

Running Strong Since 1977

The Early Days Of Cleveland-West

By Steve Gladis

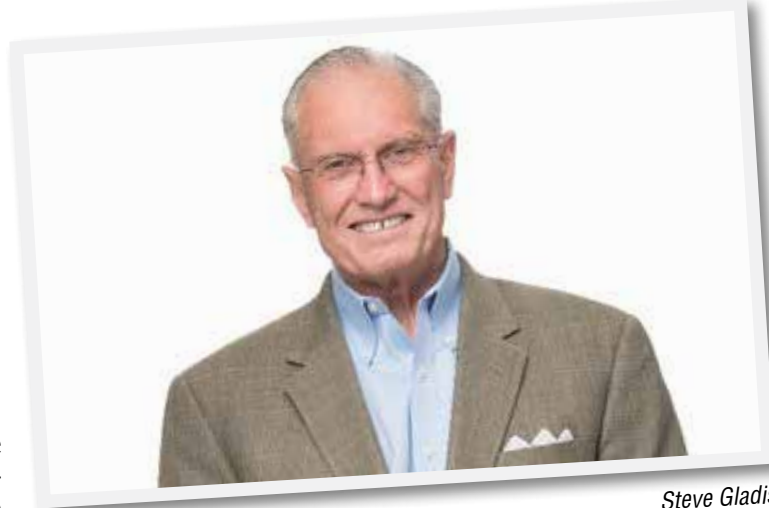
In 1975, when another FBI agent and I arrived in Cleveland, we stayed at the old Westlake Hotel, near an entrance to the Metropolitan Park valley and a short walk from Bonne Bell. At the time, I had no idea how both of those places would impact me so profoundly.

By then, running was already a major part of my life. I took up running while I was working in Monterey, CA. Running along the Pacific Coast was amazing, and participating in races in the well-established running world of California imprinted running on my body and in my mind.

So, after arriving in Cleveland, I immediately adopted the valley as my running place - every morning I ran through that part of the Emerald Necklace that draped around Cleveland. As a social creature, I quickly got to know the "regulars" and before long started to tell people that "we" were going to start a Saturday run at 7:30 a.m., if anyone was interested. Thus, our running club started without formally being established. We met weekly, first running in groups small enough to fit in a phone booth (if people remember phone booths), which later grew to about 40 or 50 people.

One Saturday, when there were about 10 to 15 of us in the group, a big Mercedes pulled up and out popped Jess Bell, the CEO of Bonne Bell cosmetics. He'd heard of the group and wanted to join us. I immediately liked Jess - big smile, smart guy, not too full of himself. He wanted to become a runner and showed up to meet a community of runners. And, we welcomed him.

Those early days, almost like a business startup, were such fun - informal, friendly and filled with camaraderie. We talked and laughed a lot. Sometimes we'd have to stop and finish laughing before resuming our run. Jess called me "the bionic mouth"! It didn't take long for our ranks to swell, especially because of Jess, who had started instituting fitness goals and incentives for his employees.



Steve Gladis

In my quest for growth and organization, I contacted a few key runners (by reputation) on the East Side of Cleveland. What I was told was that runners in Cleveland were individuals and didn't like clubs or organizations. After I'd heard this message enough times, I decided to test the hypothesis and called a meeting in 1977 at my house in Bay Village. Jess Bell, Tom Kelley and Bill Reidy attended. Both Tom and Bill were accountants. Reflecting back, I must have known that I was good with experiments and big ideas, but short on detail; so, we needed those guys to keep me straight, as they did.

I can't remember all the details, but we eventually started having meetings at Bonne Bell in Westlake, thanks to Jess's generosity. I'm not a historian by nature, but I wanted to note the early genesis of the Club and thank everyone who has stepped up over the past 40 years and become involved in what is now a well-respected running club in America. Thank you all.

First published in FootNotes in February 2008. Additional paragraph added by author.

Am I An Athlete?

By W. Evan Golder

Growing up, I was the kid who either struck out, missed the lay-up, or got tackled in the backfield. When our church youth group formed a basketball team, after the first two games I was named designated scorer. How humiliating! I didn't even have to wear sneakers to the games.

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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 Cleveland-West Keeps On Running!

By Bob Myers

We have just completed the Bay Days race as you read this newsletter! No time to rest, we have the Fall Classic in our sights on November 18th. Mark Breudigam, our race director, always does a fine job with this race. Look for a really cool race pullover with updated graphics for all the entrants.

Our quarterly Saturday morning breakfast continues with interesting ethnic themes. A special shout-out to the Springboks group for the June 23rd event. Gretty Myers prepared an African egg dish and provided the menu coordination. Thanks goes to Mark Brinich, Paul Schlosser and John Delzani for making it all happen. Next up, on September 22nd, the Kathy's/ Cathy's will be doing the Mexican breakfast.

The community service projects are going very well indeed. Some may ask, "Why is a running club involved in community service?" Shortly after being elected club president a few years ago I felt the need to expand our presence in the community. Cleveland-West runners are blessed with good health for the most part, and have such an array of talents that it just made sense. I also felt the work projects would provide synergy among ourselves and build upon relationships. So, we completed landscaping at the Carolyn L. Farrell Foundation and participated in the cleanup of the Rocky River with the Rocky River Watershed and Metroparks. Soon we will be taking on a brand new project chaired by Kathy Rezek, for the Cleveland Kids' Book Bank, on October 20th. See Kathy's article in this newsletter.

Please check out the "Planning Ahead" section of our newsletter and updates on our web site for the many opportunities and events your club has to offer!

Keep the faith!

Care To Volunteer? Help Kids' Book Bank

By Kathy Rezek

Let's help put books into the hands of Cleveland children in need! Cleveland-West is looking for book donations, as well as volunteers to help out the Cleveland Kids' Book Bank. We will join other volunteers on Saturday, October 20th, 10 a.m. to noon, to help box books for the organization to distribute. We'll carpool from Blackbird Baking Co., 1391 Sloane Ave., Lakewood, after the Saturday morning run. Volunteers aged 13 and older can help. Please bring any books for donation with you on October 20th, or contact Kathy Rezek at rezek_mbi@hotmail.com, to arrange for book drop off.

