



## How I Started Running

By Kathryn Metz

On a warm Texas evening sometime in October 2003, I was angry and upset. I tried screaming and throwing a temper tantrum, but I thought at age 24-ish, I should attempt some level of maturity. So I decided to blow off steam. I ran down the block in the same running shoes I had had since high school. (I hadn't run since the eighth grade when my marathoning mom made my brother and me run a few times a week, which I hated.) I ran around the park near my house. At this point, about five minutes in, I was quite uncomfortable. I was breathing hard and, miraculously, I was sweating. I kind of felt terrible. I ran back to my house (less than a mile in all) and decided to register online for a half marathon, slightly unsure of the distance. I went to bed.

The next day, I woke up and found a confirmation email in my inbox. "Congratulations! You are confirmed to run the Austin Half Marathon on February 15, 2004." WHAT?!?!?! Was I drunk? Had I been drinking? 13.1 miles. THIRTEEN POINT ONE MILES. I had nearly died after less than one mile. I called up Michael, a dear friend who had mentioned something about running track in high school and told him about my mistake. I was hoping for a "No worries, you can just drop out. \$50 isn't THAT much money." Instead, I got a "Hell, yeah! Be at your house in 10. We're going for a run."

With the patience of a saint, Michael pushed me to what I thought was my breaking point. HE MADE ME RUN ALMOST EVERY DAY. Well, run is kind of a strong word: I walked some, I sort of hobbled some. Eventually, on race day, a few girlfriends poked along with me. I kept apologizing to them when I wanted to walk and they kept saying, "Shut up! Did you see that hottie up there?" I said, "Go ahead! You don't have to stay with me." They ignored me and we finished in around 2'45". The thing that was weird was that as soon as I crossed the finish line, I was jealous of the people crossing the other finish line - the 26.2 one.

*(continued on page 4)*



## Cleveland West Road Runners Group Running Schedule

**Saturdays: 7:30 a.m.** Rocky River Metroparks, Scenic Park at the foot of the Detroit Road park entrance

**Sundays: 8:00 a.m.** Rocky River Metroparks, Little Met Golf Course

**Mondays: 6:30 p.m.** Rocky River Metroparks, South Mastick Picnic Area

**Thursdays: 6:00 p.m.** Rocky River Nature Center, North Olmsted, Ohio

**CWRRC Web Page:**  
[www.clevelandwestrunningclub.org](http://www.clevelandwestrunningclub.org)

## CWRRC Membership Benefits

- Discounts on preregistered entry fees for all club road races.
- Cleveland West Road Runners Tech Shirt
- 15% discounts at Second Sole, Vertical Runner and IDUTRI.
- Summer picnic:  
The club provides hot dogs, hamburgers, veggie burgers and beverages.
- A bi-monthly newsletter which provides race results, upcoming events, humor and a chance to offer your opinion.
- Access to the club library; a resource of running-related material.
- Opportunities to meet other people who share a commitment for running, from the recreational to the serious.

## 2014 CWRRC Officers

President . . . . . Heidi Finniff  
Vice-President . . . . . Greg Lampert  
Treasurer . . . . . Dan Straitiff  
Secretary . . . . . Mark Brinich  
Race Equipment Manager . . . . . Open  
Race Trophies . . . . . Maureen Scullin  
Mohican 100 Race Director . . . . . Ryan O'Dell  
Mohican 100 Liaison . . . . . Chris Kaylor  
Spring Classic Race Directors . . . . .  
. . . . . Heidi Finniff & Joanna Brell  
Bay Days Race Director . . . . . Rich Oldrieve  
Fall Classic Race Director . . . . . Heidi Finniff  
RRCA Liaison . . . . . Open  
Prediction Run Race Director . . . . . Art Moore  
Race Volunteer Coordinator . . . . . Melissa Miller  
Race Results Coordinator . . . . . Mark Brinich  
Postal Liaison . . . . . Eleanor Royko  
Membership Chairperson . . . . . Mark Brinich  
Newsletter Distribution . . . . . Kathy Dugan  
Club Archivist . . . . . Therese Corrigan  
Youth Coordinator . . . . . Charles Farrell  
Sponsor Coordinator . . . . . Open  
USA Track & Field Liaison . . . . . Rich Oldrieve  
Web Master . . . . . Chip Cooper  
Newsletter Editor . . . . . Cathy Leonard  
Newsletter Graphic Designer . . . . . Chip Cooper

## A Note From The President Heidi's Headlines

It is with great joy I can finally say spring is here in Cleveland!! I don't know about many of you but I was really starting to worry there for a bit. I think the universal feeling has been what a challenging winter of training. I guess if I had to pick a winter to nurse an injury at least I picked the right one.

