

Running Strong Since 1977

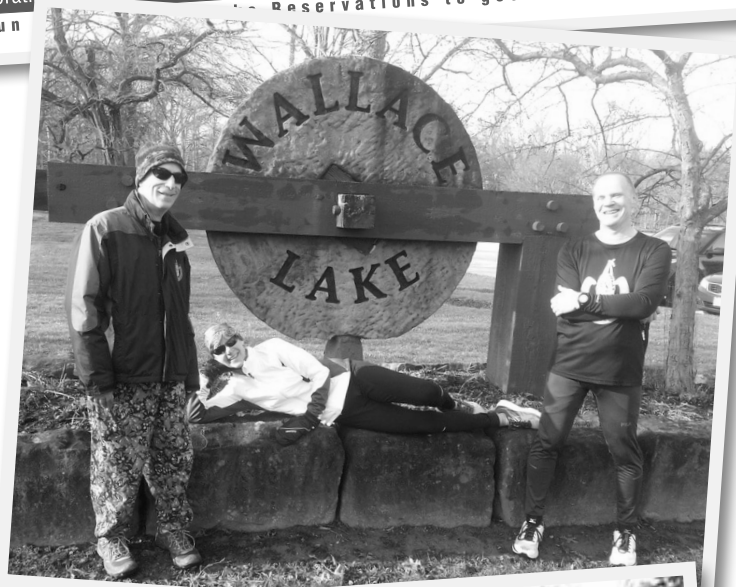
2017 Quest Challenge: The Results Are In!

By Bob Budzilek

The Quest for the Emerald Necklace is now complete. Twenty-two CWRRC members covered at least three miles in each of the Cleveland Metroparks' 19 reservations, and accumulated at least 140 miles total. For some, the challenge was logging the miles. Others worked out creative logistics to cross off each reservation.

Everyone that participated in the challenge loved it. It forced all of us to travel across the county and experience parks we had never visited. Even though I had lived and run on both sides of Cleveland, I still visited four parks for the first time. Acacia Reservation is relatively new, so that one is understandable. Washington Reservation is primarily a golf course, so again, I could justify not having been there, but I had only driven by Bradley Woods Reservation on occasion, and had only seen Brookside Reservation twice a day commuting along I-71 from Olmsted Falls to downtown. It was very enlightening and fun to experience these places. Talking with the other participants, they all shared similar reactions.

As I mentioned above, half the fun was the logistics. A couple times, I stopped and got my three miles in on the way to or from somewhere else. Bradley Woods was done on the way to the Nainiger's newsletter assembly, where the accomplishment was followed by a nice cold beer. North Chagrin was hit after a nice cold beer and calzone on a lunch-and-leave day. For the record, beer and food after the run instead of before the run is more comfortable. Twice, I did a double header, like running three miles at Acacia, then on my way home thinking, "Hey, I am passing Garfield Park, let's get another reservation and three miles in."



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

CWRRRC Web Page:

www.clewestrunningclub.org

For more info email:

Clewestrunningclub@gmail.com

CWRRRC 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.

2018 CWRRRC Officers

President Bob Myers

Vice-President Kimberly Roach

Treasurer-Secretary Mark Brinich

Committees & Coordinators

Membership Coordinator Mark Brinich

New Member Coordinators

. Joyce Prohaska / Kathy Dugan

Race Committee Chair Bob Budzilek

Spring Race Director Joanna Brell

Bay Days Race Director Rich Oldrieve

Fall Classic Race Director . . . Mark Breudigam

Equipment Managers Logistics

. Mark Shelton / Kevin Arth

RRCA Liaison Tim Furey

Race Trophies Maureen Scullin

Race Volunteer Coordinator . . . Joe Nainiger

Race Results Coordinator . . . Mark Brinich

Communication & Social Media Chair

. Ashlee Ginter

Web Master Open

Newsletter Editor Cathy Leonard

Newsletter Graphic Designer . . Chip Cooper

A Note From The President CWRRRC 2017: A Year In Review

The club finished 2017 in the black, added new members, donated \$13,376 and produced three great road races.

We supported the Cleveland Metroparks Trails Fund, Girls with Sole, Carolyn L. Farrell Foundation, Leukemia & Lymphoma Society, the Art Moore endowment fund at the Cleveland Metroparks, and OROC (Out Run Ovarian Cancer).

The club's 40th anniversary, along with the Cleveland Metroparks' 100-year anniversary, brought on the 2017 Quest for the Emerald Necklace. The challenge was to complete 140 miles by year's end while running in all 19 reservations.

The Spring in the Park Women's 10K, Bay Days 5-Miler, and the Fall Classic completed our club's race series for 2017.

The club became more visible this year with the purchase of four large wind-sail signs. This was the result of Kathy Dugan's suggestion and Chip Cooper's very talented graphic design.

Community service outreach this year included the Westside Community House outdoor landscaping on Saturday, May 6th, with 20 club members taking part. Marlene and Gretty were the project managers and designers. In addition, Tim Chrisman took part in the Rocky River watershed cleanup project on behalf of Cleveland-West.

On Saturday, May 13th, the club had a celebration of life for club members John Reagan and Matt Norris who passed away in 2016. Old friends came to share the great stories of accomplishments and humor.

The Saturday morning post-run breakfast series started in February, with the first event put on by the "Bobs" of the club. This was followed up by the "Marks" in May, "Others" in August, and rounded out by the "Kathy/Cathy's" in November.

Chip Cooper did a masterful job of providing travel, hotel and social opportunities for the "Fort 4 Fitness" weekend in Fort Wayne. Reports indicate it was so awesome that plans are in the works for a return trip next year.

Our new clubhouse is finished and open for business at 26633 Detroit Rd., Westlake. This is the home of the Carolyn L. Farrell Foundation.

Gretty Myers and Marlene Zepkin chaired the clam bake social on Saturday, October 21st. This was a super-fun night enjoying great food, fire pit and stories with the greatest of friends. The event was held at the beautifully manicured outdoor lawn with fall-colored oak trees at the new Club House.

