

Redemption And PR Attained At NOLA Half Marathon

By Heather Kuch

As I sit here trying to write this article, I'm starting to tear up. If you follow my Instagram, blog or newsletter writings, you know that I have been trying to PR the half marathon distance since I set my PR of 1:44.49 in 2016. But year after year and race after race I failed to take down that PR - until last month. Each race something would go wrong; I'd get injured before the race or on the course and my confidence would be shot. Meanwhile, my full marathon PR from May of 2016 was also still standing and the same issues were happening in each full I attempted.

But Sunday, February 8th, I finally put a lot of that to rest when I finished the Rock 'n' Roll New Orleans Half Marathon in 1:41.21 - with a nearly 3 minute/30 second PR, no injuries, and the confidence I need heading into Cleveland Marathon training (if you want to join me, use code HK2019 for 10 percent off).

Back in November, after my hamstring injury in New York City Marathon, I decided to sign up for the half in New Orleans, LA, (NOLA) in hope of running a half PR enroute to a full PR in Cleveland this May. After taking time off to recover from the injury in New York and slowly getting back into it, I basically had about six to seven weeks to get ready for this half.

So what did I do differently this time around? As I've been hinting in past training updates, I've finally found the key to getting faster: training slower. Yes, it seems counterintuitive, but it works. By slowing down my easy and recovery run paces, I'm actually recovering from my harder training runs so that I am fresh when I tackle my workouts. On top of that I've been running appropriate paces for the times I need to hit so that I'm not killing myself. I feel good all the time and I nail every workout. All of that led me to a big PR in NOLA - something I was unable to do in the past three years of training despite trying all kinds of different workouts and training programs.

Race Recap

On race morning, I woke up and did a light jog to the start line with the two girls I went to New Orleans with. We hopped into the corrals shortly after getting there and I focused on my music, reviewed my race strategy, and prepared myself for the distance. I was in the back of the first corral so after the national anthem and the elites took off, so did we.



(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.
- 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.

2019 CWRRC Officers

President Mark Brinich
Vice-President Heather Kuch
Treasurer Paul Schlosser
Secretary Michael Fry

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New Member Coordinators
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Race Volunteer Coordinator Joe Nainiger
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Communication & Social Media Chair
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A Note From The President

Random Thoughts For 2019

By Mark Brinich

Aside from the bitterly cold Hangover Run, a brief visit by the arctic vortex, and a few nippy Saturdays, it's been a pretty easy winter for running (this is northeast Ohio, after all). Of course once this article hits the newsletter, all hell/winter will break (so now you know who to blame), and we'll have a few feet of snow. Right after the newsletter is out the St. Malachi Church Run takes place, and that weather is always unpredictable. Bottom line is it's been a relatively good winter so far, but there's no way of telling what the future will bring.

We had about a dozen new members sign up as a result of the Hangover Run. That was very good considering the weather. Hopefully we'll see a few more of the new members as the weather improves.

The Winter Banquet was attended by about 60 members and their guests, which was about what we've had in the past few years (aside from the 40th anniversary banquet). The venue at Avon Oaks Country Club proved to be a popular one, and we may be looking at that next year. Thanks to Dan Straitiff, Kathy Dugan, and especially Kimberly Roach, for pulling it all together for the event. It's not the same as putting on a race, but it's a lot more work than meets the eye.

Have you noticed that Blackbird is getting more crowded on Saturday mornings? Some of the Second Sole runners have joined in the post-run activities. We certainly keep the place hopping Saturday mornings.

The Cleveland Metroparks held a happy hour at Fat Head's in Middleburgh Heights on February 26th to thank the original four donors to the trail fund. CAMBA, Spin Cycle, Ray's MTB Park, and CWRRC were the first donors to the fund (CWRRC and its race participants donated about \$3,300 last year). Fat Head's has really led the way in the past few years with \$36,000 this year, and a total of more than \$100,000 over the past few years (I'll drink to that).

Heather Kuch is working on finalizing the date for the first Saturday Morning Breakfast in the Park. Keep a look out. It looks like your current and a few of the past officers will be running the show. If nothing else, it'll be worth it just to see how well (or not so well) this team of officers works together.

Planning for the Spring in the Park Women's 10K/5K to be held on Saturday, April 6th, is coming along. All the groundwork is done, and Joanna Brell is working with her team to make this the best SITP yet (this is its fifth year). So far we have about 135 entrants with about four weeks to go, so we're in pretty good shape. Now all we have to do is have the weather cooperate (we haven't quite figured that one out yet).

Financially the club is in good shape, but not as good as this time last year. This is mostly due to reduced revenues from races, increased costs, and some of the 40th Anniversary costs incurred last year. I don't lose any sleep over it. We'll just look at expenses more carefully this year.

We're still looking for community projects the club can work on. We've planned some dates for landscape cleanup for the clubhouse (tentatively Saturday, April 27th and Saturday, May 4th), and are looking for additional events. So if you have any ideas for additional events or on any of the topics listed above, just let one of the officers know and/or send an email to clewestrunningclub@gmail.com and let us know your thoughts.



