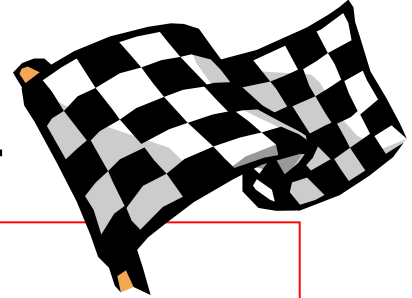


# THE PACER

P.O. Box 282 Anderson, Indiana 46015  
[www.andersonroadrunners.org](http://www.andersonroadrunners.org)



## The Old Goat vs. the Bionic Goat @ DINO Avon 5k

By Greg Smith

The Avon Dino brought the Trail (Brew) Crew out for the third race in the Spring DINO season. The Avon course contains many steep down hills and many narrow technical trail areas. Brian, Tom, and Greg loaded into Gene's Vibe for the trip. My Wimp Blazer was retired after crying all the way to Danville for the Mt. Goat. The rain was falling as we headed to Avon forecasting some slick muddy trails and slippery downhill. We arrived and signed in to get our Bibs. Brian and Tom were the real men doing the 15K. Gene and I hoped to stay out of the way of the 15K runners and survive with the least amount of mud in the 5K.

Gene currently had a commanding two point lead on me in the 5K men's standings. This was a make or break race for me. I needed to catch him to keep things close. His recent training at Mounds had me thinking he was getting serious about training again. Gene has been the consistent medal winner this season. Apparently runners in my age group noticed how slow my times were last year and have started showing up. Checking out the trails before the race, I could see that things were going to turn into a mud bog. This was going to be a race to see whether Gene or I was the better mudder. The 15K runners, including Brian and Tom, headed out ten minutes ahead of the 5K to be sure that the curse, or should I say course, was properly chewed up for us 5K performers.

After the gun sounded for the start of the 5K, Gene took a commanding lead. The Geno was leading the bionic goat. The first mile and a half had me hoping that my bionic balance would work. We lined up for the steep down hills, hoping someone could find a less muddy path down. The nice thing about being at the back of the pack is that it's less cut-throat, with more helping each other to survive. I slid backwards down several of the hills grabbing at saplings along the trail to perform a "controlled" backwards slide. There were several spectacular falls by other competitors. It was hard to keep from busting out laughing until the muddy victim shouted that they were okay!

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The sure footed Gene was maintaining his lead with the help of a young girl on a couple of the down hills. I thought it was an unfair advantage; but so it goes. I pounded after Gene catching glimpses of him up ahead.

The last half mile was a technical muddy stretch with twists and turns and mostly up hills. I could see Gene ahead at times and yelled a few expletives of encouragement his way. As we approached the finish, a major controversy occurred. There were hints of bribery, deception, and other foul adjectives. I left the cover of the woods to see Gene returning to the finish line. He 1) didn't see the finish and almost started another lap, 2) was directed by race officials (bribed by me) away from the Finish Line, or 3) was waiting for me to finish close together. Since Gene was driving, and I was a long way from home and already walked all I wanted, whatever he thought was okay. I thought I should have won since I was the cleanest. I only had mud on my hands up to my wrists and halfway up the back of my calves. The heck with who finished first!!

Gene was the big medal winner along with Jerry Pierce Sr., Logan Rayl, Zach Moore and some how I finished 3<sup>rd</sup> in my age group. I guess two of the other guys in my age group didn't like the weather. We all survived and the trail crew hit the Fox and Hound to clean up and heal up with a Red Fox amber or two. The Old Goat is leading the Bionic Goat by a commanding three point lead in the Spring DINO 5K points.

The next race in the DINO series is the Brown Co. race on May 31<sup>st</sup>. It is the flattest course of the Spring series. Yeah right! Brian and Amanda do a tremendous job of marking the trail and conducting these races along with their volunteer crew. If you like trails, a challenge, beautiful scenery, and adventure these races have it all. Join us for the next race and enjoy the challenge!!