The most critical need is for baby books, early readers through third grade, and books showing diversity. They also need:

- Board books (cardboard pages, durable)
- Picture books (books parents would read to their children)
- Beginning readers (i.e.: *Step Into Reading, I Can Read*)

They do not accept adult books, magazines, textbooks, encyclopedias, coloring books or books with torn covers.

The Kids' Book Bank, which distributes books through agencies that teach parents and caregivers to read with their children, as well as other resources, is located at 3635 Perkins Ave., #1E, Cleveland. Phone is 216-417-1803. Details about the organization and directions are located on their web site at www.kidsbookbank.org.

Fall Road Trip to Ft. Wayne

By Chip Cooper

We had such a great time last year...we are going back. On September 28th and 29th, join us for the 11th Annual Fort4Fitness Fall Festival marathon, half marathon, 10K and four-mile races.

It is less than a five-hour drive to Ft. Wayne. They have a great expo and the after party in the minor league baseball stadium is excellent. We will even get together with the Ft. Wayne running club to celebrate and share our stories.

More info at: <http://fort4fitness.org/fall-festival> or email me at chascooper@roadrunner.com.



Save The Date -- Upcoming Local Events

Our Lady Queen of Peace

Date: Saturday, August 4th

Time: 8:15 a.m. for run; 8:30 a.m. for 1.25 mile walk

Where: 708 Erie St., Grafton, OH 44044

What: Family Fest 5K race and 1.25-mile walk on local roads and the trails of the Lorain County Metroparks' Indian Hollow Reservation

Registration: <https://olqpgrafton.org/5k-race>

Contact: 440-926-2364

Guardian Mile

Date: Saturday, August 11th

Time: 7 p.m. for first heat.

Where: West 24th Street

What: One mile road race. Fun for the entire family, highlighted by an elite pro field of runners vying for an Ohio record time.

Registration: <https://www.gohrun.org/themile/>

Labor of Love

Date: Sunday, September 16th

Time: 8:30 a.m. start

Where: Rocky River High School, 20951 Detroit Rd.

What: Run 4 Our Lady of the Wayside - 4 Mile Run & 2 Mile Run / Walk

Registration: www.GreaterClevelandXC.com

Contact: 440-290-0185

Sunday
November 18
9:00 a.m.

MetroParks -
Bonnie Park, Strongsville
Half marathon & 5K



more info & register at:

www.clewestrunningclub.org

for all 2018 races



Brell/Schipper Host Next Assembly

By Kathy Dugan

Joanna Brell and Mike Schipper will host the Wednesday, September 5th newsletter assembly. Be sure to join us any time after 6 p.m. at 15520 Edgewater Dr. in Lakewood.

The "Search for Summer" Scavenger hunt may technically be over by then, but an opportunity will still exist to enjoy Mike and Joanna's back patio/yard, which overlooks Lake Erie and offers a view of downtown CLE.

Be sure to bring your own beverage of choice; the club will provide pizza.

Thank you to D&D, the July/August newsletter assembly hosts!



Welcome New CWRRRC Members

Ryan Chrysanthus

Dylan Carr

Donna Hoder

Joyce Kennedy

Karen Linden

Happy Birthday

July

Denise Ames
Ramon Aponte
Patrick Bartone
Daniel Bellinger
Denise Calvitti
Ryan Chrysanthus
Drew Clevenger
Mary Theresa Corrigan
Margot Courand
Julie Curtis
Nancy Daniel
Christie Daniel
Tim Dettmer
Darrell Digman
Michael Dindia
Jim Eland
Christie Fink
Heidi Finniff
Jack Ford
Tim Furey
Julie Gauvreau
Robert Grossman
Megan Hartstein
Joe Jurczyk
Fred Kim
George Klier
Kim Krumhansl
Kristyna Kubb
Ted Kuhnen
Brian Luther
Marilyn Olsen
Natalie Palmieri
Raj Ragoon
Michelle Rieger
Dan Saracina
Joe Schnug
Alp Shirliglu
Georgeanne Taghizadeh
Annie Vamvakas
Bill Wagner
Rebecca Whitmore

August

Steve Babson
Alexander Belisle
Tom Bernazzoli
Christopher Carson
Lee Anne Chambers
Bob Collins
Gretchen Eigenbrod
James Fell
Sean Fowler
Michael Fry
Ashlee Ginter
John Guty
Chady Hall
Donna Hoder
Thomas Hord
April Hoyes
Andy Humble
Theresa Kempf
Beth McKee
Joe Nainiger
Richard J. Pool
Paula Ragoon
Mack Reece
Kathy Rezek
Mike Schipper
Jennifer Seeger
Grace Seidel
Jeanne M. Sikorski
William Stross
Nancy Testa-Westerburg
Marc Travis
Chuck Viers

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

2018 Search For Summer Scavenger Hunt

By Bob Budzilek

The Search for Summer Scavenger Hunt is well on its way. Thanks again to Dan Straitiff for posting the weekly updates and the Photos of the Week. Here is a brief update on progress through June:

- Currently 14 participants.
- Ponds/Lakes/Wetlands are the most used item, doubling the second place Waterfall and War Memorial.
- Only one Brewery and two Wineries thus far (??????).
- 1,018 points scored thus far, so close to 100 entries.
- Brian Cleary, the first to complete the Quest last year, has completed 12 of the 20 items and 156 points. Gretty Myers and Libby White are close behind with 10 items and 138 and 120 points, respectively.
- New club member Reva Mitchell has submitted the most handstand pictures.
- And Smokey, the Yorkie Doodle Dandy, should be the new club mascot.

Keep checking our web site for weekly updates and the photo of the week. It is not too late to join, and awards will be handed out at the club clambake, along with a slide show of all photos.



Planning Ahead Cleveland West Road Runners

Whiskey Island Run

Date: Wednesday, August 8th

Time: 6 p.m.

Where: Wendy Park, 2800 Whiskey Island Dr., Cleveland

Newsletter Assembly & Business Meeting

Date: Wednesday, September 5th

Time: 6 p.m.

Where: TBA

Whiskey Island Run

Date: Wednesday, September 12th

Time: 6 p.m.

Where: Wendy Park, 2800 Whiskey Island Dr., Cleveland

Breakfast In The Park

Date: Saturday, September 22nd

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

Where: Scenic Park Shelter

Sponsors: Kathy's / Cathy's, Mexican theme

Fall Club's Annual Clam Bake

Date: Saturday, October 6th

Time: 5 to 9 p.m.