It has been great finally getting back on the bridle trail for some easy miles. And we've started a new Monday night group meeting at Mastick parking lot at 6:30 p.m. So I'm looking forward to getting back into shape over the next couple months. Come out and join me for easy paced Monday recovery miles.

We are heading into summer racing season! That means that Bay Days is right around the corner. Rich Oldrieve will be directing our race again this 4th of July. We are lucky to have dedicated race volunteers to make Bay Days the successful race that it has become. Please make sure to either run or volunteer at the race. The 4th being a Friday this year we should have a huge crowd!

We'll be starting up our Whiskey Island Wednesday night runs again in June. And we are looking at adding some more regular weeknight and weekend group runs to our club calendar. We are hoping to create enough meet up options that there will be an opportunity for all our members and Facebook friends to come run with us. We will start to create Facebook event invites for the weekly runs. So join our page if you haven't already.

Also, it would be great to have more articles, race results and photos of our members for the newsletters. Please remember to go to the club website and submit your results!

Thanks everyone, Heidi Finniff



# Bay Days Volunteers Needed

By Melissa Miller

I just want to say thank you to all the volunteers who came out for this year's Spring Classic! I hope you enjoyed the warm weather; it was a rarity for that race. I can promise you warm weather for Bay Days though, so if heat is what you like, this is the perfect race to volunteer for!

Bay Days 5-Miler is on Friday, July 4th, at Bay Village High School. We need a significant number of course marshals. If you are available and interested, please let me know. To volunteer for Bay Days, you can reach me at [mlm3312@yahoo.com](mailto:mlm3312@yahoo.com) or 216-375-1732. If there is a particular street corner or water stop you would like to volunteer at, please include it in your email/message and I will do my best to assign you to that location. Thanks!



# Off To A Good Start

By Bob Blum

I started running with the Cleveland West Road Runners Club in June 1979. As I approach my 35th anniversary of association with this fine organization, I ponder: what are the big high points during that time period?

Perhaps the most significant of all is what happened that very first Saturday morning, June 16th, 1979. I ran down the hill from Lakewood's Detroit Avenue and turned right at the bottom to face the socializing throng in Scenic Park. As I approached, a young man stepped forward to greet me. "I don't remember seeing you before. Welcome to Cleveland West! I'm Paul Tepley." Paul introduced me to some of the runners, and to everyone when the club leader asked, "Anyone here for the first time?"

What Paul did was give me a good first impression of the club. It was a lasting impression indeed!

# D&D Host July/August Newsletter Assembly

By Kathy Dugan

Be sure to mark your calendar for Wednesday, July 9th, for the next CWRRC newsletter assembly. Be aware this is being held one week later than usual due to the July 4th holiday.

The event, which begins at 6 p.m., will be held at the home of Kathy Dugan and John Delzani, 3541 Spencer Rd. in Rocky River, 44116. As in past events, the club will provide pizza (Danny Boys' for this occasion). Bring your own beverage, as well as a friend and potential new member.

Directions to D&D's: From the north, Spencer Road can be accessed from Center Ridge Road. Spencer is the traffic light across from the plaza on Center Ridge that has Giant Eagle and Office Max. Drive south on Spencer, and continue past Addington Blvd./Christiansen Estates. We are 12 houses south of the intersection, on the east side of the street.

If coming from I-480/Brookpark Road from the south, Spencer Road is the same street as W. 220th in Fairview Park, north of Lorain Road. Keep an eye out for the American flag and Irish flag on our front porch. Park in the driveway or on the street. Call us at 440-333-1743 if you need further directions.

A special thank you to the Straitiff family for hosting the May event.

# Save The Dates For Upcoming Races

By Kathy Dugan

Be sure to put the following on your calendar:

Saturday, May 31st, West Side Catholic Center 5K Run/1 Mile Walk and pancake breakfast. Race starts at the WSCC, located at 3135 Lorain Rd., Cleveland.

Sunday, Augusts 31st, Labor of Love Run 4 Our Lady of the Wayside — 4 Mile Relay, Run and 2 Mile Run/Walk. Held at Rocky River High School, 20951 Detroit Rd.

More details about both races can be found at [www.hermescleveland.com](http://www.hermescleveland.com).

## Coming Soon...

"The Trail Of Beers"

The Ultimate Fun Run! 12 miles, 4 breweries, 4 beers, 4 hours. Details to come.

