



FOOTNOTES

September/October 2018 Newsletter

Running Strong Since 1977

California Fires Reroute Our Cycling Trip

By Mark Brinich

After our 2016 cycling trip in Washington, my brother Ken and I decided it was time to ride again. This time Mt. Shasta in northern California was our destination. At least it was until California caught on fire. This left Bike Rides Northwest (BRNW) between a rock and a hard place. They couldn't do the ride in California, and they had just completed their ride in eastern Oregon. Rather than cancel the trip, they decided to repeat the Oregon ride. The original ride of 435 miles and 34,000 ft. of climbing was changed to 450 miles with 28,000 ft. of climbing in Oregon. Only about 10 percent of the riders cancelled due to the change, and I met many riders that were doing the Oregon trip the second time in two weeks. Anyway, coming from the flatlands of Ohio, less climbing was fine by me.

After taking a few 25-mile rides outside of Bend, we headed down to Crater Lake. Along the way we could tell there were fires as there was a pretty constant haze above us. By the time we got to Crater Lake, things were looking up and the sky was fairly clear. It was a quick 3.5-hour trip around the lake, with plenty of rest stops as I still hadn't adjusted to the altitude (and my training was pretty minimal). By the time we left the Crater Lake Lodge, smoke was beginning to envelop the lake. All in all, it was a good way to unofficially start the ride.

The next day, **Saturday**, we arrived in Seneca, OR, set up camp for the night, and got some good rest before the start of the ride on Sunday. Our biggest concern at the time was the weather forecast for the week. Sunday, Monday and Tuesday were going to be in the upper 90s but dry, and after that triple digits were forecasted.

Sunday (Seneca to John Day: 55.5 miles; 2,316-ft. ascent; and 3,919-ft. descent) was fairly easy as we only covered about 55 miles, and there was about 1,600 ft. more descent than ascent. We knew we were going to pay the next day, but it made for a really fun start to the ride. I rolled into John Day about 1 p.m. (almost always trailing my brother), helped set up camp, and had a good restful afternoon. We also visited the Kam Wah Chung store in John Day to learn about the partnership that lasted more than 50 years between businessman Lung On and Doc Hay, the herbalist/pulseologist.



California, here I come (wait, make that Oregon). — Two random riders (aka Mark and his brother Ken), heading to Baker City.

(continued on page 6)

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

CWRRC Web Page:

www.clewestrunningclub.org

For more info email:

Clewestrunningclub@gmail.com

CWRRC Membership Benefits

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

2018 CWRRC 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
. Open
Web Master Open
Newsletter Editor Cathy Leonard
Newsletter Graphic Designer Chip Cooper

A Note From The President *The Endless Summer, NOT!*

By Bob Myers

My favorite season of the year by far is summer. I love the sunshine, warmth, car cruises and smell of fresh cut grass. Running in summer is so much better - there's no need for mittens, capris, jackets, hand warmers or yak-tracks. Living in northeast Ohio is not the same as living in Maui, so we must embrace the seasons.

Fall brings CWRRC some really great events and opportunities to ease into the winter. We have the Breakfast in the Park, "Fort 4 Fitness" Fort Wayne race road trip, clambake, Kid's Book Project and the Fall Classic Race. See "Planning Ahead" in this newsletter for time, dates and locations.

Fall also brings election time to our nation and of course to Cleveland West. At our Monday, October 15th business meeting we will be voting on 2019 club officers. The offices of president, vice president, secretary and treasurer will be decided. I encourage all members to consider serving; should you have any questions, please contact me. Nominations will be accepted from the floor, but also let me know if you would like to be on the printed ballot.

The queen (my wife) and I really enjoyed the "Search for Summer" scavenger hunt that Bob Budzilek organized for the club. We are looking forward to the award ceremony to be held during our clambake on Saturday, October 6th. A very touching moment for me was the special added item of a car cruise-in for July 18th. Just so happens I directed the Westlake United Methodist Church's "Cruisin Westlake" on July 18th. I felt the love, as many club members came out and had their picture taken with me. Great job, Bubba. Well done!

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.

2nd Annual Clambake & Picnic

Please join us on Saturday, October 6th, at 5 p.m., for Cleveland-West's second-annual clambake. It will be held at the Carolyn L. Farrell Foundation (aka clubhouse) at 26633 Detroit Road in Westlake.

The cost for the complete dinner is \$19.99 per person, including a half chicken, dozen clams, sweet potatoes, corn, cole slaw and dinner roll. An extra dozen clams is an additional \$7.99. Please register by September 29th via the link under the Special Events section of the club web site (also sent via email) or provide a check payable to CWRRC to Mark Brinich or Kimberly Roach.

Please bring your own lawn chair, plus a dessert if your last name starts with A-M or an appetizer for N-Z.

Sibling Revelry has graciously donated beer for the event; please feel free to bring any additional beverage you wish.

Let's hope the weather is as nice as last year and we can enjoy a toasty campfire! Hope to see you on October 6th.

Special CWRRC Discount Offer - \$5 Off

Through September 15th, Cleveland-West members can receive a \$5 discount off the Christmas Story 5K and 10K races on Saturday, December 1st. Use the discount code: "TEDDY5Offer."



Fall Road Trip To Ft. Wayne

By Chip Cooper

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.