Sunshine Committee Corner

We could all use a little extra support now and then. Please keep the following CWRRC members in your thoughts and prayers:

Pat Ashmun
Chris Banas
Christa Blum
Leo Lightner
Irene Weston

Order CWRRC Gear Online

By Kathy Dugan

Coming soon is our very own CWRRC Spirit Shop. You will be able to order a fleece vest, hooded sweatshirt, high-tech shirt in your size and color of choice -- all online. The CWRRC logo will be embroidered on each salable item. Stay tuned for more details!

2019 CWRRC 'Search For Summer II'

By Bob Budzilek

Back by popular demand, we will be doing a 2019 version of the Search for Summer.

Like last year, the Search for Summer II will be a scavenger hunt event. The challenge will be over the summer, Memorial Day weekend through Labor Day. Participants will need to incorporate a minimum two-mile walk/run into the scavenger hunt item. For example, an item might be a brewery, so you will need to do your run to include a brewery somehow. The list will have some repeats from last year, and some new items. It is looking like it will be about 50/50.

You submit your accomplishment via email/web and get 10 points. Since we all love the photos at the clambake or holiday banquet, if you attach a photo of the item, you will get a two bonus points. New this year, there also will be a special two-point bonus awarded weekly by me for the "best" submittal of the week. It could be for an awesome photo, the funniest photo or maybe because you bribed me.

Dan Straitiff and I will work on tracking progress and sharing via our web site as we did during last year's event. "Awards" are likely but not guaranteed and will be presented at the annual clambake.

Consider this a teaser. The list will be finalized by the May newsletter. I don't want to give you too much time to strategize.

Nainigers To Host Next Assembly

By Kathy Dugan

Be sure to mark your calendar for Wednesday, May 1st, for our next CWRRC newsletter assembly. It will take place at the home of Liese and Joe "Clipboard" Nainiger (and their dog Mitzi), located at 31017 Lake Rd. in Bay Village.

The Nainigers reside on the south side of the street, west of Huntington Park, and there is a long driveway for guests. The event will begin at 6 p.m. Be sure to pack your own beverage of choice; the club will provide pizza.

By May 1st we will be debriefing on all of the successes of the fifth annual Spring In the Park 10K/5K races on Saturday, April 6th. Note my reference to Joe "Clipboard": If you are not already signed up to volunteer for Bay Days upon your arrival at their newsletter assembly, I am sure you will be assigned a task for the race by the time you leave!

A nice thank you to Kimberly Roach for hosting the Wednesday, March 6th newsletter extravaganza. In case you have not heard, Kimberly is turning the Big 50 this year. You didn't hear it from me, but maybe from her dog Ruby, LOL.

Rite Aid Cleveland And Rock Hall Race Discounts

Greater Cleveland XC is offering all Cleveland West Road Runners members a discount for registration in the 2019 5th Annual Rock Hall Half Marathon on August 18th. Use the code RUNCLUB19 and get \$10 off the Half Marathon and Relay and \$5 off the 10K and 5K. See details at www.rockhallhalfmarathon.com.

If you are looking to sign up for the Rite Aid Cleveland Marathon, Half Marathon, 10K, 8K, 5K or 1 Mile race the weekend of May 18th-19th, you can use the code HK2019 to save 10 percent off any race registration. There are distances for everyone!

Welcome New CWRRC Members

John Bilardo

George Graham

Lucy Bilik-Hill

Dave, Elaine and Jacob Gregory

Renee Boddan

Tracy Gretick

Sharon Chapman

Phil Kasunick

Julie Cortino

Bob Liggett

Anthony and Tatsiana DeMarco

Steve Stahl

Christine DeMattie

Jay Toole

Jennifer, Dave and Eisele Dorman

Patricia Walanski

Dawn Galang

Happy Birthday

March

Josh Basen
Don Baun
Greg Chabmer
Robert Clark
Brian Cleary
Sandra Douglas
Joan Ellis
Scott Ferrari
Liz Ferro
Auni Haapalahti
Reijo Haapalahti
Michael Hawe
Mary Grace Herrington
Patricia Himes
Nick Hunter
Sarah Lampert
David McConoughey
Kelly Murray
Steve Smith
Tim Walsh
Cindi White
Curtis Wourms
Mark Yager

April

Steve Anderson
Christopher Bethel
John Brutvan
Pellegrino Ciccarello
David Clinton
Peggy Culligan
Kathy Delzani
David Eddy
Marcia Eland
Roger Gunter
Amy Jamieson-Petonic
Joe Jez
Erika Kelley
Benjamin Linowitz
Michelle Mead
Jane Mears
Reva Mitchell
Steven Morchak
Jim O'Connor
Patrick O'Donnell
Mark Oster
John Paull
Cynthia Peck
Melissa Pillari
Jason Ridgel
Melissa Ritterbeck
Sandy Ryan
Lisa Scheer
Valerie Swartz
Allen White
Libby White
Jason Yankowski



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

Planning Ahead Cleveland West Road Runners

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

Date: Saturday, April 6th

Time: 8:30 a.m. (walkers 8 a.m.)

Where: Metroparks, Rocky River Reservation, South Mastick Picnic Area

Business Meeting (Tentative)

Date: Monday, April 8th

Time: 6:30 p.m.

Where: Clubhouse, 26633 Detroit Rd., Westlake

Clubhouse Landscaping/Cleanup

Date: Saturdays, April 27th and May 4th

Time: TBD

Where: 26633 Detroit Rd., Westlake

Newsletter Assembly

Date: Wednesday, May 1st

Time: 6 p.m.

