



**Cleveland West  
Road Runners**

*Running Strong Since 1977*

# FOOTNOTES

July / August 2021 Newsletter

## 46th Bay Days 5-Mile & Kids' Run Report

*By Rich Oldrieve*

The 2021 edition of the Bay Days 5-Mile and Kids' Fun Run was glorious in many different ways, including cool temperatures, low humidity and sunny skies which made for a gorgeous morning and led to fast times - especially at the extreme edges of the age groupings. For example, 18-year-old Will Warren won the race with a time of 26:26, while 18-year-old Michael Muccio finished fifth with a 27:18, and 17-year-old Greg Ganor finished sixth with a 27:32.

Finishing second overall and first Master was 41-year-old Rick Bement, with a time of 26:43, while Nils Antonio won the Grand Masters division with a 32:30, Steve Stahl finished second with 32:41, and Mark Oster finished third with a 33:52. Meanwhile, Randy Barkacs celebrated his 70th birthday with an age group win of 35:52.

The women's leaders finished a fast and furiously close race. Tracy Tungac won with a time of 30:49, Catherine Joecke finished second with 31:12, while Lindsey Fascione followed close behind with 31:15. Kristy Hill Fritz won the Masters division with a time of 32:21, and Eileen Meisler won the Grand Masters division with a time of 36:48.



*Dave Patzwahl  
trumpeter.*

Over in the Kids' Run, Ben Nicklas won the overall title with a time of 5:13 to beat out Alex Taranto with his time of 5:26. After them it was the Snyder family stealing the show with 8-year-old Sheila Snyder finishing third overall with a time of 5:35, while Bridget finished fifth overall as she won the 10- to 11-year-old crown with a 5:39. Then, 6-year-old brother Thaddeus won the 7-and-under title with a 6:26. Rounding out the family dominance was Jeremy not only winning the 5-mile race's 14-and-under division with a time of 30:34, but he beat his father Chris by 22 seconds.

*(continued on page 8)*

## 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 a.m. Rocky River Metroparks, Little Met Golf Course

**CWRRC Web Page:**  
[www.clewestrunningclub.org](http://www.clewestrunningclub.org)

**For more info email:**  
[Clewestrunningclub@gmail.com](mailto: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.

## 2021 CWRRC Officers

President: Mark Brinich

Vice-President: Heather Kuch

Secretary/Treasurer: 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:  
Bob Budzilek, Mark Shelton

RRCA Liaison: Tim Furey

Race Trophies: Maureen Scullin

Race Volunteer Coordinator: Andrew Mangels

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

By Mark Brinich

By the time you get this newsletter, we will have had our first in-person meeting in nearly a year and a half; the 2021 Bay Day's race (thank you Rich Oldrieve and all the volunteers) will be in the rearview mirror; and the first Whiskey Island run will be history (depending on when you receive your electronic or print newsletter).

So, things are opening up, and the club has survived, but there are definitely signs of wear and tear. From my perspective, there just seems to be less energy and/or participation in the limited club events. Obviously, a lot of this is COVID-related, so maybe things aren't as bad as they might seem.

With elections coming up in a few months, and after a dozen or so years of being an officer at some level, I've decided to let someone else take over (at least, that's the plan). Additionally, Heather Kuch won't be running for VP as she's now in Las Vegas, and Dan Stratiff will be stepping down as our social/media/marketing person. Mike Fry has indicated that he is willing to stay on for another year (yeah!). These are all very big shoes to fill, and we always seem to come up with persons to fill the positions. Fall elections are just around the corner, so please let us know if you are interested and/or have alternative ideas.

As previously mentioned the Whiskey Island runs are back, and with the new all-purpose trail in Wendy Park, this should be a more pleasant and interesting run. Jay Toole is looking for volunteers for the Classic at Mastick on August 11th, so stay tuned for more details on that.

We would also like to resume quarterly Saturday morning post-run gatherings in the park. And if things continue to improve, we've set a tentative date of October 16th for the fall clambake. Finally, we look forward to the return of the Fall Classic.

Mark Breudigam has been working behind the scenes to get things lined up for our biggest race of the year.