Greg (Old Bionic Goat)

## Back from Boston

By Ann Morris

Having reached the milestone of my 50<sup>th</sup> birthday in January, I decided to heed to urging of my friends to run the Boston marathon. I had qualified for the previous last 2 runnings, but I really had not had any desire to go. I often found myself uncomfortable in crowds, and I knew with more than 22,000 runners plus family plus an entire urban community that there would be far more people there than at any other race I'd attended. Also the logistics of arranging travel and the expense of so doing was another unnerving consideration. However in the end the "you only live once- don't have any regrets" mentality of those of us at that half century mark prevailed and I sent in my registration.

That was how it began. This is how it ended. 4:35.10- by far my slowest of nine marathons- even slower than one where I walked in the last 8 miles after acutely straining my right IT band. A pathetic run. The crowded conditions caused me to be clipped repeatedly in the first 5 miles and finally nearly knocked over by a runner who did an abrupt turnaround. I was never able to establish any rhythm (thoughts of Perry Knox who had told me once he was a rhythm runner flashed through my head). After the near knockdown, I honestly wished to be anywhere but there and never recovered mentally or physically.

But as a wise Bud once told me, there is no such thing as a "bad run". After a few hours, and now a few days, I can look back at Boston and really see the good. I doubt if any race can be better organized. After more than 100 attempts, no detail is left to chance. I can honestly say I can think of nothing that could have been done better, other than maybe more sweets at the end (a favorite race feature for Sherry and me). However, those Boston runners tend to be those extreme triathlete type people that generally don't appreciate the glory of almond M&M's. Whether it be the bus transport, pre-race food and accommodations, course support or after race recovery zone- everything ran perfectly.

Another big plus is the community support. Marathon day is Patriot's Day. People have the day off work and are encouraged to support the marathon, which they do enthusiastically. Whether it was the Wellesley girls (who are as screechy and pretty as portrayed to be in the books), the Boston College rowdy students or the many extended families that came out with arms extended with refreshment for us runners- I love the people of the Boston area.

The course itself is also a positive thing. Although obviously not PR friendly, it is a perfect blend of flats and hills and ever changing scenery in a rare point to point race.

Finally the best thing about Boston for me was the sincere support from my running friends. Whether it was Sherry's card, Brian's inquiry on Monday before at our children's track meet as to how I was feeling, or the many emails that came to me in the days leading up to Boston-- I felt the love and camaraderie. After the race I even learned that my brother's high school teaching colleague (who always made me feel special but seeming in awe that I was Boston bound) had had his classes watch the marathon all day. He had tracked my progress and updated my brother and his students on it (yes- those of you who know me wish maybe he hadn't done that with my lousy time). However, he sent a really sincere CONGRATS my way, as did many of you all.

So, is Boston a must do for a runner? Obviously for me, I would say no. Even before Boston I had never enjoyed a full marathon, almost always getting mentally and physically tired after 16-18 miles and questioning why I had insanely decided I need to go that extra 8-10 miles to say I had a good race. I think I'm a born "Halfer". However for those of you that are true marathon enthusiasts or even running enthusiasts that appreciate the journey more than the result, Boston is a real celebration of the marathon and the joy of running. Happy running to you all.

ANN



## Race Calendar

**Sat May 10** Lisa's Run/Walk 5k  
Wapahani High School Selma, IN.  
Contact: Linda Gordon 282-1788  
Email [bdudley@selma.k12.in.us](mailto:bdudley@selma.k12.in.us)

**Sat June 14**  
Lake Mingo Trail Run 7.1 miles  
Kenekuk Road & Trail Runners  
Danville, IL.

### Something New

**July 19<sup>th</sup>** Wapahani High School Cross  
Country 5k fund raiser  
Location: Prairie Creek Reservoir, Muncie  
Distance: 5k  
Course: County Cross Country course  
Time: TBA