Moen Corporation donated two laptop computers for use in race registration and newsletter editing.

The Holiday Light's fun run on Thursday, December 14th, brought out several runners. After the Lakewood Park run we all gathered with fellow members for karaoke, food and drink. Fun event!

Our final December business meeting was special on two counts. We discussed and approved the dispersion options for our 2017 donation awards, and we enjoyed our guest speaker Ryan Summers from Pure Physio.

On Monday, January 1st, we had our first ever "President's New Year's Day Fun Run."
(continued on page 3)

Our Winter Banquet is upon us on Saturday, January 27th. The event will feature the volunteer awards, lifetime achievement awards and the Quest award winners. In celebration of our 40th anniversary this year's event takes place at LaCentre in Westlake. Pre-registration and payment is necessary for this dress-up evening. Paul Schlosser and Kimberly Roach have been organizing and planning this special evening, so get your reservations in now!

I truly thank everyone for making this a successful year. Love you all!

Bob Myers
President



Roach Hosts Next Assembly

By Kathy Dugan

Go ahead and open up your new 2018 calendar and enter this fun gathering at the home of Kimberly Roach and her four-legged companion Ruby. The newsletter assembly on Wednesday, March 7th, will begin at 6 p.m. Be sure to bring your own beverage of choice and the club will provide pizza.

Kimberly lives in a beautiful Lakewood home located at 1554 Rosewood Ave. - north of Hilliard and south of Detroit. Parking is available in her drive and on the street. If you need directions call 216-227-1185.

The New Year opened on high note as we christened Chip Cooper's new condo during the January 10th newsletter assembly. This was especially exciting to me, Joe Nainiger, Bob Myers and Brian Cleary since we had heard all about the work and upgrades he had made since buying the unit back in the fall. Chip did a lot of cross-training via trips to Home Depot, i.e., "planks and bridges" as he redid plumbing under sinks, and "lunges and strides" while painting, etc.

I hope to see old and news members alike at the March 7th newsletter assembly and business meeting.

A Winter Warmer Wine-Tasting: Welcome!

By Gretty Myers

Join us for a festive evening, as well as a break from the winter doldrums (unless your winter is lovely and fun; then add yet another spice to your ongoing revelry) and join us for a February wine-tasting party!



Please set aside the evening of Saturday, February 24th. The party will be at the Carolyn L. Farrell Foundation, starting at 7 p.m. Bring your favorite wine and a food pairing to share. (The pairing chart listed here can help with that decision.) The club will provide a wine glass for everyone, along with paper products, water and coffee.

The Farrell Foundation is at 26633 Detroit Rd., Westlake. Please bring a \$10 or more donation to Farrell Foundation if you are able. RSVP to Gretty Myers at grettymyers@sbcglobal.net, or text to 216-701-2067.

WINE & FOOD PAIRINGS

WHITE	CHEESE	SEAFOOD	POULTRY	MEATS	HERBS/SPICES
Chardonnay	Brie Gouda Jaik Parmesan	Crab, Shrimp, Clams Scallops, Lobster, Snapper, Salmon, Trout	Chicken, Game Hens, Turkey, Goose, Duck	Veal Pork	Basil, Tarragon, Thyme Curry, Ginger, Nutmeg Saffron
Sauvignon Blanc	Feta, Goat Mozzarella Parmesan, Brie	Shrimp, Clams, Oysters, Sole Snapper	Chicken Game Hens Turkey	Veal Pork	Basil, Cilantro Dill, Tarragon Thyme, Lemongrass
Pinot Grigio	Goat, Ricotta Mozzarella Fontina, Provolone	Mussels, Sole, Sea Bass Swordfish, Shrimp, Oysters, Salmon, Trout, Snapper Smoked Salmon	Chicken Turkey	Ham Salami	Tarragon Thyme Oregonia Basil
Riesling	Bleu Cheese Feta Cambazola	Crab, Mussels Smoked Salmon Shrimp	Chicken Squab Duck	Beaked Ham Pork Smoked Pork	Mint, Tarragon, Cilantro, Ginger Curry
Gewurztraminer	Jalapeno Jack Smoked Gouda Smoked Mozzarella	Scallops, Mussels, Shrimp, Crab, Salmon, Smoked Salmon	Turkey	Pork Ham Sausage	Cilantro, Ginger, Curry, Cinnamon, Clove
Pinot Noir	Goat, Chevre, Feta, Swiss Gouda, Brie, Cambembert	Salmon Ahi Tuna	Chicken Game Hens Squab Duck	Beef Lamb Pork Veal	Mint, Basil, Tarragon Rosemary, Anise, Fennel Seed, Pepper, Cinnamon
Merlot	Cambembert Smoked Gouda Cheddar Parmesan	Salmon Tuna	Duck Squab	Beef, Lamb, Pork, Veal, Venison	Mint Rosemary Tarragon Thyme
Shiraz/ Syrah	Parmesan Pecorino Smoked Gouda Dry Jack	Salmon Tuna	Squab Duck Chicken	Beef, Buffalo, Lamb, Pork, Veal, Venison Sausage	Bay Leaf, Lavender, Mint, Rosemary, Thyme
Zinfandel	Goat, Feta, Smoked Gouda, Parmesan, Dry Jack	NONE	Duck Squab	Sausage Beef Lamb Pork	Bay Leaf, Mint, Oregonia, Rosemary, Black Pepper, Fennel Seed, Cinnamon, Clove
Cabernet Sauvignon	Gorgonzola Aged Jack Brie Cambembert	NONE	Chicken Game Hens Duck	Beef, Buffalo, Lamb, Pork, Veal, Venison	Basil, Mint, Oregonia, Rosemary, Thyme

Happy Birthday

January

Harold Babbit
Bill Bailey
Mary Brewer
Danielle Brown
Nancy Danisek
Frederick Davis III
Keith Douglas
Gary Easter
Jeff Eldridge
Kathy English
Heidi Finniff
Tet Graham
Jennifer Kahler
Debra Kaiden
Beth Kalapos
Michele Keane
Tom Keeper
Heather Kuch
Marianne Nemeth
Mary Pool
Eleanor Royko
Steve Scheer
Crystal Sherlock
Bridget Smith
Vanessa Van Doren
Jim Wilhelm