Where: Liese and Joe Nainiger's, 31017 Lake Rd. in Bay Village

Rite Aid Cleveland Marathon Kids' Run

Date: Saturday, May 18th

Meeting Time: TBD (Race starts 11 a.m.)

Where: Public Square, downtown Cleveland

Quarterly Breakfast

Date: TBD

Time: 9 a.m., or after 7:30 Saturday morning run

Where: Metroparks, Rocky River Reservation, Scenic Park Pavilion

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 Winterboks (Springbok) Workouts

Dates: Every Tuesday

Time: 6 p.m.

Where: Westlake Rec Center, meet by the gazebo.

Tuesday And Thursday Morning Oatmealers

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.

Thursday Night Group Run

Dates: Every Thursday throughout the year

Time: 6 p.m.

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.

The 'Incomplete Running Book' Is ... Completely Enjoyable

By Liese Nainiger

NPR's "Wait, Wait ... Don't Tell Me" pundit, Peter Sagal, is the author of a new book, "The Incomplete Book of Running." Younger people might not recognize that the title is a takeoff on running guru Jim Fixx's book, "The Complete Book of Running," that fueled the running boom of the 1970s. That's okay because Sagal will tell you his book is a takeoff, as well as the story of how Fixx ironically dropped dead of a heart attack shortly after his second running book.

Sagal's book is mostly geared to new runners or people who don't even know that they might want to be runners. As a mature runner, I enjoyed Sagal's stories and dry-wit observations on life. Many comedians strive to be funny as a compensation for something else gone wrong in their lives, just as some runners run for the same reasons. Sagal used running to combat a few life hurdles, including depression and a difficult divorce. He talked about a couple of other hurdles he overcame as well, such as being hit by a car while riding a bike and still running the Chicago Marathon two months later.

He is also noted for guiding a blind runner through the Boston Marathon the year of the bombing. Sagal's most important advice, I think, stems from his recommendation of the three Gs: Gradual, Goal and Group, or: start gradually, set goals and run with a group ... like Cleveland West!

What impressed me the most was Sagal's successful attempt to run a PR after age 40 as sort of a mooning at the research that showed how unusual and difficult that is. With the help of his co-workers at *Runner's World*, where he has been a columnist for more than 10 years, he trained and ran a 3:09 marathon, which was an 11-minute PR. I'm almost inspired to re-subscribe to *Runner's World*, which I enjoyed for many years before it slipped by the wayside.

Being an obsessive librarian, I looked for the original Jim Fixx book, only to find all the libraries on the west side of Cleveland have weeded it out of their collections - probably years ago - in deference to newer titles with models wearing trendy running clothes on the covers.



Saturday, February 23rd

Cleveland Chili Bowl Classic 5K, Downtown Cleveland

Glenn Dumonthier, 30:01

Road Trip To Kelleys Island Race

By Mike Twigg

It's time to gird up our loins for another summer season of running! Hope you are logging training miles for your near-, medium- and long-term goals. You deserve a reward for all that work. Heck, even a run on island time! How does the Kelleys Island 5K & 10K Run/Walk sound?

The details: The races take place on Sunday, June 9th, at 10:45 a.m. Cost is \$20 if you pre-register online by June 2nd. Register online via the Kelleys Island Chamber of Commerce. Registration was not yet open at press time. No worries, you're on island time. The race is supervised by our brothers and sisters at Firelands Area Runners Club and benefits Back to the Wild, a local wildlife restoration project and Kelleys Chamber of Commerce.

The late start is on account of your need to catch the ferry from Marblehead. To do that, take Rte. 2 West, over Sandusky Bay to Rte. 269 North, then turn right onto Rte. 163 to Kelleys Island Ferry (Land's End) at Lakeside/Marblehead. It's a short ride over to Kelleys.

Upon arrival, follow the herd of fellow runners off the ferry to the Village Green; you can't miss it. Registration, start/finish and awards are all on the green. Point of order here: The Village of Kelleys Island grants a one-day variance to purchase and consume beer on the green after the race. "On the green" are the key words here. Unless you choose to support the Chamber a little extra, do not step off the green with your beer to cheer on your fellow runners, lest officer Obie exacts tribute, which may dampen your mood and add a lot more financial support to the Village.

I've done this race a few times over the years and it's a lot of fun. The course travels along tree-lined streets with cottages and nice lake views. Après running the day is yours. Stick around for lunch at the Casino or Village Pump. There's even a brewpub now, so I hear. I'm going and can carpool three more with me. Hope to see you there. And hey, it'll be a great day for running!

Fall Road Trip Ideas

By Chip Cooper

Here are some suggestions for a fall road trip destination:

Fort4Fitness Marathon, Saturday, September 28th, 2019
Ft. Wayne, IN. 26.2M, 13.1M, 10K, 4M run

Park2Park Half Marathon, Saturday, September 28th, 2019
Holland, MI. 13.1M, 5K run

Capital City River Run, Sunday, September 22nd, 2019
Lansing, MI. 13.1M, 5K run, 13.1M relay

Heartland Half Marathon, Saturday, September 21st, 2019
Michigan City, IN. 13.1M, 5K, 1.1M run, 13.1M relay

Let me know if any of these some interesting. I will be gathering information about these and other races and appreciate your input. Email me at chascooper@roadrunner.com.

