



cleveland **West**
ROAD RUNNERS

FOOTNOTES

July / August 2016 Newsletter

CLEVELAND WEST
ROAD RUNNERS

July 4 at 8:30am
BAY VILLAGE
HIGH SCHOOL

7 4 16 BAY 5M 5 DAYS

+KIDS FUN
1 MI RUN!



(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

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

CWRRC Web Page:

www.clewestrunningclub.org

For more info email:

Clewestrunningclub@gmail.com

CWRRC Membership Benefits

- Discounts on preregistered entry fees for all club road races.
- Cleveland West Road Runners Tech Shirt
- 15% discounts at Second Sole and Vertical Runner.
- 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.

2016 CWRRC Officers

President Mark Breudigam
Co-President Bob Myers
Vice-President Kathryn Metz
Treasurer-Secretary Mark Brinich

Committees & Coordinators

Membership Coordinator Mark Brinich
Race Committee Chair Mark Breudigam
Spring Race Director Joanna Brell
Bay Days Race Director Rich Oldrieve
Fall Classic Race Director Mark Breudigam
Mohican 100 Liaison Chris Kaylor
RRCA Liaison Tim Furey
Race Trophies Maureen Scullin
Race Volunteer Coordinator Joe Nainiger
Race Results Coordinator Mark Brinich
Comms & Social Media Chair Kathryn Metz
Web Master Open
Newsletter Editor Cathy Leonard
Newsletter Graphic Designer Chip Cooper

A Note From The President

Back In The Saddle Again

Summertime is finally here and so is a world championship for the city of Cleveland! I'm sure most of you were as excited as I was to see the Cavs go all of the way and bring home a championship to our town after 52 years of waiting. I happen to be old enough to remember the last one when Jim Brown, Frank Ryan, Gary Collins and Lou Groza dominated Johnny Unitas and the Baltimore Colts. Of course things were a bit more backwards in those days and Browns fans had to follow the game on the radio because there was a local TV blackout. Fortunately we have more media options today than we had back in the dark ages. Let's hope the Indians and the Browns are next on the list to bring a championship back to Cleveland.



Mark Breudigam

The club has a number of summertime events coming up. By the time you read this our Bay Days Race will have taken place and I am sure it will be just as successful as ever due to the hard work of our race director, Rich Oldrieve. The pre-registration numbers looked really good and I am sure many of you old-timers out there were glad to see the race return to Bay High School. This race always poses a challenge from a volunteer standpoint due to the many course marshals that are needed and the number of race-day race entries. I would like to thank all of the club members who volunteered, and a special kudos to Joe Nainiger for doing another great job on organizing the volunteers.

Our first Island Run of the summer on June 8th was well attended in spite of the chilly weather. These runs take place on the second Wednesday of each month during the summer and start from Wendy Park on Whiskey Island in the Cleveland Metroparks. The runs start between 6:15 and 6:30 with people usually running between four and six miles. Most people stick around afterwards to enjoy the beautiful sunset and dine at the Whiskey Island Still and Eatery. The next runs will take place on July 13th, August 10th and September 14th. I hope you can make at least one of these fun events during the summer.

It may seem a bit early to be talking about the fall with summer barely underway but there are a couple of upcoming events to put on your calendar. First up is the September club meeting and newsletter assembly on September 7th at the home of Joanna Brell and Mike Schipper. The September meeting is where we elect our officers for the ensuing year and plan an agenda for the club. I accepted the nomination as your president last year with the understanding that I would turn over the reins after one year. My reason for accepting the nomination last year was to sustain the momentum that Dan Straitiff had started with organizing our races, developing our social media, and attracting new runners. While I haven't approached Dan's level of energy or work I would like to think I have at least not taken the club backwards. Thanks to the hard work of fellow officers Bob Myers, Katherine Metz, and Mark Brinich, I think we have been able to follow through on some of the initiatives that Dan started. But as I approach retirement I find that I just don't have the energy to devote as much time to club business and try to fit in my own running. I am hopeful that the September meeting will attract some new people interested in taking an active role in the club. In addition to the election of officers some of the topics to be discussed include next year's race series, the December holiday party, expanding our social media imprint and the celebration of the club's 40th anniversary in 2017. We hope to tie this in with the Cleveland Metroparks' 100th anniversary celebrations next year and schedule some special events around the occasion. Bob Budzilek is in charge of planning this and I am sure he will be entertaining suggestions.