February

Christopher Banas
Donna Bernazzoli
Joanna Brell
Bob Diouhy
Charlie Farrell
Frank M. Hamman
Mitchell Haynes
Chris Kaylor
Mike Kubb
Paul Lombardi
Christine Mangels
Patty Mayer
Sheri McDonald
Jo-Ann McFearin
Rich Oldrieve
Sean O'Malley
Antoniette Piscitello
Maureen Scullin
Les Tolt
Deborah Wolk

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

(continued from page 1)

The final table tracking everyone's accomplishment is available on our web site and through social media. The Quest t-shirts and some miscellaneous awards will be handed out at the Holiday Banquet on January 27th, and some fun stories shared.

Though the Quest is officially over, I strongly recommend taking one of your old pairs of running shoes, t-shirt, and shorts, throwing them in one of those draw string give-away bags you have, and tossing it in your trunk. Then, next time you are away from your usual running spot and have a spare half hour, try a new reservation out. With 19 Metropark reservations available, there is always one nearby.



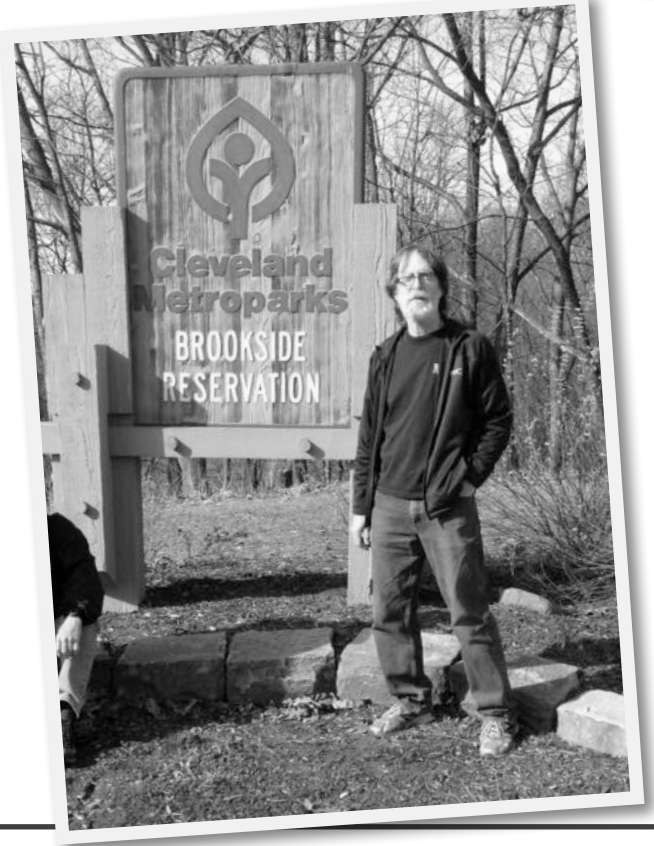


Huntington Reservation

is located in Bay Village on the Lake Erie. Picnic areas high above the beach offer visitors opportunity to enjoy the striking and even-odd views. Breakwaters allow anglers to fish Lake Erie in all seasons. The reservation also home to three Cleveland affiliates: Lake Erie Nature & Science Center, Huntington Playhouse & BayArts.

One of the oldest reservations Cleveland Metroparks, it still contains many unusual botanical specimens brought here from Europe by Huntington, the previous owner of the reservation. The Huntington Water Tower, a well-known landmark used to pump water from the surrounding area. Huntington's vineyard is listed as an Imp. Archa by the National Audubon Society.

Cleveland Metroparks
 was established in 1917 to provide open spaces for the people of Greater Cleveland, as well as to conserve and preserve the natural valleys of the area. Cleveland Metroparks today consists of over 21,000 acres in 16 reservations, their combined area.



Planning Ahead Cleveland West Road Runners

Winter Banquet

Date: Saturday, January 27th

Time: 6 p.m.

Where: LaCentre

25777 Detroit Rd. Westlake

Business Meeting

Date: Monday, February 19th

Time: 6:30 p.m.

Where: Clubhouse, 26633 Detroit Rd., Westlake

Wine Tasting Party

Date: Saturday, February 24th

Time: 6 p.m.

Where: Clubhouse, 26633 Detroit Rd., Westlake

Newsletter Assembly

Date: Wednesday, March 7th

Time: 6 p.m.

Where: Home of Kimberly Roach, 1554 Rosewood, Lakewood

Breakfast In The Park

Date: Saturday, March 17th

Time: After the 7:30 a.m. run

Where Scenic Park Shelter

Sponsors: "The Old Guys"

Women's 10K/5K Spring In The Park

Date: Saturday, April 7th

Time: 8:30 a.m.

Where: Cleveland Metroparks, Rocky River Reservation, South Mastic Pavilion

Sunday Morning Group Run

Dates: Every Sunday throughout the year

Time: 8 a.m.

Where: Metroparks, Little Met Golf Course parking lot, down the hill from Fairview Hospital

Tuesday Springbok Track Workouts

Date: Every Tuesday, March through September

Time: 6 p.m.

Where: Westlake High School Track, 27830 Hilliard Blvd., Westlake

Thursday Night Group Run

Dates: Every Thursday throughout the year

Time: 6 p.m.

Where: Spring/ summer/ fall - Metroparks, Rocky River Reservation, Nature Center overflow parking lot (During Daylight Savings Time)

Where: Winter - Lakewood Park (During Standard Time)

Saturday Morning Group Run

Dates: Every Saturday throughout the year

Time: 7:30 a.m.

Where: Metroparks Rocky River Reservation, Scenic Park Pavilion

Sunshine Committee Update

By Kathy Dugan

Please join us in offering support and prayers for some of our Cleveland-West family members. Apologies in advance for anyone mistakenly left off this list.