## Sunshine Corner

Please keep the following CWRRC members in your thoughts and prayers:

Dave Clinton

Kathy Dugan

Charlie Farrell

Cathy Fischer

Deborah Golder

Marilyn Olsen

Jim Van Horn

*If you would like to include anyone in Sunshine Corner, please forward the information to Kathy Dugan at [dugan56@hotmail.com](mailto:dugan56@hotmail.com).*



# Newsletter Assembly: It's Back On!!!

By Kathy Dugan

It is true: Joanna Brell and Mike Schipper will host the Wednesday, September 8th newsletter assembly at their beautiful home overlooking Lake Erie. Ideally, Mother Nature will offer all of us a wonderful opportunity to sit outside and take in all CLE has to offer. Be sure to pack your favorite beverage and folding chair.

The club meeting and newsletter assembly event begins at 6:30 p.m. Joanna, Mike and felines Pina and Belle reside at 15520 Edgewater Dr. in Lakewood, 44107. It's west of Lakewood Park and between Cliffdale and Summit avenues. Questions? Call Mike at 216-402-0319.



## Return Of The Whiskey Island Wednesday Runs!

By Bob Budzilek

Summer is here, the new towpath trail is open and the world continues to open up, so it seems logical to resurrect the tradition of the monthly Whiskey Island runs. It's been awhile, so as a refresher, we meet about 6:15 p.m. in the parking lot at the Whiskey Island Still & Eatery (a mile east of Edgewater Park) and do a run or walk at 6:30. It used to be you had to head west to Edgewater, but now you can explore the newly opened towpath trail! Run or walk whatever distance you like, then we reconvene at a picnic table for rehydration and dinner, if you'd like.

The plan is to do the second Wednesday of the month, so the first will be July 14th. Second will be August 11th, then we can see what September looks like.

Hope to see you there!

## Welcome New CWRRRC Members:

Mr. Josh Gonsalves  
Ms. Varenya Hariharan  
Mr. Yogendra Kumar Paul Pandi  
Mr. Chad Pado  
Mr. Faraz Shahid



## Volunteers Needed August 11<sup>th</sup> For Classic At Mastick Races

Cleveland-West once again will provide volunteers for the Classic At Mastick races being held on Wednesday evening, August 11th, at South Mastick picnic area near Puritas Road in the Rocky River Reservation of the Cleveland Metroparks.

There will be three separate race starts:

- 5 p.m. for the Middle School 2-Miler
- 6 p.m. for the Women's 5K
- 6:45 p.m. for the Men's 5K

Race director Jay Toole is asking for six club volunteers. Kathy Dugan will serve as the club's liaison for the race. To volunteer, contact her at 216-789-5436 (mobile) or [dugan56@hotmail.com](mailto:dugan56@hotmail.com).

Last time (2019), Cleveland-West volunteers were asked to arrive at 4:45 or 5:30 p.m., and to stay until about 7:15 p.m. CWRRRC and other organizations continue to support Classic At Mastick events, which help encourage grade school and high school students to embrace the sport of running. More details to come.

# Happy Birthday

## July

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

## August

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

Please email any corrections or missing birthdays to [leonardc5711@yahoo.com](mailto:leonardc5711@yahoo.com).

# Planning Ahead

*As things continue to roll out as we recover from the COVID-19 pandemic, we will let you know of new added events - via email and/or our Facebook group page. Stay tuned!*

## Monthly Events

### Whiskey Island Run

Date: Wednesday, July 14<sup>th</sup>

Time: 6:15 p.m.

Where: Whiskey Island Still & Eatery parking lot, 2800 Whiskey Island, Cleveland

### Whiskey Island Run

Date: Wednesday, August 4<sup>th</sup>

Time: 6:15 p.m.

Where: Whiskey Island Still & Eatery parking lot, 2800 Whiskey Island, Cleveland

### August Business Meeting (tentative)

Date: Monday, August 9<sup>th</sup>

Time: 6:30 p.m.

Where: Clubhouse, 26633 Detroit Rd, Westlake

### Classic At Mastick 5K & 2-Miler

Date: Wednesday, August 11<sup>th</sup>

Time: Races start at 5 p.m. Volunteers meet at about 4:45 p.m.

Where: South Mastick picnic area, near Puritas Road in the Rocky River Reservation of the Cleveland Metroparks

### September/October Newsletter Assembly & Business Meeting

Date: Wednesday, September 8<sup>th</sup>

Time: 6:30 p.m.

