



FOOTNOTES

May / June 2019 Newsletter

Running Strong Since 1977

Boston Journey: 26.2 + 0.8 Miles Before I Sleep

By Rich Oldrieve

"Listen, my children, and you shall hear of the midnight ride of Paul Revere." ~ Henry Wadsworth Longfellow

My mom was born in Worcester, MA, on All Saints Day in 1928. She always admitted she wasn't much of a singer, but as a high school language arts and Spanish teacher, she was pretty good at reciting poetry. The poem I remembered her reciting most often was Longfellow's version of "Paul Revere's Ride" and the start of the American Revolution. This memorializing of Revere's ride and the Revolution is why the Boston Marathon is run on Patriot's Day - Massachusetts' state holiday. It's also why Boston is run on a Monday to throngs of millions - including my mom and dad, twice.

This Boston Marathon recap actually interlocks two journeys: first, the one that connects my early marathons and first two Boston Marathons - in 1984 and 1988 - with the one I ran on Patriot's Day, April 15th, this year; and second, my 2019 race day trip from start line to finish.

My 26.2-mile race journey began at the 1982 Toledo Marathon. My Cornell teammate, Pete Pfitzinger, who would go on to be the top American marathoner at both the 1984 and 1988 Olympics, suggested to me that he thought Cornell's marathon record of 2:27 was a bit soft, and that I should take it away from a Cornell cross-country runner who had never earned a varsity letter. So I ran Toledo trying to beat 2:27, faded near the end, and finished with a soon-to-be very repetitive time of 2:32.

Ironically - though we took two different routes to get there - my high school teammate, rival and friend Mike Schinski finished on the track slightly ahead of me, also with a 2:32. Though I was disappointed I couldn't hold off Mike, not beating 2:27 was far more anguishing.

Unfortunately, every time I tried to keep a sub-2:27 pace after that, somewhere around 16 to 18 miles I would start my death march and fade to 2:32. Since I hadn't qualified yet for the Olympic trials in the four or five marathons I ran before the 1984 trials, I decided to seize the consolation prize of running the Boston Marathon - since 2:32 clearly beat Boston's standard.



(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

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
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

Spring Has Sprung

By Mark Brinich

First of all, kudos to everyone (and especially to Joanna Brell) for SITP 2019. We had a record number of entrants, as the race is slowly growing year over year. And the raffles are always worth staying around for (I'm thinking of signing up next year just to get in the raffle). In addition to all the great help, we finally had great weather. I heard nothing but good comments about the race both in person at the race, and on various forms of social media.

With SITP behind us, and the Columbus Blue Jackets in the NHL playoffs (something had to replace the NBA playoffs) in full swing, we're well into spring. Many of us (certainly myself) are realizing how much we got out of shape over the winter months. Then again, there are those of us that do spring marathons (Cleveland I have no problem with, but those Boston marathon runners are animals), and stay in shape all through winter. In any case, hope more of you can make it out to our various runs during the week.

In addition, the Springbok training group has already started, and we're still trying to decide the fate of the Wednesday night Whiskey Island runs during the summer (see Bob Budzilek's article in this issue). Of course, if the weather is like it was this morning (April 20th), I don't expect anyone to be out there (actually it turned out to be a nice run, but only if you started at about 7:35).

In addition to some of the club volunteer opportunities (clubhouse yard cleanup, Rite Aid Kids' Run, Bay Days run), there is the Rocky River cleanup on June 1st, and the NCAA DIII Men's and Women's Track and Field Championships on May 23rd through 25th at the Spire Center in Geneva (<https://2019ncaadiitfchampsvolunteers.my-trs.com/> to sign up), and the USA Triathlon Age Group National Championships on August 10th and 11th at Edgewater Park (<http://usatriathlon.volunteerlocal.com/volunteer/?id=33109> to sign up).

At our last business meeting we decided to clean up the ranks of the club. So, if you haven't paid your dues lately, you should have received an email requesting you get up-to-date with your dues. The dues enable us to subsidize many of the club activities, and help pay for things like our web site, club insurance, food at club meetings, etc. While we probably would not turn away someone from one of our events if they didn't pay, it's just common sense that we should all be contributing to the expenses. Also, if there's an event you'd like to see the club sponsor, please let one of the officers know.

Hope to see you on the roads and/or trails.



Welcome New CWRRC Members

Adeline Dascoli

Mary Eileen (Molly) Hideg

Michelle Nochta

Testing Waters With Summer Fun Runs

By Bob Budzilek

For the past several years, we have been gathering at the Whiskey Island location for some running and refreshments once a month in the summers. These gatherings are generally a good time, but some club members have questioned if it's time for a change. As such, we are going to mix it up this June, and add another run/location.