The other fall event to put on your calendar is our Fall Classic Half Marathon and 5K on November 20th. As race director last year I thought we did an excellent job in celebrating the 40th anniversary of the race with some great shirts and fine finishers medals. There should be Facebook announcements and emails coming soon regarding registration and requests for volunteers. I believe the race will be another sellout this year. Hope to see you on the roads or trails.

Brell/Schipper To Host September Assembly

By Kathy Dugan

Joanna Brell and Mike Schipper will host the Wednesday, September 7th newsletter assembly beginning at 6 p.m. at 15520 Edgewater Dr., Lakewood. Feel free to invite a potential new member as we discuss CWRRRC outreach and needs, and of course begin planning and promoting the 2016 Fall Classic. I am sure Mother Nature will cooperate as we enjoy the beautiful view of Lake Erie and downtown Cleveland from Joanna and Mike's outdoor patio.

There is plenty of on-street parking available near their home, which is west of Lakewood Park and east of Summit Avenue. As always, bring your own beverage of choice; the club will provide pizza.

Thank you to the entire Dettmer family for hosting the July 6th extravaganza. "High fives" to Mary, Tim, Stormy and Ruby.



5th Annual Christmas in July!

Thursday, July 21st

5:00 - 9:00 p.m.

Around the Corner

18616 Detroit Avenue

Join some of us for the 5th annual Christmas in July West Side Community House fundraiser, where people you might know will be guest bartenders!



New Member Corner

Welcome
New
Member
Shelby
Jones!



By Joyce Prohaska

CWRRRC would like to welcome and introduce one of our newer members, Shelby Jones, who resides in Mentor. Here's

some information to help acquaint you with her:

Currently, Shelby is employed in marketing and advertising. Her job may eventually lead to a position downtown. Thus, her membership in the CWRRRC may become even more of a benefit (not to mention that her in-laws also live in Lakewood!). Besides being a committed runner, she also is actively involved in kayaking and biking.

Shelby loves to participate in races. She also enjoys the social aspect of the races in that she gets to interact with a lot of people that she knows. Shelby has run every standard race distance up to a marathon.

One of the many benefits of CWRRRC membership includes discounts on many race events. Shelby found this one of the many perks in joining our organization. Even more importantly, she is hoping to find a running partner as well as meet more people. With all of the CWRRRC-sponsored events, she is also excited to see more of the Greater Cleveland area on foot.

Shelby is very much looking forward to running events with our group. Besides being a member of the Half Fanatics, Marathon Maniacs and Northeast Running Club, we now welcome her to our Cleveland West Road Runners!

If you see Shelby at one of the local races or at one of the CWRRRC daily runs, please introduce yourself to her!

Happy Birthday

July

Denise Ames
Ramon Aponte
Patrick Bartone
Daniel Bellinger
Denise Calvitti
Drew Clevenger
Mary Theresa Corrigan
Julie Curtis
Christie Daniel
Nancy Daniel
Tim Dettmer
Tamie Digman
Jim Eland
Christie Fink
Heidi Finniff
Tim Furey
Julie Gauvreau
Robert Grossman
Megan Hartstein
Joe Jurczyk
Fred Kim
George Klier
Kim Krumhansl
Kristyna Kubb
Ted Kuhnen
Brian Luther
Arthur W. Moore
Marilyn Olsen
Natalie Palmieri
Raj Rangoon
Dan Saracina
Joe Schnug
Alp Sehirioglu
Georgeanne Taghizadeh
Spiro Vamvakas
Bill Wagner
Rebecca Whitmore

August

Michelle Babson
Alexander Belisle
Tom Bernazzoli
Lee Anne Chambers
Bob Collins
Gretchen Eigenbrod
Sean Fowler
Ashlee Ginter
John Guty
Chady Hall
Andy Humble
Beth McKee
Joe Nainiger
Richard J. Pool
Kathy Rezek
Mike Schipper
Jennifer Seeger
Grace Seidel
Jeanne M. Sikorski
Karen Stross
Nancy Testa-Westerburg
Marc Travis

Please email any corrections or missing birthdays to leonardc5711@yahoo.com.

(Bay Days Race — continued from page 1)



Tough as Nails Reunion Tour - Race and Training Update

By Bob Budzilek

As summer lazily rolls by, the Parkersburg Half Marathon hastily approaches. I'm not sure how that works, but the race weekend will be here before we know it.

Here are details: The race is on Saturday, August 20th. The race entry fee runs \$55 until July 15th, and then increases to \$60 until race day. Five or so people have pretty much committed and some are on the fence. Plan is to reserve two hotel rooms for Friday night. We can car pool down to the race on Friday, hit the pasta dinner (which goes until 9 p.m.) then maybe grab a beverage to relax and get into race mode. Race is at 8 a.m. on Saturday. Course closes at 11 a.m. so I will need to jack-up training a tad! Post-race pizza party ends at 1 p.m. so we should be on the road and back to Cleveland by 4 p.m.