Where: Clubhouse, 26633 Detroit Rd., Westlake

Business Meeting & Election of 2019 Officers

Date: Monday, October 15th

Time: 6:30 p.m.

Where: Clubhouse, 26633 Detroit Rd., Westlake

Kids' Book Bank Special Service Project

Date: Saturday, October 20th

Time: 10 a.m.

Where: 3635 Perkins Ave., #1E, Cleveland

Project Coordinator: Kathy Rezek

Newsletter Assembly & Business Meeting

Date: Wednesday, November 7th

Time: 6 p.m.

Where: TBA

Fall Classic Half Marathon & 5K

Date: Saturday, November 18th

Time: 9 a.m.

Where: Bonnie Park Metroparks, Strongsville

Holiday Lights Run & Celebration

Date: Thursday, December 13th

Time: 6:15 p.m.

Where: Lakewood Park Women's Pavilion. Party after run: Lakewood Village Tavern, 13437 Madison Ave., Lakewood

Business Meeting

Date: Monday, December 17th

Time: 6:30 p.m.

Where: Clubhouse, 26633 Detroit Rd., Westlake

Winter Banquet

Date: Saturday, January 26th, 2019

Time: 6 p.m.

Where: LaCentre Conference & Banquet Facility, 25777 Detroit Rd., Westlake

Weekly Year-Round Group Runs

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: St. Joseph Academy, 3470 Rocky River Dr., Cleveland

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



(continued from page 1)

Back in 1968, when I turned 30, I worried that I would grow old and fat, since I had a sedentary job and didn't exercise. To ease that worry, I joined a calisthenics class at the Oakland YMCA. Accompanied by a woman on a battered old upright and commanded by a former Marine drill instructor, about a dozen of us out-of-shape men did jumping jacks and toe touches, push-ups and sit-ups, and tossed medicine balls back and forth.

At the end of each 25-minute session, we ran around the gym. It took 22 laps to make a mile, but when good weather came our drill instructor sent us outside to run twice around the block, one half-mile each time. To my surprise, I liked that. This being Oakland, CA, with Lake Merritt right downtown, I wanted to try running its 5K perimeter. I liked that, too. Soon I incorporated running into my daily schedule.

Next thing I knew, I was entering weekend road races - then marathons. Besides "running the lake," I added "running the hills" above Berkeley and Oakland to my training.



From The Lake To The Hills

One spring morning in the mid-1970s, I was enjoying a 10-mile run in the hills. From Skyline Drive I could catch a view of San Francisco Bay as I rounded a corner and headed back down to Lake Merritt. I felt great! It was a beautiful day, the scent of eucalyptus hung in the air, and I was doing something I loved. The road curved a lot and had no sidewalk, so as I ran I hugged the guard rail to the left of the road.

Suddenly I heard a roar behind me. Glancing over my shoulder, I saw a pickup careening down the hill. Without hesitating a second, I leapt over the guard rail while the truck hurtled past.

As I stood there catching my breath while my adrenalin rush subsided, a blue Mustang convertible with the top down stopped beside me. At the wheel sat a young blonde wearing a powder-blue jump suit.



"At times like that, aren't you glad you're an athlete?" she asked. Then she smiled and drove on.

I couldn't believe my ears! Was she speaking to me? I nearly turned around to see who else might be standing there. Me - an athlete? No way.

As I resumed my run, her question haunted me. I began to question my assumptions about who I was, assumptions about my identity. Maybe I wasn't a klutz. This stranger had assumed from my behavior - my running in the hills and my quick leap over the guard rail - that I was an athlete. The more I thought about it, the more I liked that idea.

True, I never was going to march in the Olympics Opening Ceremony or wear an olive wreath on the podium in Boston. But I did run races and I had a 5K PR of 17:45. I did run marathons and I had a PR of 3:01:36. I had a resting pulse of 52 and blood pressure of 100/60. I was in good shape and ran at least 50 miles a week.

Boston Or Bust

Admittedly, I had a rough start as a runner. In the early days, my goal was to break 30 minutes as I ran the 5K around Lake Merritt. Even though I never had run a race of any kind, I had grown up near Boston and was a diligent fan of the Boston Marathon.

So my goal was to run Boston in four hours. Despite my lack of experience, I planned to run nine-minute miles. When I learned that Olympic gold medalist Bob Schul lived in the Bay Area, I sought his advice. I know now that he knew then that I clearly was in over my head. Nevertheless, he was very gracious. He invited me to his home, showed me his gold medal (5,000 meters, 1964 Olympics, Tokyo), and wished me well.

So in 1969, when 1,152 runners, including five women who ran “illegally,” started the 73rd BAA Boston Marathon, I was among them. Around the two-mile mark I joined a group surrounding Nina Kuscsik. What luck for me, as her crowd support just pushed us along. The problem, though, was that she was running 8:30 miles, 30 seconds faster than my plan. Oh well, I thought, what’s 30 seconds. It’s worth it just to enjoy the extra cheering from the fans when they spotted her. If I “hit the wall,” I figured I would let adrenaline carry me in. Little did I know!

Around 17 miles, as we turned a corner in Newton Lower Falls and headed uphill toward Heartbreak Hill, I learned my lesson. Gradually, Nina and her entourage pulled away from me as my pace reduced to a jog, then to a walk. By the time I reached Boston College I flopped onto a bench and waited for the trolley headed downtown. Five years later, I erased my DNF (did not finish) by finishing Boston in 3:17.

A ‘PR,’ But Still 96 Seconds Short

By contrast, my favorite marathon, perhaps because of my PR, is Avenue of the Giants in northern California. The day before, I drove north with running friends from the Bay Area to Garberville and the pre-race festivities at the historic Benbow Inn. That night I led a workshop for first-time marathoners. I was on a roll.

The next morning was perfect marathon weather. For 21 miles the nearly level course was shaded by giant redwood trees before bursting into sunlight. As the race developed, I knew my pace was ahead of my 3:10 goal, but I felt strong. Could I break three hours? Unfortunately, though, at three hours I had reached only the 26-mile mark, with 385 yards still to go.