On Wednesday, June 5th, we'll kick off the summer runs at Whiskey Island, meeting as usual at about 6:15 p.m. in the parking lot of the Whiskey Island Still and Eatery. We will begin running/walking at 6:30, then convene for refreshments.

On Wednesday, June 26th, we have been invited to join up with The Runiversity on their monthly brewery run, which in June starts at Sibling Revelry. Similar to the Whiskey Island Runs, the run begins at 6:30 p.m.

The plan is to see how both these runs are attended, and plan for the rest of the summer in time for the July/August newsletter. See you on the Island!



Sunshine Committee Corner

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

Bob Ashmun
Chris Banas
Christa Blum
Leo Lightner
Irene Weston

Schlossers Host Next Assembly

By Kathy Dugan

Nancy and Paul Schlosser will host the Wednesday, July 10th newsletter assembly gathering beginning at 6 p.m. Note: it will be the second Wednesday of the month, rather than the first, since we will all be busy on the first Wednesday, July 3rd, with the last minute details for the Bay Days events.

The Schlossers reside at 1789 Allen Dr., Westlake. Allen Drive is north of Hilliard Boulevard, just west of Clague Road and Clague Park. There's plenty of on-street parking. Please bring your own beverage and folding chair; the club will provide pizza.

A big round of applause goes out to Liese, Joe and Mitzi Nainiger for hosting the Wednesday, May 10th event.

As a carryover from the March/April newsletter - Ruby reports Kimberly will turn the big 50 mid-May!

Meet Local Author/Athlete Liz Ferro

There will be a meet and greet on Tuesday, August 27th, with Liz Ferro, founder of Girls with Sole, as she shares her second book "Girls with Sole - A Girl Power Guide To Unleashing Your Inner Superhero". The event takes place at the Rocky River library Community Room from 7 to 8 p.m.

Girls With Sole is a group based in Cuyahoga County that focuses on empowering young women through fitness. "We envision a world where every girl thinks of herself as an athlete - and is inspired and nurtured in mind, body and soul - to achieve her fullest potential and inner most success," says the Girls With Sole web site - <https://www.girlswithsole.org/>.

To view information about the event, visit <http://rrpl.evanced.info/signup/EventDetails?eventid=22494>. To view and/or order the book, visit https://s3.amazonaws.com/static.evanced.info/Customer/rrpl/LIZ_96010C53.JPG.

Volunteers Needed At Rite Aid Kids' Run

By Bob Budzilek

CWRRRC has again committed to providing volunteers for the Rite Aid Kids' Run on Saturday May 18th. The run starts at 11 a.m. at Public Square, so we need volunteers to be there from 10:30 until noon-ish. Plan to meet near the Volunteer Tent, usually located on the south side of the square.

You can run the Saturday morning run, grab a quick coffee, and still have time to make it to the Kids' Run. Immediately after, the plan will be to have a "debriefing session" at the Whiskey Island Still and Eatery (fka Sunset Grill) for all interested.

Please call at 440-263-6481, see me in person, or drop me an email at rjbudzilek@yahoo.com if you can volunteer. I'll provide additional details on where we need to meet closer to the event.

Happy Birthday

May

Maggie Barrett
John Binder
Bob Budzilek
Rita Candito
Thomas Carlson
Ellen Chrisman
Tony Cresci
Beth Eaton
Emily Ferrall
Evan Golder
Deborah Golder
Tom Hayes
Carl Homberg
Steve Lacko
Greg Lampert
Stephanie Mueller
Joan Papp
Matt Patton
Damon Pierce
Kimberly Roach
David Rosendale
Paul Schlosser
Dennis Schuler
Gloria Smith
Suzan Stiegelmeier
Tara Taylor
Cindy Wildman

June

Michelle Appel
Kevin Arth
Daniel Barnhart
Toby Barvincak
Larry Begue
Adam Belebczuk
Bob Blum
Jennifer Budzilek
Lindsey Carroll
Timothy Chrisman
Joe Digiacomio
Gary Easter
Thomas Fagan
Cory Freadling
Jennifer Jutte
Tiffany Kral
Todd LeVeck
Kim Leverton
Tim McGinty
Sue Michos
Edward Oberhofer
John Roos
Ronald Ross
Nancy Schlosser
Robert Sharp
Joe Smith
Spiro Vamvakas
James B. Van Horn
Laurie Zahar
Marlene Zepkin



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

Planning Ahead

Clubhouse Landscaping/Cleanup

Date: Saturday, May 18th
Time: After coffee at Black Bird
Where: 26633 Detroit Rd., Westlake

Rite Aid Cleveland Marathon Kids' Run

Date: Saturday, May 18th
Time: 11 a.m. - noonish
Where: Public Square, downtown Cleveland