# Happy Birthday

## May

John Binder  
Bob Budzilek  
Rita Candito  
Emily Ferrall  
Evan Golder  
Deborah Golder  
Tom Hayes  
Carl Homberg  
Nanci Ickes  
John Herraghty  
Greg Lampert  
Stephanie Mueller  
Matt Patton  
Damon Pierce  
Kiran Rangoon  
Kimberly Roach  
David Rosendale  
Paul Schlosser  
Gloria Smith  
Tara Taylor

## June

Dan Barnhart  
Toby Barvincak  
Larry Begue  
Adam Belebczuk  
Bob Blum  
Margaret Brinich  
Jennifer Budzilek  
Nate Ferrall  
Cory Freadling  
Tiffany Kral  
Bob Kuebler  
Todd LeVeck  
Tim McGinty  
Sue Michos  
John Roos  
Ronald Ross  
Nancy Schlosser  
Robert Sharp  
Joe Smith  
Spiro Vamvakas  
James Van Horn

Please email any corrections or missing birthdays to [leonardc5711@yahoo.com](mailto:leonardc5711@yahoo.com).

(continued from page 1)



Despite my agony, sunburn and all-around distaste for the experience, I wanted the experience. A year later, I finished my first marathon in 4'56". Six months after that, I finished my second full marathon in 4'25". I eventually ran a half in 1'54". Ten years later, I'm still (happily) running, even if I've called the 26.2 quits after eight of them.

A few weeks ago, I went to the top of the Towpath to run another (woefully under-prepared) 13.1 race. I started chatting with a woman about my age at the start. It was her very first half marathon. She was terribly nervous and kept mentioning how she wasn't sure she would finish. I told her that I would stick with her. She kept apologizing to me when she wanted to walk. I mentioned the hottie up there. She said, "Go ahead! You don't have to stay with me." We kept running together. We crossed the finish line in 2'30".

Ian Sillitoe wrote, "It's a treat, being a long-distance runner, out in the world by yourself with not a soul to make you bad-tempered or to tell you what to do." The thing is, you're never really by yourself: you're with your city, your Metroparks, your trail, your deer, your bikes, your cars. More importantly, you're often out there with friends, acquaintances, strangers - silently encouraging each other, competing with each other, but all thrilled to be out there running. Being. Perhaps most importantly, we pay it forward all the time: the injured, newbies, walkers, cancer survivors, divorcees, babies, grandbabies - we run for ourselves and for each other, supporting each other all the way, even if we'll never see each other again. And for that, I am very, very grateful.

# Run the Region's Beautiful Trails and Support them Too!

Through a new partnership with the Burning River 100, you can participate in one of northeast Ohio's foremost endurance runs and support Cleveland Metroparks Trails Fund!

The Burning River 100 has become one of northeast Ohio's foremost endurance runs. For the first time, this amazing 100-mile experience will be open to solo runners and relay teams of two, four and eight people. Starting at Squire's Castle in North Chagrin Reservation, the run follows the scenic Cuyahoga river valley corridor through Cleveland Metroparks, the Cuyahoga Valley National Park and Metroparks serving Summit County and concludes in downtown Cuyahoga Falls.

All runners participating in the Burning River 100 now have the option to commit to raise funds for Cleveland Metroparks Trails Fund instead of paying a fee to participate in the race. Donation commitments range from a minimum of \$200 to \$750 per person. Once you register for the race at [westernreserveracing.com](http://westernreserveracing.com), you will have the option of creating a personal fundraising webpage to share with friends and family and begin raising funds for trail improvements throughout Cleveland Metroparks as well as your own Burning River 100 experience. For more information contact Nancy Desmond, 440-331-8313 or [nd@clevelandmetroparks.com](mailto:nd@clevelandmetroparks.com).



Cleveland Metroparks Trails Fund supports rehabilitation of the Park District's extensive trail system to minimize natural resource impact while maximizing user enjoyment. During the past year the Trails Fund has supported new trails and improvements in Bedford, Brecksville, Hinckley, Mill Stream Run and Rocky River Reservations. To learn more about the Trails Fund or other types of giving, please contact Karen Kannenberg, manager of gift and donor development at 216-635-3217 or visit [clevelandmetroparks.com](http://clevelandmetroparks.com) and select "donate."

## My Event Picks For Summer 2014!

By Bob Blum

After our long winter, let's celebrate!

### June

13 Friday — Tens Party, Lakeview Park, Lorain, Ohio. During 2014, are you reaching 10, 20, 30, 40, 50, 60, 70, 80, 90, or 100 for a birthday or anniversary? If not, do you know someone who is? Then, you are invited! Christa and Bob Blum are co-conspirators for this event. All day, 9 a.m. to sunset.

14 Saturday — Parade the Circle. University Circle, Cleveland. Parking is tough, so just run there from any of several locations! Pull your children in a wagon or push in a stroller. Every entry in the parade is a work of art. 12 noon.

