

The Pacer

Newsletter of the Anderson Road Runners Club

January 2008

2007 in Review

The following people have served you in 2007:

President, Fun Run Director

Vice President

Treasurer

Secretary

Membership Chair, Webmaster, Thursday Night Stats

Editor

At-Large

At-Large

At-Large

At-Large Road Series & Run The Mounds Race Director

Race Director White River Run Mini Mini

Food, sticks, timers, and more

Frankie St. Phillips

Mike Truman

WrayJean Cornwell

Brian Rayl

Tom Corda

Carolyn McKinney

Gene Chandler

Jill Marstall

Judy Baylor

Greg Smith

Bob Kearns

Numerous volunteers

It has been a fun year on the board. Moving the kids run to Monday night allowed club members to more easily volunteer for the kids' run. On a regular basis, five or more board members were there to help in addition to other club members. I would encourage everyone to come out and lend a hand or simply cheer the kids on this year.

Thanks to Greg Smith for a job well-done as race director for Run the Mounds. The switch to a dri-fit shirt was met with great response - many race day registrants were vowing to register early next year. Thanks also to our great base of volunteers and sponsors along with the Mounds Park staff- we could not do it without you. Special thanks to Donna and her team for the food. Our club is best known for this race and you are all a part of why people come back year after year. Keep up the good work.

This year's Christmas party was an enjoyable time. It was much warmer and better attended than 2006. Most of this is credited to an earlier start of the furnace and Frankie's enthusiasm and phone calls reminding and urging folks to attend.

At the annual meeting, the board will be proposing few changes to the board for next year. Brian Rayl has graciously offered to take over the editor duties - that I (Carolyn) have been trying to pass on for a couple of years ☺ I am excited about this change as I know this past year I have not been able to do the position justice. I have promised to lend a hand as needed. Judy Baylor has decided to leave the board to have more time to clown around, spreading joy to seniors and kids alike. Good luck to her in this ministry and heartfelt appreciation for her service to the club. We do need a race director for White River Run - if no one person is interested, it will be run by committee. We look forward to seeing you all and getting your input on February 9th at the Annual Meeting and Awards Dinner.

Hood to Coast Runners Summit 2007

Kathy Wehrley

Well, as anyone who has run even once with me this summer knows, I had the incredible opportunity to attend a conference in Beaverton, Oregon at the Nike World Headquarters, which also afforded me the chance to run in the Hood to Coast (H2C) Relay. This event is the largest relay event in the world: over 12,000 runners from all over the world, running 197 miles from the base of Mount Hood to the biggest post race party on the beach at Seaside, Oregon. As part of the 2007 Runner's Summit, I was there as Nike's guest – to learn about shoes, apparel, vision and timing; to learn more about Nike and its history, and to run in an once in a lifetime (for me) event.

For the record, Nike was very generous to all who participated in this event – with motive. When I signed on, I was sent a pair a shoes and an Ipod nano, along with shorts and shirts that are all part of Nike's "+" system. Then we were issued a "challenge" by Nike – what team could accumulate the most miles before the H2C event in late August. Very smart of them – I was forced to run in Nike shoes (which I never had) and found out I liked them (which I never expected); in addition, I learned a lot about using the nano with the "+" shoe system, which has made selling them easier for me. See what I mean – generosity with a motive. Very effective.

The entire experience was first class all the way. We met every morning in a huge tent erected on the Nike campus with 900 other running specialty retailers from 30 countries. I knew it was a big deal when I realized there were translators there for those athletes from overseas! After the main morning meeting, we attended break-out sessions with shoe designers, research lab scientists, vision and timing experts – you name it. In between and after the meetings we toured the World Headquarters campus, attended special events

and exhibits, shopped at the Nike employee store and met with our fellow team members regarding strategy for the top event of the week – the H2C relay.

One of the best things of the whole experience was the opportunity to talk to runners who are part of Nike's Running Specialty Group – specialty store employees, buyers, managers and owners who work in very similar stores and circumstances as you do, and with whom you could share your problems, solutions and ideas. I only knew two people on my team when I went out there – Jason "Oz" Osborn from TRC and Peter Breeze, our Nike rep out of Chicago. All the other team members were from the Midwest region, and we spent the week attending meetings, having meals, and sharing stories and getting ready for race day. It was great fun getting to know everyone!



