

# THE PACER

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

## The Old Goat at the Mt. Goat

By Gene Chandler

Looking to start 2008 off on a good year I decided to take on the famed Mountain Goat Hill Run in Danville Illinois on March 22<sup>nd</sup>. The Mt. Goat is one of the Kennekuk Road Runners Club's six major races that they hold annually. The Kennekuk Club has over 900 members from all over the country calling themselves Americas running club. The Mt. Goat is described as Illinois and Indiana's toughest 15k.

I met fellow ARRC members Greg Smith, Tom Corda and Brian Rayl early Saturday morning, well not to early the race didn't start till 10:30 C.T. 11:30 Indiana time. We loaded up in Greg's blazer and headed south down I69 for the two plus hour drive to Kickapoo State Recreation Area outside Danville IL. As we were nearing the location we pulled off at one last rest area, not knowing what facilities awaited at Kickapoo. That's when Greg's blazer "hit the wall" and made a very interesting sounding noise as we decelerated into the rest stop. We all curiously looked at Greg as if to see if this was normal? It was new to Greg; we all voiced our opinions and decided to keep going. As we neared the race site (or actually after we passed it and were turning around) Greg decided to put the blazer into four wheel drive which turned out to quiet the noise and get us to the race site.

Back to the event, the Mt. Goat is a 5k out and back loop, described with two major hills and few small hills on each loop. The registration was for 5k walk or a 10k and 15k run. Knowing that I wanted to run and walk I signed up for the 10k run. Greg signed up for the 5k walk with a goal of getting down in the 40's. Tom and Brian signed up for the 15k where Brian was trying to avenge his loss to Tom two weeks prior.

We all lined up at the starting line together; race officials mentioned several times to be careful starting out. We had a very steep decline to begin the race which only meant I would have to tackle this thing coming up twice before the finish. The course was on asphalt paved road heading through the park. The next hill seemed to come too soon as I hit the first incline. Was this the major hill they described or one of the few smaller ones? I got to the top and thought "Oh my God Alice" what have I gotten my self into. I continued along the course crossing over I74 on an old wood bridge to the turnaround. We looped through a small trail section and headed back. The course had one water stop midway that I could hit twice each loop.



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It was good be able to see the other runners and walkers as we passed each other and offered support. As I was nearing the end I had that one last tough hill to get up, I wanted to come in under 40:00 on this loop. I saw Brian head down the hill and he gave me support to get up to the finish (I later found out that they were all just hungry and were waiting in the truck for me to hurry).

Well I made it!!!! Only top twenty five men and women got awards in the 10k. All the 5k walkers received a dog tag and the 15k finishers received numbered trophies at the finish.

We all got back to the Blazer, popped it into four wheel drive, (I guess the Blazer is designed for trails and not a road warrior) and headed into town to the Deluxe Restaurant for the post race party. The Kennekuk Club provided free beer afterwards and a limited menu for sandwiches and fries. They presented numerous door prizes and a fifty/fifty drawing. The food was good and the beer tasted great. However we did not come home with any winnings.

We loaded back into the Blazer and headed east. We arrived back into Pendleton with the Blazer still moving; we all wished Greg well and hoped that he could make it home.

All in all it was a great time, we all had fun, shared some stories and everyone made it back safely. Next year I think I am signing up for the 5k, but will definitely be back.

As for the Blazer, rumor has it that it is going in to see the doctor. Another knee replacement maybe???

**Remember Earth Day  
April 22, 2008**

<http://www.earthday.gov/>

## Bad Ben's Ramblings

[HTTP://BADBENKC.BLOGSPOT.COM/2007/09/PROPER-T-SHIRT-SHIRT-ETIQUETTE.HTML](http://badbenkc.blogspot.com/2007/09/proper-t-shirt-shirt-etiquette.html)

### T-Shirt Etiquette Guidelines: Top 10

1. A shirt cannot be worn unless the wearer has participated in the event. There is an exception, though: "significant others" and volunteers are exempt.

2. Any race tee, less than a marathon distance, shouldn't be worn to an ultramarathon event. This goes double for the wearing of sprint-tri shirts to Ironman and Half-Ironman events. It simply doesn't represent a high enough "cool factor" and sends a red flag regarding your rookiness. It's like taking a knife to a gunfight. It's probably best just to wear a generic name-brand athletic shirt, and go hide in a corner until race time.