If you are like me and need to elevate your training, I am planning on running some loops at Hinckley Reservation (the former official training location for the Tough As Nails race series) on Saturday July 23rd and August 6th at 8 a.m. Please feel free to join me and maybe grab breakfast after.

By the way, this trip can be open to anyone regardless of whether or not you participated in any of the Tough As Nails races; we just need a head count. We will work out car pool, room reservations and other details as we get closer. If you are interested, see either Cathy Leonard or Bob Budzilek for more details, or drop Bob a line at rjbudzilek@yahoo.com.

Am I Really Going to Run (Another) Half Marathon?

Tough As Nails Competition

By Larry Begue

Why am I running? Well, there is the obvious health benefit, the social component, and it gives me joy.

Why am I writing? Well, my friend, Cathy Leonard, needed an article. How can you say no to Cathy? You can't.

So where do I begin?

Well, at the beginning of the new year, I wasn't feeling much like a runner ... because I wasn't running much. (Yeah?)

So, I made a New Year's Resolution to run more; meaning what? Well, more than I did in the year just past; which wasn't much. (Hey, what good is a goal if it's not attainable?) That said, I needed a plan.

First, I bought a new training log. (So it is said, so it is written.) Next, I replaced the no-run, one-run weeks of winters' past, with two-three-and-four runs per week. Wow! Then, I enlisted the help of a few friends: Dan Peters, Maureen Scullin, and the above mentioned Cathy Leonard, to train with me. (Lions, and tigers and bears, oh my!)

So, as winter turned to spring and spring to summer, (Sweet Caroline song reference) we quickly built a base. But at some point, I knew I needed to run in a race (once again); that, I thought, could really jump-start my day-to-day running and add more purpose to my training.

Well, it was right about then that I read Bob Budzilek's Tough As Nails Reunion Tour article in the May/June newsletter, calling that rag-tag group back to the starting line once again, this time to Parkersburg, WV, for the RRCA Road Race of the Year — a half marathon on Saturday, August 20th.

So, Rich Medykowski, Dan Peters, Jeanne Debonis, Gerry Nemeth, Maureen Scullin, Rich Oldrieve and you others, I'm calling you out. Be there, or be square. Cathy, Bob and I are in.

What say you? I bought new shoes. I'm training with friends. And I sent my money in!

Are we all in?

Local Race Draws Dual Perspectives

Medina Half Marathon, 5/28

By Bob Myers

I could not ask for more! Race day started out with transportation provided by John Delzani at 5:15 a.m. sharp. A pre-race warmup with Kathy Dugan and off we were at 6:45 a.m. with a nice, warm breeze.

The half, my first race of the year, started out well. Kathy and I ran the first six miles together at a steady sub-two hour pace, enjoying the sights with super water stops every 1.5 miles. The hills and heat started to kick in and Kathy was soon out of sight. I finished 2:08, AG3 — not happy with my time but having enjoyed the race none-the-less. The Medina Road Runners put on a first-class race with awesome support for the runners. I will be back next year, better prepared for the hills!

Same Half Marathon, Same Day

By Kathy Dugan

What a way to start off the Memorial Day weekend but with a very memorable event.

The Medina Road Runners Club did a fabulous job organizing the 5K and half marathon.

The volunteers were plentiful, especially considering there was an aid station every 1.5 miles throughout the half-marathon course. I can tell you exactly how many there were since I took a cup or two at each and every one. You would have done the same given the conditions — sunny, hot, humid and hilly.

I am happy to report I ran the full distance and squeaked in just under two hours with a 1:59:26 — good enough for AG1 in my new 60-64 category. Needless to say, I smiled all the way home and thought: "There is still hope for this old gal."

As a side note, I just signed up for the Ashtabula Distance Runners Club's Bridge to Bridge Half Marathon scheduled for Saturday, October 22nd, just to see if my results are repeatable. Stay tuned!

Grand Canyon Trip - North Rim to Phantom Ranch to South Rim

By Glenn Dumonthier

Back in May 2015 I was training with Thursday Night Runners - TNR Strongsville group when they began to plan a trip to the Grand Canyon and Zion national parks. It was decided that we would all meet in Las Vegas, NV, and head out for a side trip to Zion before hiking the Grand Canyon. Some members of the group chose to run Rim-to-Rim-to-Rim. Not knowing if I could get in shape for the 47-mile, round-trip hike, starting at 3 or 4 a.m., I chose the easier, softer way and made it a vacation.