Friday, August 24th – Race day has arrived; however, our team was part of last wave to go out – our race didn't start until 7:45 pm! We had 12 people on our team, called More Cowbell! (look it up on YouTube, it's a riot). We were divided into two vans, 6 people each. My group (Van 1), who had "legs" 1-6, went first, starting at the base of Mount Hood (see photo). Each person ran their leg – my first one was 7 miles in the middle of the night – and then we transitioned to the next group (Van 2). So on through the night and the next day (23.5 hours later) we leap-frogged one another until finishing on the beach at Seaside. We'd been up, without sleep, for about 36 hours or so, running, laughing, cheering and enjoying one of the best running experiences I've ever had. Our team finished 39th out of 293 teams! More Cowbell! I'd do it again!

A Win at Wynne

Hello fellow runners. I just wanted to give you a report on my Wynne Marathon experience. Well, Wynne was a win for myself and the rest that braved the 8hr drive there and 8hr drive back. We left at 8:30am on Friday. Wray, Ann, Brian, and Nick piled in Wray's Durango. Thanks Wray! I think my food luggage was larger than my personal luggage. HA HA. Wray will have something to say about this. I'm am by no means a big fan of long car rides. I SURVIVED!!!

Safely arrived at the packet pick-up with time to spare. The Historical Society put on a ITALIAN FEAST dinner for us. This was a HOME COOKED meal. Enough food to give you a whopping belly ache, cause you didn't know when to stop, it was so good. The little society ladies brought in this food made in their homes.

Hotel accommodations were nice. This hotel was fairly new, and the only one I saw around town. The lobby was decorated in drawings made by kids from this area. We felt so welcomed in this town. I even saw banks and other buildings that welcomed us with "GO RUNNER" banners. So why didn't I feel like I was about to run a marathon? Was it the car ride? We even drove the course, and it still didn't hit me.

Race day morning: Ate a totally different bkfst than had planned. Wheat bread w/PB and honey, banana, and green tea race, has been a race day favorite for me since I started running a little over 2 yrs ago. Guess it still had not registered I was going to run a marathon. We are off at 8am, it's probably 39-40*. Brian and I pace with each other for the first half. We had a pack of 8 minute pacers in front of us, so nice to have some company.

They really spoiled us at the aid stations. Food galore!!! Pretzels, cookies, GU, double strength gatorade, lots of water, orange slices, grapes, bananas. Believe it or not, I was starving after this race. And yes, they fed us well after the race with pizza and a BBQ type dinner. There were people driving by with their car music going and cheering us along.

Feeling pretty good at mile 13.1. So far it's a beautiful course with the fall foliage. Something clicked after the turn around cause now I'm really into this race. Had a

girl crawling up my back, and 2 ahead of me. Brian said once we get to the turn around, every step we take is towards the finish and not away from the finish. This was a psychological savior for me! I took off from there, Brian said not to hold back for him. It took over 2 miles to pass the 2 girls ahead of me, and shake off the one crawling at my back. But once I did, I told myself they were not going to pass me. Ok, now it's just me and the road after mile 15.

Something strange is happening, my legs begin to tire some, this didn't happen with the first one. After mile 18 I'm beginning to wonder if I will hit the wall at 20-22? So I start praying for everyone I know, and filling my head with positive thoughts.

Overall Female Winner, Sherry Robertson, along with fellow ARRC members, Ann Morris, Nick Cross, Brian Rayl and WrayJean Cornwell



All is well, I never did fade. Coming into the finish I saw several guys struggling. So I pulled them along. There was an announcer at the finish, he said my name and where I was from...stepped on the track with a 1/4 to go and I kicked it in. Had the same feeling all inside when I finished this one, like the first one. What an awesome experience!!! First place female: 3:28:(27)? I just can't believe it!!!! This is definitely a race to put on your calendar. Take care all and keep up the training during this cold season. Sherry

All winners on this page will be receiving awards at the Annual Dinner.
Please attend or ask a friend to pick up your prize.