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

Save The Date -- Upcoming Local Events

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

Twigg To Host Newsletter Assembly

By Mike Twigg

The November newsletter assembly and business meeting will be held Wednesday, November 7th, at Mike Twigg's house: 20581 Hilliard Blvd., in beautiful Rocky River. The house is on the south side of Hilliard, just east of Magnificat High School. You can park at Mags and walk across the street, to the third house east of Dale Avenue, or the first driveway west of Northview. Don't park on Hilliard. That would be bad news, as it is a very busy street.

Just look for the house with the old railroad lantern lit on the porch and c'mon in. We will set up the newsletter on the dining room table, hold the business meeting and then retire to Mike's Top Shelf Saloon in the basement for après-assembly pizza and adult libations. If the weather is nice enough I'll have a wood-burning patio bonfire, aka wilderness TV, all set to go. I'm an Eagle Scout so I should be able to build a fire, even in less than ideal conditions. I should have enough folding chairs for the fire but I know Delzani would sit on a cooler if he had too. Being closest to and controlling access to the beverages would not be altogether such a bad thing.

Hope to see you November 7th; it'll be a great day for running.

Sunshine Corner

Please keep the following families in your thoughts and prayers with the passing of a loved one:

Helen Brinich - mother of Mark Brinich
Larry Kalapos - father of Beth Kalapos
Mary Jayne Myers - mother of Bob Myers
Paul Park - father of Christine Mangels
Paul Tepley

Please send positive and healing thoughts and prayers to:

Christa Blum
Therese Corrigan
Chris Cowan
Cathy Fischer

Welcome New CWRRC Members

Joann Clark

Ann Marie Davis

Reva Mitchell

Patrick O'Donnell

Pauline Williamson

Happy Birthday

September

Patricia Ashmun
Jan Babbit
Jamie Barbour
Christa Blum
Diane Brinich
Jackie Czarnota
Bryan Dickens
Rachael Duran
Kelly Fargo
Holly Higgs
James Krumhansl
Cyndi Lehman
Leo Lightner
Karen Linden
Jim Mackert
Melissa Miller
Gretty Myers
Liese Nainiger
John Nakel
Peter Pachlhofer
Barry Pawson
Frank Petrik
William M. Prebel
Joyce Prohaska
Deanna Rasch
Andy Rattray
Vagn Steen
Mike Twigg
Melissa Vacca
John Zangmeister

October

Kristin Anderson
Michelle Babson
Andrew Bemer
Mark Brinich
Jonathan Buckland
Chip Cooper
Gail Cresci
Tom Cullen
Carol Culley
Beth Darmstadter
Steve Fagerhaug
Erin Farnlacher
Craig Healey
Kelly Jablonowski
Amy Kaylor
Joyce Kennedy
Gerri Kornblut
Tom Nowel
Renee Popovic
Karen Powell
Pamela Reed
William Reidy
Dani Sheppa
Karen Stross
Jim Turpin
David Young

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



Planning Ahead Cleveland West Road Runners

Newsletter Assembly & Business Meeting

Date: Wednesday, September 5th
Time: 6 p.m.
Where: 15520 Edgewater Dr., Lakewood

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

"Fort 4 Fitness" Race Road Trip

Date: Friday and Saturday, September 28th - 29th
Where: Fort Wayne, Indiana
Coordinator: Chip Cooper

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: Mike Twigg's house, 20581 Hilliard Blvd., Rocky River (south side of street, just east of Magnificat High School)

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

Dates: 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

Tuesday And Thursday Morning "Oatmilers"

Dates: Every Tuesday and Thursday throughout the year.
Leisure walk, run or bike.
Time: 8 a.m.
Where: Metroparks Rocky River Reservation, Scenic Park Pavilion





Crater Lake

On **Monday** (John Day to Sumpter: 57.1 miles; 4,959-ft. ascent; and 3,579-ft. descent) we knew things were heating up. The temperature reached the upper 90s for Monday and Tuesday, and triple digits after that). That meant we needed to start riding as early as possible while the temperature was still in the lower 60s. We hit the road by 7:15. We knew the riding would be harder, since we had about 1,400 more feet to ascend than descend before we would arrive in Sumpter. I was fairly beat after the ride, and passed up my chance to pan for gold at the state park. I didn't get into the gold fever thing.

Tuesday (Sumpter to Baker City: 78.8 miles; 5,417-ft. ascent; and 6,448-ft. descent) was hot and a bit longer of a ride. We set off by 7 a.m. to try and beat the heat, as did most of the other riders. The first 45 miles were mostly uphill, and it was still relatively cool. The last 35 miles, however, were pretty much downhill and very hot. About 15 miles from the end of the ride, BRNW set up a Popsicle and ice cream stand for the riders. I was going to cruise by, but when I saw the Popsicles I had to stop, as did everyone else. The only bad part about the day was that the camp ground in Baker City was at the high school sports center – basically several baseball fields – and there was NO BEER. Not only was there no beer on Tuesday, but that was our rest stop for an extra day. Two days of no beer. (Actually, my brother had worked in Baker City many years ago and we visited some friends and they supplied us with adequate drinks, but most riders had to go without.) We took a guided tour of Baker after dinner.