21 Saturday — Mohican Trail Marathon near Loudonville, Ohio. 42 kilometers and no pavement! A great way to observe the longest day of the year. I am entered and expect this to be a long day indeed!

23 Monday — Ohio Senior Olympics 5K & 10K road races. Canton, Ohio.

27 Friday and 28 Saturday — Ohio Senior Olympics Track & Field Events, Canton.

### July

18 Friday — The Contours with Joe Billingslea perform at Hoover Auditorium, Lakeside, Ohio. "Do You Love Me?" was their biggest hit. One of several 1960s Motown groups who are still performing. They know how to put on a concert! Come early and go for a run!

### August

2 Saturday — Lakewood Arts Festival on Detroit Avenue. 10 a.m. to 6 p.m. Bump into many members, current and former, of the Cleveland West Road Runners Club!

3 Sunday — Summer Streets New York City (also Sundays 10 and 17) Park Avenue is closed to cars from Central Park to the Brooklyn Bridge. The entire Central Park plus Park Avenue equal 19 kilometers [that's almost 12 miles in American money] of runners, walkers and cyclists through the heart of North America's largest city.

9 Saturday through 16 Saturday — International Gay Games. See separate article.

### And any day this summer:

Detroit and Windsor — Find exuberance and a spirit of optimism. Windsor is delightful for strolling around. Downtown Detroit has the People Mover, a small train that moves around the second-story level throughout Downtown. Nearby is Belle Isle, an island between USA and Canada.

All of the above activities can be researched on the Internet.

# Looking Over Our Shoulder Before Sprinting Ahead

By Dan Straitiff

Cleveland West Road Running Club, like many of us moving through the years, is reflecting on “what have I have done, where am I now, and what do I want to be when I grow up?” CWRRC has a long history approaching 40 years which is an enviable track record (pun intended) for any organization. Among long-time area runners there is a strong awareness of CWRRC and with that much to be respected and celebrated. In addition to looking back, the club though needs to also look forward to both the challenges and the opportunities around us and identify any changes needed that will adapt the organization to continue to be a vibrant and positive focal point for anyone interested in running.

On April 19th a number of the current CWRRC officers, along with other interested club members, met to discuss the current status of the club and to surface ideas for the future. The group recognizes current challenges around participation levels at some events, somewhat skewed demographics of the most active members, increased competition from professional race organizing groups, rising costs in some categories for organizing quality races and confusion or lack of clarity for outsiders around what CWRRC is all about. While recent interventions have stabilized or slowed the drain on club finances, maintaining the status-quo is not an option and a succession plan for both the club mission and the leadership is needed. The group wants to build on the strong legacy of the club's roots and revitalize it to best serve the local running community going forward.

The good news is that a number of positive ideas emerged at just this initial meeting. The club needs to step up its game in how it communicates, both internally to existing members and externally to the open community, to better draw in people to club activities. Greater use of more forms of social media and a refresh of the website could help to build awareness of the club and the activities for both new people and existing members. The club needs to stress a more welcoming environment – come as you are, do what you can or want. We need to explore a greater variety of events. Yes, there is a community of racers in the club but there is also a larger community of folks who enjoy coming together for the social aspect of being active with others without any particular goal in mind. The meeting attendees also bounced around ideas on changes to the organization structure to share the work more effectively and to have regularly scheduled meetings that more folks could plan to attend.

Everyone is invited to share ideas on how Cleveland West Road-runners Club can continue well into the future as an active group for active people. Send any ideas to Heidi Finniff or any of the officers, or plan to come to a future meeting which will be announced hopefully via one of the club's improved website or social media channels. We are running to the future — come join the fun!

# Cleveland/Akron Host August International Gay Games

By Bob Blum

The International Gay Games are open to all, regardless of whom you love, as President Barack Obama would say! The games, styled after the Olympics, complete with opening ceremony, parade of nations and closing ceremony, will take place throughout Akron and Cleveland August 9th-16th.

Four years ago, the International Gay Games were in Cologne, Germany. In 2018, Paris, France, will be host. Many Europeans regard the Midwest U.S. as a bastion of bigotry. Contestants and their families are coming here from all over the world, especially Europe. This is your chance to participate in an international Olympic-style event. Unlike the World Series and Super Bowl, you are one of the athletes! It is also an opportunity to help show the world that the Cleveland-Akron area can stand next to Boston, San Francisco, Paris and Cologne in recognizing the worth and dignity of every human being. The eyes of the world will be on Northeast Ohio in August. If you cannot participate, please get out and be a cheering spectator. Or, volunteer through the website.