Reservations for Phantom Ranch and meals needed to be made 13 months in advance. We scheduled a get-together at Craig and Karen Stalder's home, and began dialing at the time the reservations line opened; whoever got through first would book the reservations for those needing rooms/meals at the Phantom Ranch. With luck, Bernadette got through and booked the eight rooms and several steak dinners, hiker's stew and the last veggie dinner available, along with a breakfast for day two of the hike. I then booked my South Rim and Zion reservations for the Saturday stay.

The cool thing about flying into Las Vegas for me was having the opportunity to visit Frank Hamman, a former Cleveland West Road Runners Club member who transplanted from Cleveland to Vegas many years ago. I contacted him and he said he was very happy to hear from me but declined joining us at Zion Park and/or the Grand Canyon. He picked me up at the airport and we got in a short hike, about a mile and a half up a trail and back, before heading to town for lunch. He dropped me off at the New York New York Hotel where I met up with friends staying there. We all arrived and then headed to Zion National Park, about a 3.5-hour drive with a shopping/lunch stop along the way. It was a beautiful drive through Nevada and Arizona and into Utah. With the changing time zones and Arizona not accepting daylight saving time, it felt like we were in a time-warp.

Our stay at Zion was short, but relaxing before we embarked on the next two-day hike. The lodging was great as we cheered on the Cavaliers to an exciting victory. On our way back from the gift shop after dinner I loved seeing the herd of docile deer grazing outside the restaurant on the lawn, just three feet away and not moving. I would recommend the lodge for older guests.

It's kind of a posh resort and we were on a stopover before hiking the South Rim to Ranch to North Rim. All the resorts we stayed at were very environmentally conscious; it really woke me up to the environmental causes of the world. On the plane trip I had attempted and almost succeeded in completing a book, *Just Keep Rowing*, written by a friend Katie Spots. The motivational book has many little stories and lessons from her 70-day unaided journey across the Atlantic Ocean at the age of 22 years old. She had to row an extra 10 days due to rough waters near South America, all to raise money and awareness of the pains of people walking four miles just to get buckets of clean water to bathe in and drink. We take such things for granted living next to the largest fresh water source around — the Great Lakes.

Day One: North Rim to Phantom

Upon driving to the North Rim we stopped at Jacob's Lake Restaurant for a hearty breakfast for our long day's hike. The adventure hike down North Kaibab Trail was quiet and any anxiety I experienced quickly dissipated. Craig had given us instructions to hydrate, hydrate, hydrate, and eat well. Fortunately we didn't encounter any mule trails to maneuver on our trip down. This was the open day of the north side and there were many hikers and rim-to-rim runners on the trail. Uphill runners/hikers had the right-of-way. We saw a few waterfalls.



After lunch we were hiking toward Phantom Ranch and several of us took a wrong turn and headed about a half-mile toward another waterfall, and had to backtrack, joining Karen and the couple who didn't turn wrong. As night approached, we were behind schedule, but needed to arrive at Phantom Ranch by 5 p.m. or would miss out on the steak dinner awaiting us. I went ahead to let them know the rest were on their way. Denine arrived about 10 minutes behind me and fortunately the others made it to the ranch with about 10 minutes to spare. I guess they took pictures of themselves hugging the Phantom Ranch sign since it did seem to take such a long time to arrive.

Day Two: Phantom Ranch to South Rim

I woke up fairly early — in fact, early enough to muster up a cup of coffee from the canteen window before the pot ran empty. Early bird gets the worm. As I enjoyed the coffee a large bird swooped down and snatched a whole package of crackers from a bag I had left open in my backpack. I had packed too much food anyway for the two-day trip and was giving it away to my new trail worker friends I had met the night before.

We were on the 6 a.m. breakfast shift, and the breakfast was quite scrumptious. The five guys hiking rim-to-rim-to-rim arrived at the ranch as we sat down to eat. We said a quick hello to them before they headed out, and then off we went to prepare for our second day of climbing to the summit of the South Rim. This would be fun, and it turned out that it took us about the same time as the previous 14-mile hike down from the North Rim.

Three members of our hiking group had to wait for the canteen to open because they hadn't bought postcards to write and mail, so we left without them, hoping they might catch up if we took enough breaks or at lunch where we paused to rest at the four-mile-mark campground area. The last three miles were definitely the most difficult part of the climb, being quite steep. In general we stayed together as a group until the last mile and a half. I then took off and bolted up to the top. Denine wasn't far behind and for the life of us we couldn't figure out why we were waiting so long for the other three that we had begun the day with.