Where: The residence of Joanna Brell and Mike Schipper, 15520 Edgewater Dr., Lakewood

### Fall Clambake

Date: Saturday, October 16<sup>th</sup>

Where: Stay tuned

## 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 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, at the bottom of Rockcliff Road hill, by the ball diamonds

### 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



# Mindfulness As A Tool

By Adam Yourkievitz

Running can be frustrating sometimes, yet it can also bring pure joy. For me, it can make me feel like a loose-limbed teen again, like way back when running recklessly and playfully was as natural and easy as riding a bike. The joyful times can be increased a bit and the sodden, melancholy times decreased, if I am focused and in the zone, so to speak -- that happy zone where my feet, hips and spine are doing what they are supposed to be doing; when I am purposely training my attention to stay on this body.

Perhaps you've heard of the Pose Method of Dr. Nicholas Romanov, coach of Soviet athletes. The Pose method has been around since the 70s when Romanov was coaching athletes in Russia, so the man has some clout as a teacher. In his book "The Running Revolution," which I recommend, he tells his students to focus on three things: The Pose, The Fall and The Pull. The Pose is a slightly bent knee posture where one is landing on their midfoot during the strike. The Fall is a leaning forward from the hips, over the foot strike. The Pull is the process of pulling your foot up, heel to butt, rather than throwing the stride out in front of you and landing on the heel (actually, *braking* with the heel). Ouch.

I have been adopting some of Dr. Romanov's techniques into my runs. They are not easy for super-tall fun-runners and hobby-joggers such as myself, but I can say that with the increased cadence and softer footstrike, my plantar fasciitis has healed up. Other twinges and aches persist but the plantar issue that had me derailed for months last year is gone, and it is a real boon to know that the improper technique that caused it can be re-tooled and improved.

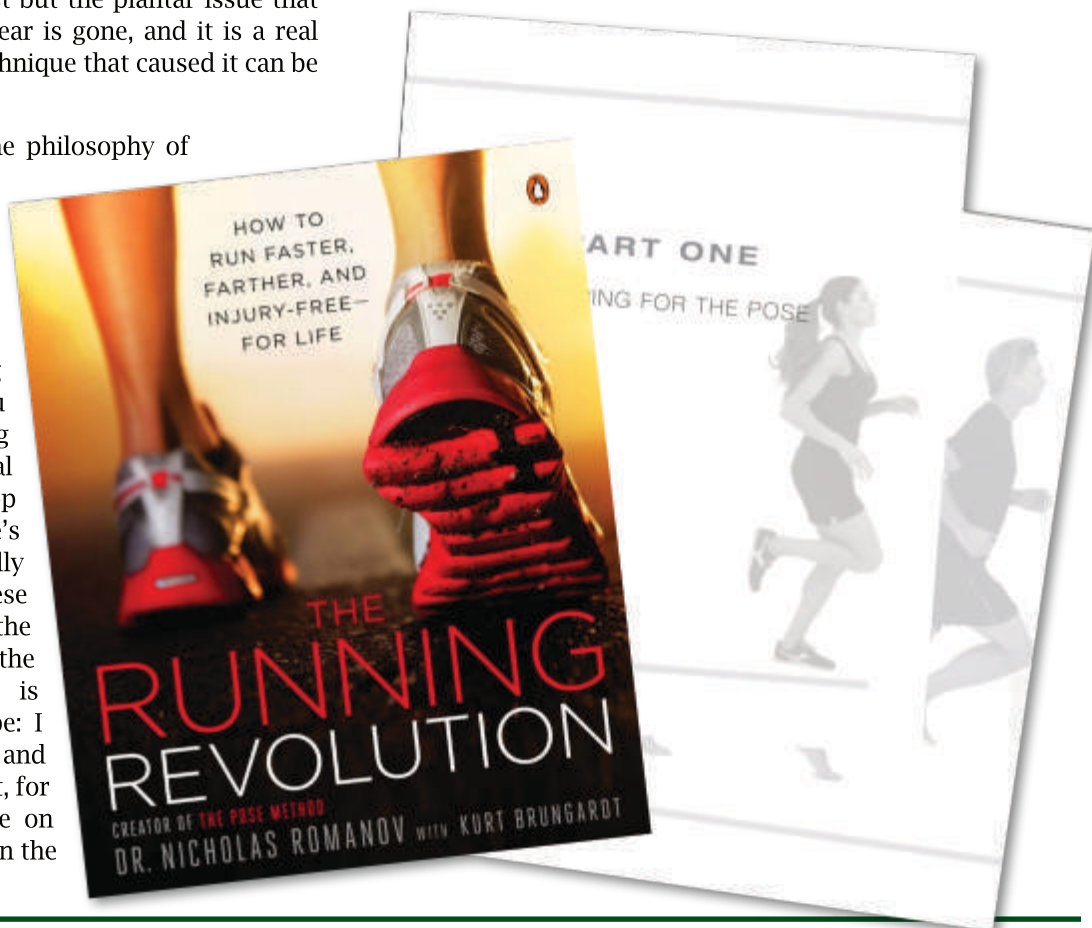
But there is something more to the philosophy of simply being focused and mindful.