## Events

Track and Field - August 10th to 15th, University of Akron's Lee R. Jackson Track and Field Complex. Events include: 100m, 200m, 400m, 800m, 1500m, 5000m, 110m (100m for women) Hurdles, 400m Hurdles, 3000m Steeplechase, 5000m Race Walking, Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Hammer Throw, Discus Throw, Javelin Throw, Decathlon (men), and Heptathlon (women). Team Relays will be run in 100m, 200m and 400m categories.

5K Road Race - Monday, August 14th, Cleveland Metroparks Zoo, 7 a.m.

10K Road Race - Thursday, August 11th, Mustill Store Trail-head, West North Street, Akron OH 44304, 6 p.m.

Marathon & Half Marathon - Saturday, August 16th, Akron.

Cleveland Foundation is sponsor for the Gay Games. See the website, [www.GG9CLE.com](http://www.GG9CLE.com), for more information. A schedule of events can be found at [www.gg9cle.com/plan-my-visit/event-schedule](http://www.gg9cle.com/plan-my-visit/event-schedule).



# Move Over Coffee ... Its Tea Time

By Amy Jamieson-Petonic ([amyjtoday.com](http://amyjtoday.com))



Runners love their coffee (present company included). However, it may be time to rethink your drink. Current research supports multiple health benefits of sipping on tea, and the results might just surprise you. Here are my Top 5 tips why you may want to consider adding a cup of tea to your program:

1. The latest and greatest rehydrator — Green tea contains a component called Epigallocatechin Gallate, or EGCG for short, that turns on the fight-or-flight mechanism in the nervous system to promote fat burning. A current research study revealed that people who consumed tea prior to exercise burned more fat than those who did not consume tea. Furthermore, there may be evidence to support that tea may decrease the amount of fat absorbed, and promote weight loss, pulling it from fat stores. Action plan: Shoot for one to two cups of green, black or oolong 30 minutes before your workout. Try to consume the tea plain without milk or sugar. One of my favorite ways to reduce the tannins (bitterness) in tea, is to brew a large batch of green tea with a few bags of peppermint tea as well ... It's very refreshing.
2. Brain Booster — Tea may improve cognitive function, and tea drinkers tend to have better attention span and more accuracy when switching between tasks. It may also help delay or prevent Parkinson's and Alzheimer's diseases, which are characterized by the accumulation of beta amyloid plaque in the brain. Stay tuned on this research.

3. Your Bone Health: Antioxidants known as flavonoids in tea may prevent bone loss. Regular tea drinkers have higher bone density than non-tea drinkers. And keep in mind that osteoporosis affects men as well as women, so this is not just considered a "woman's disease."
4. Heart Health — Cardiovascular disease is still the number one killer of both men and women. Heart disease accounts for approximately 1 million mortalities each year. A recent study looked at more than 40,000 adults and found that women who consumed more than 5 cups (that's 6- to 8-ounce cups) of tea per day had a 31 percent lower risk of mortality from cardiovascular disease than those who drank less than one. Adding a Mediterranean-based diet to your tea drinking will also reduce your risk of cardiovascular disease as well.
5. Go for the Glow — EGCG, the main component of green tea, may help ward off the development of skin tumors. Animal studies have shown that green tea extract has reduced exposure to UV radiation. This doesn't mean you can bypass on the sunscreen, but EGCG can be an adjunct to that.

Based on this information, it might be worth trying a few cups of tea per day. There are so many varieties of teas available, I'm sure you will find one that pleases your palate.

Here's to raising a cup of tea to our fellow club members! If you have a nutrition question, feel free to email me at [amyjtoday@gmail.com](mailto:amyjtoday@gmail.com). Ta ta for now.

# Mohican 25th Anniversary

By Colleen Theusch

The Mohican 100-mile race will turn 25 this year - that's older than many current CWRRC members. Bob Blum conceived of the 100-mile race when he won the Punxsutawney Groundhog Fall 50-mile race in September 1989. That event included horses and mountain bikes and had fabulous aid stations. Bob was my passenger on the drive to Punxsutawney. Great elation on the way home - Bob had won and I had actually walked the 50 miles, coming in last. At that time there were few ultras in the United States. Taking a page from the Groundhog event, Bob piggy-backed the first Mohican on a 100-mile horse race headquartered at the Mohican Wilderness Campgrounds near Loudonville. CWRRC sponsored the race and many members served in a wide range of positions.