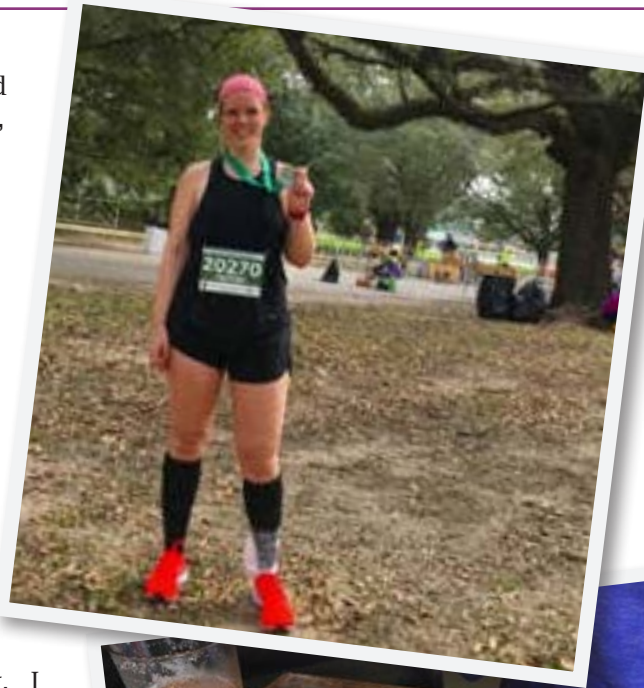
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My miles were supposed to go as follows: 7:55, 7:50, 7:50, 7:45, 7:40, 7:35, 7:30, 7:30, 7:30, 7:30, 7:25, 7:25, 7:20. I tried to stay as close to the paces as possible in the early miles, although I ended up running each of the first three to four a few seconds faster to make sure I was going through the actual mile markers at the time (as my watch was registering the miles early).

Miles 1-3 felt amazing. I stayed controlled and let everyone else go out too fast. I got into my head a little before I had to drop into the 7:40s for mile 4 but I told myself it was just a hair faster and I relaxed into it. I also saw my friend/coach Lindsey on the other side of the out-and-back around mile 4, and I rode that high for a while.

As I approached mile 6, I started to get into my own head, knowing I was about to drop into my goal half pace. The miles suddenly felt hard and I could feel the doubts creeping in. I reminded myself of all of the times I hit those paces on tired legs and that it was just five seconds faster. With that, I dropped to 7:30 and pushed on. Unfortunately, at that point, the beautiful overhanging trees blocked the satellites and my watch couldn't register the paces. I tried to run on feel and keep with runners around me who seemed to be staying consistent.

The lack of the watch messed with my head and I spent most of miles 6-9 fighting my doubts and hoping my paces were close to correct. I still felt pretty good and with each mile, a little more confidence crept in. Around mile 10 I felt myself slipping a bit into that



hyponatremic state I've felt at races before, but I was able to do the math and I knew that even if I had to slow down, I'd end up with a PR.

At 11 I could tell I definitely was hyponatremic and backed off just a bit more. While my legs felt that they could have pushed to the goal paces, at this point I knew I had a big PR and didn't want to blow up or collapse and lose it. I went through 11 at a 7:57. For 12 and 13 I knew I could push it to the finish so I picked the pace back up and around 12.7, I could see where the finish was. I had a bit of tunnel vision from the hyponatremia but I knew I had enough to get to the end. I pushed it down the finishing stretch to where I could see Lindsey and my other friend Kati waiting just across the line. I crossed the finish with my arm up and tears in my eyes. The 2016 half PR had finally fallen.

After the race I had a quick trip to the medical tent for some broth to get my electrolytes back up but I bounced back quickly. After the panic from that wore off and the PR set in, I felt myself tearing up again. It simply didn't feel real that I had finally PR-ed the half once again. I felt great after the race and found myself quickly feeling anxious to race another half and try to get my sub-1:40 (with proper hydration this time). I celebrated during the rest of the trip with Lindsey and Kati and we ate a lot of good food.

I'm already back to training for the Cleveland Marathon as the half marathon was really like a big workout in the middle of marathon training, and my legs are feeling amazing post-half PR. After seeing what this new training can do in a half on six to seven weeks of training, I cannot wait to see what several months of training will do for me in the Cleveland full. In the meantime, I will continue to work on my pacing - likely in some half marathons at goal marathon pace - to really lock in my pacing strategies before May, and of course I will be figuring out how to prevent getting hyponatremic again. But for the immediate future, I will continue to ride that PR high!

A St. Patty's Day Super Smoothie

By Amy Jamieson-Petonic

Happy March everyone! After being bundled up in multiple layers for several months (has anyone else missed seeing their toes?) I am excited about the possibility of - may I say it? spring!! What does spring mean to you? To me, it means the snow melting (can I get an amen?), the birds coming back, and the rebirth of all things living.

We have much to celebrate in March, including St. Patrick's Day, fewer clothing layers and the beginning of what I hope turns into a long, warm summer. What better way to begin this "green" season than with a super yummy Green Smoothie? (Tip: Don't tell people it's healthy; just call it a Shrek smoothie or an Incredible Hulk Smoothie.