Mindfulness (beyond proper form) seems to alleviate chronic pain somewhere after the first mile. The process of paying attention to what the body is doing is a wholesome activity. Doing something *wholesome* and skillful makes you feel good. A focused mind can bring bursts of joy, mid-run. But mental dialogue and mental imagery will pop up and force themselves into one's headspace. One has to be continually on guard for these hindrances - these rude, uninvited dinner guests of the mind - and bring the mind *back* to the subject: the body, the limbs. It is sometimes like walking a tightrope: I can be running along smoothly and efficiently and then, before I know it, for three minutes all my thoughts are on what I should've said to that dude on the

jobsite, last Tuesday. My running form gets sloppy ... that is usually the signal to bring the attention back to the feet, hips and spine.

I have heard mindfulness of form compared to going to the gym to get bigger pecs and biceps; however, this is strengthening the *mind's* attention muscle. It is said that the ability to pay attention to a subject and *keep* one's attention on that subject is key to success. Even a subject as seemingly boring as the endless pulling upward of the ankles, or the lean of the column of the spine, can become an interesting subject if effort and persistence are applied. And if this leads to joy and possibly even the blessed alleviation of physical pain, then it is worth it.

I also find that running without earbuds increases my mindfulness. With no podcasts or hip hop in my head, I can sometimes feel that I am not so much running *through* nature as *being* nature: the earth elements of my bones and muscles are the same as the soil surrounding the asphalt trail; the water element of my sweat is identical to the burbling blue liquid of the creek; my body heat is the same warmth as that radiating from our star; and the air in and out of my lungs is shared by the bikers and runners, the ardent squirrels and noble trees. It can be profoundly calming and uplifting to simplify things in this way. The tool of mindfulness, nowadays so ubiquitous it's on every magazine cover, has been around for millenia. For me, simple pleasures - I would go so far as to say ancient pleasures - can be accessed if I stay mindful of what this body is doing during a monotonous six-mile run.



# Sometimes It Takes A Village

By Kathy Dugan

Thank you to the CWRRC "Village" for your support during my recent rehabilitation. Who would have thought a little walk at lunchtime on Friday, April 23<sup>rd</sup>, would end up being so involved? Not I for one!

Like so many others I have been working from home for the past year. As a means of staying in shape and connected, I added a 7 a.m. yoga class to my Wednesday and Friday schedule, as well as occasional walks around the block so I could take in a bit of fresh air and Vitamin D.

My April 23<sup>rd</sup> journey should not have been so different than other little walks except for the fact I tripped on a raised sidewalk and went down. I knew I broke my left wrist based on the impact and pain, but I felt grateful for the fact I did not hit my face or head.

A good Samaritan by the name of Cory stopped to help, and shortly after, my brother Pat arrived, as we had planned to meet and go for a walk. To my surprise, I found I could not put weight on my right leg at all and it was very painful as they tried to stand me up. A few more Good Samaritans stopped to ask if we needed any help, and eventually the Rocky River police and EMTs.

Pat drove me to St. John Westshore /UH hospital, where I was diagnosed with a compound fracture of my left wrist, as well as a cracked right knee cap. The orthopedic surgeon on call had a 6 p.m. "opening" so we took it. Because of the fracture, I received a tetanus shot and was started on IV antibiotics. Thankfully, there were no surprises during surgery; a plate was added to my left wrist and my right leg only needed full immobilization to heal. I was finally released about 6 p.m. on Saturday night.

