



The Pacer

Anderson Road Runners Club

July 2011



Message from the President

Hello all Runners and Walkers.

I hope everyone has had a great summer so far and enjoying the nice warm temps. Last week we made a decision to cancel the 1 lap race; it was the first time since I started running in 2005 that I can remember a race being canceled because of heat. I received emails and phone calls before and after the cancellation supporting the decision. We as a board thought it best for the safety of all to not compete. Moving forward as a club we may need to look into other options for running in the extreme heat in July and August. We always welcome Bud and his water stop at the 1.5 mile mark to provide hydration.

News from the Board The club is in need of a refrigerator to keep in the kitchen area. If anyone is aware of a used one we can purchase please let the board know. We are also in the planning stages for the 30th Run The Mounds. Greg promises it to be the best one yet. Look for the flyer coming soon. The Tuesday Kids fun run is selling "Roady" Shirts \$10 each or \$8 each for Three or more. They can also be purchased on Thursday Nights, look for Angie.

The board also has some special 1 lap awards to be presented at the next picnic.

Brian

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ARRC Male Marathoner of the Year

Eric Lindley

Eric's race results in 2010 include:

Chicago Marathon 4:38:10

Monumental Marathon 4:27:00

The Huff 50k 5:41:45

Quite impressive in just over 2 months! He is not resting on his laurels. So far this year, he has run Crossroads of Indiana in 4:19:03 and Carmel in 4:18:27. Some of you may have seen on facebook recently that he had completed a 32 mile training run on a hot Saturday. He is currently training for Eagle Creek Trail Marathon on August 6th and following that with Howl at the Moon 8 hour timed ultra the following week in Illinois. Eric shared that he enjoys the long training runs as much as the races.



White River Run

10km May 14th 8:00 am

Rather than racing, I spent the morning watching my daughter run the kids' run and manning a water stop along with her and Aaron Thompson. Was there a part of me that yearned to be competing, that wondered where I would be in the chain of runners that passed by? Absolutely, but serving and encouraging others is an even better example for me to set for my daughter than competing. Thanks to Tom and WrayJean for bringing the bug spray; without it, we would have been one giant mosquito bite.

Men's winner of the 10k was Brandon Russell, Masters Male Brent Windlan. Women's 10k winner was Anna Kroll, Masters Ann Morris. 5k walk winners were Damon Clements and Janelle Stohler.

Age group winners are as follows: Male/Female 11-12 Dominick Borzabadi; 13-14 Steve Winn; 15-18 Parker Williams/Jennifer Watkins; 19-24 Daniel Rodman/Emily Yost; 25-29 Greg Wolf/Jackie Shafer; 30-34 F Rachel Bailey; 35-39 Chris Hunter/Jennifer Culp; 40-44 Brad James/Michelle Cripe; 45-49 Tim Thomas/Laura Soverns; 50-54 Chet Pakiewicz/Shari Lawyer; 55-59 Todd Hovermale/Karen Harra; 60-64 Jim Evans/Donna Hubble; 65-69 Mike McCreery/ Pat Miller; 70-74 JB Dulworth/Teddy Zerr and 75-79 Rudy Morales.

Division winners in the 5k walk were female 39 & under - Sophia Borzabadi, 40-44 Marcy MacLachlan, 45-49 Cindy Oakley, 55-59 Cindi Kennedy and 60-64 Nila Townsend. Male winners were 45-49 Sam Gruesbeck and 70-74 Terry Baker.

Gallery Gallop -

submitted by Bud Stiffler

8.5km May 14th 6:30 pm

Beach run along Lake Michigan into the trails of the dunes, the highlight of the event is the return run heading west with the sun setting behind Chicago.



This year it was 47°, 30 mph winds and raining downpours. Runners and walkers stayed inside their cars until start time. As uncomfortable the elements, I and the others still loved this race. In tougher than usual conditions, my time was 60 min flat for 2nd place in my age group. Awards are paintings of the dunes or lake. Congrats, Bud - race setting sounds beautiful!

Pink Ribbon Rush 5k

June 18th, New Castle

Wet morning, delayed start to avoid storm, but it was a fantastic morning for a race. The Road Runners were well-represented earning several age group awards. Door prizes were awarded including a digital camera to Bill Miller, Road ID gift certificate to WrayJean Cornwell, Colts memorabilia to Pat Miller, restaurant gift certificate to Greg Smith and more!