**July 26<sup>th</sup>** Delta High School Cross  
Country 5k fund raiser  
Location: Waterbowl, Muncie  
Distance: 5K  
Course: Sectional / Regional Cross  
Country course  
Time: TBA

Contact: [jerrypierce@mac.com](mailto:jerrypierce@mac.com)  
Details will be posted on  
[www.irunmuncie.com](http://www.irunmuncie.com) in May

### VASQUE DINO TRAIL RUN SPRING SERIES



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

[www.dinoseries.com](http://www.dinoseries.com)

## Upcoming ARRC ROAD SERIES

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



[http://www.andersonroadrunners.org/2008\\_Calendar.htm](http://www.andersonroadrunners.org/2008_Calendar.htm)

**Thursday Point Series Begins May 8<sup>th</sup>**  
Walk 5:30 P.M. Run 6:00 P.M.

**Kids Fun Runs Begin Tuesday June 3<sup>rd</sup>**

## 2008 RUN THE GREENWAY RACING SERIES

**SATURDAY, JUNE 14, 2008 - NATIONAL TRAILS  
DAY - 10K RUN AND 5K WALK 7:30 A.M.**

<http://www.delgreenways.org>

## Race Results

### INDY MINI MARATHON

#### DINO AVON APRIL 19, 2008

5k	Logan Rayl	21:27
	Zack Moore	22:02
	Jerry Pierce Sr.	25:41
	Gene Chandler	48:00
	Greg Smith	48:16
15k	Brian Rayl	1:19:51
	Tom Corda	1:20:59

Thanks to all of you that helped out with the tent, food and Hawaiian Luau

Results can be found @  
<http://www.onlineraceresults.com/>

Thanks to Scott Miley from the Anderson Herald Bulletin

#### BOSTON MARATHON APRIL 21, 2008

Honesty Hart	4:04:07
Ann Morris	4:35:10

#### CARDINAL GREENWAYS 5K APRIL 26, 2008

Zack Moore	20:12	(1st 14 & Under)
Jeremy Pierce	20:23	(2nd 14 & Under)
Monte Hitchcock	20:39	(1st 55-59)
Chet Paskiewicz	21:14	(1st 45-49)
Jerry Pierce Sr.	21:47	(1 <sup>st</sup> 60-64)
Jim Leffler	23:08	(2nd 60-64)
John Primmer		(1st 65-69)

**Thursday night  
Cookouts after the  
1 lap race**

**When? The 3rd  
Thursday of the  
month May – Sept**

**Club will provide  
brats/hotdogs**

**Bring your own  
drinks/side dish**

New Members

**Chucky Bennett**

**Tammy Bennett**

**Greg Couch**

**Seth Moore**

**Zach Moore**

**Julie Pierce**

**Angie Scifres**

**Sue Smock**

**Amy White**

Please Thank and Patronize  
our White River Run Sponsors

**Anderson YMCA**

**Anderson Center for Sight**

**AIMS Downtown Anderson**

**Art's Trim Shop**

**Meijer**

**Gwinn's Drug Store**

**Community Hospital**

**Couch & Company CPA'S**

**Dr. Ron Harmening**

**General Nutrition Center**

**Pay Less**

**Rayl Surveying & Engineering**

**Runner's Forum**

**Wings ETC.**

**White River Run  
May 17, 2008**

**New Course !!**

**Stay after the race for the  
Live Music and Food**

**AIMS Little 500 Car Show**

**Max & WERK Radio  
DG the DJ  
LJ Mechem**

**The Paramount Theatre  
"Herbie the Love Bug" &  
"Cars" FREE!!**

**Brother's Catering  
Elk's Lodge  
Scoop Shack**

Editor's Notes

[editor@andersonroadrunners.org](mailto:editor@andersonroadrunners.org). Please have information to me by the 25<sup>th</sup> of the 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.

## 2008 Officers & Board Members



**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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*We're on the Web!*

[www.andersonroadrunners.org](http://www.andersonroadrunners.org)

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