Though Bob Blum gave birth to the Mohican and served as its first race director, Joe Eisenberg, Joe Jurczyk, and Bob Strong took the director's reins to see the race through infancy, childhood and adolescence. All the while CWRRC maintained ownership with heavy member involvement as volunteers. As ultra runs became more prevalent in Ohio, as well as the rest

of the country, many CWRRC members ceased their volunteer activity with Mohican as they became involved with races closer to Cleveland. Specifically no member was inclined to wear the Mohican race director hat. Ryan O'Dell was willing to fold the Mohican 100-mile running race into his existing OMBC series of mountain bike races in the Loudonville/Mohican area. After CWRRC transferred ownership to O'Dell, OMBC sponsors included the race with their support of the bike races.

O'Dell guided the teenage race into adulthood. Race headquarters moved from the Mohican Wilderness Campgrounds on Walley Road to Mohican Adventures on State Route 3. Soon a 50-mile race was added to the 100-mile race. Addition of a marathon closely followed. Course modifications turned all races into true trail races with the courses more than 95 percent on trails. While the basic buckle and medal awards continue, top runners in the races also receive substantial cash prizes.

Over the years, 15 runners have earned the coveted 10-time, 100-mile finisher big buckle. Three more are eligible to earn that

buckle this year during the 25th anniversary race. Many of those who own that buckle have continued their involvement with the event. Ron Ross expects to finish the 100-mile race this year for the 19th time! Connie Gardner, a well-known elite runner from Medina, has run the Mohican race five times - each time winning the women's division.

Many CWRRC members, other running club members, friends, families, runners, scouts and others have volunteered throughout the years of the race to help it reach its current stature. Amateur radio operators from many clubs began providing communications in 1991, the second year of the race. Many of them have given decades of service. Dr. Kathy Siesel, podiatrist, has been at each race and has brought hundreds of her students with her over the years. Her students gain valuable experience under Dr. Kathy's watchful eyes. Many runners credit the podiatric care that they receive during the race with enabling them to reach their goal: the finish line. It's a great win-win situation! To the best of my knowledge, Dr. Kathy and I are the only two people who have been at all two dozen-plus previous Mohican races. If anyone is aware of another person that can make that claim, please inform me. We both plan on being at this year's race in June for the 25th anniversary.



The generous cutoff times make the Mohican event a great place for any runner who wants to tackle a 50-mile race or a trail marathon for the first time. The course is designed in such a way that all three distances use the same aid stations. Those aid stations have closing times to accommodate the 100-mile runners who have a 32-hour limit. While the 100-mile race starts at 5 a.m. on Saturday, the 50-mile race starts at 6 a.m. and the marathon at 8 a.m. All races end at 1 p.m. on Sunday. Do the math - 50-milers have 31 hours to finish; marathoners have 29 hours to cross the finish line. To date, the longest anyone has taken to finish the 50-mile course is 19:10, while the longest for a marathoner is 15:12. These times should encourage CWRRC trail runners to give it a try. Bob Blum, founder of the event, is already registered for the marathon. I expect him to finish much faster than the longest time, even though he has lived for more than seven decades. It is not too late to register. Check the website [www.mohican.net](http://www.mohican.net) for a link to registration on runreg. Please contact race director Ryan O'Dell at [NoLimit@mohican.net](mailto:NoLimit@mohican.net) if you wish to volunteer during this banner year. Dates for the race are Saturday-Sunday, June 21st-22nd, with a pasta dinner on Friday, June 20th.





# Race Report and Results

More race results at:

[www.clevelandwestrunningclub.org/styled-2/index.html](http://www.clevelandwestrunningclub.org/styled-2/index.html)