Chesterfield Optimist Jim Felix 5k/10k

July 4th, Chesterfield

It was a great showing by Road Runners and an opportunity to see some in the local running community I may not see the rest of the year. The race was well-supported with a few neighbors willing to cool runners down with a quick spray of the hose and ample water on the course. Complete results available on Chesterfield Optimist facebook page. Click on the race link on the left side.

Road Runners Club of America Ten Mile Indiana State Championship
Valparaiso Taltree Ten
Submitted by Bud Stiffler

I wished our club members could have run this event on April 16. Our ladies in their various age groups would have won or topped out in the top three. Our men's group would have been in the top five in this Indiana State Championship. Sometime in your running careers, do this one.

The last four hilly miles I ran along side Polly Theising; five years ago she was fighting cancer. I have a lot of respect for Polly. She's 60; however, I see a teenager in running shoes. The last hill is such a tough one, your nose is against the pavement (ouch).

We both rejoice when we find out from Sue Brown (RRCA) that we both had placed second in our age groups. (Bud included race results - how might you place in your age group?)

Overall Male	Bussard	57:50
Overall Female	Nagel	1:06:10
Masters Men	Pontrelli	1:08:17
Masters Female	Funkhouser	1:18:50
Grand Masters Male	Norrick	1:08:57
Grand Masters Female	not listed	1:27:12
Male 14 and under		
Stelmack 1:10:08, Kramer 1:27:12		
15-19		
Jankowski 1:03:56, Seeley 1:06:11, Dupre 1:10:48		
20-24		
Pawlowski 1:39:49, Schacht 1:48:32		
25-29		
Geyer 1:06:46, Neidlinger 1:06:49, Stahlhand 1:12:17		
30-34		
Roob Jr. 1:00:45, MacRoberts 1:06:44, Lawless 1:09:57		

Men continued

35-39
Bernard 1:01:03, Kwiecinski 1:05:25, Stasko 1:07:29
40-44
Jones 1:11:07, Walsworth 1:11:27, Garza 1:14:20
45-49
Finck 1:10:01, Fisher 1:11:07, Sim 1:11:37
50-54
Benham 1:10:15, Neyhart 1:10:30, Powell 1:12:35
55-59
DeLuna 1:12:30, Mateo 1:13:49, Hudak 1:18:17
60-64
Proctor 1:09:28, Spitler 1:11:20, Toledo 1:14:44
65-69
Wilson 1:29:17, Eikman 1:30:15, Moskalick 2:05:00
70 and over
Martz 1:40:10, **Bud Stiffler 1:46:32**, Hibbs 1:47:23

Female 14 & under

Myroup 1:19:16, Zimmerman 1:46:58
20-24
Nietert 1:23:30, Hruby 1:30:41, Aliferakis 1:44:04
25-29
Dehaven 1:21:46, Murphy 1:22:02, Danko 1:23:56
30-34
Mazzucca 1:13:33, Tursman 1:21:45, Wojasinski 1:25+
35-39
Davis 1:11:46, Zack 1:12:02, Lambersie 1:12:25
40-44
Stelmack 1:19:47, Mundell 1:22:52, Villarreal 1:23:02
45-49
Wojkovich 1:23:27, Scannell 1:25:27,
Goldfarb 1:25:45
50-54
Hruby 1:28:31, VanAmstel 1:32:30, Baitup 1:33:37
55-59
Lawson 1:30:57, Fenno 1:33:34, Rotz 1:43:29
60-64
Jannasch 1:32:00, Polly Theising 1:47:13, McGill 1:49:39

Perhaps, an ARRC group could travel there for the 2012 championships. Great 10 miler before the Mini!

Coming up in the road series

August 6

Miriam Project 5k and 10k
Linville Services on Broadway
Race entry forms available at the
results table on Thursday nights
See Wally Post for more details

October 8

Black Cat 5k
New Castle YMCA

October 15

Indianapolis Marathon/Half/5k
Lawrence
Choose your distance

November 6

Run the Mounds 5 mile run 5k walk
Anderson

November 24

Thanksgiving Turkey Trot
2 lapper 5.3 miles

December 4

Kris Kringle 4 mile
New Castle

Sponsors

Races and our club would not be able to continue without the support of sponsors. Take time to read your race shirts and support them with your business when possible.

