

Running Strong Since 1977

One Last Dance: A Tribute To Leo Lightner

By A Myriad Of Runners

Editor's Note: Sometimes, when a person who means a lot to you passes - maybe someone who was part of your everyday life fabric, or just someone you saw now and again - you simply miss them (him or her). A subtle grief may nudge your psyche at odd moments, or a daily dose of despair may wrench your soul until time massages and wrings out the weariness, cleansing your emotional palate and infusing it with a lighter, gentler pining for the person. Maybe you reason: "this too shall pass," and then you're at a run or race (think pre-COVID), and muse to yourself, "Oh, so-and-so wasn't at the run today. How weird." Then you catch yourself and recalibrate: "Oh yeah, they're not coming back anymore." And so it goes.

If you are lucky, your memory of that person brings you a smile - maybe a big chuckle - because of who they were, and what they meant to you; they were there for you in ways that are perhaps immeasurable. You may not be able to walk in their shoes, or ever fill the shoes they had - but you can know you're better off for having known them. That's the light that was Leo Lightner.

In the past year, we've run a few nostalgic "so long" articles in the newsletter, reminiscing about the runners who have gone on to the big race in the sky. I appreciate them all, but I sometimes worry that we give more space to some than others. I mentioned this concern to a few club members when planning the coverage for Leo, as I had received a few written pieces about him. The responses I got back were pretty much the same: "Yeah, but it's Leo!" And so it goes.

I didn't get to know Leo well enough for him to be part of my daily life fabric, nor did I run with him frequently, travel with him, or stay in touch with him much. But I can say that whenever I think of him, a smile springs to my face. I, too, remember him dancing on the table/chair/bar to the YMCA song at the holiday parties, him coming to our table when he was doing a volunteer chef gig at Rocky River Brewing Co., and his smile, humility and upbeat energy.

Following is a collection of articles and memories shared by a few club members. From me: Thanks, Leo, for the encouragement, support and kindness that you gave to so many people. Know that you are missed. - Cathy Leonard

The Light That Was Leo

By Mark Shelton

Leo Francis Lightner: September 16, 1928 - December 17, 2020

There must be an unlimited number of great stories about Leo Lightner - his ever-present enthusiasm, always positive attitude, freely given guidance and seemingly perpetual happiness. It is almost impossible to talk to anyone who knew or met Leo who did not come away a happier or better person. Although Leo raced sailboats, ballroom danced, attended the Culinary Arts & Sciences Institute, attained a culinary arts advanced techniques diploma and a pastry arts certificate, painted, drew pictures and flew planes, most of us knew him as a runner and longtime member of CWRRC.

I first met Leo in 1994 in the Mohican State Park in Loudonville. Leo had organized a familiarization training run for runners interested in registering for the Mohican Trail 100. Runners were arriving at the Fire Tower in the forest and Leo was describing the upcoming 22-mile run. This was my introduction to trail running and to Leo's love and enjoyment of running. *(continued on page 8)*



Leo Lightner, at club holiday party in 2002, singing YMCA. Photo courtesy of Marianne Nemeth.

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

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.

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 Budigam

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

Here Comes the Sun

By Mark Brinich

*Little darling, it's been a long cold lonely winter
Little darling, it seems like years since it's been here.*

Sort of catchy/apropos song lyrics. Hopefully by the next newsletter there will be a bit more to write about. We skipped the February business meeting because there simply wasn't anything to talk about. In any case we're looking forward to spring, Bay Days and other activities, but one never knows what the future holds.

With things warming up a bit, we plan to start up the post-run Saturday gatherings in the park. In the beginning we'll decide a few days prior, or day-of, depending on the weather. By mid-April, it will probably be a regular event.

In honor of the cancelled Spring in the Park race on Saturday, May 1st, we're looking to have a club-sponsored picnic in the park. The caution tapes have been taken down from around all the pavilions and playground equipment in the Metroparks, so we should at least have a pavilion option.

Once the weather warms up a bit, we're going to look into starting up the Thursday night trail runs near the Rocky River Nature Center. If you're interested, please contact us, as we need to get some commitment to make this run successful.

Financially, we're still on solid ground. So far this year the only source of income has been from the 75 or so members that have paid their dues (it's never too late).

Hopefully, we'll get a good response to the very small, informal poll we took of some club members as to what is the first thing they plan to do post-COVID. Personally, I'm looking forward to going out to eat (or just going out in general).

Stay safe and wear a mask where and when needed.

Happy trails!



Sunshine Corner

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

Bob Blum (loss of wife Christa, who passed on March 25th)

Dave Clinton, Cathy Fischer

Family and friends of Cindy Graf Gapter, who passed on January 28th

Debra Golder (loss of husband Evan last year)

Family and friends of Leo Lightner, who passed on December 17th

Kathryn Metz and family (loss of Kathryn's father, Roger, who passed on November 22nd)

Kimberly Roach and family (loss of Kimberly's grandmother, Ruth Weston, who passed on December 13th)

If you would like to include anyone in Sunshine Corner, please forward the information to Kathy Dugan at dugan56@hotmail.com.