With love and support to those families grieving the loss of a loved one:

Don Ashmun

Gary Danisek

Hamilton Lewis

Arthur W. Moore

Allen Reese

Karen Tepley

Prayer for the continued healing of those struggling with a medical condition:

Christa Blum

Cathy Fischer

Ashlee Ginter

Bob Kuebler

Michelle Mead

David Olsen





RSVP REQUIRED NO LATER THAN JANUARY 17TH, 2018

Cost: \$30 per person (includes 2 drink tickets – cash bar available)
 \$25 for members who volunteered at 3 or more events

Name (first & last names of each guest attending)		Check if member	Check if volunteered 3 or more events
1	Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>
2	Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>
3	Click or tap here to enter text.	<input type="checkbox"/>	<input type="checkbox"/>

Phone #				Email		
Check one entrée selection for each guest above						
<i>Guest # per above</i>	<i>Chicken</i>	<i>Beef</i>	<i>Salmon</i>	<i>Vegetarian</i>		
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		

Please make checks payable to: Cleveland West Road Runners Club

Return RSVP form and payment to Club officer or mail to:

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

Must be received no later than Jan. 17th, 2018

Holiday Runs At Hinckley

By Mike Twigg

Ah Cleveland, you can complain about the weather, but it won't do you any good. Sometimes you just have to lace up your kicks and hit the road.

And so it was the mornings of Christmas Eve and New Years Eve at Hinckley Lake, an outstanding part of the Cleveland Metroparks. There's always a group run New Years Eve. With Christmas falling on a Monday in 2017, a Sunday morning Christmas Eve run was added. If running is your religion, then Hinckley is a suitable cathedral.

This reporter loves running in the cold and snow. Reminds me of my army years at Fort Drum in New York State's Adirondack region. Also in my head were the words of Jim Van Horn: "There is no such thing as bad weather, only bad clothing." Having been part of an arctic warfare infantry brigade left me with some fine winter weather running gear. So let's go!

There's only two ways to run around Hinckley Lake: up or down. The small Christmas Eve group of myself, Cathy Leonard and Maureen Scullin chose both. The all-purpose path was icy and hilly as ever, requiring some road running. The goal

for our single-loop, three-mile run was simple: Don't get hurt. Just cover the ground and knock the bastard off.

Running safe and slow had its advantages. There was more time to enjoy the Christmas ornaments placed on trailside trees and enjoy the smell of wood-burning fires from nearby homes. The reward for a hill climb is a pleasant vista of the lake and surrounding woods. Up and down we went until we crossed Rocky River (East Branch) just downstream from the dam and back to the parking lot finish. Once the mission was accomplished it was time for a warm beverage in the parking lot and off to Bob Evans for a hearty breakfast.

On New Years Eve conditions were the same yet completely different. Snow and bitter cold were sprinkled on the hills requiring Yak Tracks for some and careful footing for all. Ice? Yeah, it was still there. And so were a few more runners. The muster roster for this sortie was the original three plus Kimberly Roach, Allen White and Larry Begue, welcome additions to our formation. Same 0900 step-off. That's 9 a.m. in civilian parlance. Same goal: Knock out that three miles (safely), tasty warm beverage and off to Bob Evans.

My New Years resolution is to organize more runs at Hinckley Lake. Because regardless the weather at Hinckley Lake, it's always a great day for running.



Scavenger Pub Run Is Fun And ... Done!

By Maureen Scullin

While I don't visit the Hofbrauhaus in downtown Cleveland often, I have yet to be disappointed. The German-themed restaurant sponsors one of my favorite summer races, and I always see smiles on everyone's faces - workers and patrons alike. It's just a fun place to visit.

So last October 25th, when I heard about a pub run that was scheduled there, I convinced my good friend, Cathy Leonard, to join me. About 60 runners showed up for what I thought would be a leisurely run through a mapped-out route in downtown Cleveland, but the organizers had other plans. Instead of being put on a pre-set route, Cathy and I were partnered with another pair of runners, and we competed in a scavenger hunt run on a competitive team called "The Hathaway Hellions."

Each team received a list of things to find and/or do in and around downtown Cleveland. The list was creative but impossible to complete in under 90 minutes. We needed our cell phones for documenting locations and completed activities. Oh, the places we could go! If we chose, our team could have travelled from our home base at East 15th and Chester all the way to St. Malachi's on West 25th Street. But venturing that far would have taken us too far from more "target rich" environments. I knew downtown Cleveland and after scanning the scavenger list, I suggested we head toward East 17th and Superior for our first photo stop, St. Peter's Church.

After taking our photo, we ran to The Masthead Brewery and checked off another photo with the head brew master. The place was hoppin' and noisy. I stepped out of my comfort zone and yelled "O-H" - as part of the scavenger hunt challenge - and waited for a room of complete strangers to yell back "I-O." For a split second I heard no response but then above the din of the Masthead, I heard a weak "I-O." Phew! It met the parameters of the game, so off we went. Outside the bar we racked up more scavenger points by playing a short game of Rock, Paper, Scissors with people we had just met. We hit the trifecta at Masthead with gaining points three different ways.

The Hellions went everywhere. We got points for high-fiving as many statues as we could find. We cartwheeled on Mall C (oh yeah, definite photo opp!). A stranger took our photo as the four of us jumped in unison on East 4th Street. And between all these activities, we ran.

We ran to Public Square and sat on locked ride-sharing bicycles. We high-fived even more statues. After heading into Tower City and tossing coins into the fountain, we the Hellions took off for Progressive Field and Quicken Loans Arena for more photo opps. Finally after a photo opp with a bouncer on East 4th Street, we darted down Euclid Avenue toward Playhouse Square. The clock was ticking and the pressure was on to get back to the



Hofbrauhaus.