When a friend heard that I had missed the magic three-hour finish by 96 seconds, he said, “Why didn’t you just pick up the pace and sprint on in?” Right, I thought. I can tell you’ve never run a marathon.

Me, An Athlete?

In May of this year, I turned 80 and marked 50 years of running, including 20 marathons. From the Bay Area, we moved to New York City, where I regularly ran Central Park’s six-mile loop. In 1989, we moved to Rocky River, where I joined the CWRRC’s Saturday morning runs. Later, I added Tuesday and Thursday morning runs with the “Oatmealers” to my exercise regimen.

Am I an athlete? When I wrote this article 10 years ago, I felt I could say “Yes” – even if it did take a blonde in a convertible to awaken me to that possibility. Now, time and injuries have taken their toll and my running has been reduced to walking. Even so, when club members gather in Scenic Park on Saturday mornings, my adrenaline gets a little jolt as I remember the days when I, too, was an athlete.

Used Bikes Give Second Chance

By Irene Weston

Do you remember what it was like to get your first bike? Riding for fun made great memories!

Here’s an opportunity to give a bike to someone in need. My husband Mark and I developed and oversee a Bikes For Jobs program as an offshoot of a donation barrel at Friends Church. Our mission is to provide reliable bikes to assist people with limited resources. Giving a mode of transportation expands their range of employment and educational opportunities. The bikes are game changers for people who use them as everyday transportation. Their personal and family lives will be improved.

By giving, we can help fulfill their goals. We all know what it’s like to ride for fun or a race. Let’s give them a chance for more freedom and success. We’ve seen the look of happiness and joy when a recipient gets their bike. It’s priceless!

If you have bikes you’d like to donate, please drop them off at: the N. Olmsted Fire Dept., 24291 Lorain Rd., N. Olmsted, OH. Please label with a sign/tag “Mark Weston.” The bikes are repaired by Mark and other individuals from Church groups, youth organizations and people who have heard through word of mouth. If you have any questions, please contact me at irenemw3@yahoo.com.

Bikes for Jobs operates under the umbrella of the Redeemer Crisis Center, an inner city center providing services for those in need. The recipients need to qualify for the program. They apply through the center and work hard to EARN the bikes. Bikes are also donated through a variety of other organizations, including Case Western, Baldwin Wallace and local police departments.



Bay Days 5-Mile Run And Kids Run Recap

By Rich Oldrieve

According to my wrist watch, at 8:38 a.m. on July 4th, the Bay Days 1,200-meter kids run took off. There was a record number of 178 entrants, but only 138 ended up finishing (presumably most of the missing 40 chose to sleep in on a very hot day of 91 degrees, with maybe a few others choosing to head instead to Huntington Beach to stay cool.)

To me, the kids run was intriguing because Molly Rogers was not only the first girl to finish, she beat boys' winner Ryan Corrigan by 3/10ths of a second. Molly's time was 4:28.2 for 1,200 meters, while Ryan's was 4:28.5. Several places behind, finishing sixth place overall, Marina Beigi (4:53.9) outkicked the seventh-place finisher, 10-year-old Addy McGee (4:55.2). Nonetheless, despite losing to Marina, Addy beat the next three kids who happened to be her triplet nine-year-old brothers: Sean (8th), Owen (9th), and Chris (10th). Their mother Emily also placed in her age group. I guess they'll be having a great party at Mitchell's Ice Cream, since each received a gift card!

One reason for the change to a 1,200-meter race instead of the usual one-mile was that Bay High's stadium artificial was being updated. Another was that, instead of changing the race location to accommodate the construction, we chose to keep the start and finish lines the same as the five-miler's. The increasing numbers of Kids Run participants indicates making the start and finish lines for both races the same (a change we implemented last year) is popular with parents. Presumably it's easier for them to chaperone their kids, as well as for the Chick-fil-A cow to greet participants in both races. It also causes fewer headaches for the race director (me), volunteer coordinator (Joe Naininger), course marshals, and biking Pied Piper John Delzani - whom in two of the last three years the kids haven't always followed correctly.

Five-Miler

This year the five-mile race lead pack chose to not follow Auxiliary police officer Donny Landers, nor their own knowledge of the course from previous years. Instead, the top dozen or so runners followed the pointing arm of course marshal Mark Breudigam to go right from Wolf Road onto Saddler, instead of heading straight for another third of a mile and turning right onto Pellett. As Breudigam, a former Cleveland-West president, as well as current Fall Classic race director, confessed later at the awards ceremony, he had "a brain fart."

What wasn't so obvious is that I also had "a brain fart." As a former track officiant, I learned the importance of gathering runners together at the starting line to make sure that, among other things, relay-team members knew the colors and locations of the track's start lines, exchange zone lines, break lines and finish lines that were pertinent to their particular race.

However, as a participant in numerous road races where my eyes glaze over while the starter picks up the microphone and then proceeds to spend three minutes listing the numerous turns throughout a five-mile course, I try to keep my microphone time to a minimum by practicing and condensing the pre-race instructions dutifully prepared for me by club member Dan Straittiff. Nonetheless, as the elite racers were taking their last strident outs before the race, I should have gathered them together and asked if they knew and understood the changes we had made to the course due to the stadium field being renovated.

I suspect most of them knew that some sort of changes had been made, but most didn't know what those changes were. And thus, if my suspicions are correct, they were primed to follow the pointing direction of an experienced course marshal most of them had seen before officiating at Bay Days and starting the Fall Classic. If I had posed the question, and most had looked puzzled, I would have explained that there were no changes for the first three miles; the only real change was a later turn on Bradley Road - at Webster instead of Winston.

Unfortunately, I didn't forewarn the lead runners. Nonetheless, immediately after the race, I approached the top five-milers as they left the finish chute area. I apologized and asked if our mistake had caused a problem with the order of finish. All said "No," and none complained. They all said the results were about what they would have been without the mistake (though their times clearly would have been faster), and one runner even apologized for cursing someone on the course.

Five-Miler Results

The top three finishers in the men's race were Josh Park, Mark Grogan and Jason Zangmeister. The top three women were Sarah Horbol, Maddie Jenkins and Amy Gannosh Park.

The Women's Masters winner was Jennifer Newton and the top three male masters finishers were all over 50 - as Tim Hugen, William Biscoff and Blake Burchell all finished within 23 seconds of each other, with times ranging from 31:07 to 31:30. The female grandmaster winner was Linda Misencik and the male grandmaster winner was Mark Misencik.

