

THE PACER



P.O. Box 282 Anderson, Indiana 46015
www.andersonroadrunners.org

Presidents Message

By Frankie St. Phillips

Thanks for a wonderful 2007 I am looking forward to another great year. Our focus this year is sponsorship and member support. We need to get and keep more members. We need to make the Happers more fun. We will have more Thursday night cookouts this year. As we get more sponsors, we will have more prizes for these races. We will again have the rest and recovery tent at the Indy Mini-Marathon. Be sure to stop by and bring a friend and offer out our free-membership to new members.

We're not going broke or anything, but we have been losing numerous sponsors over the last couple years. I hope to remedy that situation over this coming year. We need to continue to support our current sponsor and tell them we appreciate their support and donations.

The accounting program we purchased has a fund raising module. Essentially we will be starting a mail fund raising campaign. The prospective sponsor will get a letter stating the ARRC's need for funds to continue the excellent work we do. Emphasis on the children's fun run, scholarships for HS seniors, and showcasing Anderson through the White River Run and Run The Mounds races. We promote giving people of all ages and abilities a place to go every week throughout the summer months to walk/run to a better lifestyle. To do those things we need money.

The board and I will be working hard to compose the letter over the next weeks. What I need from all of you are Names. Names of businesses that you patronize, names of Attorneys and other professionals that you patronize, I would hope that I can use your name when I send the letter. If you feel uncomfortable giving your name, we will write a different letter in those cases. The letter will further state that I will be making a follow-up call to determine if there is any interest.

Also, Donations and Sponsorships are two different birds. Sponsors give us money and we include them in the Pacer, T-shirts, Banners, and such. They do not get a tax break. Donors give us funds with no strings attached, and do get to take the tax deduction.

Remember to take a look at the back of your t-shirts for our current sponsor and thank them when you see them.

May the road fall away, and the wind behind you.

Frankie

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Walk the Walk – Reflections

By Greg Smith

Another year, another knee surgery. The last three years have been a succession of knee joint replacements, rehab, and building strength. Hopefully, I am now out of knees to replace. My last few Christmas wishes have been to be able to straighten and bend the leg with the new knee joint just like a real one. This last knee was the most difficult to rehab. I accused the Dr. of gluing it off center. You know you are in trouble when the Doctor tells you that you have one of the highest pain tolerances he has ever seen. I was able to get off walking aids within a week and a half. The battle to bend and straighten the right leg continues. The weather has hindered my walking schedule. I am afraid of falling on one of the bionics. I don't want to damage one of these things and have to start all over. Maybe they should have given me a Terminator brain while they were working on the knee. Once I bounce and get up with minor collateral damage, I'll probably be all right.

Last night was the first time I was able to do a perimeter at Mounds since October. It was tiring, but I could still do it. I'm hoping by mid year to start training like the animal that I was and hope to be again.

Lots of races are coming up this year. I am working on the 2008 Road Series Schedule. As usual, I am having difficulty in getting dates for races beyond July 4th. I have thirteen races in mind and hope to have the Road Series info to Tom Corda for the website by March 15th. The first race is the Indy Mini followed by the White River Run. Muncie is having a series of Greenway Belt races and I am looking at including their June 7th 10K runners, 5K walkers race. DINO races are starting with Eagle Creek on March 8th and Mounds on March 29th. Brian and Amanda do a spectacular job with the DINO Series. If you like trails and beautiful scenery, these races are a must.

I'm looking forward to having a great year and hope that all of your hard work and training is continuing. Hope to see you all out on the roads and or trails!!