3. When you are returning to a race in which you have previously finished, then wear the shirt from the first year you completed the race. Don't short-change yourself by wearing the shirt from the year before. It doesn't adequately display the feat of accomplishment or the consummate veteran status that you are due.

4. Never wear a race event shirt for the (same) race you are about to do. Only rookies do this. It displays a total lack of integrity and might put the bad-heebie-jeebee-mojo on you for the race. Wearing a T-shirt of the race, while currently running said race, is discouraged. It's like being at work and constantly announcing "I'm at work". Besides, you won't have the correct post-race shirt then...unless you like to wear sweaty, pitted-out clothes on a regular basis. If you do, then go back to the swamp, Gomer.

5. Never wear a shirt from a run that you did not finish. To wear a race shirt is to say "I finished it". Exceptions: see guideline #1.

6. A DNF'er may wear a race shirt if... the letters DNF are boldly written on the shirt in question (using a fat Sharpie or a Marks-A-Lot).

7. DURING A RACE, THE WEARING OF SHIRT FROM A PREVIOUSLY COMPLETED YEAR IS ACCEPTABLE. WEAR THE OLDEST T-SHIRT YOU HAVE FROM THAT RACE (SEE GUIDELINE #3). THIS IS PROBABLY A GOOD PRACTICE BECAUSE YOU NOW HAVE NO EXCUSE TO DROP OUT SINCE YOU'VE DONE IT BEFORE.

8. If possible, runners should buy significant others T-shirts which can be worn without regard to running the race. (see guide #1).

9. Volunteers have full T-shirt rights and all privileges pertaining thereto. So there. Remember, you can always volunteer for a race and get a shirt. I encourage this as your civil duty to be a member of the running community. Races don't happen without volunteers, folks.

10. No souvenir shirts: therefore, friends or anyone else not associated with the race may not wear a race shirt. If your mom thinks that your Boston shirt is lovely, tell her to QUALIFY for Boston herself, & send in her application early for next year, so she can earn her own shirt. A downside to this: she still has plenty of time to write you out of her will between her training runs for the big race. Note that your mom CAN wear your finisher's shirt under one of these 4 conditions- 1) you still live with your mother; 2) she funded your trip to the race; 3) she recently bailed you out of the slammer; or 4) All of the above. There is an exception to this guideline: (refer to #1...If you are a "non-traditional family," and your mom actually is your Significant Other).

T-shirts must be used sensitively. Worn responsibly, they can help expand one's consciousness and immerse you in a great conversation with your running brethren. Worn stupidly, they can cause fright, horror, vacant stares, sprained ankles, and general social unrest. Don't be a "T-shirt Terrorist." Follow proper T-shirt etiquette to do your part for world peace.

Happy Trails, Bad Ben



## Race Calendar

**Sat April 5** Indiana University Mini and 5K Bloomington IN

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

**Sat April 12** The Race to Rebuild 5k Run/Walk

St. Francis of Assisi Catholic Church  
1200 W Riverside Ave, Muncie

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

**Sat April 12** Purdue Cancer Center Challenge Race 5K

Ross-Ade Stadium West Lafayette

[www.cancer.purdue.edu](http://www.cancer.purdue.edu)

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

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

**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)

### **VASQUE DINO TRAIL RUN SPRING SERIES**



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

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

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

## **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](http://www.andersonroadrunners.org/2008_Calendar.htm)

**Thursday Pre-Season Begins April 3<sup>rd</sup>**

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

**Kids Fun Runs Begin Tuesday May 6<sup>th</sup>**

## **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>

## Race Results

### MOE'S BETTER ½ MARATHON SAN MARCOS, TX MARCH 2, 2008

Ann Morris 1:52:55 1<sup>st</sup> A.G.

### DINO EAGLE CREEK MARCH 8, 2008

5k

Logan Rayl 24:56 1<sup>st</sup> A.G.  
Gene Chadler 53:06 3<sup>rd</sup> A.G.  
Greg Smith 53:08

15k

Tom Corda 1:28:14  
Brian Rayl 1:29:32

### HOLIDAY PARK 5 MILE TRAIL RUN MARCH 8, 2008

Ron Harmening 50:37  
Debbie Smith 58:26  
Robert Hart 1:03:34

### WILL POWER 10K RUN MARCH 15, 2008

Sherry Robertson 41:30 1<sup>st</sup> A.G.  
Danny Spears 42:12 1<sup>st</sup> A.G.  
Ann Morris 48:54 1<sup>st</sup> A.G.  
James Hoffman 53:39

### SPRING FLING 15K MARCH 22, 2008

Sherry Robertson 1:03:50 1<sup>st</sup> A.G.