Rocky River Basin Cleanup

Date: Saturday, June 1st
Time: 9 a.m. - noon
Where: Scenic Park Picnic Area

2nd Club Breakfast In The Park

Date: Saturday, June 8th (National Running Day)
Time: 9 a.m.
Where: Scenic Park Pavilion

Bay Days 5-Miler/Kids Run

Date: Thursday, July 4th
Time: 8:30 a.m.
Where: Bay Village High School

Business Meeting And Newsletter Assembly

Date: Wednesday, July 10th
Time: 6 p.m.
Location: Paul and Nancy Schlosser's, 1789 Allen Dr., Westlake

Classic At Mastick (2-Miler & 5K Runs)

Date: Wednesday, August 14th
Time: 6:30 p.m.
Where: Mastick Picnic area. Contact Kathy Dugan for more info.

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 Workouts

Dates: Every Tuesday
Time: 6 p.m.
Where: Brookside Reservation Cleveland Metroparks, 3900 John Nagy Blvd. off Ridge Road. We run on a 0.5 mile track located around an upper lighted athletic field next to the railroad tracks.

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: Spring/ summer/ fall - Metroparks, Rocky River Reservation Nature Center overflow parking lot.

Saturday Morning Group Run

Dates: Every Saturday throughout the year
Time: 7:30 a.m.
Where: Metroparks Rocky River Reservation, Scenic Park Pavilion.

Online CWRRC Spirit Store Is Live

By Kathy Dugan

As promised, the CWRRC Sportswear store is up and running. Visit <https://clewestrrclub2019.itemorder.com/sale>.

The site will close automatically on May 31st, and then turn back on at the beginning of each new month. So, orders will be processed starting the first day of the next month, and each order will be shipped to each person who orders directly. In almost all cases, clients will receive their order within two weeks of the web site closing.

In preparation of the "go live" I went ahead and purchased 24 garments with the CWRRC embroidered logo. I figured it would be helpful for folks to see the items, feel the fabric and try them on for size before ordering online.

I've ordered two items for ladies: a three-quarter zip, Sportex pullover in two colors (\$37/ea.), and a fashion fitted hoodie in two colors (\$45/ea.).

Same goes for the men: a three-quarter zip, Sportex pullover in two colors (\$37/ea.), and a fashion fitted hoodie in two colors (\$45/ea.).

I've also brought in a total of six good-sized duffle bags at \$55/ea. Two are all black; two are black with royal; and two are black with red.

All of these items are available for viewing and purchase via cash or check payable to CWRRC.

I am not really a "regular" at Blackbird these days but can be coaxed to be there; plus, I am open to setting up a time for you to come to our home or catch me on the way to/from work.

Questions? Feel free to call or email: H 440-333-1743 / W 440-930-3119 / dugan56@hotmail.com.



Book Review -- Running Home, A Memoir

By Liese Nainiger

It's rare to see a woman write a running memoir, but Katie Arnold has a lot to say about life, death and being a mother. She is as tough as titanium. Katie is a contributing editor at Outside magazine and many other publications. Her parents divorced when she was four. Her mother went back to school, and her father rambled about as a National Geographic photographer. Katie and her sister only got to visit him a couple of weeks out of the year. The book chronicles her quest to come to terms with her parents' divorce, earn her father's love and deal with his death.

Katie's running career started by accident at age 7 when her dad suggested she and her sister run the hilly Fodderstock 10K Classic in old tennis shoes, while he waited at the end to take pictures. Many years later, as a reporter for Outside magazine, she interviewed Dean Karnazes and ended up running her first marathon with him instead of the planned five or six miles. While writing a story about a female climber, Steph Davis, she climbed Half Dome at Yosemite National Park in California with little training. Her running feats are no less impressive. In her first 50K ultramarathon, she was the first women runner to finish and a few races later she won her first 100K, Angel Fire, outright in 12:14, beating not only all the women but the men as well. "You are stronger than you think you are," she says.

She discusses the difficulty in finding time for long runs, the guilt she feels for taking time away from her family to run, and why she needs to run. Most of her training is running up a mountain near her home in Santa Fe, either alone or carrying a baby in pack. I meant to really skim the book, but it was so well written, I couldn't keep myself from reading every word.



Race Results

Saturday, March 16th

St. Malachi Church 5 Mile, Cleveland

Mike Fry, 38:27 - AG3

Mark Brinich, 47:44 - AG10

Saturday, March 16th

Valley To The Sea 10K, Maui, Hawaii

Bob Myers, 56:06.22 - AG2 2.4 miles of the race was running on the beach!

GrettyMyers, 1:30:21.47 - AG2 Yes, the same sand!