In-Person Bay Days Race Slated For July 3rd

By Rich Oldrieve

The best news is that three of our biggest Bay Days race sponsors Chick-fil-A, Second Sole Lakewood and Mitchell's Ice Cream are lined up to get us off to a fast start. Part of the reason for their enthusiasm is that at the same Bay High School, on a 14-degree February morning, more than 400 runners and walkers, spread out in nine waves, participated in the Snoball 5K and one-mile runs. Since the Snoball race usually attracts more than 700 runners and we get 800 in July, even a pessimist like me believes there is good hope that between 550 and 625 participants will pay money to participate in the 5K or one-mile run.

CWRCC's officers and race directors voted for a no-refund policy and are hoping to hold our usual mass start atop the "school" on Wolf Road. After watching seven waves pass me by before starting in the eighth wave during the Snoball 5K, the waves went better than I expected. Consequently, I believe that whatever county health and Bay School officials ask us to do will be fine. Similarly, watermelons are probably out, while packaged popsicles, snacks and fluid bottles might be required at water stops along the way and at the finish.

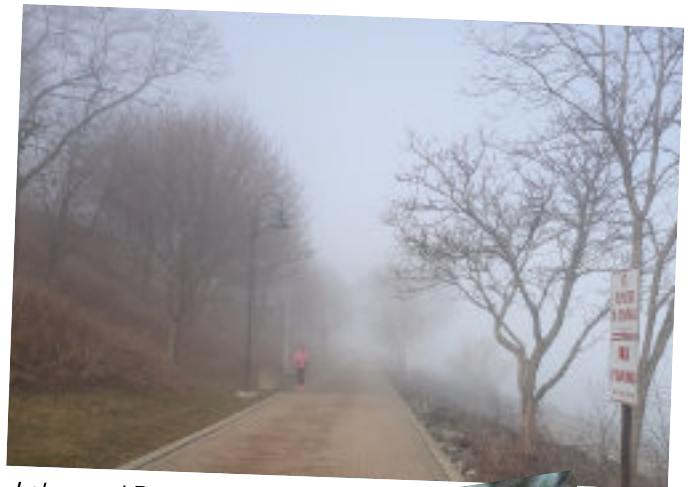
Oh, and you did read right, my lead into the article did announce a July 3rd start for maybe the first time in more than 40 Bay Days. The change from July 4th to July 3rd came about because there is still a chance we may need to move down to Bay Middle School and thus when asked, the Bay Village Police preferred the 3rd.

So please do put the day (Saturday), the date (July 3rd), and the time (8:30 a.m.) down on your calendars.

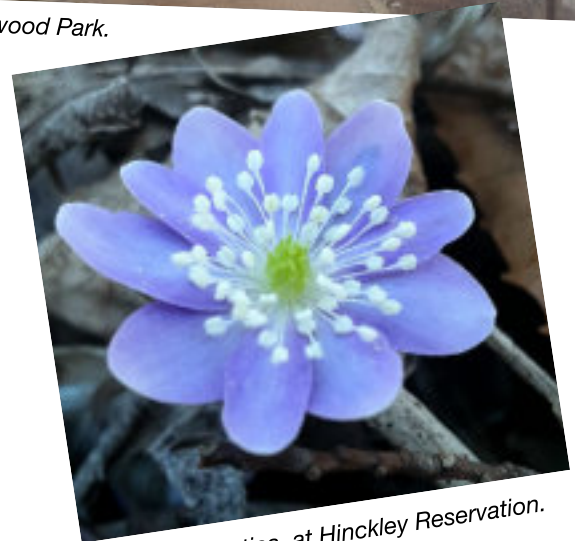
Out And About



Harbinger of spring, Bedford Reservation. All 'Out And About' photos courtesy of Mark Eberling, except the Lakewood Park photo below, taken by Cathy Leonard.



Lakewood Park.



Hepatica, at Hinckley Reservation.

Happy Birthday

March

Josh Basen
Don Baun
Nancy Bell
Chelsea Carlson
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
David McConoughey
Kelly Murray
Emily Shopp
Igor J. Skalsky
Steve Smith
Tim Walsh
Cindi White
Curtis Wourms
Mark Yager

April

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

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

Planning Ahead

Due to the COVID-19 pandemic, many of our events have been cancelled or postponed. We are still doing some limited group runs.

April Business Meeting (tentative)

Date: Monday, April 12th

Time: 6:30 p.m.

Where: Virtual Zoom Meeting

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"

(temporarily suspended)

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

(to be resumed late March or early April – stay tuned)

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 Starting in late March or early April, the run will be followed by either a virtual Zoom meeting / coffee hour at 9:30 or, weather permitting, an in-person gathering



Remy's Post-COVID World

Hello, Humans! I can't wait to lick your face!

That said, since that opportunity may not arise before this issue of FootNotes is published, I polled a bunch of you to see what you plan to do first thing you are cleared to do things in person. Thanks for your responses! Me and Scooter – pardon me – Scooter and I, plan to go to Hocking Hills and enjoy the great outdoors. The human plans to go back to catering.