RRCA General Running Safety Tips

<http://rrca.org/programs/education/>



1. **DON'T WEAR HEADPHONES.** Use your ears to be aware of your surroundings. Your ears may help you avoid dangers your eyes may miss during evening or early morning runs.
2. **Carry identification or write your name, phone number, and blood type on the inside sole of your running shoe.** Include any medical information.
3. **Always stay alert and aware of what's going on around you.** The more aware you are, the less vulnerable you are.
4. **Carry a cell phone or change for a phone call.** Know the locations of call boxes and telephones along your regular route.
5. **Trust your intuition about a person or an area.** React on your intuition and avoid a person or situation if you're unsure. If something tells you a situation is not "right", it isn't.
6. **Alter or vary your running route pattern;** run in familiar areas if possible. In unfamiliar areas, such as while traveling, contact a local RRCA club or running store. Know where open businesses or stores are located in case of emergency.
7. **Run with a partner.** Run with a dog.
8. **Write down or leave word of the direction of your run.** Tell friends and family of your favorite running routes.
9. **Avoid unpopulated areas, deserted streets, and overgrown trails.** Especially avoid unlit areas, especially at night. Run clear of parked cars or bushes.
10. **Ignore verbal harassment.** Use discretion in acknowledging strangers. Look directly at others and be observant, but keep your distance and keep moving.
11. **Run against traffic so you can observe approaching automobiles.**
12. **Wear reflective material if you must run before dawn or after dark.**
13. **Practice memorizing license tags or identifying characteristics of strangers.**
14. **Carry a noisemaker.** Get training in self-defense.
15. **Look both ways before crossing.** Be sure the driver of a car acknowledges your right of way before crossing in front of a vehicle. Obey traffic signals.
16. **When using multi-use trails, follow the rules of the road.** If you alter your direction, look over your shoulder before crossing the trail to avoid a potential collision with an oncoming cyclist or passing runner.
17. **CALL POLICE IMMEDIATELY** if something happens to you or someone else, or you notice anyone out of the ordinary.

Recommended Reading

"The Last Pick The Boston

Marathon Race Director's Road to Success" David J. McGillivray with

Linda Glass Fechter

On DVD

"Saint Ralph"

Director: Michael McGowan (II)

Race Calendar

Sat March 15 Indianapolis
IAC Shamrock Run/Walk

Sat March 15 Indianapolis
Will Power 5k Walk 10k Run

Sat March 22 Plainfield
Spring Fling 15k

Sat March 22 Danville, IL
Mountain Goat 5k Walk 10k 15k Run

Sat March 29 Westfield
Underground Railroad 3k Walk 5k Run

Sat March 29 Carmel
39th Sam Costa ½ & ¼ Marathon

Sat April 19 Indianapolis
Race For The Cure 5k Run/Walk

VASQUE DINO TRAIL RUN SPRING SERIES



Sat March 8 Indianapolis IN
Eagle Creek Park 5k, 15k

Sat March 29 Anderson IN
Mounds State Park 5k, 15k

Sat April 19 Avon IN
Washington Township Park 5k, 15k

Sat May 31 Nashville IN
Brown County State Park 5k, 15k

Upcoming ARRC ROAD SERIES

Sat May 3
INDIANAPOLIS Mini- Marathon 13.1

Sat May 17
WHITE RIVER RUN 5k Walk 10k Run

http://www.andersonroadrunners.org/2008_Calendar.htm

Thursday Pre-Season Begins April 3rd

Thursday Point Series Begins May 8th

Kids Fun Runs Begin Tuesday May 6th

Something New

The Race to Rebuild 5k Run/Walk
Saturday April 12th

Location and Start: St. Francis of Assisi Catholic Church
1200 W. Riverside Ave. Muncie, IN 47303

Registration Forms: They can be found at St. Francis Parish Office or at www.stfrancisnewman.org and need to be returned to St. Francis' address. For more information, contact Erin Loch at emloch@bsu.edu or call St. Francis at (765) 288-6180.

Proceeds will benefit the reconstruction of St. Anne Catholic Church in New Castle, Indiana, which was destroyed by fire last April.