Sunday, April 7th

Spring Fever 2 miler, Westlake

Bob Myers, 16:01 - AG2

(continued from page 1)

1984 To 1987

Alas, in that 1984 Boston, like most of my marathons before it, I once again faded to 2:32. But, one month after Boston I doubled back into the Cleveland Marathon, where I ran a 2:29 that still is my second fastest marathon time.

In 1985 through 1987, I kept trying for the Olympic qualifying standard at both Cleveland in the spring and at the Columbus marathon in the fall. By the fall of 1987, I had reconciled myself to the fact that somewhere between 2:22 and 2:32 was my personal record time. Yes, it could have been my 2:29 back in 1984, but I knew that I had run that one with heavy legs. Consequently, I decided that instead of trying to break 2:22 at Columbus, I would "go with God," and accept whatever God granted in terms of weather and my bodily condition. I ran Columbus with no specific per-mile time in mind, but just used my best judgment for eight miles, and went with what the weather, course and my legs felt like on that given day. For the first time since my 2:29, I didn't go out too fast and I didn't fade. I ended up with a 2:30. Consequently, I could send in a time to Boston that gave me a high seed (back in those days you could send in times up through early February for the April race).

1988

Until this day, I don't know how I partnered up with Bill Robb and Eric Johnson for a hotel room at the 1988 Boston. The other key people in 1988 were my wife Susan, whom I had just started dating, and my parents. I flew to Boston, but my parents drove all the way out from Cleveland to see me run a marathon for the first time. During the race, my dad jumped out of the crowd at around the 13-mile point and handed me a large bike water bottle.

My race strategy of going with God worked well here also. The cannon went off, the pen of elite runners took off, and I might as well have been in the front row. Most of the Americans who could beat me were going to the Olympic Trials some six days later in Jersey City, NJ.

For eight miles, I got passed by people with slower seed times than I. For my part, I rode the hills well and, starting at mile 8, began passing people back. My five-mile splits were extremely consistent and matched the ups and downs of the course; they were approximately: 27:30, 28:00; 27:30; 28:00; 27:30, with a finishing time of 2:25:13 and an average pace of 5:32.6 per mile. (I was also something like third American of those who hadn't qualified for the trials.)

My parents then met us back at the hotel, where my mom stole the ash tray which I still have, and a towel that I think finally got tossed during our last move. They then drove Bill, Eric and me to the airport. Before and/or after the race my parents went to visit my mom's Aunt Mary, and her Cousins Ed, John and Rodger in Rockport, MA. Two years later, Susan and I started our honeymoon tour in Rockport.



2019

As happened, all four airplane flights on the way to Boston were delayed. Thus, on Friday, April 12th, we were 90 minutes late to the Red Sox game - which meant we got to Fenway Park at some point in the sixth inning. Susan was happy since it was rainy and cold; she certainly would have been a bit cranky if she had had to sit through nine innings. Instead, we kind of enjoyed an inning of eating our Brats and drinking beer along with the surrounding Boston University students who were rowdily drinking, carousing, and having a good time by mockingly chanting nasty things about the New York Yankees. I was happy, though, when the usher felt sorry for us and moved us to

the front row bleacher seats directly behind the bullpen. From there, we got to watch the closer close the game down at 6-4.

The next day we returned to Rockport to celebrate our 29th wedding anniversary and to eat dinner at Gloucester Seafood with uncles John and Ed. On Sunday, the 14th, I jogged into town to take a picture with Boston Marathon runners from Ohio.

The bus system at Boston is much more systematized than it was 31 years ago. On race day Monday, based on my assignment to wave 3, corral 5, I was given a 45-minute window to get on a third-wave bus. I was probably at minute 30 when I got on my bus and sat next to an engineer from London who was trying to finish his sixth of the big six marathons (London, Tokyo, Berlin, Chicago, New York and Boston).

Then the bus dropped us off at Hopkinton High School and I skipped the Athlete's Village to head to the Lutheran Church a friend had invited me to utilize. I had time to change, use the porta potty, and throw my clothes into the Goodwill bin ... but not much time. Since the weather had changed from rainy to dry and was heading to sunny, in my hurry to get to the start I tossed in my rain jacket and lost a few things to the bin that will take me a while to replace. I got to Corral 5 with five minutes to re-tie my shoes, drink a bottle of Gatorade, stretch, and get my cell phone and GPS watch set up.

I started the race fully aware that I had to be patient, and was very pleased when my first mile was a solid 8:10 and my first official 5K average was 8:06 per mile. But my patience began to be tried, when I noticed that in the wall to wall people, we always slowed down while we were going downhill. I could feel tomorrow's pain in my quads already, and soon reverted back to my Newton's first law "A body in motion stays in motion" downhill cross-country style combined with my indoor track NASCAR weaving.