At Playhouse Square we ballroom danced under the giant chandelier on Euclid Avenue. Surprisingly (and thankfully) there was very little traffic. The weather that night was great for running and the sky was clear. Finally we reached the Cleveland

University campus for

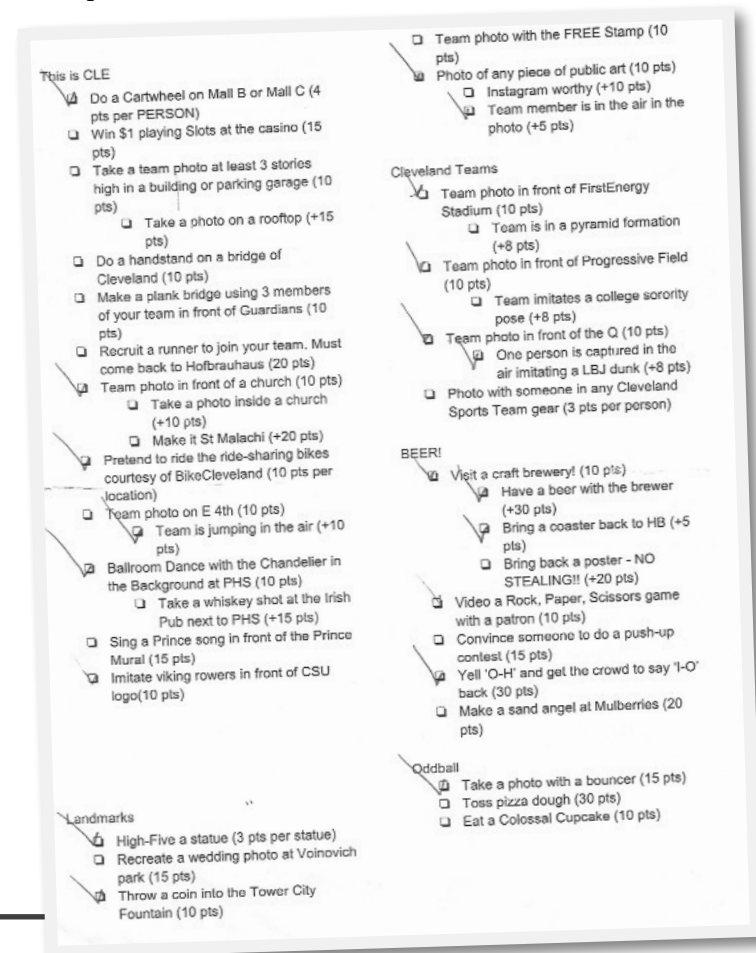
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one last activity. I sat down on the sidewalk and pretended I was a Viking rowing a longboat. Then from Euclid, we ran down East 15th Street to the Hofbrauhaus on Chester.

All this in less than 90 minutes.

But it was fun. The Hathaway Hellions didn't win but all the participants received a free craft beer and I admit the beer felt good going down. For a first-time scavenger pub run, Hofbrauhaus provided great staff, food and drink.

I challenge you to come to the next scavenger hunt. You haven't lived until you've cartwheeled on one of the malls, seeing downtown Cleveland upside down while wondering if you're old-lady arms are strong enough to keep you from crashing on your head. Great stuff! The whole experience of the scavenger hunt allowed me to see the finer nuances of the downtown area - even upside down!



In Pursuit of ⁷²⁹⁴Glory Days

Club member Rich Oldrieve dusts off his old training notes – which shimmer with nuggets of coaching-days wisdom and a certain Bruce Springsteen song – as he ramps up for the 2019 Boston Marathon.

By Rich Oldrieve

Winter Running Suggestions: On runs below 25 degrees, fill your mouth with a big wad of your favorite chewing gum. The chewing motion keeps your mouth and lips warm, and is far more effective than covering your mouth with a scarf and/or mask only to discover it freezes up 15 minutes later. Then when the temperatures are below 15 degrees, you'll need to find something like my geeky-looking wool hat that covers my cheeks.

On December 18th, at the club business meeting, Ryan Summers, a physical therapist and certified strength and conditioning specialist from Pure Physio, gave a great talk about injury prevention. For me, most of his suggestions reinforced what I already know I should do, but don't always do. Three tips Ryan mentioned are particularly relevant to me as I prepare for the quest of running well at the 2019 Boston Marathon, which will come seven weeks after I turn 60 and some 31 years after my last Boston:

- 1) Diversify training techniques
- 2) Work on your "core"
- 3) Know your strengths and weaknesses

A fourth suggestion Ryan didn't mention is one that Richard Scott, my high-school cross-country coach taught us at Bay High: It is far more important to focus on how many minutes you keep your heart rate at race pace than to focus on how many miles you run per week.

These "race pace" minutes should exceed the number of minutes you will run in your season-ending target race, be that be a 5K, 5-miler, 10K, half-marathon or marathon. I will try to connect all four of these suggestions to both my 1988 Boston and the John Adams High School distance runners I coached during the winter and spring of 1988.

Diversity of Training: Coach Scott's rule about minutes of race-pace heart rate fits in particularly well with the diversity of training techniques theme. If you think about it, even one of the trendiest modern workouts of 12 x 800 meters with 90 seconds rest won't take longer than an hour or two to complete, depending on your competitive level. This hour-long workout is fine for meeting Coach Scott's race heart-rate rule if you are training to set a PR in a 5K, 5-mile or 10K race. But, an hour is mostly irrelevant if you are training to set a PR in a half or full marathon.

Thus, if you are honest with your training goals, there are very few "running" activities you can do that will sustain your heart rate at race pace for the entire marathon, except running a marathon. For me, even in my heydays of marathoning, I couldn't race more than two or three marathons a year. And if you try to race two or three marathons in the eight weeks leading up to your target marathon, you will either do them at workout pace or you will very likely get injured.

So, back in high school, in response to Coach Scott's challenge to find ways to keep up my high cardio, I joined the YMCA swim team. Consequently, in addition to running a couple of indoor interval workouts – which wasn't very healthy on my knees as I was

trying to do the workouts on Bay High School's hard-tile, semi-rectangular first-floor layout – I would also do two swim interval workouts per week at the Y. It really didn't matter that I wasn't a very fast swimmer – in fact, that was a bonus. You see, the longest YMCA league race was the 400-yard freestyle. My 400 free times of seven to eight minutes would have allowed a quality collegiate swimmer like Jeanne Debonis to complete an 800 free race. Nonetheless, those seven to eight minutes of truly race pace heart rate were only a couple of minutes shy of my PR in the indoor two-mile.