Results/Finishes

Brian Rayl

National Marathon, DC 3:27:22 BQ
Andrew Jackson Marathon, TN 4:20:11
Bayshore Marathon, MI 3:20:21 BQ
Carmel Marathon, IN 3:44:31

Kreig Skillman

Congrats on his first marathon!
Carmel Marathon, IN 4:24:11

Tony Martin

Andrew Jackson Marathon, TN 4:10:59

Tom Corda

Disney World Marathon, FL 3:59:34
Flying Pig Marathon, OH 4:12:30
Vancouver USA Marathon 4:03:01
Pacific Crest Marathon 4:13:12

Eric Lindley

Crossroads of Indiana 4:19
Carmel Marathon 4:18

WrayJean Cornwell

Long Cane 50k, Abbeville, SC
Mad Marathon, Waitsfield, VT 5:50:54

Jennifer Culp

Tie Dye 50k, Yellow Springs, OH
Long Cane 50k, Abbeville, SC
Charlevoix Marathon, MI

Carolyn McKinney

Davy Crockett Bear Chase Marathon
Groveton, TX 4:42

Tie Dye 50k, Yellow Springs, OH

Long Cane 50k, SC

Mad Marathon, Waitsfield, VT 4:38:29

Sharilyn McKinney

First 5k! Davy Crockett Bear Chase

Send your race results - short or long
to clmckinney9@comcast.net

Vermont - Green Mountain State
Mad Marathon Report
WrayJean Cornwell

This states journey began on Thursday night about 9pm, July 7th. Carolyn McKinney and I left for Vermont. State number 26 and 28 total marathon/Ultra for Carolyn. State number 28 and 30 total marathon/Ultra for myself. About 3am (Friday) we pulled into a Pa. rest area for some much needed sleep. Sun came up earlier than expected....probably really didn't sleep much....with the tractor trailers coming in and also with the rain that we heard on the roof of Polly (Prius). Was back up and on the road about 7am. While going through NY, we rested our bodies and toured Niagara Falls. Than had a picnic lunch before taking back off in Polly for Vermont. Drove through the Adirondacks of NY. The bridge was being rebuilt going to Vermont...so, we got to hop on a ferry and take it over Lake Champlain. The 6th Largest Lake in the US. Shortly after arriving in Vermont we saw Asspirin Acres a miniature Donkey Farm. Also we saw a Camel...yes, really a camel with two humps in Vermont. Arrived at our destination about 10 Friday night. McQueen Manor. Carolyn's Uncle's house. Sun rises early in Vermont about 5-ish. Brian, Carolyn's Uncle gave us a nice tour of Burlington. A town full of old historical homes, and the University of

Vermont. Also we walked the downtown shops and farmer's market. Burlington is a very active town with tons of bike racks and bikers. Owner of McQueen Manor bikes to work at least three times a week and the family owes only one car. Also, a very "Green" town, you can be fined for throwing away recyclables. Your trash gets weighed. And you pay for them to take your trash. Recycling is free. Only one Walmart in the whole state of Vermont. They want to you to buy local. Lots of Creemee shops....which is soft serve ice cream shops. Left sometime in the afternoon for Waitsfield to pick up our packets and tour the course. Waitsfield in on the edge of the "Green Mountain National Forest"....does that give you any hint of what the terrain was like? A big ski resort area. What's that mean? Yes, you guessed it. HILLS....and more HILLS Arriving we met up with several "50 Staters" and also several of the 70 running the race "Marathon Maniacs".



Race swag:

Sling bag, short sleeve tech shirt, even with women's sizing. And at the end of the race you got a reusable grocery bag, with an orange, cliff blocks and crackers - later saw it was cheese!

Decided to drive the course, depending on the way you want to look at it.

Maybe a good thing, or maybe a bad thing.

The countryside of Waitsfield is very, very pretty...full of old barns, grazing cows, flower farms, country inns, covered bridges and many, many HILLS.

Decided very quickly that this race was going to be a "just do it" kind of race. Enjoy the views, run the flats/downhills and walk the hills. No PR and no Boston qualifier.

Race morning came very quickly.....drove about 40 minutes from "McQueen Manor" in Burlington to Waitsfield.

Several "Marathon Maniac" photos being taken...than a big group photo taken in front of the finishline, with race director.

7:30 race time....Half marathons and Full marathons all started together.

Heard about 1200 entered.

60 degrees at the start of the race, but you quickly warmed up.

About 21 aid stations, with a couple of extras aid stations from home owners.