Overall, our five-mile attendance was down slightly from the previous three Bay Days races - which on a surface level could have been expected due to high temperatures and humidity. Intriguingly, with a bit more digging, I found the women's race has been remarkably consistent with entrant totals of: 267, 265, 264, and this year's 265. Interestingly, 250 of those women finished the race. It's the male side where entrant totals dropped off from the 2015, 2016 and 2017 totals of 319, 297 and 319 to this year's 284. And with even more digging, I discovered it's males 19 and under who account for most of the drop-off.

Thank you to all the Cleveland West volunteers. Keep up the quality work. Many runners came up to me afterward to say how much they liked the race. (Only between 12 and 20 runners were affected by taking the wrong turn). Several said they liked the straight on finish on the driveway over finishing on the track.



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FINISH
greaterclevelandxc.com



Skinny Summer Beverages To Keep You Cool

By Amy Jamieson-Petonic, MEd, RDN CSSD, LD

After such a long, cold winter, I was really anticipating the summer heat. I looked forward to warm days and long nights, as well as dipping my toes in the sand and sipping cool summer drinks. Well, Mother Nature has delivered on her portion of my dreams!

Clients frequently ask me for tips and tricks on how to stay healthy all year, and summer is no exception. In the heat of summer, we tend to wear less clothing (thank goodness I could put the parka and snow boots away for a few months) and spend more time in the sun, thus increasing our risk for dehydration.

Dehydration can occur quickly, so it's important that we continue to consume fluids throughout the day. Our bodies are composed of approximately 60 percent to 70 percent water, and every metabolic process needs water to keep them healthy. All the more reason to stay hydrated!

To that end, I present two recipes (with assistance from dietetic intern Irissa Bachman - thanks Irissa) to help you stay cool and hydrated over the next few months.

I love the Skinny Mini Raspberry Spritzer recipe because it includes three of my favorite foods - raspberries, acai berries and mint. Raspberries are a great source of antioxidants and may be a helpful tool in assisting people with weight loss. There is new research on a phytonutrient in raspberries called rheosmin that may reduce the digestion and absorption of fat. If we digest and absorb less fat, we take in fewer calories, which can lead to weight loss. Raspberries are a good source of Vitamin C and manganese, and with only 64 calories per cup, they offer a great nutritional bang for your buck.

Acai berries, also known as Euterpe oleraca, are small berries that contain clusters of seeds harvested from palm trees in South America. Acai berries are very high in antioxidants, and have been proposed to be the "panacea" of weight loss supplements, although current research studies have not shown this association to be true.

Even with the current research, acai berries are still a great addition to a nutrition program for other health benefits, such as being an excellent source of iron, calcium, fiber and vitamin A. They also contain a blue pigment called anthocyanin, also found in blueberries and red wine. Anthocyanins, such as resveratrol and ferulic acid, provide helpful chemicals that fight free radicals in the body. In fact, acai berries contain 10 to 30 times more anthocyanin power than red wine.

Mint is my third favorite item in this recipe. Those who suffer with allergies will be happy to learn that mint may be one herb that can help provide some much needed relief. Mint plants contain an antioxidant known as rosmarinic acid, which has been studied for its effectiveness in relieving seasonal allergy symptoms. Because of rosmarinic acid's anti-inflammatory properties, rosmarinic acid has been shown to be a promising treatment.

Skinny Mini Raspberry Acai Mint Spritzer - Serves 4

Ingredients:

- 2 cups frozen raspberries, pureed
- 1 oz Acai juice, unsweetened
- 1 cup club soda
- cup fresh mint leaves, torn
- Crushed ice (if preferred)
- Sliced lemon or lime for garnish

A substitution for the pureed raspberries and unsweetened Acai juice is 3c, a low-calorie (50 calorie or less) Raspberry Acai juice.

Directions:

1. Take 2 cups of frozen raspberries and puree in blender until smooth.
2. In a large pitcher, combine the club soda, raspberry puree, juice and mint. Mix well.
3. Pour to 4 10-oz glasses.
4. Garnish each glass with a slice of lemon.
5. If it needs a little sweetness, add a pinch of Stevia or a drop of honey.

Our second sensational summer recipe, Sweet Strawberry Lemonade provides strawberries, lemon juice and agave nectar.

Strawberries have been shown to have beneficial effects on cardiovascular health. A recent study in the Journal of Nutrition looked at the role of strawberries on total cholesterol, and LDL (the unhealthy cholesterol) levels. Sixty people were recruited for the study, and were instructed to drink a low-dose strawberry beverage, high-dose strawberry beverage or control (no strawberries) for 12 weeks. At the end of the 12-week trial, the high-dose strawberry group saw a reduction of 33 mg/dl on total cholesterol levels, and 28 mg/dl on LDL levels, respectively. These results are significant and may be another method to help manage cardiovascular disease.



Sweet Strawberry Lemonade – serves 8

Ingredients:

2 cups strawberries (fresh are preferred, but frozen can be used as well, just thaw for a few minutes)

cup freshly squeezed lemon juice (approximately 5 lemons)

cup Agave nectar

Water

1 extra lemon for garnish

Directions:

1. Slice tops from strawberries and discard.
2. Add strawberries, Agave and lemon juice to a blender and pulse until strawberries are liquid. Or, strain juice through a sieve if you prefer most of the pulp to be removed. You may pulse less if you like chunks of strawberry throughout your drink.

3. Pour juice into a half-gallon pitcher. Add slices of lemon, and fill with water. Don't overfill the pitcher with water; add just enough to make a half-gallon.

4. Pour over ice.

5. Garnish the side of glasses with a lemon slice and half of a strawberry. You may also try adding some sliced strawberries to the pitcher.

There you have it. Two sensational skinny beverages to sip on this summer to keep you cool and hydrated. Cheers to a happy and healthy summer!

Jamieson-Petonic is a board-certified sports dietitian, working with fitness enthusiasts who want to take their game to the next level. For more information, visit www.amyjtoday.org.

Let's Help Preserve The Trails

By Nancy Desmond

Cleveland Metroparks experiences 40 million annual visits, and 70 percent of visitors use the trails. This creates a lot of pressure on the trails and surrounding habitats. Park staff rely on education to promote best trail management practices by the public. This article is to explain and promote some of those best practices among trail user clubs.