Here's what you said you plan to do:

- ◆ I really missed the St. Malachi 5-miler last year ... and this year. Since all the COVID shutdowns started in March 2020 we've lost two years' worth of this race. But since the race is going to run "Halfway to St. Patrick's Day" on September 18th, I'll toe the line then. I've been slowed by some health issues recently. But at press time "the comeback" is about to begin. So, let's begin to look forward to a post-pandemic world. – **Mike Twigg**
- ◆ My first major event after two doses of vaccine is a trip to visit friends in Phoenix with a side trip to Las Vegas in April. In addition, I am looking forward to running a 5K, 5-mile, or 10K "real" race without Covid-19 restrictions, as well as volunteering again at the NYC Marathon with 10,000 other volunteers. Not sure when that will happen, but it will be great. – **Mike Fry**
- ◆ I'm looking forward to going out to eat (or just going out in general). – **Mark Brinich**
- ◆ The first thing I will do after the pandemic is pick up my brother Terry from his group home and go cruising through the Cleveland Metroparks. – **Kathy Dugan**
- ◆ Go to a crowded bar to watch a sports event. – **Bob Budzilek**
- ◆ I want to go on a weekend trip somewhere and eat at restaurants, drink beer at microbreweries and do some wine-tasting at vineyards! – **Marianne Nemeth**
- ◆ I will probably run with the Thursday Night Trails group and then go to dinner with some of the group at Rocky River Brewery. Oh, and have a couple of beers. – **Mark Breudigam**
- ◆ I'm going to go downtown and witness a bit of history that, after more than 100 years of doing our city proud and giving us some amazing thrills, will be ending this year and never coming back. That said, I will don my cap and put on my jersey and once again go watch Cleveland Indians baseball in person. I often said that if there was one thing I wanted before I died, it was to

watch an Indians victory in the World Series. We deserve to be able to sing "We Are The Champions" after the series is over. This is our last chance. I'm going to get Joe-boo out of his locker and get the shrine ready for the summer one last time! – **Chris Banas**

- ◆ Besides racing again, I look forward to visiting my daughter in Providence, RI. I have an aunt in South Carolina who will turn 100 in July, so a road trip to visit her. Blossom and the Cleveland Orchestra and spending time with CWRRRC friends. – **Chip Cooper**
- ◆ Visit with my 97-year-old mother; go out to dinner with my wife; and have coffee indoors at Blackbird with CWRRRC runners. – **Paul Schlosser**
- ◆ My dog Princess and my son William and I went to Geauga County Maple Sugar Fest and watched them turn sap into syrup! Next is a pedicure. Mundane, but it's been a year ... for me at least! – **Marion Good**
- ◆ 1) HUGS!; 2) Eating out with friends; 3) Massage and pedicure; 4) Travel. – **Kimberly Roach**
- ◆ I want my human to take me back to Buff's ice cream shop in Brookville, PA, and share his ice cream with me. Here is a photo from last year. – **Reuben Straitiff, canine.**



Thanks For The Donation!

By Cathy Fischer

I wanted to send along a note of sincere thanks for the CWRRRC donation to my Leukemia and Lymphoma Society team. This gives us a good base from which to build our 2021 fundraising activities.

Once again, I personally am benefitting from new research as I am undergoing a trial drug which began in August. At this time the word used by my doctor is "remission."

Thanks again, and I appreciate all prayers. I have been praying for all as well.

Adjusting To Moved Cheese

By Rich Oldrieve

Newsletter editor Cathy Leonard asked for a few brief comments on the COVID-19 year. Always one to throw my perspective into the ring if it's a topic worth gnawing on, I decided to write an article. In addition, I'll bring you up to date on my latest running challenges and goals, despite COVID.

First, my pandemic teaching started out rough in spring 2020, as I tried to help students with learning differences understand high school algebra and geometry while we all struggled with online schooling. Then, it got even tougher in the 2020-21 school year when I was assigned, for the first time in 30 years, to teach Applied English Language Arts to junior and senior high school students with learning differences. I am qualified to teach this group, since English Literature was one of my undergrad majors, my Masters' degree is in Special Ed, and I taught teachers "Literacy Assessment" for 12 years at the college level. I understand how to figure out what each student needs to be successful. Nonetheless, trying to do this with many students I had never worked with in either reading or writing, while half were at home on Zoom, was a challenge.

On a personal level, the positive was that COVID-19 allowed Susan and me to spend more time than ever before with our Berea and Morgantown grandchildren. My mom passed away in May of 2020, but it was totally expected after seven years of slow decline. She died of a combination of natural causes other than COVID-19; thus, I was able to spend time with her during her last week; my brother, sister and niece were able to visit on her last day; and she died with me holding her hand.

Running-wise, things went well. In March 2020, Susan and I couldn't travel to Germany for her La Leche League conference or my King's Forest Marathon. Nonetheless, from April to August, I completed four virtual-race series with the Seashore Striders of Rehoboth Beach, DE. In April, I ran the same six-pack race series twice. With each race being between a mile and half marathon, I ran one entry with my dogs as teammates, and another by myself. In May, I ran a seven-race team series with Mark Oster and Bob Ashmun. We each ran two races between a mile and a half marathon, then every competitor was required to run the last five-mile race on the same weekend. Finally, from May to August there was a 10-race series where I ran two five-milers in under 27 minutes, and six 5Ks in under 21:20 each. Then, from August to October I ran four standalone half marathons with finishing times between 1:38 and 1:40. On Halloween, I completed our club's virtual New York City Marathon with Paulina Williams and Bob Ashmun. Paulina ran 3:49 and Bob and I tied in 3:36:36.