Skipping ahead a dozen years ... As I entered my 30s (post-1988 Boston Marathon), I became more concerned about preserving my knees and sanity. Thus, I started competing at the Olympic triathlon distance, and quickly realized my triathlon times were nearly the same as my marathon times. Again, it really didn't matter that I was a better marathoner, that my swim times sucked and my biking times were only fair. What mattered was that I was competing all out, assuming in those pre-heart monitor days that my heart rate was the same in a triathlon as it would be in a marathon.

Similarly, in 1990 after our wedding, I spent two to three weeks in June preparing for my summer triathlon season by "exercising my brains out" at my in-law's summer residence in Bethany Beach, DE. I biked, ran, swam and played tennis (it takes lots of cardio to break from your serve-and-spike doubles routine to call out to the folks one court over: "A little help in returning our ball, please?") – all of which constituted as diversified training. I then spent July and August "competing" in three to five triathlons getting ready for the fall season of 15Ks, halves, 14.9 milers, 25Ks, and a season-ending marathon.

For my winter training, cross-country skiing, pool swimming and rowing machines combined with running intervals in deep snow allowed me to get my heart rate up to race pace while working on my "core." Similar to swimming, I'm not particularly fast at cross-country skiing. For example, back in the 1980s, Mike Foley, Rick Ventura and I paced off each other in several Cleveland Marathons and numerous summer track meets. Despite the near-equivalence in our running races during the 1980s (with a slight edge to Mike and Rick), in the 1990s Mike Foley would finish cross-country ski races in half the time that I did, and presumably with far fewer wipeouts (I was too far back to see if he ended up spread-eagle at the bottom of the Punderson hills). Nonetheless, in years when there was/is a lot of snow by mid-March (potentially this year), I could/can maybe ski close to three hours with a race-pace heart rate.

Core Training. On another level, "core" workout also means building muscle strength and flexibility. I was in high school when I was first diagnosed as having flat feet and where I first developed chondromalacia of the patella (runners' knee). I also tore a hip flexor while shuffling along a sidewalk at the beginning of a cross-country workout. So, I started lifting weights to build up my various leg muscles to enable me to keep running. Summer's presentation at the club meeting, along with some discussions with club member Mike Schipper on the following Saturday's run, reminded me that despite my four-to-five-times-a-week leg-lift routine, I need to increase my diligence in doing multiple repetitions of the eight key exercises, instead of only completing one rep of the key ones and outright skipping the five or six minor ones. Similarly, I need to remember to do sit-ups, dips, toe-touches, pull-ups, and push-ups for my arms.

Know Your Strengths And Weaknesses. For me, my obvious natural ability is endurance. Even when Coach Scott had us come down to CWRRC Saturday runs for 14- to 16-mile runs, it was clear to

me that I could finish the inaugural Cleveland marathon without switching my high school cross-country training regime. Another, more subtle strength is actually my long, flat foot. During college biology class, we were taught that the fastest endurance animals – horses, deer, antelope and dogs – tend to have feet that are longer than their femurs or tibias. (In contrast, cats generate their quick strikes using their arching backs as levers to generate pure speed). Moreover, Jesse Owens and Michael Johnson also had long, flat feet. So I may have the cardiovascular system and musculature of a distance runner, but I have the skeleton of a sprinter. Hence, I trade on the endurance to carry my speed by running up on my forefoot when racing well. In fact, when I ran my 2:25:13 in that 1988 Boston Marathon, I was wearing rubberized track “spikes.”

While scarfing down biscuits at Blackbird or Guinness at the club’s New Year’s Day President’s Fun Run (formerly the Hangover Run), club member Larry Begue sometimes will playfully chide me by saying I’m “fast.” Depends. Much to the surprise of the guys I was coaching at John Adams High School back in 1988, I finished third in a three-way, 50-yard dash between the shot-putter, the “water boy” and me. On the other hand, I have at least one trait that is the same as Usain Bolt’s (whose best event was actually the 200 meters); my right leg is longer and stronger than my left leg. And so if I’m already moving around an indoor track, I’m still pretty good at playing Dale Earnhardt by going wide around the final turn, then sling-shotting in front of the lead runner to give him or her no shot at coming back around.

Which brings me back around to the training I did leading up to the 1988 Boston Marathon (and may use in some version to advance me at the 2019 Boston). In the fall of 1987, I had been asked by John Adams’ track coach Claude Holland to help coach Lorenzo Thomas – a tall, lean, wiry, African-American runner. Holland wanted me to help Thomas do well in the two-mile while still preserving his speed for him to serve as the second leg of John Adams’ 4 x 800-meter relay.

Thus, the winter I was training to run Boston, I spent my afternoons working out with Thomas and a couple other distance runners in the hard, brick, straight halls of the three-story John Adams High School. Since the U.S. Olympic marathon trials would be held two weeks after Boston, I was determined to stop chasing the trials’ standard of 2:22, and run whatever God and my workouts would give me. Additionally, I was determined to design workouts that would also help my John Adams’ charges do well.

Our interval workouts consisted of barreling down the hall, slamming on the brakes, slapping our hand against the wall, and heading back to the start. How many times we slapped a wall depended on whether we were doing the equivalent of a 200-meter interval (30 to 35 seconds), 400- (65 to 75 seconds), or 800- (2:20 to 2:30). Then, on the in-between days, we would do circuit training, which meant a loop from our third-floor hallway, down the stairs and on to the basement locker-room.

Along the way, we developed designated points where we had to stop to do jumping jacks, sit-ups, push-ups, etc. Then in the locker-room we would do pull-ups on a bar and step-ups on the wooden benches that were bolted to the floor. Then we’d bolt up the stairs to the third floor. Depending on the exercise, one of us would take the lead, while the others fought back to crunch the next set of calisthenics.