### Mountain Goat 5k 10k & 15k Danville IL MARCH 22, 2008

5k Greg Smith 41:31  
10k Gene Chandler 1:22:43  
15k Brian Rayl 1:15:02  
Tom Corda 1:16:35

### DINO MOUNDS PARK MARCH 29, 2008

5k Logan Rayl 21:46  
Chet Paskiewicz 22:40  
Jerry Pierce Sr. 24:32  
J.B. Dulworth 31:42  
Marilyn Moor 36:03  
Jennifer Fish 37:46  
Kelly Rayl 43:29  
Gene Chandler 43:31  
Greg Smith 43:53  
15k Brian Rayl 1:16:50  
Tom Corda 1:22:59  
Ron Harmening 1:23:45

### UNDERGROUND RAILROAD 5K MARCH 29, 2008

Danny Spears 20:31 1<sup>st</sup> A.G.  
Ann Morris 24:11 1<sup>st</sup> A.G.

### XENIA, OH MARCH 30, 2008

#### RESULTS FROM ANN MORRIS

#### MARATHON

Walter Evans 5:32.17

#### HALF MARATHON

Danny Spears 1:31.41 1<sup>st</sup> A.G.  
Sherry Robertson 1:31.57 2<sup>nd</sup> A.G.  
Ann Morris 1:48.47 1<sup>st</sup> A.G.  
Michelle Eskew 1:57.56  
Benjamin Evans 2:06.23  
Vilmarie Barbosa 2:15.18  
Marilyn Moor 2:18.23 3<sup>rd</sup> A.G.

**Kid's Fun Run Awards  
Banquet Recap  
Coming Soon**

## Senior Games

By Bob Kearns

Hi to ALL – well my Senior Games are over for this year. This was my 10th year participating. Day one was the Track Meet in which I participated in 9 events winning 5 Gold Medals and 4 Silver Medals. Things turned tougher on me the other days.

Field events Shot Put – 29' 4" – did not medal  
 Hi Jump – 3' 4" – did not medal  
 Long Jump - 8' 11" -did not medal  
 Discus – 53' 8" 3rd place Bronze  
 Javelin – 49' 1" 3rd place Bronze  
 Soft Ball Throw -138' 4" 2nd place Silver

Running 5K = 3.1 miles 28:47 9:16 pace 1st Gold  
 Walking 5K 27:45 12:09 2nd Silver  
 " 1500 Meters 11:17 disqualified no medal

So for my efforts I entered 22 events and received 18 Medals. 6 Gold - 10 Silver - 2 Bronze

So out of the 204 Men in my age group I had the most medals and got a special Trophy for my efforts. In my 10 years in these Games I have won that trophy 4 times.

So now all of my efforts will be geared toward the Indy Mini – that 13.1 mile run from down town Indy out to and around the Indy 500 mile Speedway and then back downtown to the finish.

Elsie and I have had a great winter here with some very GOOD friends that we have established over the years here. Our little Church here at our Camp Ground is a real drawing for many people here. We just love it here. BUT we will head north on Monday – March 31st.

Bob & Elsie & Katie

## Editor's Notes

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

Please Thank and Patronize  
our White River Run Sponsors

Anderson Center for Sight  
(Dr. Joseph Woschitz)

Art's Trim Shop

Meijers

Gwinn's Drug Store

Community Hospital

Runners Forum

General Nutrition Center  
(Mounds Mall)

*Recommended Reading*

***"Into The Wild"***

*By: Jon Krackauer*

*At the Movies*

***"Spirit of the Marathon"***

*One Night Only 5-1-08*

*Indianapolis Theaters*

*Shiloh Crossing Stadium 18 – Avon  
Village Park Cinema Stadium 17 – Carmel*

*Eagle Highlands 10 – Indianapolis*

*Galaxy Stadium 14 – Indianapolis*

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

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*We're on the Web!*

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

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