The Cheese Dilemma

But, not all things stay the same, as evidenced in the book released some 20 years ago, titled "Who Moved My Cheese?" The storyline is that too often employees and companies fail to adapt when market and skill set conditions change. My cheese moved on Thanksgiving morning just past, when my running-free-of-major-injury streak was dashed. At first, I had hoped

that the tweak I felt when finishing a slow trot with my dog Oisin would end similarly to my experience two Januarys earlier. That time two weeks of walking and a slow jog healed the problem, and I went on to run a 3:36 at Boston in April and a 3:37 at Cleveland in May.

Nonetheless, I had a foreboding sense even before my Thanksgiving 2020 tweak that I was recklessly putting off addressing a core problem with my equipment. Throughout all my autumn training and races, I could feel I was hitting the back outside of my left heel too hard, and that rolling through to my front big toe felt awkward. Somehow, I knew I needed to remedy the problem, but I was hoping that I could get through a few New York Runners Club and Boston Athletic Association races to finish 2020 strong, and then rest and cross train with cross-country skiing in January and February.

But I also knew that more than two years earlier, I had made a decision that guaranteed my cheese would move. In February of 2018, I had walked into Second Sole Lakewood, and noticed a new model of Asics shoes. The Fuse-X Rush sports close to zero lift, an almost flat surface contact area that makes it possible to land my foot plant anywhere, cushioning, and flexibility. In addition, like many Asics, it fits my flat foot like a proverbial glove. And as I had anticipated when buying the first pair of the Fuse-X Rush shoes, these features would allow the shoe to serve five purposes: a.) slow off-day jogs with the dogs, b.) long slow training, c.) intervals, d.) 3- to 5-mile tempo runs, and e.) races of ALL distances.

By switching to the Fuse-X all-purpose shoe, I hoped to avoid what had happened to me in the 2016 Big Sur Marathon. I had done well for the first 13 miles in my Asics DS Trainer Lytes, but when I climbed the last two-mile hill with my stepson, we headed into a 20-mile headwind which forced me back onto my heels, and I struggled to a personal worst 4:06 marathon. I felt that trading off the faster potential of the DS trainers - fourth best on the Personal Best list of a *New York Times* study looking into how much the Nike Vapor Fly improved performance (visit <https://www.nytimes.com/interactive/2018/07/18/upshot/nike-vaporfly-shoe-strava.html>) - was worth trying at this stage of my career when my PR was more than 30 years in the rearview mirror.

The trade-off seemed to work during my journey to a 3:36 at Boston 2019, but in August of 2018, when I arrived at Second Sole to buy my third pair of Asics Fuse-X Rush shoes, shop owner Bill Dieter told me that the model had been discontinued. I immediately realized I needed to find an eight-month supply from the discount rack of an online retailer. With Amazon offering me free shipping and six months same as cash if I spent over a certain amount, I instead bought a three-year supply of 20 pairs at \$57 each.

I bought the stash of shoes knowing that my high school cross-country coach Dick Scott had long ago warned us we needed to mix up our brands and models of shoes because if you exclusively use the same model you are asking for a stress fracture, muscle tear, and/or cartilage damage - advice he undoubtedly learned from the founders of the CWRRRC while training for the 1976 Boston Marathon.

Out And About

When I strained my calf on Thanksgiving morning in 2020, I hoped walking and jogging for two weeks would fix things. But I also knew I had to change equipment; the bucket in my foot plant was still there. Trying to avoid wasting the last six pairs of Asics Fuse-X Rush, within days after suffering my Thanksgiving 2020 calf muscle pull, I revisited Amazon and bought five different types of over-the-counter orthotics. I hoped that switching away from the orthotics I had been using for four or five years would solve the problem. There came a stretch where, with heavy snow falls early in December, me getting better by running on golf courses for three weeks in January, cross-country skiing for three more weeks, and running well for two weeks at the end of February - including a respectable sub-26-minute SnoBall 5K, it seemed things were working out, with five pairs left to get me to Boston in October 2021.