For whatever reason our strengths and weaknesses balanced out, because no one ever got much of a lead or fell too far behind. I spent my early Saturday mornings running long to ready myself for Boston, and my late mornings heading to watch indoor track meets.

Now, I’ll admit that the circuit training and intervals didn’t add up to the two and a half hours I had been taking to complete marathons, but I’m pretty sure that twice a week I followed my high-school workouts by hitting the pool at the YMCA to add an extra 45 to 75 minutes to my day’s race-pace heart rate.

For me, watching Thomas’ races was a pretty spooky déjà vu because at the same Maple Heights, East High and Ohio State indoor meets I had run 11 years earlier he kept placing as well as me, while also running similar times. At the same time, Thomas won the Senate Championships at the brand-new Baldwin Wallace indoor track. Things were looking good, and I hoped he could beat my eighth-place finish at the outdoor state meet.

Long story short, Thomas’ outdoor results weren’t anywhere near as stellar as his indoor ones. After a second sub-par outdoor two-mile by Thomas, Coach Holland assigned him to concentrate on his 4 x 800-meter relay workouts. As I compared my indoor vs. outdoor workouts to determine my coaching “mistakes,” I realized our outdoor training routine (not noted here) didn’t include our indoor off-day circuit training of stairwells, calisthenics and hallways. As a result, I took Thomas aside, apologized for not doing an equivalent outdoor workout, and suggested that after finishing his 4 x 800-meter workouts, he should try to seize opportunities to run the stadium steps while intermixing them with calisthenics.

Thomas came up short of qualifying for the state meet in the individual 3,200 meters, but John Adam’s 4 x 800-meter relay qualified and was one of the favorites. Nonetheless, to win the race, the first three legs realized they would need to build up a big enough lead so that their anchor leg could hold off John F. Kennedy’s anchor who had run several 1:51’s and 2’s in the open 800 at various races that spring.

To the surprise of Coach Holland and his teammates, Thomas ran the same time of 1:56 as his teammates. The first leg’s 1:56 got them in the mix of the top three or four. Thomas’s 1:56 got the team to the lead, the third runner’s 1:56 built up the necessary five-second cushion, and the anchor’s 1:56 got the team to the finish line with a AAA win and a state record time.

Ironically, it was CWRRRC member Bob Kuebler who introduced me to Claude Holland. Kuebler’s belief that runners hit their PRs somewhere around their seventh year of running, whether they started running as an eighth grader like me and whose best times in cross country, the indoor 5,000, and outdoor 10,000 were as a junior in college, or in their mid-30s like my stepson Jon, who started with mud runs and should hit his marathon and 100-mile PRs in two or three years. After Kuebler introduced Holland and me in the fall of 1977, Holland invited me to help him coach because he knew that Coach Scott had been so successful with one and two-milers. Then in the spring of 1988, I ran my best marathon in my seventh year of marathoning.

Regarding coaching at the time (bringing this back full circle), I realize I made some rookie mistakes I wish I could go back and correct, and which Summer’s presentation reminded me of: know each runner’s strengths and weaknesses, diversify training techniques, keep heart rate at race pace for the same length as a race, and build everyone’s core.

Hopefully I will keep these lessons in mind as I ramp up for the 2019 Boston Marathon. I’ll keep you posted if I benefit from this rehashing of coaching and running tips I have culminated in my running career!

CIM: A Stitch In Side Does Not Save Time!

By Heather Kuch

It's been a little while since my last article, but seeing as I am now a five-time marathoner and I have a lot to say about marathon number five (and state number seven in my quest for a half or more in all 50), it seems like a great time to write!

CALIFORNIA INTERNATIONAL MARATHON

On December 3rd I finished the California International Marathon. While I was shy of my goal (sub-3:40), finishing in 3:55 due to issues outside of my control - which I will discuss later - I learned a lot about my mental and physical toughness in this race, my current fitness level and how to run a smart race. On top of that I had an amazing trip, meeting runner friends from all over the country, pro runners, and my Nuun Hydration team and fellow ambassadors, plus taking in all that Sacramento and the surrounding areas had to offer! It was definitely one of my favorite running trips.

The trip started out the Wednesday before the race bright and early with a 5:30 a.m. flight to Sacramento. When I arrived in CA, my parents grabbed me from the airport and we took a quick tour of a few wineries before heading to my parents resort at Angels Camp. My goal on this trip was to stay off of my feet and not sightsee too much like I did in Oklahoma which led to dead-legs on race morning. When we arrived in Angels Camp I went for a quick, easy three-mile run. Angels Camp is elevated and hilly so I was careful to find the flattest route possible. The next day we drove back into Sacramento, checked me into my hotel and toured Old Town. Afterward, we headed to Folsom to see the city where the marathon would start, to shop, and to have dinner. Then it was back to Sacramento for me until after the race.

The next day in Sacramento I had an amazing gluten-free brunch at Pushkin's, and then headed off to the expo. I grabbed my bib and all of my goodies, purchased some race swag, and then headed back to my hotel until it was time to meet up with Instagram friends Rebekah and Megan for a run.

Rebekah, Megan and I headed out for a very easy 5K before the race and toured the city and the Capitol Park. On our way back to our hotels, we ran into another Instagram friend, Amanda.

After I said goodbye, I relaxed in my hotel until heading to dinner at a restaurant called Paesano's. I had gluten-free carbonara (Sacramento was so gluten-free friendly, it was perfect!) and chatted with a couple next to me about the race. They shared tips, advice, and said they'd look for me on course (they'd be cheering). Then it was back to the hotel to get a good night's sleep.

On Saturday I tried to stay off of my feet as much as possible. I went back to Pushkin's for another breakfast and then headed to the expo for a Nuun Ambassador event. Beforehand I checked out the elite bib reveal and snagged some pics of some of my favorite elite runners! I also spied Neely Spence Gracey at the expo. The Nuun event was great because I was able to actually meet Nuun Ambassadors from all over the country, be featured in a live Nuun webinar, and got some Nuun swag! Afterward I pretty much lounged in my hotel the rest of the day and got everything ready for the race.