As it turned out they made the turn that I did which takes you toward the Bright Angel Lodge instead of going straight for 100 years to the end of the trail. As Karen, Bernadette and Carlin were about two hours behind us the key for the car that had my luggage in it was in their room. Fortunately, I was able to check in to the lodge, having my license and a copy of my reservation, and the room was prepaid. Now to get the luggage of my roommate Kenny who was hiking rim-to-rim-to-rim and my luggage, I found a very accommodating native porter who, after hearing my predicament allowed me to get the key to transfer the items from the rental car.

After getting settled and showering, we made plans to attend dinner at the lodge. After dinner I thought it might be nice to take an after-dinner night hike to welcome the boys back. Somehow they were able to get text messages through on their way up to convey where they were. Some kind traveler shared the exact place to stand at the ranch at the bottom to get cell phone service. We learned that Brad had taken off early and he arrived at the top around 9:30 p.m. because he's one of those crazy runners that has to get his run in every time of at least three to four miles. Mike Ryan and Kenny arrived around 10 or 10:30 p.m. when I decided to head to bed. Meanwhile, communications from Craig indicated that he and Duane would not be there until about 2:00 a.m.

The rest of the story is uneventful except to say some of us stayed an extra night in Las Vegas and what happens in Vegas stays in Vegas. I had a bit of a problem with my Planter on the four-hour drive back from the Grand Canyon. We ate dinner and breakfast at the Bright Angel Restaurant. I thoroughly enjoyed Nuevo Rancheros and cheesy grits for breakfast.



Towpath Trilogy/ Marathon Expo

By Kathy Dugan

The Towpath weekend of festivities is scheduled Friday, October 7th, through Sunday, October 9th, in the beautiful Cuyahoga Valley National Park in Peninsula. Visit www.TowpathTrilogy.com for additional details.

The 2016 Towpath Marathon Expo will take place at the Boston Mills Ski Resort, at 7100 Riverview Road, Peninsula. Volunteers are needed at the CWRRC table. If you have two to three hours to share, shifts are:

Friday: 3 to 5 p.m. / 5 to 7 p.m.

Saturday: approximately 9 to 11 a.m. / 11 a.m. to 1 p.m. / 1 to 3 p.m. / 3 to 5 p.m.

Thank you in advance. If you have questions, contact Kathy Dugan at (H) 440-333-1743 / (W) 440-930-3119 / dugan56@hotmail.com.



The Towpath
Trilogy

Race Series to Benefit Trail Development

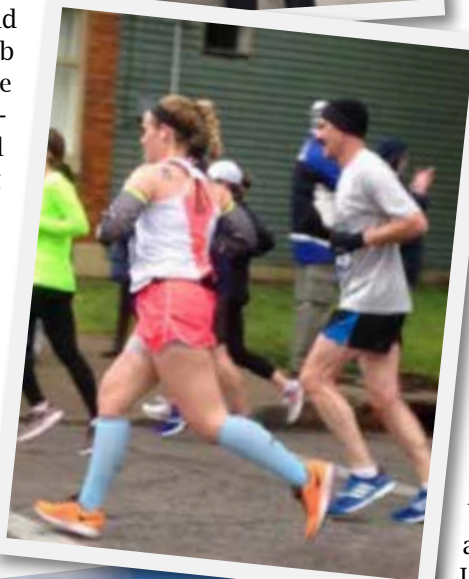
Rite Aid Cleveland Marathon Race Recap

By Heather Kuch

Sunday, May 15th, was the big day! The result of five months of hard training with big goals in mind. The race weekend started up on Friday with me knocking out the last of my taper runs and heading to the expo to get my packet and buy some race swag! I met up with my run club that night for a party and got lots of advice and learned the locations of all my club members on the course. I made sure to get a good sleep on Friday night since that was the night where sleep mattered. On Saturday, I met up with my club to drop off supplies which they would hand off to me on course, chat, have coffee and plan race morning with my running partner Mike. I then headed home to eat lunch and take my pre-race walk. Since it was pouring, I walked through my building, through the halls, and down to the ground floor. I relaxed most of the day, other than gathering up my stuff, and I ate my standard pre-race pasta with red meat and sauce, and toast along with a glass of Nuun. I prepped my music, read through my favorite running quotes, and headed off to bed early.