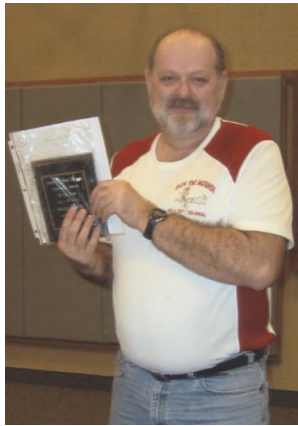
2008 RUN THE GREENWAY RACING SERIES

SATURDAY, APRIL 26, 2008 - 5K RUN/WALK

**SATURDAY, JUNE 7, 2008 - NATIONAL
TRAILS DAY - 10K RUN AND 5K & 10K WALK**

<http://www.delgreenways.org>

Special Awards



*Greg Smith
Comeback Walker 2007*



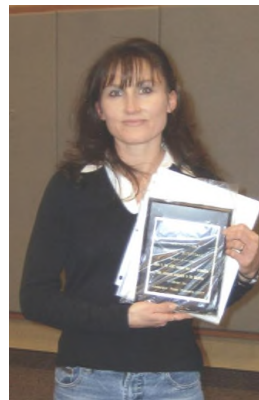
*Tyler Cornwell
Male Rookie 2007*



*Steve Fulp
Rookie Most Improved Walker 2007*

A special thanks to Wray Jean, Carolyn, Kathy and The Running Company for their hard work preparing the clothing items for the awards banquet

Not Pictured: Craig Green Most Improved Runner
John Gentry Comeback Runner



*Sherry Robertson
Dale Johnson Marathoner 2007*



*Tom Corda
Jeff Bailey Service Award 2007*



*Lana Henricks
Most Improved Female 2007*



*Michelle Eskew
Female Rookie 2007*



*Allan Miller Volunteer 2007
Chloe Miller James West Outstanding Youth 2007*

Race Results

GROUNDHOG 7 MILER FEB. 3, 2008

Sherry Robertson	49:04	7:01
James Leffler	53:09	7:36
Ann Morris	57:35	8:14
Lana Henricks	1:06:32	9:31
Walter Evans	1:13:36	10:31
Marilyn Moore	1:14:39	10:40

POLAR BEAR 5 MILE, FEB. 23, 2008

Mitch Novy	26:42	5:20
Danny Spears	32:59	6:36
Ron Harmening	38:50	7:46
Debbie Smith	44:07	8:49
Walter Evans	50:46	10:09

SIBERIAN EXPRESS DANVILLE IL JAN. 5, 2008

Tommy Goodson	1:10:53
Tom Corda	1:11:33
Ron Harmening	1:15:52
Debbie Smith	1:37:16
Lori Goodson	1:37:17

KRR'S FAT ASS DANVILLE IL FEB. 2, 2008

Tom Corda 3 laps 22.35 miles ±

MARDI GRAS MARATHON FEB. 24, 2008

Tom Corda 4:08:21

Treasurers Report

Wray Jean Cornwell

2007

37 New members

Finance Report \$11750.00 (frozen) \$944.57 (checking) **\$12694.57**

White River Run 5 sponsors (\$2100.00) Entries (\$1313.00) = \$3413.00

Expenses (\$1255.96) = Net Profit **\$2157.04**

Run The Mounds 6 sponsors (\$1450.00) Entries (\$6333.00) = \$7783.00

Expenses (\$6064.98) = Net Profit **\$1718.02**

Scholarships Andrew Prieshoff **\$500.00**



Editor's Notes

Thanks for allowing me to be your new editor. Please email me your stories, ideas, results, and race information to

editor@andersonroadrunners.org. Please have information to me by the 25th of month for the next issue. Please notify me of any omissions, errors or changes in your email. In the future, the Pacer and arrc news will be sent to that address.

Thanks to Patricia Hart for generously donating \$50.50 back to the club at the awards banquet

2008 Officers & Board Members



We're on the Web!

www.andersonroadrunners.org

Frankie St. Phillips President, Youth Director

Lana Henricks Vice President

WrayJean Cornwell Treasurer

Sherry Robertson Secretary

Tom Corda Membership Chair, Webmaster, Thursday Night Stats

Brian Rayl Editor

Gene Chandler At-Large

Jill Marstall At-Large

Steve Fulp At-Large Walking Program

Greg Smith At-Large Road Series & Run The Mounds Race Director

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Customer Name
Street Address
City, ST ZIP Code