

THE PACER



P.O. Box 282 Anderson, Indiana 46015

www.andersonroadrunners.org

Annual Awards Banquet

By Brian Rayl

Greetings to all of you Walkers and Runners. February 6th we will have our annual banquet and awards ceremony. Again Wray Jean's Church (The Church of Jesus Christ of Latter Day Saints) will graciously allow us to use their facility. The Church is located at 200 West 46th Street (just west off of Main St.)

The Doors will open at 6:00 p.m. for fellowship followed by dinner beginning at 6:30 p.m. The club will provide the entree; please bring your own dinnerware, beverage and a side dish and/or dessert to share.

The business meeting will begin at 7:00 p.m. with the nomination and election of officers, a review of any old business new business and a treasures' report. The business meeting will be follow by the presentation of awards at approximately 7:20 p.m.

Again special awards for 1st through 3 places will be presented in the Road series and Thursday night series races. In some age groups that had more participants additional awards may be given. Perfect attendance awards for the Thursday night races will also be handed out. We will give out special awards for Volunteer, Service, Rookie, Comeback, Youth and Marathoner of the year. We welcome all members to attend for special door prizes and gift certificates.

After a brief discussion at the last board meeting the board once again felt it was not needed to raise the club fees for the 2010 season. We feel that we can still provide the summer cookouts and ice cream social. We again have rented a tent for the Indy Mini and will provide additional information regarding the day's events later. The "free" kid's fun run will continue this summer. We will have a schedule in place soon for a starting date so all can prepare. Volunteers are always welcome to help out and support the youth.

We welcome any suggestions to provide a better club and running experience for the 2010 season.

INSIDE THIS ISSUE

Born To Run	2
Race Calendar	3
Race Results	4

The club board members will again oversee and direct the 31st Annual White River Run race at this time with the help from anyone who would like to volunteer. We are outlining all aspects to prepare for the race. Again AIMS and The Little 500 Festival will be assisting in promoting this event.

We are currently putting into place the Road Series schedule. We will forward to the members when completed and also post on the web.

Also I would ask that all members check the website for updated information. Tom Corda has worked very hard to update and continues to archive past results information and awards. Tom will also post special events on the web.

Please forward to me any information to be included in the Pacer or passed along to other members. It doesn't just have to be race results. I always welcome any training tips, race reports, recipes, group runs meeting info.



Born to Run

By Christopher McDougall

Full of incredible characters, amazing athletic achievements, cutting-edge science, and, most of all, pure inspiration, *Born to Run* is an epic adventure that began with one simple question: *Why does my foot hurt?* In search of an answer, Christopher McDougall sets off to find a tribe of the world's greatest distance runners and learn their secrets, and in the process shows us that everything we thought we knew about running is wrong.

Isolated by the most savage terrain in North America, the reclusive Tarahumara Indians of Mexico's deadly Copper Canyons are custodians of a lost art. For centuries they have practiced techniques that allow them to run hundreds of miles without rest and chase down anything from a deer to an Olympic marathoner while enjoying every mile of it. Their superhuman talent is matched by uncanny health and serenity, leaving the Tarahumara immune to the diseases and strife that plague modern existence. With the help of Caballo Blanco, a mysterious loner who lives among the tribe, the author was able not only to uncover the secrets of the Tarahumara but also to find his own inner ultra-athlete, as he trained for the challenge of a lifetime: a fifty-mile race through the heart of Tarahumara country pitting the tribe against an odd band of Americans, including a star ultramarathoner, a beautiful young surfer, and a barefoot wonder.

With a sharp wit and wild exuberance, McDougall takes us from the high-tech science labs at Harvard to the sun-baked valleys and freezing peaks across North America, where ever-growing numbers of ultrarunners are pushing their bodies to the limit, and, finally, to the climactic race in the Copper Canyons. *Born to Run* is that rare book that will not only engage your mind but inspire your body when you realize that the secret to happiness is right at your feet, and that you, indeed all of us, were born to run.

About Christopher McDougall: Christopher McDougall is a former war correspondent for the Associated Press and is now a contributing editor for *Men's Health*. A three-time National Magazine Award finalist, he has written for *Esquire*, *The New York Times Magazine*, *Outside*, *Men's Journal*, and *New York*. He does his own running among the Amish farms around his home in rural Pennsylvania.

From our interview with Christopher:

Q: BORN TO RUN explores the life and running habits of the Tarahumara Indians of Mexico's Copper Canyon, arguably the greatest distance runners in the world. What are some of the secrets you learned from them?

A: The key secret hit me like a thunderbolt. It was so simple, yet such a jolt. It was this: everything I'd been taught about running was wrong. We treat running in the modern world the same way we treat childbirth – it's going to hurt, and requires special exercises and equipment, and the best you can hope for is to get it over with quickly with minimal damage.