Race Morning

The morning for me started at 4 a.m. since I like to get my food in three hours prior to the race. I ate my typical three pieces of gluten-free toast, banana, Nuun and coffee. I KT-taped up, and sat there checking the forecast. It looked pretty bleak with the temperature around 38 degrees that would only climb to about 42, 80 percent chance of rain, and 18-mph winds. I finally settled on wearing my singlet with my arm sleeves after I stood on my balcony for a while in the weather to see how it felt. Mike picked me up at 5:20 and we headed for downtown, dodging the road closures along the way. We went to his office to hang out and use the private bathrooms and then left for the start line at 6:20. It actually stopped raining on the walk and the temperature didn't feel too bad. I handed off my drop bag and we headed over to the corrals. I said hello to a



few people I knew, listened to the national anthem, and got into a good place in the corral. They brought out Mayor Jackson to do the countdown, and then the gun went off and Cleveland Rocks! started playing. We worked our way up to the start from corral B and we were off!

Miles 0-9

I started off with Mike and another club member Rich. The plan was for Mike to hang with me for the first 13.1 (at least, because he was coming off of an injury) and then hang with Rich for the rest (because he was aiming for a 3:30-3:35).

Having the two of them with me was amazing. Because they both are former (and still are) speedsters with more than 40 marathons of experience between them, they were constantly guiding me and giving me tips. It was split to this side of the road, don't round the corner too tight or you will hit a puddle, drink now, gel now, your pace is fine, don't worry about catching the pacers. I didn't have to think, I was just running. At mile 1.69 I saw my mom and she snapped pics of us. We continued on and right around 2.50 miles it started to hail. Yes, hail! I had never run in hail before and I actually started laughing because I was like, of course, I wouldn't expect anything else from Cleveland! The wind was also picking up (later we would find out it was 25- to 28-mph winds), but I reminded myself that I had trained in this wind and to push on.

The hail continued to fall as we crossed the Lorain-Carnegie bridge, which is a subtle but sizeable gradual hill that had challenged me in the past. The difference this year was that I had trained on this bridge. I charged up the hill at 7:45/mile, somewhat losing Mike, but he caught back up on the downhill. When we entered Tremont, I saw members of Moms Run This Town that I know and they cheered me on. I kicked up the pace and Mike came along. Rich had stopped to lose a layer at that point and I was unsure of where he was. As we worked our way through several turns in Tremont, Mike reminded me of the hill out of that part of the city and to prepare myself for it. We came to the hill and the streets were lined with people and



I was able to cruise up the hill. At that point it was raining and we were around mile 5.5. I recognized the point in the course last year where I hit the wall early in the crazy heat and felt fantastic that I was feeling good.

Rich caught back up as we headed down a big hill and onto a road called Train Avenue. It can also be called a road I never want to run again. This was about a two-mile stretch which was isolated, had no houses, no spectators, was a nice wind tunnel, and was a long uphill. The hail picked back up and it was actually painful as it hit me in the face and eyes. The headwind made it difficult to push up the hill, but with Rich at my side, and Mike hanging closely behind, we pushed through, on pace right at or under an eight-minute mile. When we got to the top of the hill, I knew Mike was no longer with us, but I didn't look back to see how far, and Rich and I pushed on. It was about mile 10.5 and we hung a right onto Detroit Avenue, and we were just blasted with a headwind blowing hail and rain into our faces. I had to look sideways as I was running and I was just trying to stay upright. Rich fell behind and I pushed on, holding pace. That stretch was miserable and it was just me and one other girl out there running together. I knew I would see my mom and my run club members with my Nuun and my gel at mile 11 and I used that as motivation. Soon I saw a pink sign and I threw my arms up in the air and so did they and I knew it was them. They cheered for me and I ran to them and they made the handoff and I took off down the street.

Miles 11-18

The half marathoners were gone at this point and I was alone without Mike or Rich. I knew I wasn't going to see anyone I knew until mile 15 and I knew I was going to pass my building at mile 13.5 which was going to be rough since the wind was intense and the hail/snow mix was still falling. I pushed myself to get to 13.1 and (on my watch) I broke my half marathon PR by about 20 seconds. We were on Lake Avenue at that point and it was a wind tunnel and we were fighting a headwind, hail, snow and rain. Additionally, my music cut out at the half because my phone got wet and it switched from shuf-

fle to play in order and once my playlist ended, so did the music. I couldn't get the music back on because my gloves were soaked. I tried to use Siri but my phone was in airplane mode so that didn't work either. I pushed on without it.

Around mile 15, I saw the motorcycles coming and I knew it was the lead runner on his way back. I whooped and jumped up and down cheering for him and others followed along. I kept that up for about the first five lead runners and then for the 6th, I saw my insta-friend Joseph cruising! I pointed at him and cheered and he pointed right back at me. Soon, I saw the lead female and I cheered for her yelling, "You go lady!" and she looked humbled and waved and smiled back at me. Shortly after, I saw my club members and they cheered for me as I passed by.