Wednesday (loop ride to Catherine Creek: 72.1 miles; 4,724-ft. ascent; and 4,724-ft. descent) was a rest day, and we could go kayaking, swimming, sightseeing, biking, or do nothing. I selected biking, although I got off to a late start (about 9:30), so I knew I wasn't going to go very far. The official ride of the day was a 72-mile loop down to a scenic creek. I decided to ride to the creek, and then back to the first rest stop where I planned to pick up a sag wagon and ride back to camp. However, about five miles after the turnaround point the sag wagon stopped to pick me up as he was the last sag of the day. At this point (40 miles) I could ride in the sag or go unsupported for the last 32 miles. It was hot, I'd already seen everything on the way out so I sagged the last 32.

Thursday (Baker City to Bates State Park: 68.4 miles; 4,375-ft. ascent; and 3,732-ft. descent) was a 6:45 a.m. start, as it was

really getting hot. However, a road construction project caused a 25-minute delay (so much for getting up extra early). Fortunately, much of the uphill riding was done in the morning, but there were still about 25 miles done in 100-plus degree weather. I actually got to camp before my brother, probably because I didn't stop for ice cream, and he did. In late afternoon, having made sure everyone was in camp, we had a traditional wine-tasting party. Each rider contributed a bottle of wine, and BRNW provided a spread of cheeses, crackers and fruits, etc. It was a really nice way to end the day, if only it wasn't so hot!

Friday (Bates to Mt. Vernon: 84 miles; 4,329-ft. ascent; and 5,433-ft. descent) provided us with a choice of rides, as the original route had construction on it. The choice was a short 36 miles or a longer 84 miles. The smart 50 percent of riders chose the shorter ride, while the rest of us, who maybe had too much testosterone in us, ended up doing the 84-mile ride. There were a few times when I questioned my decision, but then I would set a goal every 10 miles or so, and managed to make it to mile 80. At the 80-mile mark I dropped my water bottle and had to go back and pick it up.

Just as I got to where I dropped my bottle the sag wagon passed and saw that I had a problem. The driver offered me a ride in an air conditioned van with a comfy seat and ice bags to cool my legs. The other option was to pedal the last four miles in 100-plus heat, on a busy street with a slight head wind. I didn't need to swallow pride; I hopped in the van and cooled off. Got to camp about 3:00 in the afternoon. Was glad the riding was over for the day.

Saturday (Mt. Vernon to Seneca: 42.9 miles; 2,593-ft. ascent; and 795-ft. descent) was the shortest ride with a two-mile, 9-percent climb near the end, just to give us a last challenge. I took the last few miles extra slow to make the ride last just a little longer. After a shower and lunch it was back in our car to head back to Bend.

Despite the last-minute changes and hot weather I'd do the ride again. Just being on our bikes and meeting the challenges of going up long climbs, and the exhilaration of the downhill ride, made it worthwhile. The other riders we met and the scenery added to the ride. I found the riding to be very much like running a marathon. There were times when I wondered why I was riding, but at the end of the day it was worth it, and I told myself that I might do it again.



August 3, 2018

Aloha All!

Subject: 2019 election of officers

At our upcoming October 15, 2018 business meeting the agenda will include election of 2019 club officers. The positions include president, vice president and secretary/treasurer.

I have served as co-president one year and president for the past two years and will not seek reelection.

Kimberly Roach has served as vice president the past year and a half. I understand Kimberly does not wish to seek reelection.

Mark Brinich has served as secretary/treasurer forever. I understand Mark will seek reelection.

So, the club needs some fresh new candidates. This club means a lot to me, it is my running family! I am blessed to have so many close friends as a result. Our membership has such diverse talent, unselfishness, dedication and love for one another that just amazes me.

A brief description of duties:

President prepares business meeting agendas and presides at monthly meetings, writes bimonthly article for newsletter, updates planning ahead document, works with the three race directors, coordinates with vice president on social and community service events and assists with membership and sponsor development. The "Winter Banquet" is the final event of the year where the president is master of ceremony and recognizes all the great accomplishments of our members.

Vice President is responsible for the coordination of all social events. This would include winter banquet, clam bake, presidents' New Year's Day run, holiday lights run and quarterly Saturday breakfasts. Vice president would also fill in during the absence of the president.

Please give this some serious consideration and give me a call with any questions or concerns.

Mahalo
Bob Myers
President
Cell 216-701-2064

Guardian Mile Race Recap: Six Minutes In The Pain Cave

By Heather Kuch

A distance runner attempting to race a mile is always going to provide an interesting experience. On Saturday evening, August 11th, I took on this different kind of running challenge. It's perhaps my biggest challenge to date.

The race was the debut Guardian Mile in downtown Cleveland. It started near the West Side Market, crossed the Hope-Memorial Bridge and ended in front of Progressive Field. Because the race course spanned a bridge, there was a decent overall chunk of elevation gain, from 0.25 to 0.5 miles. The race ended with a half-mile downhill.

I decided three weeks beforehand that I was going to do the race, and at an all-out pace. In anticipation, my coach tweaked my training schedule to key in on needed speed work. The new workouts started off with 0:30 hill repeats, then moved to 8x1:00 at the same pace on flat ground, then 8x1:30 repeats at that pace, and finally 8x2:00 repeats during race week. My goal was to be in the low sixes because my training was indicating that I was capable of that time.

On race day, I got downtown pretty early because I knew I wanted to get in a 20- to 30-minute warm-up before the start. I took my warm-up across the bridge and back to get a feel for the hill and to know exactly where the mile marks and uphill/downhills were. I discovered that the first 0.25 was flat and downhill, followed by a pretty solid climb from 0.25 to 0.5 with the half mile being at the top of the hill, and then 0.5 downhill. After a three-mile warmup and some strides, I got into the line to be ready for the start.