Here is my Top 5 list of why you will love it and yes, I will include the recipe when I'm done touting its awesomeness). I continue to tell people that it will change their lives. Really!

Here goes:

It's a quick and healthy breakfast that has fruits and vegetables in one container for you and your loved ones. The banana is a great source of potassium, which is necessary for healthy kidney function, as well as keeping your heart beating strong.

This smoothie offers carbohydrates for maintaining healthy blood sugars and energy levels all day long - thanks to the fruit and protein from the yogurt which help us feel full (also known as satiety). It's hard to eat unhealthy stuff if you are already full.

The spinach is really what takes this smoothie up a notch. Spinach is a great source of vitamin K, which is needed for normal blood clotting, as well as important vitamins such as vitamin A and folate.

Mmm mango! Mango is a great source of beta carotene, a precursor to vitamin A, which is needed for normal eyesight, and may help prevent night blindness.

Pineapple: A great, sweet source of vitamin C, which is needed for healthy skin. And after this winter, who couldn't use something for healthy skin??

Prep time: 5 minutes

Servings: 2

Ingredients:

- 1/2 cup banana
- 1/2 cup seedless grapes
- 1/2 cup frozen mango chunks
- 1 cup fresh spinach
- 1/2 apple
- 1/4 cup nonfat vanilla yogurt
- 2 ounces pineapple
- 1 cup ice



Preparation:

Place all ingredients into the blender, and secure the lid. Start blending at a low speed and quickly increase to medium and then to high speed. If necessary, use a tamper to press any ingredients into the blades while processing. Run for one minute, or until smooth.

Nutritional Analysis:

Calories	140
Protein (g)	5
Carbohydrates (g)	34
Fiber	5
Sugars	24
Cholesterol (mg)	0
Total fat (g)	0.5
Saturated	0
Sodium (mg)	105

Go green this March and send me an email at amyjtoday@gmail.com or via Facebook or twitter ([@AmyJTodayRD](https://twitter.com/AmyJTodayRD)) and let me know what you think. I hope it will change your life too!

Sensing Split Patterns Yields Estimated Race Pace

By Rich Oldrieve

“Walk to Wolf!” That was the slogan we all shouted at the start of a Bay Cross Country team workout. That meant we’d walk out the gym doors and walk the 200 meters or so to Wolf Road before even starting to jog. Then for the rest of the run, we gradually picked up the pace.

Later, when I was assistant track coach at John Adams High School, we maintained a similar policy of walking out to the track, and then everyone from the shot-putters to the 100-meter dash guys to the 3,200 meter runners would jog 800 meters at a frighteningly slow pace.

For freshmen members of the Bay High cross-country team, another tradition was that we would have to start at the back of the pack, and were only allowed to pass a sophomore, junior or senior if the upper classman fell off the pace. A fellow freshman at Bay High, Jim Haymond, gave me the nickname “waterbug” for starting at the back of the pack and darting around dozens

mom always attributed it to my playing the trombone in high school band where we trombones were expected to help set the ompah, ompah baseline provided by the bass in an orchestra. Transferring that beat-maintaining skill to running a marathon PR of 2:25:13 at the 1988 Boston Marathon, my five-mile splits were approximately 27:30, 28, 27:30; 28; 27:30.

Ironically, after the race, my parents showed me an article that had been published that morning in one of the Boston newspapers. It explained that when runners start staggering to the finish line, it is not caused just by muscle fatigue, but these runners also have depleted supplies of the neuro-transmitter “choline.” A little over a decade later, as I was working on my doctorate in reading education, I fainted in a restaurant. Six months and numerous faintings later, a technician strapped me to a tilt-table, and this time I set a record for fainting way earlier than most people do. The doctors explained that this was a sign that I had an overabundance of choline, so they advised me to start taking an “anti-choline” drug. In return, I explained I wouldn’t take the drug because I didn’t want to give up one of my super powers that made me a good track runner.

On the other hand, I firmly believe that there is also a training component to the ability to run great splits. This is evidenced by the disciplined Bay High cross-country (CC) workouts that began with the mantra of “Walk to Wolf.” As a freshman I just



of upper classmen that were higher up on the pecking order.

After only three weeks of summer workouts, Senior Mike Charvat, a varsity runner who often found me next to him near the end of 13- or 16-mile runs, commented, “Rich, you’re going to be a pretty good high school two-miler, but your forte will be in college when you can race 10,000 meters on the track.” Seven years later, as a junior at Cornell University, Charvat’s prediction came true as I ran a time of 30:27 in the 10,000 meters at the Colonial Relays (compared to the world record which was 27:27 at that time). It’s still my best race. Three years later, as a grad student at the University of North Carolina at Chapel Hill I ran my second-best 10,000 time of 30:36 at the Penn Relays. During the race I water-bugged my way up from 42nd place and 100 meters out of 41st after only 1,600 meters. Both my Cornell and UNC coaches walked out and didn’t see me move up to 13th place at the finish line.

I am writing this article fully cognizant that I possess a key genetic feature that allows me to run consistent splits. My

missed displacing Mike Charvat from the top-seven. That CC team went on to finish ninth in the large-school division of Ohio’s state cross-country championship. The next three years I made varsity and we proceeded to finish fifth, third and then first. The following year the team finished second. Some 40-plus years later, Chris Koehler, Mike Schinski and I are still three of the five fastest Bay High two-mile/3,200 meter runners in the school’s history.