After that I focused back in on my race and noticed my quads were trying to cramp and I pulled out a tiny plastic bag where I keep my race meds (Immodium, Alleve, and a Nuun tab). I tried to get the Nuun tab out (so I could chew it and have instant electrolytes) but with soaked gloves on I couldn't do it myself. I ran up to a random man and asked him to help and he undid it for me. I grabbed it, graciously thanked him, and pushed on, throwing the tab into my mouth. I must have looked like a rabid dog because my mouth was foaming, but the cramping stopped almost instantly. I was around mile 17 and I knew I was still on pace for my Boston Qualifier (BQ), but even though the cramping stopped, my legs were still stiff and my hips were locking up in the cold and wind. I pushed on, recognizing the course from my training runs, and we finally turned onto the bridge to Rocky River and I knew we were nearing the turnaround and the wind would be at my back.

Near 18, the 3:35 group passed me (as I was beginning to expect) and I decided to just stay on pace for my PR and maybe try to pick it up later. I then saw members of my run club and my mom, which gave me a big pickup and I knew I'd see them in about 0.2 miles because I could see the turnaround. The hail and wind were awful at that point but once we rounded the turn, it was at my back and I felt so recharged and began to pick it back up.

(continued on page 10)

Miles 18-26.2

On my way out of Rocky River, I saw my running partner holding right around the 3:45 pace group and he yelled to me to focus on a PR. Shortly afterward, I saw Jonathan (another club member) and we cheered for each other. A little later, I saw his wife, Jessica and we cheered for each other too, and I knew she was on track for a PR based on where she was. I was feeling pretty good at that point with the wind at my back and the hail stopping. As we crossed the 30K and then mile 19 it started raining again. I told myself to push, knowing that my club members were waiting at mile 20. By the time I saw my club at 20, I was hurting because my stomach was starting to churn up on me. They told me I looked great and only 10K to go. I pushed through and kept going and soon I was passing my building as the rain and hail continued to fall. It was so tempting to go inside to my apartment.

Around 22 I saw another Instagram friend, Jill, and she cheered me on, which helped me power on a little further. However, at that point, my stomach was seriously unhappy and I knew I had to stop. I found the porta-potties right at mile 22.5 before we got onto the Shoreway. Both were full and I waited about two-plus minutes for them to open when finally, volunteers came out of both of them. I didn't appreciate volunteers taking up the only two porta-potties for miles at the same time when the main pack of runners was coming through. Anyway, I was in and out in probably under a minute and I picked it right back up as we headed onto the Shoreway. The bathroom break made me feel a lot better and I pushed on, knowing I would see club members at mile 24. I pushed on to them and they cheered me on as I kept going.

I finally got my music back on because it finally stopped raining and my gloves were somewhat dryer. I held my phone in my hand so I could easily switch songs if necessary. Having the music helped me to push through the last couple miles even though the wind became intense in the last mile out on the open highway. As I headed down the last hill off of the Shoreway I saw Maureen, a club member who did the half, and she cheered for me and snapped a picture. Seeing her picked me up. I hurdled a dead rat (lol) and rounded the corner and could see the finish line as I crossed mile 26. I let the crowds lift me up and allowed the other runners to pull me in. I managed to kick it in the last tenth of a mile and I crossed the finish at 3:48.13! That was a 7-minute PR for me. I also felt good after crossing, unlike in the Detroit marathon where I cramped up and needed the medical tent. I got my finisher medal, space blanket, and tons of bananas and food and made my way to my family.

Afterward

I hung out after by the finish and waited for Mike to come in. In the meantime, I ran into Will, another Instagram friend, who came in shortly after I did. We snapped a picture together. Soon after, Mike came in and we hugged and celebrated our finishes. I ran into a couple other friends, Denise and Craig, from the 20-mile drop, and we congratulated each other. I headed over to get changed with Mike, Maureen and an-

other club member, Dave. We weren't sure where Rich was, but we needed to get changed before hypothermia set in. My mom literally had to change me because my hands were so numb and Mike had to give me a pair of socks to use as gloves since mine were soaked. We then headed over to grab our free beers and lounge in the sun that had actually come out! Rich texted to let me know that at 13, he turned back and turned the race into an 18-mile training run. We hung out for a little and talked about the race and then everyone headed home, and we planned to head to Rocky River Brewing Co. to celebrate at the post-race party thrown by Second Sole Rocky River.