When the gun went off I went with the pack, but quickly noticed when I glanced down at my watch and saw a number starting with a "four" that people were going out way too fast. I told myself to let them go. They all pulled away from me and I was kind of by myself. I felt good and began powering up the hill. With probably 0.05 to the top, it was feeling like the last part of a hill repeat workout, but I was sure the downhill would be a cake walk so I told myself to just get to the top. I hit the top in 6:03 on my watch, just 0:02 faster than my coach had recommended.

When I started the descent I was ready to cruise through the second half of the race. However, my legs would not turn over. I could not manage more than a 6:40. The 0.5 mile to the 0.75 mile was the hardest part of the race. It felt longer than the entire mile combined. Once I hit the 0.75-mile mark I was finally able to move my legs a little faster, but still not where they were in the first half. The last quarter mile I just stared at the finish line and told myself to hang on until I could get there. I crossed on my watch in 6:25, with an official time of 6:31 because the race had no timing mat at the start.

After the race I could not stop coughing and my lungs were on fire. I wandered back up the bridge to watch the Cleveland-West

members compete in the Master's Division. Then I met up with them after to watch the Elite races, which was a whole different world. The winning female elite ran a 4:31 and the male winner went sub-four, with a 3:59. It was truly crazy and amazing to watch them go screaming by to the finish line.

The Guardian Mile was a unique experience and a painful one. Long distance running is definitely my preference, but I think I would be interested in trying the mile again next year at this event, or finding a flat mile somewhere to see what I could do with more training on a friendlier course. And as a result, I'm noticing that I gained some speed after training for the miler, which is a benefit with marathon training kicking up! I would recommend this race, especially because of the unique opportunity to be on the bridge in downtown CLE with the road closed and the sun setting.



Race Results

OROC 5K

Joanna Brell 25:45 AG3

Rock Hall 10K

Joanna Brell 54:26 AG1

Mike Schipper 49:03 AG1

Guardian Mile

Mike Schipper 6:36

Heather Kuch 6:31

Maureen Scullin 6:53

Chip Cooper 6:48 AG2

USAT National Sprint Tri

Joanna Brell 1:13:47

Rock Hall 10K: PR With A Pit Stop

By Heather Kuch

Another weekend, another race! The weekend of August 18th was the Rock Hall Half Marathon, Relay, 5K and 10K, an event I participate in every year. The first two years, I did the half, but because it's always so hot and humid, last year I started doing the 10K. Because that was my first and only 10K, this year's race was a good opportunity to try to PR.

Going into the race, I was ready to try for a much better time. My PR in 2017 was a 48:40. Based on my training, I knew a 45-minute 10K (7:15 avg) was 100-percent realistic, and maybe I could even end up a little faster. My race strategy was to run the first 5K at a 7:20- to 7:30-mile pace, and then run the second 5K at 7:00 to 7:10.

I made sure to get downtown early because parking was a little chaotic last year. It went smoothly, and I even found porta-potties at a construction site so I didn't have to wait in line! Afterward, I headed over to the start area and met up with friends to relax before go-time.

The half took off at 7 a.m. and shortly after I started my warmup since the 10K started at 7:30. I got in a solid 20-minute warmup with some strides and hopped into the corral with three minutes to spare. The game plan was to have my running partner, Mike, pace me for the first 5K since he was aiming to average 7:30 overall.

When we took off, we had a slight uphill from Browns' stadium, and then down onto the Shoreway and onto South Marginal Road. My watch was all over the place with the overpasses and I tried to stay at what felt like a 7:30. When we went through the first mile, I could see my watch had been slightly off because it was a 7:18. It sorted itself out during the next mile because it was much more open. I hung right around 7:25 and I was thinking how good I felt and I was excited that my goal seemed in reach.

During mile 3, I aimed to stay at 7:25 again and I was doing a decent job, but then around 2.75, I started feeling a little nauseous and I tried to shake it. I even backed down the pace a little but it wouldn't go away. At 3.3, we ran up the overpass ramp, across the bridge, and then back down the other side on North Marginal Road to head back downtown. On the down ramp, right around 3.5 miles, there was a water stop, and I grabbed a cup, thinking it would help. I was kind of right. About 15 steps later, I pulled over to throw up. I could not believe that it happened when I was feeling so good in the first couple miles.

Once I was "done" I took off again. I tried to stay right under eight-minute miles, unsure of exactly what to expect. The mile from 3.5 to 4.5 or so was a complete suffer-fest but I just urged myself forward. But during that mile, I realized that a PR was still completely in reach, even if the "A" goal was out. So I broke the rest of the race up in my mind. I knew we would meet up with the back of the 5K at 5.1 miles. I told myself to get there and then maybe I could drop the pace. I ended up speeding up to get there. Then, when I hit the 5K runners, I felt even better. I wove through them and worked to speed up throughout the last mile.

The benefit of doing the race so many times was that I knew the course. I knew we'd hit mile 6 at the base of a hill, head up it for just shy of 0.1 miles and then it was downhill to the finish. As soon as I hit 6 miles, I pushed it up the hill and gave the downhill sprint all I had. My watch clocked the last 0.2 at a 6:30 avg. I crossed in 47:13 - a 1 minute 27 second PR.