F 13 - 14	1 Chole Miller	Thursday Night Points Season Winners	M 65 - 69	1 Phil Miller
F 19 - 24	1 Jennifer Fish		M 65 - 69	2 J.B. Dulworth
F 35 - 39	1 Sherry Robertson		M 65 - 69	3 Bill Miller
	2 Michelle Eskew		M 65 - 69	1 Bennie
F 40 - 44	1 Carolyn McKinney		M 70 - 74	Westmoreland
	2 Jill Marstall		M 75 - 79	1 Gene Chandler
F 45 - 49	1 Paige Truman			2 Frank Lindley
	2 Denise Hall		M HWT	1 Tyler Cornwell
F 50 - 54	1 Patricia Hart			2 Walt Smith
	2 Lana Henricks		MW 40's	1 Steve Fulp
F 65 - 69	1 Pat Miller		1 George Wilson	
FW 50 's	1 Kathie Nichols	MW 50's	1 Greg Smith	
FW 60's	1 Judy Baylor	MW 60's	1 Chuck Bagley	
Perf Attendance			2 Dennis Knapp	
	1 Chuck Bagley		3 Steve Hedgecraft	
	2 Greg Smith		4 Dave Hall	
	3 Denise Hall	2007 Road Series Winners		
	4 Patricia Hart	F 25 -29	1 Rachel Young	
	5 Chet Paskiewiez	F 35 - 39	1 Michelle Eskew	
	6 Mike Hall	F 40 - 44	1 Carolyn McKinney	
	7 Jim Hunter	F 45 - 49	1 Denise Hall	
	Bennie		2 Paige Truman	
	8 Westmoreland		3 Debbie Smith	
M19 - 24	1 Paul Yoder	F 55 - 59	1 Marilyn Moor	
M 25 -29	1 Nick Cross	F 65 - 69	1 Pat Miller	
	2 Eric Lindley	F 75 - 79	1 Edna West	
M 30 - 34	1 Chad Wallace	FW 40-49	1 Janelle Stohler	
M 35 - 39	1 Joe Baer	FW 50-59	1 Kathie Nichols	
	2 Shane Kirkpatrick	M 13 - 14	1 Logan Rayl	
M 40 - 44	1 Brian Rayl	M 25 -29	1 Nick Cross	
	2 Craig Green	M 30 - 34	1 Chad Wallace	
	3 Don Marstall	M 40 - 44	1 Brian Rayl	
M 45 - 49	1 Chet Paskiewicz		2 Walter Evans	
	2 Mike Hall	M 45 - 49	1 Tom Corda	
	3 Tom Corda		2 Mike Hall	
M 50 - 54	1 Mike Shelton		3 Chet Paskiewiet	
	2 Tim Grant	M 50 - 54	1 Mike Shelton	
	3 Jim Hunter		2 Mike Truman	
	4 Terry Spoo	M 55 - 59	1 Ron Harmening	
	4 Mike Truman	M 65 - 69	1 Bud Stiffler	
M 55 - 59	1 Todd Hovermale		2 Phil Miller	
	2 Wally Post		3 Bill Milller	
	3 Danny Spears	M 75 - 79	1 Gene Chandler	
	4 Jerry Warner	MW 40's	1 George Wilson	
M 60 - 64	1 Jim Leffler		2 Steve Fulp	
	2 JackHenricks	MW 50's	Greg Smith	
	3 Jim Dixon		Russell Fox	
	4 Steve Bowers		Dave Nichols	
		MW 60's	1 Steve Hedgecraft	

RESULTS

Warner-Robins Marathon, GA

WrayJean Cornwell 1st AG 4:56
Michelle Eskew 2nd AG 4:08
Walter Evans
Ann Morris 2nd Masters Female 4:07

Phoenix Rock n Roll Marathon

Brian Rayl 3:55

Midsouth Wynne Arkansas Marathon

Sherry Robertson Overall Female
Ann Morris 4:03
WrayJean Cornwell 5:07
Brian Rayl 3:46
Nick Cross Half marathon

Lewis and Clark, St Charles MO Marathon

Ann Morris 3:53
Brian Rayl 3:41
Carolyn McKinney 4:03
WrayJean Cornwell 5:08

Half Marathon

Sherry Robertson
Kathy Wehrley

Chicago Marathon

Brian Rayl 4:06

Indianapolis at Lawrence

Marathon

Michelle Eskew 4:03
Kathy Wehrley 4:50
Jack Stepp 4:50
Half Marathon
Brian Rayl 1:36
Nick Cross 1:37
Tom Corda 1:43
Bud Stiffler 2:06
Denise Hall 2:25
Greg Smith 2:54