Then I meet the Tarahumara, and they're having a blast. They remember what it's like to love running, and it lets them blaze through the canyons like dolphins rocketing through waves. For them, running isn't work. It isn't a punishment for eating. It's fine art, like it was for our ancestors. Way before we were scratching pictures on caves or beating rhythms on hollow trees, we were perfecting the art of combining our breath and mind and muscles into fluid self-propulsion over wild terrain. And when our ancestors finally did make their first cave paintings, what were the first designs? A downward slash, lightning bolts through the bottom and middle — behold, the Running Man.

The Tarahumara have a saying: "Children run before they can walk." Watch any four-year-old – they do everything at full speed, and it's all about fun. That's the most important thing I picked up from my time in the Copper Canyons, the understanding that running can be fast and fun and spontaneous, and when it is, you feel like you can go forever. But all of that begins with your feet. Strange as it sounds, the Tarahumara taught me to change my relationship with the ground. Instead of hammering down on my heels, the way I'd been taught all my life, I learned to run lightly and gently on the balls of my feet. The day I mastered it was the last day I was ever injured

Article from Knopf Publisher

<http://knopf.knopfdoubleday.com/2009/05/05/born-to-run-by-chris/>

Race Calendar

Sat. Feb 20 Polar Bear 5mile & 5k
Indianapolis, Indiana

<http://www.kenlongassoc.com>

Sat. March 13 IAC Shamrock Run/Walk

<http://www.tuxbro.com>

Sat. March 20 Holiday Park Trail Run

5 Mile Trail Run Indianapolis

<http://www.tuxbro.com>

Sat. March 20 Great North Run 5k

Indianapolis

<http://www.kenlongassoc.com>

Sat. March 27 41st Sam Costa Half

Marathon

Indianapolis

<http://www.samcosta.com/40/>

Sat. April 3 Circle of Life-IU Mini-

Marathon IU Campus Bloomington

<http://www.tuxbro.com>

Cardinal Greenways Race Series

5k April 24, 10k June 19, 15k Sept. 25

<http://www.delgreenways.org>



Michele Eskew & Carolyn McKinney
Charleston, WV Sasquatch 50K



Qdoba DINO Trail Run Series

www.DINOseries.com/run

3/13 Indianapolis: Eagle Creek Park

3/27 Anderson: Mounds State Park

4/10 Avon: Washington Township Park

6/05 Nashville: Brown County State Park

8/28 Indianapolis: Town Run Trail Park

10/9 Indianapolis: Southwestway Park

11/13 Indianapolis: Fort Harrison State Park

Other Trail Running Events

7/4 STooPiD Run, North Vernon

www.stoopidrun.com

12/4 Tecumseh Trail Marathon, Bloomington

Upcoming ARRC ROAD SERIES

Sat. May 8

Indy Mini Marathon and 5k

Indianapolis

Sat. May 15

White River Run 10k and 5k Walk

Anderson

Additional Race Calendar

<http://www.tuxbro.com/2008%20Calendar.htm>

www.indyrunners.org/race-calendar.cfm

Race Results

November 7

Indianapolis Monumental Marathon

Tommy Goodson 4:00:51

Ron Harmening

November 14

Veterans Marathon

Walter Evans 4:40:45

December 19

Huff 50 K 3 loop 50k

Walter Evans 7:27:36

December 20

Jacksonville Marathon FL

Carolyn McKinney 3:57:01

December 31

Get Toasted Marathon Terre Haute, IN

Walter Evans 4:42:41

January 1

Sasquatch 50K Charleston, WV

Carolyn McKinney
Michele Eskew

January 30

Desert Classic Marathon Phoenix, AZ

Carolyn McKinney 4:00:40

Websites for additional race results

<http://www.indianarunner.com/>

<http://www.runindiana.com/>

<http://www.onlineraceresults.com/>

Recommended Reading

*"Born To Run" A Hidden Tribe
Superathletes, and the Greatest
Race the World Has Never Seen"*
Christopher McDougall

"The Last Lecture"
Randy Pausch

2009 Membership Summary

126 Members

2 Student

78 Single

46 Family

90 Paid for full Thursday Series

37 Paid for Road Series

Thursday Race Series Summary

13 walkers walked 170 races

Average of 8.5 Walkers per

Thursday race

Average of 13.1 races per walker

112 runners ran 1052 races

Average of 52.6 Runners per

Thursday race

Average of 9.4 races per runner

Tom Corda

2009 Officers & Board Members



WrayJean Cornwell Vice President

Angie Fulp 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

Frankie St. Phillips Youth Director

Marilyn Moor At-Large

We're on the Web!

www.andersonroadrunners.org

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Customer Name
Street Address
City, ST ZIP Code