I was pretty happy to walk away with the PR, given the episode at 3.5 miles. I also ended up with a 2nd place Age Group finish. Of course, now that I've had time to reflect, I'm frustrated with myself. First of all, the episode was likely the result of me pushing too hard in the first mile. Yes, my watch was messed up, but realistically I kinda knew I was moving too fast. Second, I probably could have pushed harder once I got going again. I know it sounds like I'm being too hard on myself, but honestly reflecting on it, I spent 3.5 to 4.5 wallowing in what happened, and from 3.5 until 6, I was trying to stay at a comfortable pace, not a racing pace. So yes, I'm thrilled I PR-ed, but next time, I will run a smarter race and in the meantime, I'll work on toughening up too.



Classic At Mastick 5K: Cleveland-West 'Makes A Splash'

By Kathy Dugan

Wednesday, August 15th, was a warm and humid evening, but the 500-plus young athletes hit the bridle trail and covered the Classic at Mastick 5K course in fine style.

Kudos to Jay Toole, the new race director, for executing a class act event with a few enhancements. One welcomed addition was a water stop just before the turnaround; this is where CWRRC members "made a splash," manning the station, as well as other areas.

A shout-out to the following Cleveland-West volunteers who assisted at the water stop, the turnaround and crossover area from the bridle trail to the all-purpose trail and back again: Mark Breudigam, Chip Cooper, Brian and Nicholas Cleary, Kathy Dugan, Cathy Fischer, Julie Gauvreau and Jeannie Sikorski.

Keep an eye out for this "call for volunteers" next August, 2019.

The Tyranny Of Taking All The Tangents

By Rich Oldrieve

Talk to most runners, and eventually you'll hear the advice, "Remember that if you want to get your fastest time, you'll have to take the tangents." Some will even mention that USATF-certified courses are measured by the measurer taking all the tangents. Which means taking each turn/curve as close to the curb as possible. It also means coming out of the curve/turn, and immediately aiming for the inside corner of the next curve/turn.

But there are several reasons for not taking all the tangents. The most sensible one is that very often there are chuckholes littering the inside edge of a road – especially around turns. For example, some of the more "scenic sections" of Cleveland Rite-Aid Marathon, half-marathon, 10K, 5-mile, 5K, kids run, etc., are littered with potholes, chuckholes and undulating surfaces. As a result, if you are following someone too closely, or if there is water covering a hidden *Marianas Trench*, you may twist an ankle, pull a muscle, pop a tendon, break a bone, etc.

"I want to be in the room where it happens."

Another reason for not being wed to tangents is related to a great song from the musical *Hamilton*. As Alexander Hamilton, then Aaron Burr, Thomas Jefferson, James Madison, and others express: "I want to be in the room where it happens." In racing, this means if you want to have an effect on the pace and final results, you need to be in the lead group. And don't ever count yourself out – especially for age group awards and the packs contending for them. Even though I'm six months away from turning 60, two or three years ago, my dog Hamlet and I ran in the smallish Bach Fest 5K at Baldwin Wallace University. As usual, Hamlet wanted to be "in the room where it happened." But instead of me desperately trying to hold him back before I pulled a hamstring, a half-mile into the race I realized that we actually not only had a chance to "get into the room," we might pass right through the door to first place. So I first urged Hamlet to surge, he responded, and we closed on the small lead pack. Then I gently tugged on the leash to the left, and Hamlet cut wide to the left around the last person in front of us before cutting back to the right and around the upcoming right-hand turn. When we took the lead, I feared that Hamlet might shift his focus to trying to catch the three lead bikes. But instead, he fell into a happy state of bliss with a fast, steady pace. He thoroughly enjoyed the students on the bikes, turn marshals and water stop helpers as they enthusiastically cheered him on.

Nonetheless, just remember, if you want to be in the lead group, and don't want to kick up the heels of those nearby, then you have to accept the fact that if you're running on the left side of the pack, sometimes the course will turn to the right and you'll be stuck on the outside. And even if the course turns left, you have to watch out for the clod who slavishly wants to cut the tangent without regard to the fact that by doing so, they will im-

pede your normal stride. Notice in the picture of the 10K cross country Turkey Trot out at LCCC, how Hamlet gracefully cuts the tangent and stays on the correct side of the cone as we hold off my arch rival Rick Ventura in his Adidas shirt and Hamlet builds a lead on his archrival Molly (just to the left of my inside foot with the invisible Lou Karl in tow).



Also, it is important to note, that when running track, the best way to stay in the room where it happens, while simultaneously remaining in position to stay free of troubles, is to stay on the outside shoulder of the person in first or third place. Countless times, I would get told by coaches to get back to the rail, but even though I never won a varsity cross-country race in either high school or college, I won my fair share of varsity track races – especially indoor two-miles in high school and 5,000 meters in college – by staying to the right in order to leave myself the option of reacting to someone making a move to accelerate the pace.

Nonetheless, despite our best-laid plans, fate sometimes deals you a bad hand. For example, despite my doing everything right, things went badly for me, just as the pack was approaching the last lap of the slow heat of the 10,000 meters at the 1980 Colonial Relays. The unwritten rule of slow heats is that you have to realize that you have to work together and take your turn as pace setter for a few laps so that the pack can run a fast enough time for one or two slow-heat runners out of the slow heat to place highly in the overall results. In the slow heat, you should refrain from using Olympic Final tactics such as competitive surging that will burn everyone else out, or deliberately slowing the pace so that you can unleash your 55-second final lap. For example, I finished sixth in the indoor Heptagonal/Ivy League 5,000 meters by pacing behind two runners from Navy in the slow heat, and then I blew by them to run negative splits for the final 2,400 meters.