Spring Classic, April 13th

February 15th

## **Chili Bowl 5K, Cleveland**

Ben Whiting, 19:02, 2AG

February 22nd

## **Publix Gasparilla Distance Classic 15K, Tampa, FL**

Cathy Leonard, 1:27:01

March 15th

## **St. Malachi 5-Miler, Cleveland**

Ben Whiting, 31:16, 5AG

March 16th

## **Shamrock 15K Run, Cuyahoga Falls**

Glenn Dumonthier, 1:18:24

March 22nd

## **Lakewood Jig & Jog 5K**

Cathy Leonard, 26:14, 3AG

March 30th

## **The Fools 25K Trail Run, Pine Hollow**

Vagn Steen, 2:48:00

April 21st

## **Boston Marathon**

Lou Karl, 3:31:53

April 26th

## **Cleveland 10 Miler**

Ben Whiting, 1:04:24, 6AG

April 27th

## **Toledo Glass City Marathon**

Dan Straitiff, 3:52

May 4th

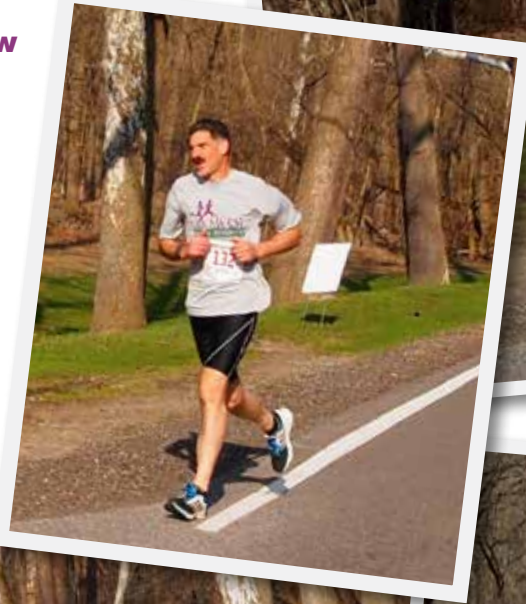
## **Tacoma City 5K**

Marianne Nemeth, 25:34, AG 1

May 4th

## **Tacoma City Marathon**

Lou Karl, 3:30:50



# Bay Days Is Coming Up

**By Rich Oldrieve**

If my recordkeeping is accurate, this year's Bay Days 5-mile run will be the 40th. As race director, I would be interested in reading or hearing your stories about the race.

My own story is that several decades ago, I ran in the first Bay Days 5-miler. The race started in Cahoon Park near the Bay Days carnival (hence the name). It started at something like 6 in the evening. For those of us who lived in Bay, this left just enough time to run the race, pick up a hot dog at the carnival, and watch the fireworks (or something like that). It didn't take much logical thinking to realize a 6 p.m. start time was not exactly good for running hard in the summer.

During the first Bay Days run, my age-group effort resulted in winning a free t-shirt from Adidas. Still have it in a drawer as a memento from my first road race. Today, that might not seem like much of a big deal since all sorts of couch potatoes, weekend warriors, and quasi elite can be seen wearing over-priced t-shirts with the Nike swoosh plastered on them. Back then, the typical Olympic Dreamer reasoned, "Why pay money to Nike, Tiger (Asics), Adidas, or Puma to wear their shirt. Run well, and they'll pay you to wear it."

My second Bay Days is still psychologically painful. I had a clear lead at mile 4. As I circled the Bay High School athletic fields, before the course headed back toward Cahoon Park, I started focusing on the heat from the sun, the fact that my rubberized indoor track shoes were so hot my toes were blistering, and that I had two hills left in the last mile when I was a notoriously bad hill runner. In this way, I talked myself into fading to second place behind a Berea High School grad (Mark Osterhart?), and left it to my younger teammate Jeff LeMay to win the next year's race and become the first and only Bay High runner to win the Bay Days 5-mile run while he was still in high school.

As I head into my ninth year of serving as race director of the Bay Days 5-mile run, I keep hoping that someday one of the 14- and under runners that the club comps entry into the race will someday decide to give back to the sport they love by volunteering to serve as race director.

Meanwhile, please contact me at [oldrieve@aol.com](mailto:oldrieve@aol.com) if you would like to join me in running cross-country intervals. My friend (dog) Baya's a feisty sprinter, Hamlet has never been less than top dog in his division, and Fiona demands excellence and one cookie per lap to "protect" the soccer field, wooded meadow, or sledding hill from rascally intruders.

---

## 2014 Girls with Sole LULA 5K & 5 Miler!

 [peaceraising.com/](http://peaceraising.com/)

The Girls with Sole LULA 5K is celebrating it's 5th year with a new 5 Miler! Join us June 8th, 2014 for the best race in the west!

*\$100 prize for overall male & female winners of 5K & 5 Mile*

*\$50 prize for overall male & female 2nd place 5K & 5 Mile*

### **Lacing Up for a Lifetime of Achievement!**

*Date*

Sunday, June 8, 2014

*Place*

Beachcliff Market Square  
19300 Detroit Road  
Rocky River, Ohio 44116

*Times*

Registration: 7:00 – 7:45 am

5K – 5 Mile – 1 Mile Run/Walk : 8:00 am

Online registration will close Friday, June 6 at 11:00 PM.