5k

Mitch Novy Overall Winner 16:53

Flying Monkey

WrayJean Cornwell 5:32
Kathy Wehrley 5:32

Grizzly Marathon

Tom Corda 4:39

Richmond Marathon

Tom Corda 3:47

Tecumseh Trail Marathon

Tony Martin 4:11
Monte Hitchcock 4:07
Lonnie Smith 4:29
Jack Stepp 5:20
Terry Spoo 5:22

More than 50 Lessons and Tips about running submitted by WrayJean, unknown author

1. Don't be a whiner.
Nobody likes a whiner, not even other whiners.
2. Walking out the door is often the toughest part of a run.
3. Don't make running your life. Make it part of your life.
4. During group training runs, don't let anyone run alone.
5. Keep promises, especially ones made to yourself.
6. When doing group runs, start on time no matter who's missing.
7. The faster you are the less you should talk about your times.
8. Keep a quarter in your pocket. One day you'll need to call for a ride.
9. Don't compare yourself to other runners.
10. All runners are equal, some are just faster than others.
11. Keep in mind the later in the day it gets, the more likely it is that you won't run.
12. For a change of pace, get driven out and then run back.
13. If it was easy, everybody would be a runner.
14. When standing in starting lines, remind yourself how fortunate you are to be there.
15. Getting out of shape is much easier than getting into shape.
16. A bad day of running still beats a good day at work.
17. Talk like a runner. "Singlets" are worn on warm days. "Tank tops" are worn to the beach.
18. Don't talk about your running injuries. People don't want to hear about your sore knee or black toe.
19. Don't always run alone.
20. Don't always run with people.
21. Approach running as if the quality of your life depended on it.
22. No matter how slow you run it is still faster than someone on a couch.
23. Keep in mind that the harder you run during training, the luckier you'll get during racing.
24. Races aren't just for those who can run fast.
25. There are no shortcuts to running excellence.
26. The best runs sometimes come on days when you didn't feel like running.
27. Be modest after a race, especially if you have reason to brag.
28. If you say, "Let's run this together," then you must stay with that person no matter how slow the pace.
29. Think twice before agreeing to run with someone during a race.
30. There is nothing boring about running. There are, however, boring people who run.
31. Look at hills as opportunities to pass people.
32. Distance running is like cod liver oil. At first it makes you feel awful, then it makes you feel better.
33. Never throw away the instructions to your running watch.

- 34. Don't try to outrun dogs.
- 35. Don't trust runners who show up at races claiming to be tired, out of shape, or not feeling well. They get strong when the starter's gun goes off.
- 36. Don't wait for perfect weather. If you do, you won't run very often.
- 37. When tempted to stop being a runner, make a list of the reasons you started.
- 38. Never run alongside very old or very young racers. They get all the applause.
- 39. Without goals, training has no purpose.
- 40. During training runs, let the slowest runner in the group set the pace.
- 41. The first year in a new age group offers the best opportunity for trophies.
- 42. Go for broke, but be prepared to be broken.
- 43. Spend more time running on the roads than sitting on the couch.

- 44. Make progress in your training, but progress at your own rate.
- 45. "Winning" means different things to different people.
- 46. Unless you make your living as a runner, don't take running too seriously.
- 47. Runners who never fail are runners who never try anything great.
- 48. Never tell a runner that he or she doesn't look good in tights.
- 49. Never confuse the Ben-Gay tube with the toothpaste tube.
- 50. Never apologize for doing the best you can.
- 51. Preventing running injuries is easier than curing them.
- 52. Running is simple. Don't make it complicated.
- 53. Running is always enjoyable. Sometimes, though, the joy doesn't come until the end of the run.

The Church Of Jesus Christ of Latter-Day Saints,
 200 West 46th Street (just off of Main St.)
 Saturday, February 9th, 2008
 6 pm doors open - fellowship
 6:30 Dinner - bring a side or dessert to share
 7:00 Business Meeting
 7:30 Awards
 Surprise for everyone in attendance
 and door prizes with a total value of \$300!

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