Slowly my per mile times dropped to the 7:30 to 7:50 range. I was passing people and felt positive that I dared to dream that maybe I could break 3:30 by up to three or four minutes. This was backed up by my half marathon split of 1:42:18, which suggested 3:25 was possible, and maybe faster if and when traffic

really opened up. But even before mile 13, I noticed a very bad trend. There was a sub-set of 10 to 20 runners that I would seemingly pass, and then 800 meters later I would find myself behind one or two of them again. Clearly, we were all struggling against the tide of slower runners that was coming back to us (I had qualified with a time of 3:40 or 8:23 a mile).

By mile 14, I recognized the signs that my current speed would be unsustainable. The weaving had caught up to me. I carried my pace on down a few declining hills, and at mile 16, I began the series of ascents toward the highest point in the race. It seemed odd to me that somewhere in this ritzy, suburban neighborhood was the infamous “heartbreak hill”, and just as you would expect from the ghost of the past me who had scaled the ascents at under six minutes a mile, I barely recognized the scenery that had once blurred by.

I considered whether I should stop when I got to Susan, which would be whenever I finished descending to the gas station before the start of Beacon Street. I hazily thought that she would pat me on the head, and we’d walk over to the Cleveland Circle Trolley like Humphrey Bogart and Claude Rains at the end of Casablanca. In essence, the trance was such that I really didn’t realize that despite four miles of nine-plus minute miles and being passed by masses of people – in contrast to the first 16 miles in which I had spent passing everyone but a cohort of 10 to 20 – it really didn’t take very much time to get to the 35-kilometer mark.

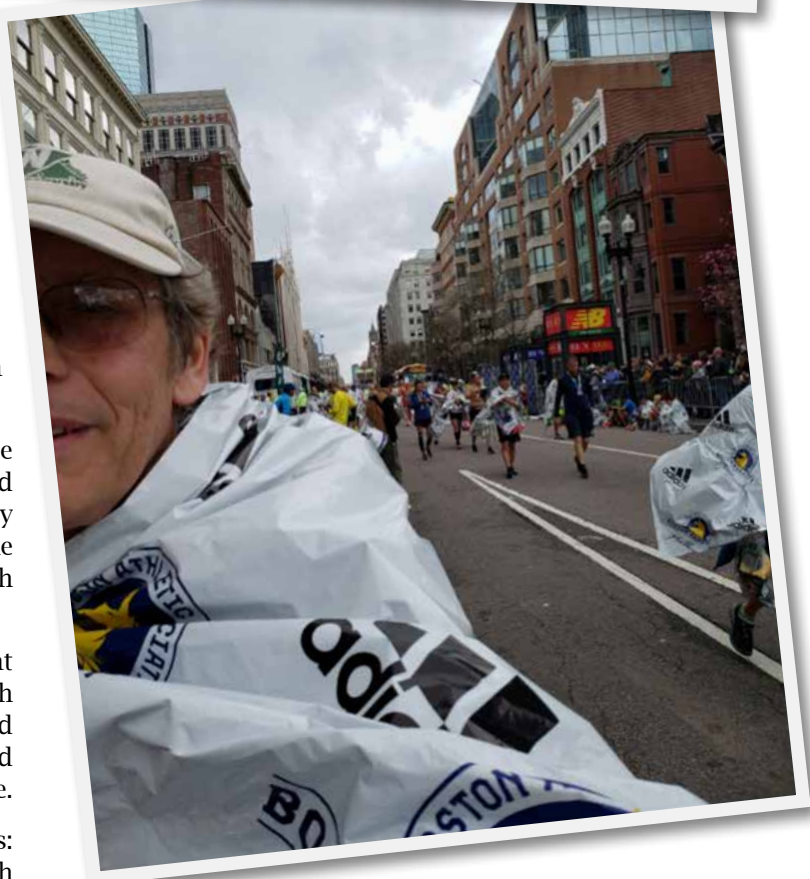
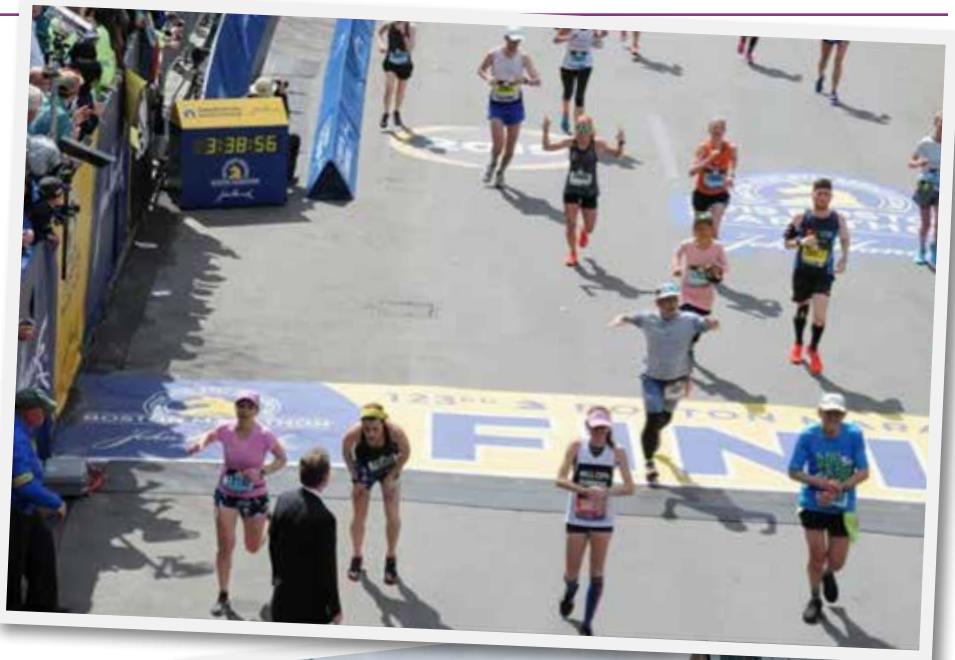
As soon as I passed, I started looking for the gas station where Susan would be ready. She had the Boston Marathon app, and would know I was coming. But then, Susan wasn’t there. Reality hit home. I had to quit dreaming. Maybe she had been on the other side of the street. I was going to have to get to the finish line, no excuse.