All habitats in our area are profoundly impacted by being in an urbanized region. We want to reduce human disturbance when possible and let nature thrive. Going off trail and creating bootleg trails are practices that damage plants, animals, habitat and potentially endangered species. We don't notify the public of endangered species locations in order to protect them from collection and disturbance. Creating bootleg trails confuses other trail users and turns trail systems into a disorderly spaghetti network.

A newer area of concern is the use of muddy trails. For 100 years park visitors have used any trails in any weather, including when wet and muddy. Park staff used to consider the resulting erosion, ruts and widening to be normal and unavoidable consequences. But this doesn't have to be the case. Trail users can make other choices such as the bridle trails or the all-purpose trails in wet conditions.

Cleveland Metroparks employs five full-time and two part-time staff (the Trails Division) to build, maintain and repair more than 200 miles of trails. By necessity, they depend on thousands of hours of volunteer help. One large hike, run or ride on a wet, muddy trail can undo the work of those volunteers in a day. Solo trail users might think, "What harm can I, one person, do?" But you are never "one person." Multiply that by the thousands of solo users we see every week on trails.

Currently, the only trails Cleveland Metroparks closes due to conditions are the mountain bike trails. Incidentally, when those trails are marked "closed," they are closed for all users,



not just bikers. It would be overly burdensome to manage all our natural surface trails this way, so we are depending on the users to avoid muddy trails.

No one likes to be told they can't use their favorite trail. But we encourage you to consider all that goes into building and maintaining our natural surface trails, particularly the volunteer hours and taxpayer dollars. The bridle trail and all-purpose trails can be used in any weather. Sometimes they are the right choice to improve conservation, reduce maintenance and ensure all trail users have a good time on the well-maintained trails.

Thanks for reading this and happy trails!

Desmond is Special Projects Administrator for the Cleveland Metroparks.

Strength Training For Runners

By Ryan Summers, PT, DPT, CSCS

The specificity rule of training tells us that in order to be better at our given sports, we need to train at that sport.

So yes, the surest way to run better is to run and, if your time is limited, to devote most of it to running. However, the fastest and most robust runners are the ones who are well-rounded and better overall athletes.

If you're a runner and have had the pleasure of working with a really good trainer (such as myself or my partner Matt Stevens), then you understand the importance of strength, stability, power and balance.

Without these, runners will continue to break down under the high volumes of training that they force upon their bodies.

In addition, we know and appreciate that running with poor form increases stress on the body and that running with a poorly prepared body means you'll never be able to improve your form. It's a never-ending cycle of doom.

Poor preparation -> poor form -> increased stress -> potential for injury

Inability to control dynamic alignment under load and fatigue is another building block of injury and over-training. People come into our clinic weak and unstable when completing even the most basic movements and we know that weak runners break down in form with fatigue.

So how do we improve our ability to combat fatigue while becoming a more efficient and robust runner? Strength training.

Benefits of strength training for runners include, but are not limited to:

-Improved running economy through "neuromuscular" improvements in how the brain recruits the muscles a runner already has.

-Improved maximal sprint speed and efficiency gains = faster racing and improved performance.

-More efficient stride through "stiffer" and "springier" tendons.

-Reduced risk of overuse injury.

However, one of the main issues with incorporating strength training into endurance programs is that runners and endurance athletes feel as if they can't find the time.

To quote Gray Cook, from his book *Movement*: "Runners insist they cannot take time off from running to work on these patterns because they believe endurance will decline, but in fact, reduced efficiency is guaranteed when continuing to train and practice sub-optimal patterns with high-training volume. The

enhanced efficiency gained by two weeks of mobility and stability corrective exercises and calisthenics targeting weak links will FAR outweigh any microscopic loss in metabolic efficiency."

This is why it's so essential to incorporate strength training and cross-training into running programs. The goal is to build stronger and more injury-resistant runners that are able to tap into power when it's needed for performance. The only way to build these types of running athletes is through strength training.

It's not possible to get stronger through just running.

Running should be thought of a skill and appreciated for the high-level sport that it truly is. In order to continue to participate in this sport without the ramifications of injury and over-training, we must blend aspects of strength training into our programs.

A common misconception is that resistance training will result in weight gain, which will then trigger a decrease in running performance. However, typically body mass does not increase when resistance training is added to an endurance running program. Furthermore, improved running economy (the amount of oxygen consumed at a given pace) and faster running performances are observed in runners who add resistance training to their training routines. A strong muscle has greater strength reserve and can do things for a longer period of time before it gets tired. Makes sense, right?

In addition to the fears of weight gain, runners often feel that if they're in pain then they should stop training altogether. As physical therapists, we commonly work with runners who are battling injuries and experiencing pain and we're here to tell you that if you're in pain as a runner, it's most likely a result of overuse and the high volume of training.

Therefore, it'd only make sense to incorporate variety into your training through strength training, while cutting back on the mileage - but not stopping training.

If we take knee pain, for example, simple strength exercises and simple loading are helpful for knee pain, and these effects have nothing to do with changing movement patterns. We have much more evidence that load management (meaning managing all of the stressors, bio and psychosocial) is more important for treating pain and running-related injuries than is changing movement quality.

Progressive loading and graded exposure through strength exercises forces the tissues to adapt, heal and strengthen.

So how do we properly implement strength training into running and endurance-based programs?

Without the proper planning and programming, we can find ourselves battling what is known as the interference effect. When concurrently training both the capacities of endurance and strength, interference may occur, and we may begin to hinder the development of either strength or endurance when compared to training them independently.

While we often see this in the form of lost power/strength in those training for ultras or marathons, we know that endurance is typically less affected by the introduction of concurrent

strength training. Through program periodization and allowing sufficient recovery between training sessions, we can minimize the side effects of concurrent training while continuing to build stronger and more efficient runners.

In addition to proper periodization, implementing heavy strength training results in improvements in endurance running performance.

However, the same effects have not been observed with light, circuit-type resistance training (three sets of 40-45 seconds of continuous repetitions of lower limb exercises). The time a muscle is under tension, with adequate rest between sets (two to three minutes), seems to be an important factor in eliciting beneficial adaptations in a runner's musculoskeletal system. Recent research has shown that performing repetitions in the 12-20 range does not increase muscular endurance any more than the 6-8 repetition range.