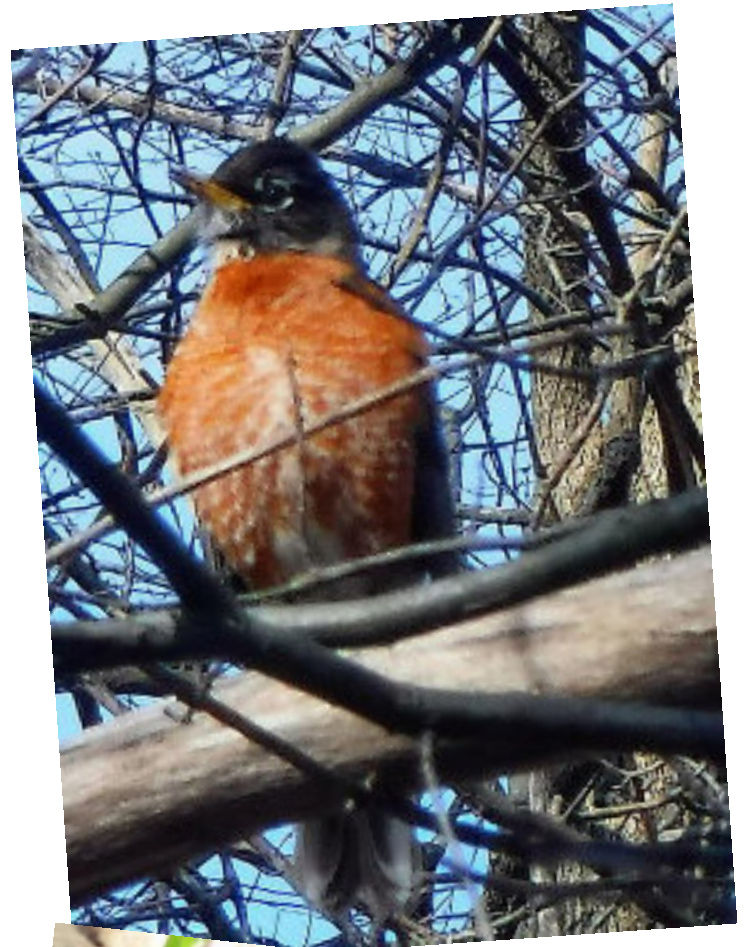
I felt particularly good on my birthday, February 27th, when I ran three miles with my dogs followed by another seven with Mark Oster, for 10 miles in one day. Yet, one week later, after five miles of a six-mile run with Mark Brinich, I suffered yet another calf muscle tweak. I finally faced the reality that switching orthotics was only part of the answer, I also had to switch shoes.

So, I headed over to Second Sole and told the sales associate that I wanted to try on some New Balance and Asics shoes. Three of his samples were the New Balance and Asics equivalents to the Nike Vapor Flies. As I tried them on, they felt good, but I could feel that they both would put too much pressure on my calf muscle, and so I walked out the door with a new Asics DS Trainer - my go-to trainer BEFORE the Fuse-X expedition.

Then I tried on the Asics trainer with all five of the orthotics, and I discovered it had the same bucket issue that I experienced with the Fuse-X. Fortunately, in my drawer for the last three years were two pairs of New Balance 1500s that I had been racing in BEFORE the Fuse-X. One of the new orthotics eliminated the bucket problem without creating a complication with too much pressure on the ball of my foot. Even more comfortable was a hard plastic orthotic crafted by a podiatrist some 35 years ago - in fact, it was the one that I had used to achieve the 2:25:13 I ran at the 1988 Boston Marathon. Essentially, way back in 1988, I had created a Vapor Fly level with some Asics rubberized track spikes. The only problem with the plastic orthotic is that I had arthroscopic surgery some 21 years ago, and I have feared that when my form goes at the end of a marathon, the hard plastic could cause another tear of the cartilage.

For 10 days in March, I tried out the New Balance 1500s paired with store-bought, soft orthotics. In my first run, I was able to go 6.5 miles with the dogs. During the week, I ran two light interval workouts on grass. In mid-March I did seven miles with Mike Fry on a Saturday and 8.5 with the dogs on Sunday. Some minor issues like blisters on the bottom of my feet occurred, but hopefully things go well as I ramp it up over the next month. Gotta get ready, because a recent email from the Boston Athletic Association informed me that my 3:36 at Boston 2019 would not only be accepted as a qualifier for the October 11th, 2021 Boston, it beats the standard by 14 minutes.

So where do the NB 1500s fit on the *New York Times* list of PR shoes? Third. So, I guess my Boston will either be sub-3:30 or



Top photo, American Robin. Flower here, Spring Beauty.

(continued from page 1)

Leo helped us train for the Towpath Marathon; he ran the Umstead 100 among other numerous races; and we saw him handle the logistics for the Mohican 100 for many years. So, in 1999 I lined up at the starting line for the Punxsutawney 50K race. Leo, Roy Heger, Ron Ross and Hugh Danaceau were also running, although Hugh had opted for the early trekkers start an hour before. I told Leo this was my first 50K trail race and asked if I could stay with him to try to eliminate any first-time mistakes. He said sure and we started, but we were the last two people off the starting line! I looked at him and told him I was never the last runner off the starting line. He said, "Do not worry, by the end of the race we will have passed about 12 to 15 of the runners ahead us now." Of course he was correct, and that day I learned very useful and powerful lessons about running trail races.

One year later I was registered to run the JFK 50 Mile Race. Leo and Zenek Zapotocky were also registered. I could spend the rest of this article discussing this race at JFK. Leo already held the 70 Age Group record for the course. But the short version of the story involves me catching up to him after the railroad track crossing while entering the Chesapeake and Ohio Canal Path. I told him I wanted to finish under 12 hours but that I did not think I could run the next 28 miles without resting somewhere. He said, "Let's run 25 minutes and walk five minutes." That strategy worked until we ran into two women he knew - Janice Boyko and Melanie Davega - who wanted to run 20 minutes and walk 10 minutes. So, we became the 20-10-12 club and finished in 11 hours and 37 minutes. I felt somewhat okay after we finished and told Leo so. Leo smiled and said, "Good, but remember, 50 miles is not half of 100 miles."