At the Colonial Relays, the lead pack of our slow heat included six gracious runners who traded off pacing the race at 4:54 for each mile – we all had calculated for ourselves that somewhere between 30:00 and 30:30 would be what was necessary to place in the top six, and that was about what each of us figured we could do giving our best effort in a well-paced race. Coming into the last lap, I had moved onto the shoulder of the guy in first, and had dreams of repeating my indoor "Heps" 5,000-meter performance by again winning and placing high overall. Trick was, we were running on an old 440 track, and

the guy in front must have assumed that we were running six miles in 24 laps instead of the usual 25 laps of 400 meters for a 10,000. So as we crossed the finish line at the end of the 24th lap, the lead official started clanging the bell for one lap to go, while to my horrors, the lead guy to my left stopped in his tracks. Since I was slightly arrears of his outside shoulder instead of directly beside him, I clumsily stumbled around him and into first place on the inside rail at the beginning of the penultimate turn (as opposed to gracefully accelerating past him as we came out of said turn onto the backstretch). Meanwhile the four other guys in the lead pack took the opportunity to whiz past us one, by one, by one, by one. The single file conga line trapped me alongside the rail. To add insult to injury, the guy who had stopped, latched onto their train as a caboose, and passed me, too. After they had left me in their dust, I quickly recovered my form and did my best to try to catch them. Thus, I still ended up with a very good PR of 30:27. But instead of possibly winning the slow heat and finishing fifth or sixth overall, I was a very fast sixth place finisher in the slow heat, and probably 11th or 12th overall.

The benefits of tangents barely exists on long straightaways:... most runners do them wrong to boot.

Go to a college track and jog from the starting line to the far turn's 200-meter mark. There, you will find a large sweeping line demarcating the start of the 3,000 meters, the 5000 meters, and the 3000-meter steeple chase. The line is sweeping, to give competitors on the outside of the starting line the benefit of the tangent going around that first turn. Conversely, if you jog from the starting line to the line coming out of the first turn, you'll find a curious line that has one straight branch (the cut point for one or three turn staggers), and another curved line that branches almost indistinguishably from the straight one. The barely curving line is the start line for the 1,500 meters. The few inches of curve is there to compensate the runner in the outside lane for all the distance the runner will need to make up on the straightaway over the next 100 meters to the far turn. This slight turn works, if said runner sets a straight-line tangent from the near turn's outside lane to the inside lane of the far turn. On the other hand, if the runner on the outside lane immediately breaks for the inside lane said runner will be running longer than 100 meters.

Thus, if you watch many road races, you'll consistently see people taking tangents that are way too sharp. They end up giving up distance instead of making it up. For example, the River Run Half Marathon and CWRRC's November Fall Classic cuts from left to right, and then back right to left a couple dozen times throughout the race. If you want to take the tangents correctly, you'll be making long uncomfortable climbs from the low inside edge up to the top of the crest of the road and then back down to the opposite edge. Then, as soon as you complete the sweeping turn, you will have to begin the long slow climb up to the crest of the road and back down the other side. Thus, to get the uncomfortable, angled climb over as quickly as possible, many runners cut hard from one side to the next, but by doing so, like those who cut too sharply at the start of the 1500, they're losing the benefit of the tangent, and may even cause themselves to run longer than if they just stayed on top of the crest.

Smooth Air.

As I noted in the section about running with the lead back, getting clipped on one's heels is annoying. So is getting stuck behind some 10-year-old kid who sprints for 200 meters at the start of a race, just so he (or maybe she), can claim he/she was leading the race. Shortly after taking the lead and/or when lactic acid build-up gets too high, the kid will promptly start jogging or even walking.

Now back when I turned 30, I was still in my prime. And my adopted home of Westlake, OH, started a five-miler called "Celebrate Westlake." At the time, I was one of the best runners in Westlake who wasn't out coaching on Saturday mornings. As a result, the race director, Bud Hage, called me and a few other local elites and gave us free entry. Bud's motive was simple, he had paid appearance money to four-time Boston Marathon winner Bill Rodgers so he would win publicity in local papers and newscasts, and Bud wanted a few locals to give the mid-40-year-old a reasonable race. We did.

The first year, I finished second after Bill pulled away at the 2.25 mile mark as the pack turned out of Clague Park and headed back to Westlake High School. I learned a thing or two about giving the younger locals a run for the money, when I asked Boston Billy why he had taken off at that particular point in the race. I expected him to say because it was the last turn in the race before turning into the high school track some 2.5 miles later. Instead, he answered with something like: "Before I came to Cleveland, I looked at a topographical map, and noticed that there was an eight-foot decline over the mile after leaving Clague Park. With his detailed answer, I quickly realized that Boston Billy didn't just take his appearance money and run, he did his homework, too.

Any way, over the next few years I faced Bill several times at Celebrate Westlake. Then one year I entered the Revco 10K instead of the marathon. As I moved to my usual starting position on the south



side of the Euclid Avenue by Trinity Cathedral, and away from the dignitaries on the north side by Cleveland State, I suddenly notice that already standing in "my spot" was Bill Rodgers. Having gotten to know him through Celebrate Westlake and knowing he had a tactical reason for why he did things, I asked him: "Why are you standing here on this side?"