So I passed the Cleveland Circle Trolley stop, and then right where I had first suggested she stand, Susan was standing with a large bottle of Gatorade that I quickly drank half through, and a bottle of water that I grabbed and headed for home toward our hotel, Fenway Park, an underpass, and finally, the final mile.

My splits for the race were in essence a novice’s Boston’s splits: slightly faster than expected (mid to high 7s average). The death march to the top of the Heartbreak Hill ascents (mid-9 average), and then a recuperation down toward the harbor and the finish (mid 8s). In this phase, I passed slightly more death marchers than those flying to the finish past me.

I walked along with the other finishers, through the final gauntlet – the 0.8-mile stretch after the finish line, where we picked up water, medals, food and space blankets – and on to the trolley.

My high school cross-country coach, Dick Scott always advised that a race isn’t over as soon as you cross the finish line. Instead, he said that you have to be mentally prepared to keep on walking, grab the Popsicle stick with a number designating what



place you finished, and immediately find your way back to him to hand him the number. Then you had permission to collapse. Otherwise someone might take the Popsicle stick or you might drop it. Great advice for the Boston finish. What Coach Scott didn’t mention was the “many miles, before I sleep.”

But then we were on to our flight home. Unfortunately, we had a maintenance delay on our connecting flight out of Washington D.C.’s Dulles airport, and ended up staying overnight there, before taking our flight to Cleveland. At least we didn’t have to walk home!

Cleveland Marathon Training Update - Finding the Missing Component

Editor's Note: This article is culled from Kuch's running blog, "I Can't I've Gotta Run," and edited for the newsletter format.

By Heather Kuch

It's officially May, which means there's only a few weeks until the Cleveland Marathon! There's still enough time to sign up and, if you want to save some money, use code HK2019 for 10 percent off!

I closed out a big week of training in late March, including my first 20-miler of the cycle and lots of goal marathon paced miles throughout the week and in the long run. The entire week went so well. The paced miles felt comfortable and controlled and I really didn't notice the mileage throughout the week. It was a huge confidence boost and left me eager for the next week of training.

But that week, and the long run in particular, was part of a bigger test in this training cycle and confirmed a suspicion I've had about the past few weeks of training.

Ok, let me back up a bit. For the previous three to four weeks of training, I'd been having amazing runs. When I say amazing, I mean absolutely, completely, wonderfully amazing. Miles would tick by without me noticing, paces and workouts felt effortless, and my endurance was like nothing I've ever experienced. In long runs, I'd finish the run shocked that I ran as many miles as I had. I wasn't getting sore afterward and I had so much energy. I kept waiting for this feeling to end, but it never did and at press time still hadn't.

I knew that my new training program has been great for me and contributes a lot to me recovering better and feeling fresh and confident, but what I was experiencing was on a whole different level



from how I'd felt on this program for the past few months. And after about a month of this feeling, I'm pretty confident I know how I've achieved this state and why it's not going to end.

The answer goes back about two weeks further, before this sensation of endless endurance started. It goes back to when I had bloodwork done at the end of February in an effort to figure out how I slip into a hyponatremic state so easily. I wanted to confirm if my electrolyte levels were too low. The doctor suggested we test my iron levels as well in an effort to be thorough.