In addition, endurance athletes are already building aerobic capacity and improving their lactate thresholds through the endurance-based training itself. The purpose of strength work is to build strength so performing routines and rep ranges that target this goal is ideal.

What exercises are the most beneficial?

The gluteal muscles are important for running. They propel us forward by extending the hips while stabilizing the pelvis as we land on one foot, which is ultimately all that running consists of. In addition to the glutes, our core functions as a midline stabilizer and "chassis," allowing us to maintain stability while rotating, swinging and actively moving our bodies.

The commonly used plank exercise, with additional hip extension and abduction movements, is a great movement drill that targets the core and glutes.

While the glutes and core are important, the calf and the thigh muscles are actually more responsible for supporting our bodies during running.

In fact, the calf musculature contributes about 50 percent of the torque that supports our body during endurance-paced running. In faster runners, the forces are multiplied. The Achilles tendon, which transmits muscle forces from the calf musculature to the heel, can experience forces as high as 6-8x a runner's body weight during running and can result in things such as Achilles tendinopathy and plantar fasciitis.

Therefore, a comprehensive resistance program should target the calf, thigh and hip muscles, with the calf musculature requiring extra attention in the masters runner. As we age, the ability to push off with our calf muscles declines, resulting in shorter step length, shuffling gait and slower speeds of running.

The eccentric calf raise builds strength through full range of motion, but is also a great accessory exercise used to target Achilles pain and tendinopathy.

However, single-joint exercises may be preferable to attain running-relevant levels of muscle forces.

For instance, a single leg squat is a great strengthening exer-

cise for the hip and thigh muscles but minimally loads the calf muscles and requires far less ankle range of motion than what is typical during running. Therefore, a runner's resistance training program should consist of a mix of multi- and single-joint exercises to ensure that their muscles and tendons are loaded adequately.

In some capacity, strength training should be a staple of any endurance-based programming.

Building elite and robust athletes isn't simple but is made easier when there's variety in the training. Cross-training, strength training, intervals, speed/tempo work, recovery, etc. — all are important to a runner's health and longevity, but none match the benefits of strength training.

Summers is a physical therapist and certified strength and conditioning specialist at Pure Physio in Strongsville. For more information on strength training, visit <https://pure-physio.com>.

Five Simple Summer Snack Swaps

By Amy Jamieson-Petonic

Between summer cookouts and time spent indoors while soaking up the AC, summer diets might not always be the healthiest. Here are a few simple food swaps to change that.

1. An alternative to chips and dip

For a healthy twist, try sweet potato hummus with veggies instead of chips and dip. You'll get the vitamin A your body needs from the hummus and the crunch you crave from the veggies.

2. Go veggie

At a cookout or at home, try a loaded veggie or black bean burger instead of a hamburger or bratwurst. Even with the works, it will have much less fat and fewer calories.

3. Grill your sweets

Eat grilled fruits such as pineapples and bananas instead of cookies, cakes and pies. This will help you satisfy your sweet tooth without adding refined sugars and other processed junk.

4. Swap your sides

In place of potato salad, try whole-grain pasta salad with veggies, which will provide energy, vitamins and minerals. Pasta salad also has much less fat and fewer calories than potato salad.

5. Tweak your tea

Drink unsweetened green tea instead of sugar-sweetened tea. Green tea provides antioxidants and cancer-fighting chemicals, unlike the sugary tea, which can increase inflammation and your risk of heart disease, diabetes and arthritis.

Rite Aid Cleveland Marathon Recap

By Heather Kuch

Editor's Note: This article, written in late May, is culled from Heather's online running blog: <https://icantivegottarun.weebly.com>.

Well, here we are, a week after the Cleveland Marathon on Sunday, May 20th. I should be resting easy and recovering from my sixth full marathon, but instead, I've been training all week long. Why? Well, if you follow my Instagram, you know that my race ended with a DNF (did not finish) at mile 11.8. It wasn't due to fitness, doubts or an injury. My DNF was caused by my legs giving out from under me due to hyponatremia. You might be asking, what is that? Believe me, I've gotten this question a lot since the race. I'll go into more detail later, but the short answer is that it's over-hydration. Yes, that can happen. And it's much more dangerous than dehydration.

I was crushed that my race ended early, especially because it was going really well. Honestly, I think I was more angry than scared or stressed about what was happening to my body. But after I had time to reflect on how bad of a state I was in, I realized how lucky I was that my body shut me down when it did, and how fortunate I was to recovery quickly. So while this article will recap the race and race weekend, its focus is going to be on hyponatremia, what I did wrong, and what I learned.

Race weekend kicked off Friday with a trip to the expo and the VIP dinner with all of the other Cleveland Marathon Ambassadors. It was a great night, full of good food and fun in downtown CLE.

Then on Saturday I got in a morning shakeout run and headed downtown to my hotel. I had a lazy afternoon and evening and just tried to stay off of my feet. I went to bed early and set my eight alarms to make sure I could wake up at 4:30 a.m., to get my breakfast in.

In the morning I dressed and headed to bag drop to meet my running partner. It was lightly raining and humid, but the temps weren't too high. He calmed my nerves and we got in a quick warmup before heading in to the corrals. Before I knew it, it was time to take off.

Mile Breakdown

Miles 1-5 - 8:04, 7:51, 7:57, 7:49, 7:56 - Felt great, tried to keep the pace controlled, and was in the zone.

Mile 6 - 7:51 - Felt great, climbed the small mountain at mile 6.5 at about an 8:50 and felt okay while doing it. When I got to the top, my legs felt heavy and I couldn't shake that feeling.

Miles 7-9 - 7:59, 8:06, 8:07 - Still had heavy-feeling legs from the hill and tried to shake it off. I was still on pace but it was feeling more difficult. Overall, I just felt kind of odd. Once I hit 9.5 I was at about an 8:25 and it felt way too hard. That's my go-forever pace, and I knew something was wrong.



Kuch, early in the race.

Mile 10 - 8:24 - Something was off. I felt slightly uneasy and felt kinda like I was gonna puke. I seriously considered turning with the half.