While I didn't come out of the race with my goal of qualifying for Boston, I am in no way unhappy. I battled some of the toughest race conditions that I have ever had to face in a race, especially in a full marathon. It rained, snowed, hailed, sleeted, and the temps were in the low 30s with the wind chill plus the 25-plus-mph winds. Yet, I came out on top with a seven-minute PR and I broke 3:50, which means I am whittling away at my qualifying time. Additionally, I was on pace for a BQ through mile 18, which tells me a lot about how close I am to what I want to do. Finally, I learned I was the 94th female, which is kinda cool because I cracked the top 100 women! There was a lot out of my control in this race, between the weather and my stomach issues, but that is the beauty of running a marathon. You just have to tough it out, push through, and try to do your best.



Summer Foods Offer Sun Protection

By Amy Jamieson-Petonic

With the warm weather comes summer activities, such as swimming, running and cycling. My daughter is fair skinned, like her mother, so sunscreen is a staple for all of our events. We use at least SPF 30 or higher 15 minutes before going outside. But did you know that there are a few foods that offer sun protection as well? Here is my list of top five:



- 1) **Strawberries**—Start by making a family activity to go pick your own. The berries will be so wonderfully sweet and juicy! Strawberries contain the pigment anthocyanin that helps protect against sun damage.
- 2) **Tomatoes**—This super summer food is loaded with lycopene. Since lycopene sits in the wall of the tomato, the highest amounts are found in cooked forms, such as tomato paste and sauce. In one research study, participants that consumed five tablespoons of tomato products per day for 12 weeks had significantly less sunburn than the control group that did not eat tomato products.
- 3) **Chocolate**—Yes, one more reason to love the sweet treat! Researchers found that participants that drank a cocoa beverage that had at least 3.5 ounces of dark chocolate had less skin damage than those who did not. The antioxidants in chocolate called flavanols are what appear to offer the sun protection.
- 4) **Fish**—We always talk about the benefits of fish high in omega three fatty acids, such as salmon, as part of a healthy diet, and here is one more reason to consume the protein-packed food. In another research study, subjects that ate the equivalent of 1.5 (3 oz) portions of fatty fish per day for three months had double the ultraviolet protection as the group that did not consume fatty fish.
- 5) **Leafy greens**—Greens are a good source of beta carotene, an antioxidant that may help reduce sunburn. Want to take your sunburn protection up a notch? Cook the greens quickly and toss them with extra virgin, cold-pressed olive oil which will improve absorption of the nutrients.

Enjoy these foods, and get a little extra sun protection during your outdoor workouts at no added charge! Here's to a happy nutrient-rich and super sensational summer!

Following is a link to a recipe that can be used along with this. It looks amazing!

<http://www.delish.com/cooking/recipe-ideas/recipes/a47062/caprese-stuffed-avocado-recipe/>



Race Results

June 12th

Pump And Run, Strongsville

John Roos

"I decided to try something different, so I did the Pump And Run 5K Run and Bench Competition at the Strongsville mall. You bench weight according to your age and weight, and subtract 30 seconds for each time you do a lift. I had to bench 100 lbs.; only 30 lifts counted. I lifted the max of 30 times and averaged 8:30 a mile for 3.2 miles (the course was long). I won the 60-and-over age group and set a new course record of 12:17 at the age of 73. Not too bad for old guy that still runs!"



Events Calendar

There is a tough decision to be made for Saturday, August 6th:

Our Lady Queen of Peace Parish Festival 5K, Grafton

As the flyer states: A scenic, rolling 5K run and 1.25 mile Family Fun Walk on local roads and the trails of the Lorain County Metroparks Indian Hollow Reservation. Contact the race director, Julie Gauvreau, for details at (H) 440-458-4740 / (C) 440-396-3644.

Rocky River Stables Stampede — ¼ Marathon / 2 Mile Run/Walk Race, Cleveland

Start and finish at the Rocky River Stables at 19901 Puritas Ave., Cleveland 44135, off of the Valley Parkway. Racers will use both the bridge trail and paved multi-purpose trail.

Visit www.valleyriding.org for more details.

Please Note

Articles for the September/October *FootNotes* must be submitted by Sunday, August 21st.

Material received after the 21st may be published in the following issue.

Anyone wishing to contribute articles, photos and/or race results, please send them to Cathy Leonard at 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.clewestrunningclub.org.

2016 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

Newsletter will be sent via Email unless noted here: _____

Type of membership: New Renewal

Individual \$20.00 Family \$30.00 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
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Lakewood, Ohio 44107-0044