When the results came back, I was shocked. Yes, my electrolytes tended to be at the very bottom of normal, which suggested it's easy for me to become hyponatremic, but my ferritin and iron saturation levels were scary low. If you take the bottom number of the normal range and divide it in half, I'm still not there. My doctor told me he had

never seen ferritin levels that low. What this basically meant is that I had no iron in my blood, and I also wasn't absorbing it at all from food, which kept the level in the blood low. I was advised to get on a supplement immediately and given some suggestions on how to boost the absorption from the supplement. I'll let you know how that's going in a later issue!

2019 Search For Summer Scavenger Hunt - Part II

By Bob Budzilek

Last year's Search for Summer Scavenger Hunt was such a success, this year is the sequel, Part II.

For new members, or those that just didn't care last year, the rules for the Search for Summer are as follows:

1. You can earn 10 points for a run of two miles or more starting, finishing, or otherwise incorporating one of 20 scavenger hunt items (see list to the right).
2. You can earn a two-point bonus for providing a picture of the scavenger item.
3. Only one scavenger item can be counted per run. For instance, running between two breweries only counts as 10 points for a brewery.
4. You may have multiple runs/entries per day.
5. Each specific scavenger location may only be used once, but you may use multiple locations for the same item. For instance, Huntington Beach can only be used as a beach run once, but you can also run at Euclid Beach and Edgewater Beach and score 30 points in the beach category.
6. Two exceptions for Rule 5 above are the Cuyahoga River and Lake Erie items. Obviously there is only one of each, so you can get multiple entries if you go to specifically different locations. Don't just go to either end of Huntington Beach - go to Edgewater, Kelley's Island, etc., to get different Lake Erie credits.
7. Entries must be submitted promptly; it is only fair for keeping score! So, entries must be submitted within 14 days of the run. Expired runs will not be counted.
8. Recognition and random awards will be made at the Fall Cookout. No WHINING! I do promise that creativity will be awarded.
9. This is totally an honors system.
10. Opening day is Saturday, May 25th. The last day is Monday, September 2nd.
11. I will do everything I can to post updated stats weekly so you know where you stand.
12. A table tracking everyone that submits progress is available on our website at <https://www.clewestrunningclub.org/summer-scavenger-hunt.html> and through social media. Participants can submit their progress via email to cwrrc.race.director@gmail.com, making sure to indicate the "Scavenger Hunt" in the subject line. Alternately, you can use the form on the website to fill in your progress. You must report Date, Scavenger Item (i.e., waterfall), Specific Location (i.e., Berea Falls), Miles Run, and, if applicable, Photo Attached.



I think that covers the rules. Now the long awaited list. Note that there are some new ones and some holdovers from last year!

- Bakery
- Cuyahoga River
- Ice Cream
- Race
- Beach
- Dinosaur
- Lake Erie
- Running Store
- Boat
- Fair/Festival
- Merry-Go-Round
- Waterfall
- Brewery
- Food Truck
- Outdoor Market
- Winery
- The "Cleveland" Sign
- Horse
- Pizza Shop
- Zoo

Note that the items are not specified to the area only. You do a run at the Grand Canyon, count it!

Start strategizing and get ready for a fun summer!

Kelleys Race Road Trip Reminder

By Mike Twigg

Don't forget to put this race on your training/running schedule.

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 via the Kelleys Island Chamber of Commerce web site. 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 Route 2 West over Sandusky Bay to Route 269 North, then turn right onto Route 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. Apres 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!





Instill Healthful Summer Snacks, And Relax

By Amy Jamieson-Petonic, MEd, RDN, CSSD, LD @ www.amytoday.com

Instead of lounging on the sofa watching summer reruns and devouring a bag of chips, why not take advantage of the warm weather and seasonal fruits and veggies? Here are my top summer tips for eating healthfully, boosting energy and burning calories - without even trying.

1. Get wet. Nothing's more refreshing than a cool dip in the pool on a hot day. Be sure to apply sunscreen 15 to 20 minutes before going outside.
2. Meet a farmer. Picking strawberries or blueberries is a great way to spend time with friends and family. Then use the fresh fruit to add antioxidants to a salad.
3. Looking for relaxation? Head outside to a shady tree with your yoga mat or towel, and try some deep breathing. This will help you keep your mind focused and on task.
4. Pedal power! Go for a bike ride. Reinforce the habit of making physical activity an important part of every day.
5. Quench your thirst. With the warmer weather comes a higher risk of heat-related illness, so remember to stay hydrated. To make your beverage special, add strawberries to iced green tea, or whip up a smoothie with mango and pineapple.

6. Brush your teeth. After eating, brush your teeth right away. Research shows that this will reduce your late-night snacking and help you control your weight.

And when you do find yourself craving a snack, eat fresh seasonal fruits and vegetables, and try to avoid processed foods.