While I was an assistant at John Adams, our 4 x 800-meter relay won the state track championship with all four guys running 1:56 for their legs. Later, after I was long gone, head coach Claude Holland’s 4 x 800 relays did even better. Similarly, my high-school teammate Ross Martin coached several of his sons’ track teams to state championships based on distance runners who beat our times.

Thus, it’s important to realize talent isn’t everything – otherwise how can some coaches have more consistently successful

teams? One of the techniques I learned at Bay High was that not only did we walk to Wolf on long runs, we'd keep running slowly for several miles later. After that, the pace was gradually picked up. Then, during the last three to four miles that pace increased to a feverish pitch. In pre-GPS watch days, it's hard to say the pace we ran in workouts, but let's just say it was probably six-minutes-a-mile or less.

But even more important to learning race pace was in our repeat workouts of 16 to 20 quarter-miles. Coach Scott broke the workouts up into sets of four quarters with 60 seconds of rest between each quarter-mile and something like five minutes between sets. Each set of four would have an assigned goal time that we had to stick within, and the goal for each set became gradually faster. For example, by my senior year, it might have been 75 seconds per quarter for the first set, 72 for each quarter in the next, 69 for the third, and 66 for the last set. Since my best time was 9:21, Mike Schinski's was 9:19, and Chris Koehler's was 9:18, the first eight quarter-miles were slower than our goal pace average of 70 seconds for each of the eight quarters in a two-mile race. Then the last eight quarters were all faster than our goal race pace.

Forty years after I ran the best 10,000 meters of my life and 31 years after I ran my best marathon, it doesn't matter whether I'm doing intervals in running, swimming or biking; I always

weiner beagle "Baya" lead the way. Then, when Baya started to tire on the last few intervals, Hamlet would crush her by passing her and sprinting to the finish line.

Similarly, my current interval poodle puppy, Oisin, starts slow and picks up the pace. For example: in February, Oisin and I ran around a baseball field with splits of 1:59; 1:45; 1:43; 1:44; 1:47; 1:32. A week later, he ran faster splits overall, and ran his fastest split as the fourth, before fading: 1:42; 1:40; unknown; 1:34; 1:39; 1:42; 1:44. In contrast, Oengus is my four- to five-mile trotting "pace" dog. His last three-mile splits on our last run were: 12:28; 10:47; 10:11.

For me, it's the rhythm of splits in workouts that remain my interest. For example, in a long run on February 9th, my first few splits were choppy after I tied shoes, used the rest room, drank some Gatorade, and listened to the pre-7:30 update from club president Mark Brinich. My splits were: 13:05; 10:24; 14:47; 11:01; 10:03; 13:49; 8:37; 8:31; 8:39; 9:41; 9:51; 8:53; 8:42; 8:26; 8:23; 8:23; 8:02; 8:20; 8:18. Notice my last six miles were my fastest. My 17th mile was the fastest, before I faded the last two miles, even though my "fade two miles" were faster than any of the other 16 miles.

Then in the Bay Village Snoball 5K on February 16th, my splits were 7:22; 7:11; 7:12.



want to start my sets slow, and then pick them up. For example, in my most recent 14 x 50-yard swim interval workout, I warmed up with 400 yards of exaggerated stroke swimming. I then swam three sets of 4 x 50. Each set was broken up so I breathed to my right side for the first two 50s, and I breathed to my left for the next two. Finally, I did one right and one left. My splits were: 66; 64; 66; 62 — 64; 64; 64; 64 — 64; 63; 63; 63 — 62; 61. The previous week I did 6 x 100s with splits of 2:16; 2:17; 2:15; 2:15; 2:11; 2:09.

I will point out that I don't actually take extra time between running or swim sets anymore because I don't want my muscles to cool down, and thus get a pulled muscle. Similarly, since my prime was over 30 years ago, and I had knee surgery 20 years ago, I tend not to run on tracks with set distances anymore. Instead, I pick out grass loops in parks near me, and run intervals around them. That way I don't have to compare times to a distant past. My previous golden retriever Hamlet got to know my habits, and he would deliberately run beside me and let our

On February 23rd, I ran the Olde Girdled Grit Half Marathon trail race. For warm-up, I ran 5.7 miles with my dogs. The start of the race was an uphill two mile, then four miles of steep hills and steps, four miles of relative flat, two miles back down the hill, and a windy twisty last 0.88 miles. It was hard to decipher a pattern in the middle trail miles: 10:44; 10:50; 11:02; 10:39; 9:14; 8:50; 10:26; 8:45, but the two opening uphill first miles were 8:37; 8:22. And the last two downhill ones were 7:21 and 8:27. So once again, the 17th mile of a 19-mile day was my fastest, and it even beat my first mile split at the Snoball. (The course was only 12.88 miles long and I ran the last 0.88 on the trail in 8:42).

By focusing on the last three to five miles, I can sense my progress, and begin to formulate for my first Boston Marathon in 31 years. At this point, I would say I'll run in the low 8s. But on Sunday, March 24th, I'll run a road half marathon and gain a better sense if "low" 8s means 8:22 a mile or 8:02 a mile. Hope this helps you.