Mile 11 - 8:31 - I felt my legs wobble. I shook it off, thinking it was a weird step or pot hole or something. Then it proceeded to get worse. I was pretty sure I was gonna puke. I seriously struggled to keep the pace even at 8:30. I knew something was really wrong and I was just trying to stay upright. I told myself just to get to my mom at 12.5.

Last 0.8 - 9:20 - I was just trying to stay upright until I could get to my mom. I looked at my watch and it said 9:20. I was like whoa, what?! C'mon lets push a little faster, and my mind was screaming go but my legs would not move. As I approached the 11.8 mile water stop I saw the medical tent and told myself to just get to them. I motioned to them and yelling, "I'm going down" and collapsed into their arms.

In the medical tent, I sat in a chair while they did some testing for strength. I had no pain, no numbness, no tingling and I was pretty coherent. They said my strength was good everywhere but my quads had very little strength. I sat about 10 minutes and then stood up to try to push to see my mom. As soon as I stood up my legs gave out and I sank back into the chair. At that point they told me I was going to main medical.

They made me take an ambulance back to the main medical tent and gave me oxygen. When I got back to the main medical tent, they laid me in a bed and wrapped me in a space blanket. My vitals were all good. They did a bunch of "can you feel this" tests and I also had more strength testing, and everything was good until they asked me to lift each leg. The left moved about 3 inches up and that was it. The right wouldn't move. At that point they decided I needed an IV. About a minute into that, I started violently shaking because the IV was 58 degrees (air temp) so they cocooned me in space blankets and the shaking stopped. After I drained the IV, when they made me try again to lift my legs. I raised each about two feet with no problem. At that point they said I was clear although I was still rather pale.

So what is hyponatremia? How do you get it?

Hyponatremia occurs when the concentration of sodium in your blood is abnormally low. Sodium is an electrolyte, and it helps regulate the amount of water that's in and around your cells.

In hyponatremia, one or more factors, ranging from an underlying medical condition to drinking too much water, can cause the sodium in your body to become diluted. When this happens, your body's water levels rise, and your cells begin to swell. This swelling can cause many health problems, from mild to life-threatening. In acute hyponatremia, sodium levels drop rapidly, resulting in potentially dangerous effects, such as rapid brain swelling, which can result in a coma and death (why they gave me the oxygen).

Hyponatremia signs and symptoms may include:

- Nausea and vomiting
- Headache
- Confusion
- Loss of energy, drowsiness and fatigue
- Restlessness and irritability
- Muscle weakness, spasms or cramps
- Seizures
- Coma

Doesn't sound like something you want to mess with, right? So you can see why I'm grateful my body stopped me before I got into the more serious and dangerous of these conditions.

So what did I do wrong? Well, a lot. But first let's talk about why I did it. I completely over-thought everything about this race. I was an emotional wreck in the weeks leading up to it. I was so nervous, I was having race nightmares. Every time I had to make a decision about something I always do, I came up with something that could go wrong, and I broke my pre-race routine to avoid that "what if." Additionally, I was so nervous that I didn't pay as close attention to other things I was doing (or wasn't doing) and so I broke my routine. Calming these nerves will be critical next time around.

What I did:

Week Leading Up – Starting Monday I increased my water intake each day. I was probably drinking over a gallon and a half each day. I was drinking straight water except probably one 8-oz glass of Nuun each day M-F (1 tablet). Usually, I eat pretzels throughout race week, but for some reason I didn't.

Friday

I had probably over a gallon and a half of water, and I actually may not have had any Nuun.

Saturday

I drank five of my Hydroflasks full of water (32 oz) and was alternating Nuun Performance with water (three were water, two were Nuun). I also had one 16-oz bottle of water, one 32-oz Gatorade, one 8-oz glass of water and one cup of coffee.

Sunday

I had a 16-oz bottle of diluted Nuun before the start. On course I took water from four to five water stops. I took my first gel at mile 8 (over an hour into the race).

Usually I write this all out as I'm hydrating to keep track, but I didn't this time. I also don't eat a ton of processed food or really eat out at all. Which means the salt I take in is the salt I actually add to my food. And all I really added to was the chicken I cooked for dinner a few times in race week.

You don't have to be a doctor or an expert in this area to see that I drank way too much water and hardly any electrolytes. Hyponatremia is rare for Americans, given the average American usually eats three to four times the amount of salt they need. However, if you are like me, and your salt intake is pretty much right on point, even slightly too much water can put you into the hyponatremic state. Case in point: I've finished at least two other races in this state, likely due to too much water the day prior or even just on course. In those cases it didn't hit me until the end, probably because I wasn't as overhydrated as I was this time. While it's less likely for other runners to get hyponatremia to the extent that I did on Sunday, it is very possible for others to get it in mild forms like I have in the past.

My current action plan per my coach:

1. Less fluid intake over the duration of race week. It's unnecessary. I do long runs of 20-plus miles on a more fatigued body with less fluid in me and without drinking this crazy amount all week long. It doesn't serve a purpose to drink that much for the whole week.
2. Increased fluid intake makes sense in the two days leading up to the race. Before then I do what is normal, about half my body weight in ounces each day, plus whatever else to compensate for workout sweat as needed.
3. I will be substantially increasing my electrolyte intake for the two to three days before the race, the morning of the race, and during the race.
4. I will be eating more frequently while on course (i.e. gels).
5. I will be revisiting my diet in the week and days prior to the race, as well as the morning of the race.

Of all of the ways I pictured my Cleveland Marathon race experience ending, I never could have imagined that I would collapse before even reaching the half-way point on the course. Sunday was a learning experience for me, and I think the main takeaway is the dangers of overthinking. My coach and I, among others, are confident that everything goes back to me being a nervous wreck and overanalyzing every little detail. Staying calm and relaxed as a key race approaches will be a big focus for me going forward. The other thing I learned is that I probably don't hydrate properly prior to a marathon and possibly in life in general (I was drinking a gallon a day regularly. That's too much water.) So I'm taking the opportunity to change my practices to become better fueled and stay safer in the future.

Editor's Note: Kuch ran the Rock 'n' Roll Seattle Marathon, her sixth completed marathon, on June 10th, finishing in 4:08.

Please Note

Articles for the September/October *FootNotes* must be submitted by Friday, August 24th.

Material received after August 24th 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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