scoring table on Thursday nights. If you are interested in volunteering or have questions, contact race director, Wally Post, at 649-8674.

Other Road Series Races

September 15	Darin Bryan Run 5k	Anderson
October 6	Black Cat 5k	New Castle
October 20	Indianapolis 5k, half or marathon	Lawrence
November 4	Run the Mounds 5k walk 5 mile run	Anderson
December 2	Kris Kringle 3 mi walk 4 mile run	New Castle

Run the Mounds

Run the Mounds is our fall trail run and walk at Mounds State Park. It will be held on Sunday, November 4th. This race is well-known throughout the state because of the great job our club has done. To continue this tradition, our Race Director, Greg Smith, will need lots of help. If you are interested in volunteering or your business or employer would be interested in sponsoring the race, please contact Greg or Frankie. Without the help of our volunteers and the generous support of our sponsors, our races would not be successful for the participants nor successful financially for the club. The proceeds from these races support the other activities of the club.