Saturday - 8:30 am, April 6, 2019

MetroParks - South Mastick Picnic Area

Women's only 10K & 5K

WOMEN'S 10K & 5K

SPRING

IN THE PARK

CLEVELAND WEST ROAD RUNNERS



Join the Cleveland West Road Runners for the 5th running of the Spring in the Park, Women's only 10K & 5K. Celebrating the active woman, the course is fast and curved on smooth roads through the beautiful Cleveland MetroParks. Pom-pom knit hat to first 300 registrants. The Overall winner, first Master and first Grand Master receive commissioned jewelry and jewelry to age group winners. Chip timing for both start and finish. Full details and online registration at www.clewestrunningclub.org

Registration Pricing:

10K		5K	
Now through Feb. 17, 2019:	\$30 Early bird	Now through Feb. 17, 2019:	\$20 Early bird
Feb. 18 – Mar. 31:	\$35	Feb. 18 – Mar. 31:	\$25
Apr. 1 – Apr. 5:	\$40	Apr. 1 – Apr. 5:	\$30
Apr. 6th (race day)	\$45	Apr. 6th (race day)	\$35

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Date of Birth _____ Age _____

Email _____ Signature _____

Check here if CWRRRC 2018/9 Member: Yes

Mail form to: Cleveland West Road Runners Club, Attn: Women's Race P.O. Box 771011, Lakewood, OH 44107-0044



WAIVER, RELEASE AND ASSUMPTION OF THE RISK AGREEMENT – CLEVELAND WEST ROAD RUNNERS CLUB

I have voluntarily elected to participate in a Cleveland West Road Runners Club event (the "Event"). In consideration for being allowed to participate in the Event, I represent, acknowledge and agree as follows:

GENERAL RELEASE I acknowledge and agree that this Waiver, Release and Assumption of the Risk Agreement ("Agreement") covers and is intended to release and provide other benefits, legal protections, and consideration to Cleveland West Road Runners Club, and its respective and collective agents, officers, affiliates, volunteers, members, sponsors, and all other persons or entities acting in any capacity on its respective or collective behalf (collectively, "CWRRRC").

RELEASE OF POTENTIAL INJURIES I acknowledge and agree that there are inherent risks and hazards associated with participating in the Event and that physical exercise can be strenuous and subject the participant to a number of serious risks. These risks include serious physical or emotional injury, illness, paralysis, death, damage to myself, and/or third parties, and damage to personal property of any or all such persons. I understand that such risks cannot be eliminated, and I further agree that my participation in the event is for recreational purposes and completely voluntary. I certify that I am physically fit, have sufficiently trained for participation in this event, and have not been advised otherwise by a qualified medical person.

VOLUNTARY ASSUMPTION OF RISK I am aware of all such risks and I understood those risks. I acknowledge and agree that I am participating voluntarily at my own risk. I acknowledge and agree that the actions of other participants or CWRRRC could cause me serious physical or emotional injury, illness, paralysis, or death. I acknowledge and agree that CWRRRC is not responsible for the actions or activities of individuals participating in the Event or its negligence in supervising the Event, including actions, activities, or omissions that result in such harm. I further acknowledge, accept, and assume the risk of any and all medical conditions, limitations, or disabilities (whether temporary or permanent) that I possess, whether known or unknown, which might contribute to or exacerbate any injury I might sustain as a result of my participation in this Event.

AGREEMENT TO PAY MY OWN MEDICAL EXPENSES I acknowledge and agree that if I require medical assistance (including, but not limited to, emergency care, hospitalization, out-patient care, and/or physical therapy) as a result of any injury sustained while participating in the Event, such assistance shall be at my own expense.

RELEASE OF LIABILITY I ("Releasor") hereby forever, irrevocably and unconditionally release, waive, relinquish, discharge from liability and covenant not to sue CWRRRC, and its successors, predecessors-in-interest, and insurers, and all municipalities in which the event is conducted (collectively, the "Releasees") from any and all claims, demands, rights, actions, suits, causes of action, obligations, debts, costs, losses, charges, expenses, attorneys' fees, damages, judgments and liabilities, of whatever kind or nature, in law, equity or otherwise, whether now known or unknown, suspected or unsuspected, and whether or not concealed or hidden, related to or arising, directly or indirectly, from participation in the Event, the failure to warn of dangerous conditions in connection with the Event, and/or the acts or omissions of any of the Releasees, including, without limitation, any claim arising in tort, negligence, failure to warn or other omission, property damage, personal injury, emotional injury, illness, bodily harm, paralysis or death. In the event that any claim released herein is brought by, or asserted on behalf of, Releasor, I shall immediately defend, indemnify and hold harmless the Releasees, and any of them, from any loss or liability, including reasonable attorneys' fees, associated therewith or arising therefrom.

This Agreement is governed by Ohio law and is intended to be as broad and inclusive as Ohio law permits. Should any clause be in conflict with Ohio law, then only that clause is null and void while the remaining clauses of this Agreement shall remain in full force and effect.