The following week, physical therapy (P.T.) and occupational therapy (O.T.) came to our home to look at our living space and to give me a few leg exercises to get started on, with the full immobilizer on 24 /7. My wrist remained splinted until the follow-up doctor's appointment on May 3<sup>rd</sup>, at which time I graduated to a firm wrist immobilizer. So, napping, patience, praying, reading and resting, etc., filled out my new schedule of events.

This is where the CWRRC "Village" comes in, via calls, cards, texts, visitors, you name it. Fast forward to the first week of

IT'S NOT ABOUT HOW MANY  
TIMES YOU FALL, BUT HOW MANY  
TIMES YOU GET BACK UP.



*Photo of a greeting card.*

June to ongoing P.T. and O.T. three times a week back to back, with folks dropping me off and picking me up. Not to mention driving me to other activities such as a fund-raising walk/ run, a haircut, the Hallmark store and even Marc's once I was a little steadier on my feet.

I would be remiss in not publicly thanking my husband John for his ongoing patience and support. Because of the energy of the CWRRC "Village" he was able to still work fulltime and only had to be on evening and weekend duty.

The photo is of one of the earliest cards I received. I love the image, as well as the positive reminder: IT'S NOT ABOUT HOW MANY TIMES YOU FALL, BUT HOW MANY TIMES YOU GET BACK UP.

I so love this CWRRC "Village" and I am thankful for each and every one of you!

Namaste.



# Running Vacation Stems Pandemic Blues

By Mike Fry

I like to run, but especially during a vacation. In the last 10 years, I have enjoyed running along the Seine River while in Paris and the River Thames in London. I fondly remember running on the sidewalks of a trendy Seattle neighborhood and on Fisherman's Wharf in San Francisco. During a 2019 dog-sitting stint in NYC for my daughter, I had a memorable run with the North Brooklyn Runners over the Williamsburg Bridge and back. We finished with a great cup of coffee and bakery in a coffee shop in Williamsburg Brooklyn.

Being retired for almost five years, I like to take three or four vacations per year, with at least one to a new place. The COVID-19 virus crisis first deterred travel plans for me on Thursday, March 12, 2020, when Major League Baseball cancelled the rest of Spring Training. My planned one-week vacation to Phoenix to watch the Indians was nixed. Fortunately, Frontier Airlines - after much confusion - provided a 365-day credit for my ticket. Airbnb and rental car cancellations were easy, and I rescheduled plans with Phoenix friends for a future visit.

In January of this year, the Frontier Airlines credit was burning a hole in my pocket. Unfortunately, the COVID-19 crisis grew worse and I had no desire to travel. I continued to stay close to home, run four or five times per week outside during the Cleveland winter, and look for Governor DeWine to call my age group for vaccination. Although the weather did not improve in February, I lucked out by getting my first COVID-19 vaccine dose on February 16th. Things were looking up for travel! My college roommate then called and proposed a trip to Phoenix and Las Vegas after he received his second dose on April 2nd.

Without much thought about travel risks as I was fully vaccinated, I finally booked the flights on March 5th for travel to Phoenix, and then Phoenix to Las Vegas, and Las Vegas to Cleveland between April 14th and April 23rd. News reporting on the status of the COVID-19 crisis did not provide a lot of hope, but I kept the faith that things would improve by mid-April.

I was happy to board the plane on April 14th to visit friends again in Phoenix, and to see how Las Vegas had "recovered" from the pandemic. I was pleased to hear that the weather in both cities had been great in late March and early April. No worries about the intense heat of July or August, or the damp, windy weather experienced in January through early March. It also meant that I only needed to pack light running shirts, shorts and my newest running shoes. Yes! I planned to run six or seven times during the trip.

I had a great visit to both cities. Temperatures ranged in the low 80s during the day and high 50s at night. I ran in the mornings, did touristy things outside during the day, and had fun eating outside at restaurants without a heavy coat, gloves or stocking cap. I did gamble a little while in Las Vegas but am happy to



Mike, post-run near the Brooklyn Bridge, December 2019.

Morristown, N.J., December 2019.

report I came home with only slightly less money than when I started.