In 2019 - presented on behalf of all runners - Leo Lightner was given the Joe Eisenberg Award for Service to the Trail Running Community, in recognition of his extraordinary running career and more extraordinary years of service to running clubs, races, runners and volunteers. When Mark Carroll and Roy Heger presented the award to Leo, they emphasized the award was from everyone who knew, met or had heard of him. He had touched so many with his running knowledge and common-sense wisdom that no award seemed appropriate for his contributions. But the Joe Eisenberg Award - so named in recognition of Eisenberg, a past Mohican 100 race director and friend to Leo - was a heartfelt thankyou to Leo for his friendship and love of running.

Leo was one of the most consistently positive and enthusiastic people I ever met. In 1999 Leo told me, "... enthusiasm comes naturally, we are attracted to people who have a positive rather than a negative attitude. I think running helps to provide a more positive attitude and that makes us happier." Most of us knew Leo as a runner and will miss his smile and enthusiasm.

It is hard to run on the trails and not think about Leo being somewhere up ahead with Art Moore, Joe Eisenburg and Hugh Danaceau. We surely learned about running from Leo, but he also helped us understand well-being and happiness. It was always fun seeing him run through the Station Road Bridge Aid Station during the Towpath Marathon or competing at the North Coast 24 Hour Race, always happy and smiling.



Lightner at the 2008 Bay Days Race.

His family would like to thank the staff from Arden Courts of Westlake and Cypress Hospice for their love and care of Leo. Everyone at Arden Courts made life a little extra special and his wonderful and kind hospice nurse and aides wrapped him in comfort in his final days. The family are grateful for their kindness toward Leo.

Leo will be laid to rest at Lake View Cemetery in the spring or summer of 2021, alongside his mother and grandparents, Ernest and Effie Weaver. Leo's family will be hosting a celebration of Leo's life for his many friends and caregivers when it is a safe and appropriate time to gather to share in a good meal and many stories of Leo's zest for life. To view Leo's complete obituary, visit <https://www.dignitymemorial.com/obituaries/westlake-oh/leo-lightner-9953457>.

Farewell Dear Friend

By Irene Weston

LEO! GO LEO! That was the cheer for Leo, whether at the start or finish line. Also, while dancing! Anyone that knew Leo welcomed him with excitement. He deserved it because he did the same for his family and friends.

I met Leo about 35 years ago through Cleveland-West. He impressed me with his high energy. He told me he was a late bloomer to running. Leo was a part of our sub-group, the Beach Runners. The regulars were Bob Blum, Kathy Dugan, Tom Hord and Leo. Although we ranged in age and pace, we ran together. Perhaps that was the "old school" way of training. Plus, Coach Bill Stross' Springbok workouts got us to Boston and finishing the Mohican 100 Trail Run (Mo 100).

We'd run to and from downtown Cleveland. Sometimes we'd start at 4 a.m. to get in at least a marathon distance before work. Some of us, at times, ran three times a day. It was easy to accumulate 80-plus miles a week with the camaraderie and fun. Leo didn't work downtown; he'd either run back home or take the bus. He also had many training, racing and volunteering

adventures with Therese Corrigan, Rita Candito, Eleanor Royko, Joe Jurczyk, Don Baun, Ron Ross, Tom Todrank and many others.

Many accolades are given to Leo, through his running awards, as well as by his other accomplishments. I'm still amazed at his records and victories. What impressed me most was his kindness and friendship. Outstanding! Although he had many interests and goals, Leo always found time for his family. He was close with his daughter Brenda and her husband Bob. Their daughter Morgan is very talented, with the same high energy of her grandpa! Leo also had great pride in his son David and David's family - his wife Huiyuan and their daughter Gina. Leo adored his granddaughters.

Also, Leo could sense if assistance was needed, even if he was in the middle of a race or other activity. Before I ran the Mo 100 or other ultras, I volunteered. One of my first assignments was cooking for the pancake breakfast. After Leo finished the 100 miles, he still had energy. He jumped in, helping me prepare and serve the breakfast!

When I fell on the trails and had a big ankle injury, Leo ran to get help. After surgery plus a lengthy recovery, I couldn't drive. Leo drove me to work every day for about a month.

He also assisted us when my sis passed, helping with our pets. I'm forever grateful for his kindness and friendship. I tried to return the favors many times, but he was very self-sufficient until he became ill. All I could do was visit. I still enjoyed his humor. I could see a spark of that energy when he smiled.

Leo was serious in achieving his goals, but he liked to have fun. He'd lead our club parties with the YMCA song and dance, standing on a chair to make sure we'd follow. Now he's among our running legends: George Simmerly, Art Moore, Matt Norris, Regis Shivers, Gwen Goss, Hugh Danaceau, Colleen Theusch, plus others.

Our lives are too short, even if we live 90 or 100 years. I often compare age to running 100s. We can prepare, train for that race, whether just to finish or for a PR. However, it's really the joy of the journey: training with friends, the support of family, and experiencing the elation and highs. Then digging deep through the tough miles/years.

I was only a part of Leo's life. Many have also been touched by his enthusiasm and friendship. I'll continue to follow his legacy as an example: Kindness, endurance and hope.

Let's try to live by Leo's example with one another. Whether we run 100 miles or live to that age, it goes too fast. Enjoy the journey and lovely memories.