By signing above, I represent and warrant that I have read and understood each and every paragraph in this document and I agree to be bound by the terms stated therein, including the release of liability contained therein. I further agree to indemnify and hold harmless the Releasees from any and all claims which I may have or which are brought on my behalf, which are in any way connected with, arise out of, or result from my use of the Facility. I am 18 years of age or older. I am entering this Agreement on behalf of myself, my spouse or domestic partner, and our respective and/or collective issue, parents, siblings, heirs, assigns, personal representatives, estate(s), and anyone else who can claim by or through such person or persons (collectively, the "Releasing Parties").



Fibromuscular dysplasia causes your arteries to form abnormally creating areas of narrowing or stenosis. First diagnosed in 1938, there is still no known cause or cure for FMD. 90% of patients are women and headache and high blood pressure are two of the most common symptoms of the disease. FMD can lead to arterial dissections, aneurysms, stroke and death. For more information

<http://fmDSA.org>

Please consider running with our team by joining our group when you REGISTER online.

Choose TEAM: RUN4FMDSA. And get 10% off with Code:FMDSACHARITY19

<https://www.clevelandmarathon.com/>





Saturday, March 16, 2019
2 mile - 9:15am 5 mile - 10:00am

Starts and finishes at St Malachi Parish - 2459 Washington Ave, Cleveland OH

For more details and to register, visit: <http://www.runstmalachi.com>

PLEASE SELECT YOUR EVENT

5 Mile Run: \$25 early (through 2/14) \$30 (2/15-3/10) \$35 (3/11-3/15) \$40 (race day)
 2 Mile Run: \$25 early (through 2/14) \$30 (2/15-3/10) \$35 (3/11-3/15) \$40 (race day)

First Name _____ Last Name _____

Email _____ Zip _____ Age on race day _____

Gender: Male / Female T-shirt size: YM YL S M L XL XXL

Make payable and mail to: Greater Cleveland XC, 8791 Mentor Ave., Mentor, OH 44060

In consideration of the acceptance of my (my minor child's) entry, I agree and certify as follows: I am 18 years of age or older. I understand that running a road race is potentially hazardous activity, which could cause injury or death to me (my minor child). I will not enter and participate unless I am medically able and properly trained, and by my signature, I certify that I am (my minor child is) medically able to perform this event, in good health, and properly trained. I understand and assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, ice and snow, or slippery conditions, traffic and the conditions of the road. Having read this waiver and knowing these facts I, for myself, my minor child, my spouse, my heirs and executors, and anyone entitled to act on my behalf, to the greatest extent permitted by law, waive, release, and agree to hold harmless and indemnify Greater Cleveland XC, LLC, St. Malachi Parish, the Diocese of Cleveland, the Bishop of the Diocese of Cleveland, the city of Cleveland, all event sponsors, and their representatives and successors from and against all claims or liabilities of any kind arising out of my (my minor child's) participation in this event, whether foreseen or unforeseen, and even though it may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand that I (my minor child) may be photographed, filmed, or videotaped at the event. I hereby irrevocably grant to Greater Cleveland XC, LLC and St. Malachi Parish, and their affiliates, licensees and collaborators the absolute right and permission to use my (my minor child's) likeness and/or voice for any purpose whatsoever, including commercial advertising. I understand that this event does not provide for refunds, and by signing this waiver, I consent that I am not entitled to a refund including if for any reason the event is cancelled.

Signature: _____ (Parent or Guardian Signature Required if Under 18)



Adventure University



March 23, 2019 10 a.m. – 4:00 p.m.

Baldwin Wallace Lou Higgins Center 136 E. Bagley Road – Berea – OH

Inspire – Learn - Equip

Join Cleveland Metroparks for Adventure University & Gear Swap.

Adventure University is a place for outdoor adventures to meet, socialize, share, and learn about the outdoor pursuits we all love and enjoy. Get inspired and learn through hearing others adventures and stories through educational and inspirational sessions and check out the gear swap and consignment area to get into or sell some lightly used gear.

Schedule:

- 8:30 Consignment, Used Gear, Exhibitor Set-up
- 10:00 Open Hours – Exhibitor Village Opens, Used Gear Open
- 10:30 Sessions Begin – Presentations and Pool, Consignment Sales Area open
- 1:30 Demos - Try It: Kayaking – Sessions continue
- 3:00 Door Prize - Auction Announcements - Consignment Pick-up/Cash-out
- 4:00 Adventure University 2019 over!

Educational topics will vary, but past presentations have including AT thru-hiking Q & A, Bicycle Touring the Great Allegheny Passage, Camping with Kids, Lake Erie Islands Sea Kayaking, Trip Planning 101, Backpacking Iceland, Biking Across America, building your own canoe, gear repair, and more.

www.clevelandmetroparks.com/or

This event is free and open to all ages.

courtesy Share the River



April 13, 2019
Opening Day
rails-to-trails
conservancy

OPENING DAY FOR TRAILS

Join us for a spring celebration—including hiking and biking tours—along the Cuyahoga River on the Ohio & Erie Canal Towpath Trail & Cleveland Foundation Centennial Lake Link Trail!

Merwin's Wharf
1785 Merwin Ave.
Cleveland, OH 44113
Saturday, April 13, 2019 | 11 a.m. – 3 p.m.
Program begins at noon

Learn More: rtc.li/openingday19-cleveland



#RTCOpeningDay    @railstotrails railstotrails.org/openingday



Please Note

Articles for the May/June *FootNotes* must be submitted by Friday, May 24th.

Material received after May 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.

2019 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