But only two porta johns that you passed twice.

The whole village was out to support the race. Now we are talking about a little village, full of farms and inns. Plenty of families were also out on the course cheering you on.

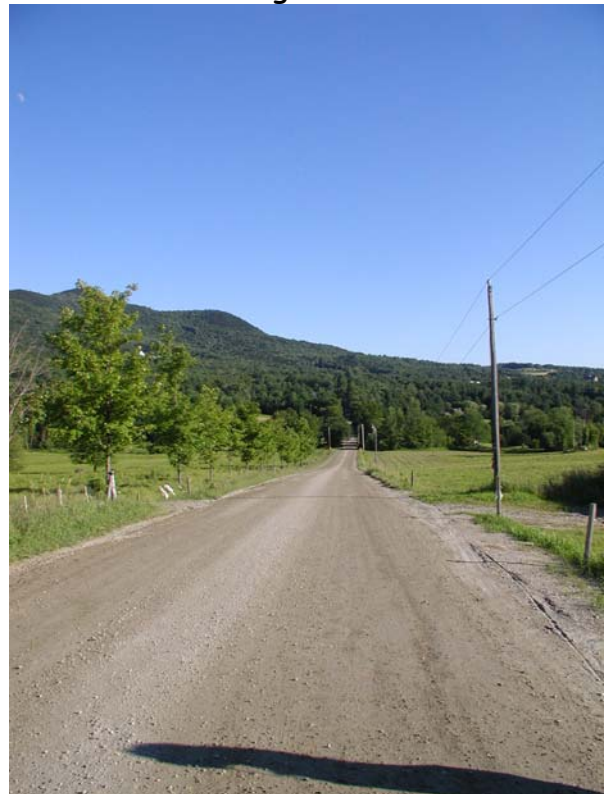
Course:

Well, like I said before....HILLS.

I can safely say, it was the hardest, most rewarding road race I've done.

Even harder than any trail race I've done.

The views on the course, were just awesome. Off in the distance you see the many, many ski slopes. Cows, sheep, chickens and horses were among the many animals we saw. Also many sculptures made out of old machinery parts. We went through two covered bridges twice, dated to early 1800's. Also, we passed by an old, very well preserved round barn used for receptions and an old school house used presently as a community center and for home schooling.



Part of the course was on pavement, than some on gravel roads. I wore my gaitors to keep pebbles/dirt from getting in my shoes, plus it keeps my shoes tied. I had a few people comment on my pretty shoes (gaitors), to which I replied what they were and

how they help keep things/objects out of your shoes.

As the day went on....it got hotter. I was not the only thing getting warmer.....the water/Gatorade was too. One part of the course was called "The Dip". A long down hill with a 10% grade up hill. Which we hit first at mile 16 than coming back at mile 22. After getting up that hill after mile 22 there was an ambulance waiting there. Hmmm, not a good sign. I felt like laying down in the middle of road and dying. I didn't. But...geez, at this pointing the race it was hot and not much shade to speak of, switching back and forth from one side of the road to the other to conserve on energy in the shaded areas.

With about 1.5 or so miles to go. Sweet, sweet Carolyn is waiting up ahead of me to run/walk me in. (This is typical Carolyn fashion). And as always she has thought ahead and brought a cup of ice with her. To which I so, so needed. I first added it to my cup of water.....than put some down the "girls". Nothing cools you off any better.



The last mile took you through the first covered bridge...then passed a few inns and restaurants. People were out on both sides of the street cheering us finishers on.

Took a left turn and up the last hill back to the village for the finish. As I crossed the finish line I hear my name being announced. I'm done. I was so, so thankful to have this race done. To be done running and back in the shade to cool off.

In the medical tent they had two children's swimming pools full of, at one time, ice. Carolyn and I took off our shoes/socks and got in down to our knees. Cold...ok, freezing. But, it felt so good.

Before heading back to McQueen's Manor....we headed across the street for our massage. We were very fortunate to get a late check out at McQueen Manor so that we could take a shower before heading out about 5pm.

Drove about 5 hours or so....hit a small, small town to eat dinner. Got to this pizza place 10 minutes before closing. We couldn't order anything....but, the kind young man gave us the rest of the pizza that was made. So...dinner Sunday was free. Stopped at a hotel in Syracuse, NY to sleep for the night. Leisurely got up, ate breakfast at the hotel....and made our way back to Indiana. Safely back home about 10pm Monday night.