Other club members shared memories via email or memorial web site:

Eleanor, Leo And Noodles

On a run together, Leo expressed his interest in cooking classes he was taking at International Culinary Arts School in Chesterland. Leo's enthusiasm knew no bounds. "Tell you what I am going to do, Bob. I am bringing my noodle machine to your

house, setting it up, and Eleanor Royko and I will make noodles at your place." Leo did exactly that! As I recall there were two episodes. Making noodles one day. Then Eleanor and Leo returned to make homemade pierogis! Leo valued his friends so highly that he wanted to share everything with them. - **Bob Blum**

Looking Good!

Leo was a very positive person who always had something nice to say about everyone and everything. I remember him saying "Looking good!" when he ran by another runner. - **Bob Dlouhy**

Source Of Joy

Leo was a truly unique, one of a kind, individual. I hadn't seen Leo in quite some time but my interactions with him over almost 40 years were always so positive and often a source of humor and joy. Friends like Leo, George Klier and Art Moore don't come into one's life that often and they are irreplaceable. - **Mark Breudigam**

Role Model

He was a real-life role model on how to fully live life. - **Joanna Brell**

Y-M-C-A!

Whenever I hear YMCA by the Village People I think of Leo dancing with a hard hat on, atop a table at the annual CWRR holiday party. What a great guy! - **Tim Furey**

I knew Leo from the Cleveland West running club. He was such a sweet man! He really knew how to live life to the fullest and he is an inspiration to me. I am honored to have known him. He will be missed. So many of the memories listed refer to Leo dancing on a tabletop to the song, YMCA, at our annual running club's holiday party. This event is where I met Leo for the first time (2002). - **Marianne Nemeth**

As an officer in the club I used to organize our annual holiday party. I always made sure the DJ had the song YMCA by the Village People. Leo used to dance on the tabletop and the ladies would throw money at him. One year, during the dance, I noticed two people outside who were walking their dog. They

(continued on page 10)



Lightner, after his 80 age group win at the JFK 50-Mile race in 2008, with a 12:55 finishing time.

were glued to the window, taking it all in. What must they have thought of us? And then, we had a scholarship fund for cross-country runners. After the dance Leo quietly gave me all the money and said: "Give it to the kids!" - **Mike Twigg**

One of A Kind

Leo was such a compassionate gentleman. I will forever remember his help in training with us for our Ice Age Ultra. Art (Moore), George (Klier) and Leo would be in my CWRRC Hall of Fame. - **Bob Myers**

On my 60th birthday, Leo sent a birthday card telling me that he had not even run the first of his 10 Mohican 100-milers until he was in his 60s. Hard to complain about getting old after that. He was truly one of a kind and will be missed. - **Lou Karl**

Leo recruited me to be race director of the Mohican 100 after I had organized the Buckeye Trail 50K in 1994, for which he also helped mark. Anyone who ever saw Leo at a Mohican pre-race meeting knows how much energy he had and how confident he made all the runners feel getting ready for the big event. As course director, he would jump up on a picnic table in the shelter and show all the various markings and describe the purpose for each one, and he'd tell everyone they were going to finish (ever though half of them wouldn't).

For our day jobs Leo and I worked close to each other in Independence for a couple of years, so we often had lunch together and would talk shop with race planning or talk about our own running and share stories. I've never met a more upbeat person or a kinder person. Leo, you will be greatly missed! - **Joe Jurczyk**

I first got to know Leo in 1994 when our mutual CWRRC friend Bob Blum invited me to his house for a party. That was also the year a WCLV radio newscaster invited me to serve as finish line timer and judge of the CWRRC'S Mohican 100 miler. At the time I thought Leo was a long-time ultra veteran when it was only two years after he finished his first Mohican 100. So, I felt a mix of honor and humility when Bob and Leo invited me to go on a long training run with them. Somehow, the charisma of Leo and the gentleness of Bob allowed them to convince me to run on a long train trestle across a ravine near I-480. Seeing how I am petrified of heights, I don't know how I made it - **Rich Oldrieve**



Photos on this page courtesy of Mark Shelton.

Lightner at mile 21 of the 2008 Towpath Marathon, his final tune-up before the 2008 JFK record attempt.



Daniel Bellinger, Howard Nippert from Colorado, who guided Lightner's training over the many months leading up to the 2008 JFK, and Lightner, at the Mohican 100 in 2008.



Charlie Danielson, Lightner, and Art Moore at the 2012 Art Moore Fat Ass 50 race.



Gary Fell and Lightner at the 2012 NorthCoast 24-Hour Endurance Run.