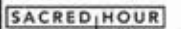
For example:

- For a healthy twist, try sweet potato hummus with veggies instead of chips and dip - you'll get some vitamin A from the hummus.
- Have a loaded veggie burger instead of a hamburger or bratwurst. Even with the works, it will have much less fat and fewer calories.
- Eat grilled fruits such as pineapples and bananas instead of cookies, cakes and pies.
- In place of potato salad, try whole-grain pasta salad with veggies, which will provide energy, vitamins and minerals. Pasta salad also has much less fat and fewer calories than the potato salad.
- Drink unsweetened green tea instead of sugar-sweetened tea. Green tea provides antioxidants and cancer-fighting chemicals, unlike the sugary tea, which can increase inflammation and your risk of heart disease, diabetes and arthritis.

Staying active, keeping your brain focused and making healthy food choices will help keep your energy levels high all season long.

WOMEN'S 10K & 5K SPRING IN THE PARK

CLEVELAND WEST ROAD RUNNERS



duck-rabbit coffee



45th Bay Days 5-mile OPEN & KIDS Run July 4th, 2019 Bay High 29230 Wolf Rd

*In 2018 CWRRC made over
\$13,000 cash & in-kind
charitable donations!*

**500 Brite Yellow ↑ Brooks shirts from *Second Sole Lakewood*
Chick-fil-A gift cards to all & postrace snacks to kids!
Mitchell's Ice Cream gift cards for Top 3 in all Age Groups**

5 mile Runners age 19 & over:

\$25 THRU April 16th

\$30 Thru May 31st

\$35 THRU July 3rd

\$40 Day of RACE on Thursday, July 4

5 mile 15 to 18 - \$5 no shirt / \$20 with shirt

5 mile 14 & under FREE no shirt / \$15 with

Packet Pick-Up:

Second Sole 18636 Detroit Rd.

Lakewood, OH 44107

Sunday, June 30th from 1:00 to 4:00 pm

Tuesday, July 2nd from 4:00 to 8 pm

Wednesday, July 3rd from 11:00 am to 6:00 pm

Day of Race Registration July 4th

7:15 to 8:15 am in Bay High School Gym Hallway

Age groups both races plus Open, Masters, & Grand Masters in 5 mi

Chip Timing at start and finish for both 5 mile & Kids races!

Online registration, maps, & info: clewestrunningclub.org

e-mail Richard Oldrieve: BayDays5mile@gmail.com



	<p>Our Lady Queen of Peace Family Fest 5K race Saturday, August 3, 2019 8:15 am - 1.25 mile Walk 8:30 am - 5K Race 708 Erie Street Grafton, OH 44044 440-926-2364</p>
---	--

A scenic, rolling 5K run and 1.25 mile Family Fun Walk on local roads and the trails of the Lorain County Metroparks Indian Hollow Reservation.

Course records: Male: 18:19 Ryan Dodd (2012) Conrad Doehne (2013)
 Female: 19:20 Andrea McArdle (2013)

Tee shirts provided to the first 75 5K race entrants.

Awards (5k Only): Overall Male and Overall Female
 Top Three in each age group

Pre-registration: \$20.00 - 5K run (entries must be postmarked by July 27th)
 \$5.00 - 1.25 mile walk

Day-of-race: \$25.00 - 5K run (registration starts at 7:15am)
 \$5.00 - 1.25 mile walk

Age groups (male and female):

15 and under	16 - 19	20 - 29	30 - 39
40 - 49	50 - 59	60 and over	

Name: _____ Age on Race Day: _____ Gender: _____

Address: _____ City: _____ State: _____

Signature: _____ Date: _____
 (Required of **all** participants. Parent/guardian signature required if runner is younger than 18yrs old)

T-Shirt size: _____ (Adult: S M L XL) Event: 5K _____ 1.25 Mile _____

Email address for race results: _____

Waiver Must Be Read and Registration Form Must be Signed:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event, including, but not limited to: falls, contact with another runner, the effects of weather, traffic and conditions of the road. All such risks being known and appreciated by me, and having read this waiver and knowing these facts and in consideration of accepting my entry, I, for myself and anyone acting on my behalf, waive, and release the organizers and sponsors of the Our Lady Queen of Peace 5K, the Lorain County Metroparks, and the Village of Grafton, and their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event or carelessness on the part of persons named in this waiver.



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/>



Please Note

Articles for the July/August *FootNotes* must be submitted by Friday, June 21st.

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

Anyone wishing to contribute articles, photos and/or race results, please send them to Cathy Leonard at leonardc5711@yahoo.com.

Join Us

We are a group of runners, joggers, walkers and racers who enjoy getting moving in the great outdoors. All ages and abilities are welcome. Join us at a group run (see schedule on page 2). For more info: www.clewestrunningclub.org.

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