## Vacation High Points

The highlights of my runs included running in the desert near Superstition Mountain in Apache Junction, AZ, east of Phoenix where my friends live. Superstition Mountain seems so close, but it is likely 30 miles away from where I ran. It is specular to see with your eyes. I had run in the desert before, but it was amazing to see the cactus and desert flowers again in lieu of a frozen Lake Erie and Cleveland's brown winter.

The Las Vegas leg highlights included morning runs to the hotel/casino complexes. My friend has a condo located about four miles south of the Strip, and it is a much more urban area than where I stayed in Phoenix. On previous visits to Las Vegas, I ran to Mandalay Bay, the closest hotel/casino complex on the Strip. You always can see Mandalay Bay and many other casinos in the distance but, unfortunately, I did not make it there. Early morning traffic for casino workers made it difficult to safely cross streets, so I cut the runs short. It was still fun to see the mountains surrounding Vegas with snow still on the highest peaks, and to look at the southwest architecture of the housing.

Yes, Las Vegas was recovering from the pandemic, but was still only 50 percent to 75 percent of where it should have been in terms of tourists, activities and spirit.

I am happy that I had the opportunity to travel west this year and run while on vacation. I came home refreshed and looking forward to the month of May in Cleveland. Summer, my favorite season in Cleveland, at press time was just a month and a half away. I have no plans for additional vacations in 2021. I will play that by ear. When I plan the next vacation, I will be packing my running clothes and shoes. Hopefully, there will be great places to run safely and the pandemic will be a thing of the past.



(continued from page 1)

In addition to Mother Nature getting her due, Bay Schools' Ron Ignazac and the Mentis Group that is supervising the construction of the Home of the Rocket Concession Stand and Locker Room facility must be thanked for cleaning the parking lot of construction debris and limiting their footprint at the south end of the stadium. Not only did they give us complete access to the track, but there was also plenty of room in the shade for refreshments, the community band, sponsor tents and, most importantly, participants and their families.

This year we had more sponsors and sponsor tents than we've had since I've been race director. Bill Deiter and the employees of *Second Sole Lakewood* once again did a great job of hosting packet pickup, arranging for free and reduced-price *Brooks* t-shirts, and supplying gift certificates for the women's and men's Open, Masters', and Grand-Masters' awards.

Thank you to *Mitchell's Ice Cream* for supplying gift certificates for the overall boy and girl winners in the Kids' Run, as well as the age division awards in both the Kids' Run and 5-Mile.

We welcomed *A.C. Orthodontics* as a new sponsor and *Bay Pediatric Dentistry* as a returning sponsor, While *Nova Care* once again supplied massages and first aid care. *Bay Kiwanis* teamed up with us on publicity for the race and the Bay Days festival, while the *Bay High Key Club* supplied six volunteers for helping out on the course and distributing food.

Thank you to the Menzer and Edwards families for once again hosting water stops, and *Greater Cleveland XC* for supplying registration and timing assistance. Thank you to *Heinen's Bay Village* for supplying paper and plastic bags for packet pickup. And thank you to *Bay's Unified Fitness*, and *Avon's HOTWORX Yoga & Pilates* and *Top Gun Cheer & Dance* for contacting us and agreeing to pay an appearance fee to set up their tents.

Next, it is important to note, that the pandemic did present difficulties for two of our long-time sponsors, as *NOOMA* and *Chick-fil-A* needed to lower their commitments. Nonetheless, both remained generous as *NOOMA* still provided 600 samples



Rich Oldrieve, Joe Schnug, Julie Gauvreau, and Steve Morchak.

of the new crystalline formulation of their electrolyte drink, and at cost sold us 696 of their recyclable containers of electrolyte fluid. Similarly, even though their restaurant's renovation won't be complete until mid-July, and we missed their Cow and the Kids' Meal sandwiches, *Chick-fil-A North Olmsted* still supplied us with Kids' Meal gift cards for all Kids' Run participants, and sandwich gift cards for all 5-milers. Please be sure to visit their restaurant on Great Northern Boulevard when they reopen later in July.

Finally, thank you to *Cleveland West Road Runners* who volunteered at packet pickup, at water stops, at lonely street corner outposts, and with food, drink and, most importantly popsicle distribution. Especially important is that as always, the volunteers stepped up to leave the streets thoroughly clean and to ensure cups, cardboard boxes, and Nooma containers were recycled appropriately.