Race morning started very early with a 5 a.m. bus ride to Folsom. I noticed it was pretty warm out (about 45 degrees) so I knew we were going to have good race weather. The bus ride passed quickly as I made friends with my seatmate. When we arrived in Folsom we headed to the porta potties and were in and out quickly. I got back on the bus to stay comfortable and got every last detail organized. With about 30 minutes left I headed back to the bathrooms, dumped my gear check bag, and then met up for one last photo with Instagram friends. With about 12 minutes left I got into the corral and seeded myself between the 3:37 and 3:42 pacers. The wheelchair athletes took off with five minutes to go. Then before I knew it we were off too.



The first mile rolled downhill. I told myself to hold back but stay comfortable. I tried not to get sucked into going too fast with everyone else and let the 3:37 pacer go ahead (a good choice because I never saw her again - not sure what pace she was running). The course rolled pretty seriously in the beginning. There was a lot of down but there was also a lot of up too. But I still felt fantastic. I went through the 5K at about a 7:55/mile so I made myself back off a little and by the time I hit the 10K I was at an 8:02/mile. I could not believe how little effort I was using to run

these paces. The uphill started to get more significant but I still felt great. I also felt so free because Nuun was on the course so I didn't have to carry a handheld for once! I was taking in the sights, the great crowd support, and the perfect weather. The only complaint I had was that the water stops were somewhat difficult to get to with all of the runners and the stops being on one side of the street.

The miles were flying by and I couldn't believe it when I saw mile 10. I was already in double digits, thinking: "I'm going to break 3:40!" Despite some bigger hills in between, I saw mile 13 show up shortly after at 13.1 when I was crossing the timing mat at 13.1. "Did I really just run across the half marathon in 1:46 at a minimal effort I thought. Maybe I could get negative splits and finish in 3:35!" I pushed on feeling great until I hit 13.8.

Then I felt it. The side stitch. The stupid, annoying, nagging, incredibly painful side stitch that had reared its ugly head during my first 18 miler in my training. The one that literally brought me to tears in my training. I tried to breathe deeply and work it out but it wasn't happening. By the time I crossed 14 it was a stabbing pain and I couldn't catch my breath. That caused me to hyperventilate and freak out, making breathing more difficult. At that point I called Mike (my running partner/training coach) and talked to him. I needed someone to calm me down. He and Joanna (his wife) talked to me and calmed me down to the point I could get running again.

Around 16 I called my mom because I was still wheezing and hurting. I ran the next three miles (slowly) with her on the phone just listening to me run. Something about that calmed me down enough to keep moving. I hung up with her around 19.5 (after a lot of tears and anger - why does this always happen to me? I was having a great race!), put on my music and kept moving.

Miles 20 to 24 were a mix of okay and hurting. I was at the point that I could go a mile before I had to slow and work out the cramp/stitch. At mile 21 I noticed a girl on the left side of the road sort of limping and then she took off running again. Something told me to go check on her. I jogged over to her and asked if she was okay. Her name was Sara and she was having a similar race where an injury showed up and messed with what was shaping up to be a great race for her. I shared my experience with her and we ran together for a little while. She had to back off and told me to have a great race. I told her I knew she'd catch me at some point because I was hurting pretty badly. Afterward I kept pushing through and before I knew it we had crested the last hill and we were back in the city at 24 with 2.2 miles to go.

I cramped pretty badly but I could tell from my watch that even with a lot of walking, I was going to break four hours. I worked out the cramp and called Mike again. He reassured me that I would break four and I was doing just fine. I ran with him on the phone until 24.5 and then hung up and pushed myself to finish strong. One more big cramp at 24.8 and I had to slow again to work it out. I told myself at 25 I would take off and finish the race even if I thought my side was going to tear. Right as I was about to start running I heard "huh-uh, no! Let's go!" It was Sara. I took off with her and we cranked up the pace. We were passing runners right and left. She was directing me, and firmly ordering me to stay with her. I gave it everything I had and just hung



on to her. My side was aching but I just focused on staying with Sara. 25.5, 25.7, 26. We were in the home stretch. Sara gestured that we would turn left, make another left shortly after, and then it was a short sprint to the finish.

We made the first left turn at 26 and I could see that we only had about 0.1 before we turned again. We rounded the second left and I could see the finish. Not even 0.2 away. Sara kicked it up and I went with her. We sprinted in and I saw the clock as we crossed. 3:55. We were in five minutes under four hours. Sara and I both turned and hugged each other after we crossed, thanking each other for making the last mile great. There was no way my last mile would have been that great without her there. We were meant to finish that race together from when we met at mile 21.

The official time was 3:55:28. I was a little disappointed given how the first half of the race went, but given how I felt throughout the last 12.2 miles, I'm pretty darn proud of finishing that race and breaking four is always a win in my book. The more I started thinking about it, the more I realized how great of a race this was for me even with the issue. This was my third fastest marathon (just 11 seconds off of my Detroit time) and it was a post-IT band injury PR. I went from the DNF in Utah, to a 4:05 in Oklahoma City, to a 3:55 at this race. And speaking of the IT band, it never hurt or bothered me in this race! Even with all of the hills! Finally, I finished this race strong and made a new friend in the process. Last time I ran a 3:55 I turned around for a huge PR in Cleveland. Cleveland 2018 is already scheduled, so it looks like I'm ready for a repeat!

Update since the race:

I enjoyed the rest of my trip in Sacramento and the surrounding area by eating great food, touring the Sequoia National Forest, and tasting a lot of wine. Since returning home I've made it to HealthSource of Avon where they check out my side/back/hips and determined that I am all out of alignment which caused the side stitch and breathing issue! It likely is due from overcompensating for that bad IT band while it healed. So I have a diagnosis, which they are going to help me fix. They are also going to teach me how to breathe better while running, and help strengthen my IT bands in the process!

Please Note

Articles for the March/April *FootNotes* must be submitted by Friday, February 23rd.

Material received after the 23rd 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.

2018 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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