# Cleveland West Running Club presents the 40th Bay Days Run



**5-Mile Open Race  
1-Mile Kids Fun Run &  
5-Mile Team Challenge**

**Friday, July 4, 2014 at 8:30 a.m.**

Race starts & finishes at Bay Village High School, 29230 Wolf Rd  
CWRC & Bay's "Green Team" working for ZERO waste event

**Special thank you to our sponsors:**

**Bay Pediatric Dentistry & Second Sole of Rocky River.**

**Further info:** <http://clevelandwestrunningclub.org> e-mail: BayDays5mile@gmail.com

**Brooks Shirts to first 550 entrants!**

**Special Awards for the Fun Run!  
Plenty of refreshments!**

**Chip timing mat at finish line!**

**Awards: Open, Master's, &  
Grandmaster's Male/Female;  
Top per 5-year age division**

**Team Challenge:**

**High School – boys/girls  
Open – male/female/mixed**  
(limit 3 males on mixed teams)

**Student Team rates:** Based on each individual's rate of either  
FREE for 14 and under, OR \$5 for 15 to 18. (Example: team  
with three 14 year olds and three 16 year olds would cost \$15)

**Open & Family Teams:** \$120 for 5 or 6 runners.

**Pre-Registration:** (on or before July 3rd)

Runners over 18 years of age - \$25.  
Runners 15 to 18 - \$5 without T-shirt or \$15 with T-shirt.  
Runners 14 & under FREE without T-shirt  
or \$10 with T-shirt.

**Online registration:** ClevelandWestRunningClub.org

**Mail entry:** CWRRRC, P.O. Box 771011, Lakewood, Ohio  
44107-0032

**Packet Pick-Up:**

**Second Sole** 19341 Detroit Ave. Rocky River, OH 44116  
Sunday, June 29th from noon to 4 pm.  
Wednesday, July 2nd from 4:00 pm to 8:00 p.m.  
Thursday, July 3rd from 11:00 a.m. to 8:00 p.m.

**Day of Race Registration:** (starts at 7:15 a.m.)

Runners and Teams 18 or under - same as above.  
Runners over 18 years of age - \$30.  
OPEN TEAMS \$150. NO discount for pre-registered recruit

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Gender:  Male  Female Birthdate: / / Age: \_\_\_\_\_  
Telephone Number: \_\_\_\_\_ Email: \_\_\_\_\_

**Male Shirt Size:**  X-Small  Small  Medium  Large  XL  XXL  
**FEMALE shirt size**  X-Small  Small  Medium  Large  XL  XXL

**Make check payable to:** CWRRRC/Bay Days

**Race:**  5-Mile  1-Mile Kids Fun Run

**5-Mile Team:**  HS-Boys  HS-Girls  Family  Open-Male  Open-Female  Open-Mix. TEAM name: \_\_\_\_\_

**Coaches:** Create different team name for each 5 to 7 member team (top 5 score) and submit entry online, snail mail, or in-person.  
With hard copy applications, each team member must complete own application with appropriate signature.  
For snail-mail, put all entries in same envelope. **In person entries require all applications to be submitted at same time!**  
Previously entered individuals who are recruited to join team on day of race must re-register & wear team numbers!

**OFFICIAL USE ONLY**

Date: \_\_\_\_\_  
Check #: \_\_\_\_\_  
BIB: # \_\_\_\_\_

**Signature:** (Parent's signature if runner is under 18 yrs)

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or inline skates, animals, and radio headsets are not allowed in the race and I will abide by this guideline. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, and anyone entitled to act on my behalf, waive and release the Cleveland West Road Runners Club, the Road Runners Club of America, the City of Bay Village, the Bay Village Board of Education, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Privacy: Cleveland West Road Runners does NOT distribute or sell participants' information.

## Please Note

Articles for the July/August *FootNotes* must be submitted by Sunday, June 22nd.

Material received after the 22nd may be published in the following issue.

Anyone wishing to contribute articles, photos and/or race results, please submit to Cathy Leonard at [leonardc5711@yahoo.com](mailto:leonardc5711@yahoo.com).

## Join Us

We are a group of runners, joggers, walkers and racers who enjoy getting moving in the great outdoors. All ages and abilities are welcome. Join us at a group run (see schedule on page 2). For more info: [www.clevelandwestrunningclub.org](http://www.clevelandwestrunningclub.org).

### 2014 Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Occupation \_\_\_\_\_

Email \_\_\_\_\_ Date \_\_\_\_\_

Shirt size:  Small  Medium  Large  Extra Large

Send my newsletter via:  Email  U.S. Postal Service Mail

Type of membership:  New  Renewal

Individual \$20.00  Family \$25.00  Full-Time Students \$15.00

Please list all names and birthdays of family members living at the above address, if applying for a family membership.

Mail to: Cleveland West Road Runners Club  
Attn: Membership Chairperson  
P.O. Box 771011, Lakewood, Ohio 44107-0044

I know that running and volunteering to work in club races are potentially hazardous activities. I shouldn't enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I for myself and anyone entitled to act in my behalf, waive and release the Road Runners Club of America, Cleveland West Road Runners Club and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the persons named in this waiver.



Cleveland West Road Runners Club  
P.O. Box 771011  
Lakewood, Ohio 44107-0044