Thank you to Dan Straitiff and Bill Robb who filled the CWRRC's web site, Facebook page and this article with photographs. Then there's a special thank you to our new volunteer coordinator Andrew Mangels, who made sure all posts were filled. Lastly, thank you to the Bay Community Band for returning to play Dixieland Jazz and for their trumpeter Dave Patzwahl for playing the national anthem and several "Calls to the Post" that I'm told could be heard on the track and at registration.

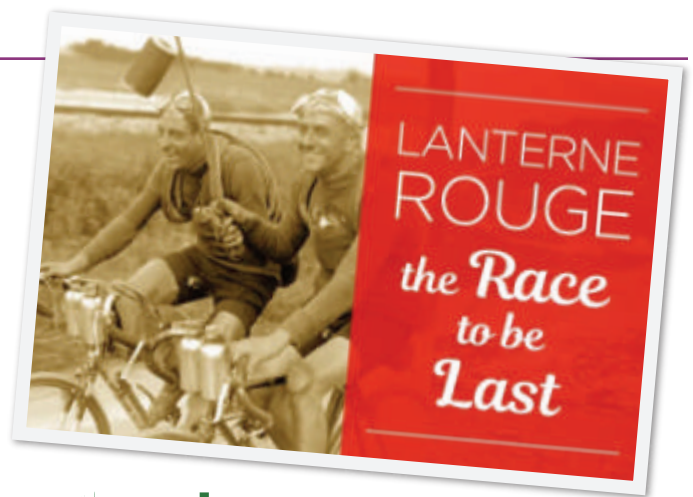


Race Director Rich Oldrieve running Bay Days 5-Miler.





Men's grandmaster winner Nils Antonio and Rob Juergens.



## Bay Days' Lanterne Rouge

By Mike Twigg (a.k.a. Lurgg)

Bay Days 5-Miler takes place every year on July 4<sup>th</sup> or, as of this year, July 3<sup>rd</sup>. I have a bib on the wall from the 1988 race, but I've been running Bay Days off and on since '84. I've always dug the post-race food spread, of which for a period I held responsibility (as club V.P.).

After the past year-plus of personal, professional and global health calamities, I decided to dawn a bib and run the 2021 in-person race. I am woefully out of shape. But with a come-what-may approach, I signed up. Glad I did. Greetings were exchanged as the pack assembled on Wolf Road in front of Bay High School. Regulars and newbies were likely pleased with seasonably cool temperatures and a nice lake breeze.

Race Director Rich Oldrieve's hard work paid off. He did an outstanding job. I'm glad he still gets somebody from the Bay Community Band to trumpet "Call To The Post" and "The Star-Spangled Banner." That was my idea, many years ago. And what I learned, accidentally, is that after the trumpeter is done playing and everyone's attention at the starting line is still briefly captured, it's a perfect time for 15 seconds of last-second instructions before the horn sounds and 500 runners surge away.

I'm a back-of-the-packer now - a light at the end of a train; the Red Lantern, or Lanterne Rouge, to borrow a road cycling term. Spending all that extra time on the course gave me moments to thank volunteers, many of whom I'm glad to know. You know who you are. Thank you.

The course has been the same for decades, but it's still fun to see the old neighborhoods come out in support. Kids chalked words of encouragement as street graffiti. Plenty of residents' water sprinklers pointed course-ward. A bagpiper piped at mile 2. I'm not sure if that was race director Rich's idea, or just some dude doing his thing. Cool, man. Then a cross-country buddy of mine who lives somewhere between miles 2 and 3 wrote "Allez Lurgg" across Plymouth Street near Walker Road. I was going slow enough to soak it all in.

And then, before I knew it, I was on the track, through the chute, rehydrating and chomping post-race grub. To the volunteers, age group hardware winners and those of us bearing the Lanterne Rouge, thanks for making it a great day for running!



Men's winner Will Warren.



Women's winner Tracy Tungac.









## Please Note

Articles for the July/August *FootNotes* must be submitted by Friday, August 20th.

Material received after August 20th 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](mailto: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](http://www.clewestrunningclub.org).

### 2021 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