(continued on page 12)

(continued from page 11)

As I hoped and expected, Bill explained that if the first turn on the course is to the right (like it was some 1.25 miles away at Public Square), he would stand on the left. Conversely, if the turn was to the right, he would stand on the left. That way he wouldn't get trapped by all the people who slowed down, and it really wouldn't cost him anything on distance.

Running the crest for comfort will cost you 200 meters.

As I wrote this article two weeks out from the River Run Half Marathon, I wasn't sure whether I'd be able to toe the starting line, because I'd been struggling with hamstring issues since February. If I did run, I wouldn't be taking either the right or the left tangents. Instead, I'd be running most of the race on the crest of the Rocky River Parkway. The RR Parkway has a particularly high crest, and the turns can be quite long - almost a mile long for the final major turn between miles 11 and 12, as you must hold a left-ward cant. Two years ago, I had run 70 minutes for the first 10 miles, and my only goal for the final three miles was to not pull anything. I felt bad as people I had passed during the first 10 miles, passed me back on the far left of the long final turn along the river. But I survived and was quite happy with my 1:33 time.

For this article, I did the math to figure out the approximate distance I or anyone else would lose for the whole course to those runners who correctly run the tangents without regard to chuckholes, walkers lined up four abreast, and other dying quails trying to use the tangent, too. One morning, after participating in the CWRRC Saturday run and eating at Blackbird, I measured that the distance from the edge of the Parkway to the crest is between eight and nine feet (with cars approaching from either direction I decided that being precise with my measurement wasn't in my pay grade.) With Pi being 3.14159, and circumference equaling $2r \times \text{Pi}$, and using a guesstimate of 8.5 feet for the radius, that means you'll lose 3.14159×17 feet for each complete lap around a circle. That's 53.407 feet per complete circle.

Looking at Google maps, and adding up all the mild 1/16 and 1/8 turns, the numerous 1/4 turns, a couple 3/8s turns, a 3/4 turn onto the parkway and an amazing seven half-turns along the Parkway itself, the total number of complete circles is 13 - which is twice as many as I originally estimated. Though, in reality, most people - including myself - will run the lap around the block coming into mile 2 as close to the edge of the road as possible, so that's only 12 laps to differentiate the tangent fiends from the health conscious and/or geometry challenged. (Adding 8.5 feet to the radius of any length radius (say 1,000 feet), has the same effect of having one small circle with a radius of 8.5 feet.) Thus, if you stay on the crest for the 12 complete sweeping parkway circles, you'll give up a whopping 641.76 feet or approximately 200 meters. Wow, that's a lot of distance. Thus, if I toe the line, stay on the crest, and don't pull a hamstring, I'll be giving a 200-meter head start to the tangent fiends. Good luck!

2018 Search For Summer Scavenger Hunt

By Bob Budzilek

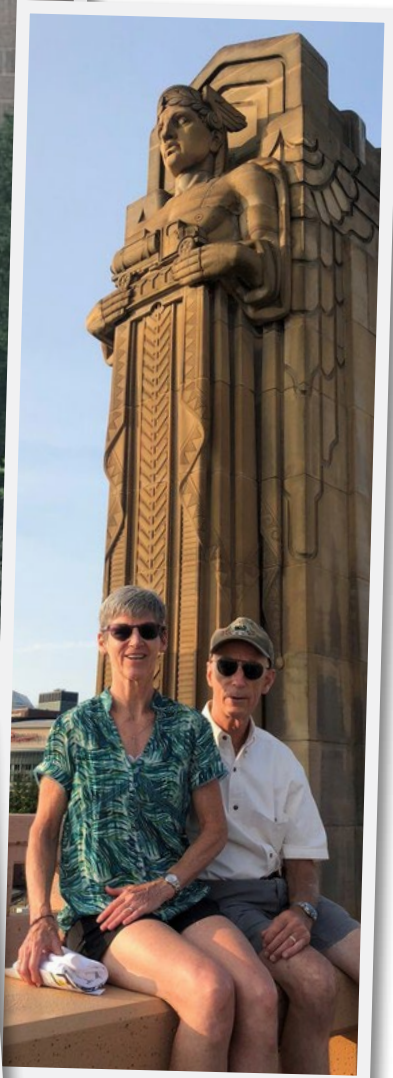
The Search for Summer Scavenger Hunt is in its final week as I write this, and officially over as you read this. Thanks again to Dan Straitiff for posting the weekly updates and the Photos of the Week. Here is a brief update on progress through August as we enter the bell lap:

- There are currently 19 participants, seven of which have completed all 20 items.
- Looks like there might be an additional six making a last minute surge to cover all 20.
- 4,242 points scored thus far, so about 350 entries.
- Ponds/Lakes/Wetlands has the most points submitted with 380, followed by ice cream with 322.
- The individual point race is close. Joyce Prohaska is leading with 504. Brian Cleary and Libby White are in pursuit with 468 and 420 respectively.

A full and final recap will be provided, along with "awards" and recognitions, at the club clambake on Saturday, October 6th. We also will share many of the 300-plus photos that have been submitted.

Participants, please check the web site for accuracy on the final counts.





Lorain County Community College presents.....

Penton Memorial 10K Cross Country Turkey Trot

“Over The River (and Hill!) and Through the Woods....”

Sponsored by LCCC Health, Physical Education & Recreation
Held on Lorain County Community College's Cross Country Course
Elyria, Ohio

Thanksgiving Morning

Thursday, November 22, 2018 9:00 a.m.

OUR 50TH YEAR! Special golden anniversary prize to 1st 300 finishers

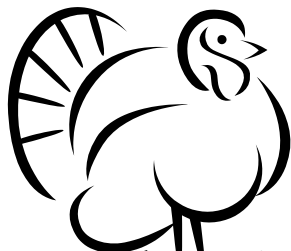
For more information contact Jim Powers at the LCCC H.P.E.R. office
440- 366-7652 jpowers@lorainccc.edu

Registration \$25.00 with long sleeve t-shirt Pay by check or MO & mail
to: \$15.00 without t-shirt

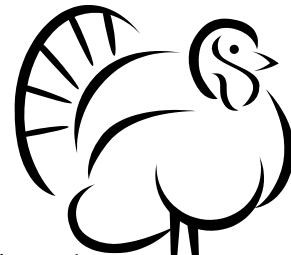
LCCC HPER dept.
Attention: Jim Powers
1005 N. Abbe Road
Elyria, OH 44035

REGISTER ONLINE AT www.lorainccc.edu or

www.peaceracing.com



Age Divisions
13 and under
14-18
19-24, 25-29
30-34, 35-39
40-44, 45-49
50-54, 55-59
60-64, 65 & over
Awards



Awards to top 5 Male & Female overall & top three in each age group.
Awards to “youngest turkey”, “oldest turkey”, “longest migration”, “last turkey into the barn”
NEW AWARD – BIGGEST FLOCK (most family members entered into the race!)

Awards & drawings will be conducted indoors in the Gymnasium.

Stay for the raffle~great prizes!!!

Door prize winners must be present!

Entry Form

Name _____ Sex _____ Phone _____
Address _____ City _____ State _____ Zip _____
Age on Nov 22 _____ T-Shirt Size S _____ M _____ Lg _____ XL _____

E mail address _____

Waiver (application will be rejected if not signed)

In consideration of acceptance of this entry, I, for myself and my heirs, personal representatives, successors, and assigns, release the LCCC HPER PROGRAM & their representatives from any & all claims and rights of action of any kind for personal injury, property damage or other loss which I may incur as a result of my participation in the Penton Memorial Turkey Trot. In the event that the participant named herein is a minor, the person signing does hereby certify that he or she is the parent or legal custodian of said minor & signs this Waiver on behalf of said minor.

Signature _____

Date _____

The Most Challenging and Fun Thanksgiving Day Run!!!

Office use only: Regis. # _____ Date Rec'd. _____ Rec'd. By _____ Amt. Rec'd _____ a:rares/penton99

Elyria Apple Festival

5K Race/Fun Walk



Sunday, September 23rd, 2018

8:30 a.m. (Rain or Shine)

FEES

- * \$15 with t-shirt if registered by September 11th.
- * \$10 without a t-shirt if registered by September 22nd.
- * \$15 day of registration without a t-shirt.
- * FREE "Family Fun Walk".

REGISTRATION INFORMATION

- * Online at www.cityofelyria.org/department/parks
- * In person at the Parks main office, 131 Suite 103, Elyria, Ohio 44035, 8:00 a.m. to 4:30 p.m. weekdays
- * Day of registration accepted at Northwood Junior High School beginning at 7:30 a.m.

FAMILY FUN WALK (FREE)

The walk will begin at the intersections of Elywood Dr. and Washington Ave. at 8:30 a.m.

PARKING

Parking is will be available at Northwood Junior High School.

AGE DIVISIONS (MALE & FEMALE)

9 & Under, 10-13, 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64 and 65 & Over.



5K RACE AWARDS

- * Top 5 overall male and female finishers.
- * Top 3 male and female finishers in each age division.
- * "Peter Naughton Family Trophy" The family with the most entrants who finish race.

INFORMATION

For additional information contact the Elyria Parks and Recreation Department at 440-326-1500. All proceeds from the race will benefit the Elyria Parks and Recreation Department.

THE COURSE

The race will start at Elywood Dr. and Washington Ave. The course will take runners on a scenic view through the Washington Ave. neighborhoods.

REGISTRATION INFORMATION

Name _____ Male or Female

Address _____ City/State/Zip _____

E-Mail _____

Age as of September 23rd, 2018 _____ T-Shirt Adult Sizes S M L XL XX (circle one)

(to receive t-shirt must order by September 11th and pay \$15)

(Name of Participant) _____, who would like to participate in the Elyria Parks and Recreation Department, Elyria Apple Festival, LCCC HPER sponsored activity, release and covenant to hold harmless the City of Elyria, its officers, employees and volunteers from all claims of damages, losses or injuries relative to participation in this activity.

Participant, Parent/ Guardian Signature _____ Date _____

Fees Paid _____ Date _____

All programs and services offered by the City of Elyria are available without regard to race, color, religion, sex, national origin, age, marital or veteran status, disability or any other legally protected status.

Please Note

Articles for the November/December *FootNotes* must be submitted by Friday, October 19th.

Material received after October 19th 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
P.O. Box 771011
Lakewood, Ohio 44107-0044