The Running Life Of Roger Metz

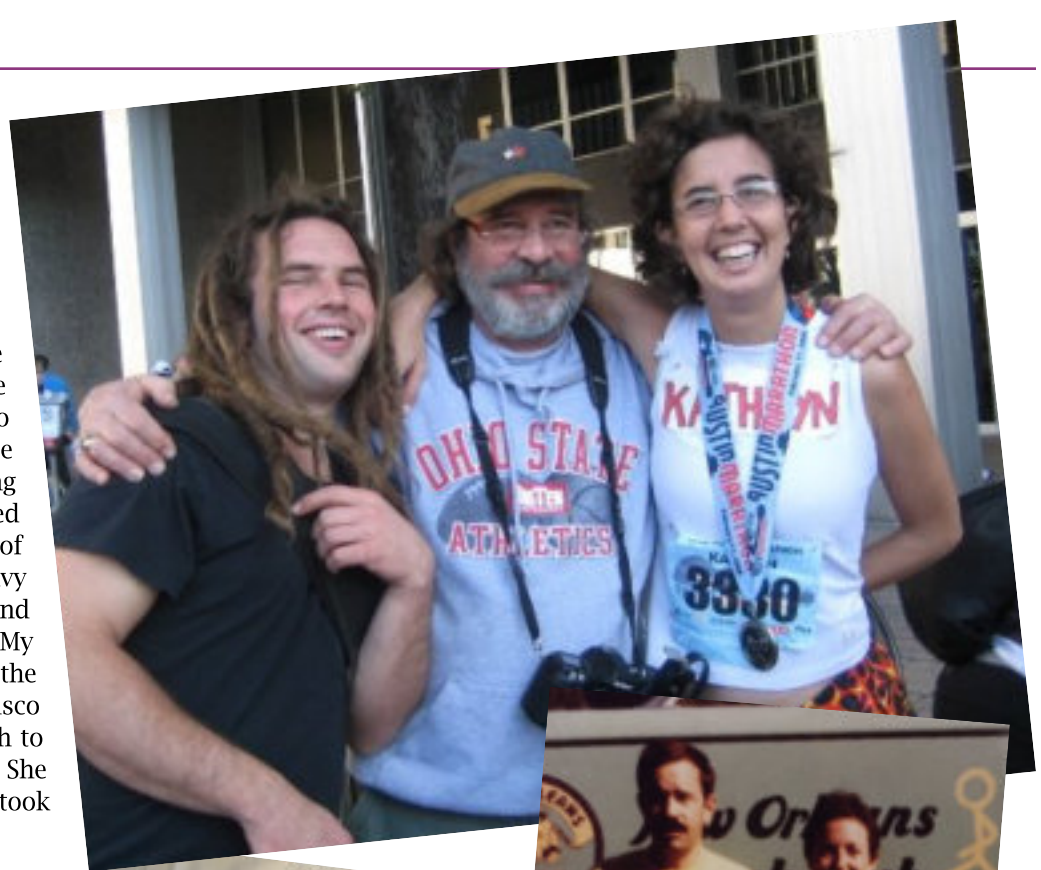
By Kathryn Metz

My dad, Roger Metz, wasn't a member of Cleveland West, even though he would sometimes hang out with the club on a Saturday morning when up to visit me. He hadn't run in 30 years. He occasionally shared stories of running around the base when he was stationed in Bahrain, or how he did laps on deck of the USNS Kilauea (he was a career Navy officer). It wasn't his passion, though, and he never seemed to revel in running. My mom was known as the runner of the family - she ran the San Francisco Marathon just months after giving birth to my brother, in a respectable 4:05. She continued running until ACL surgery took her out of the race in the early 1990s.

I hated running as a kid, but sometime in my mid-20s, a few years after my mom's death, I started running as catharsis; I was angry and frustrated and hit the pavement. My dad showed up for my first marathon to cheer me on, and was a loyal cheerleader since. He cheered me on for more than just running. He was the proudest of dads of all of my accomplishments. But running works as a stand-in for life, doesn't it? The marathon metaphors often apply to relationships, dissertations, childbirth, and more. And my dad knew it.

After his unexpected passing in November 2020, my brother and I found dozens of race shirts from the late 1970s and early 1980s - Race for Audubon Zoo in New Orleans, Race for the Lakes in Minnesota, Race for the Golden Gate Bridge in San Francisco. It turns out he was more the runner than I knew. We found photos of our parents at big group Saturday morning runs with run clubs all over the country. And I recognized some of the faces from my childhood - friendships that my parents had maintained across miles and decades.

Cleveland-West adopted me wholeheartedly immediately upon arrival from Texas, despite my reticence about Northeast Ohio. And Cleveland-West got me across the finish line of six more marathons through training with me, pacing me, and cheering me on. Later, my friends in Cleveland-West got me through the marathons of job changes, home ownership and motherhood. And unsurprisingly, since my dad died, it is my friend family from Cleveland West who has sent me cards and care packages, brought me food, and showered me with love and support. Being orphaned at 42 is no picnic, but survival is possible with all of you on the trail (or at Blackbird Baking Co.) with me. Thank you.



Top photo: Kathryn and her brother Tim and their Dad after finishing the Austin Marathon in 2008. Then, Roger and Phyllis Metz after a fun run with the New Orleans Track Club in 1980. Race shirts from New Orleans and Panama City.

A History of Cleveland Road Running

By John O'Neil

Editor's Note: This article is picked up from p. 4 of the first issue of Cleveland-West's original newsletter, Making Tracks, printed in April 1977.

I've been asked to write a history of long distance running in the Cleveland area. That is a prodigious task. So, a complete history may have to wait until later. In its stead, I will try for some history, and some reminiscing, aware that this is a difficult course. Inaccuracies and omissions are inevitable. Anyway, for practical purposes, this chronicle might be called "The Historical Impressions of an Old Running Shoe!"

The modern era of road running and road racing in Cleveland started with the organization of the Cleveland Road Runners Club in 1964. The first meeting was held at Central "Y." Those present were Tom Franck, Wally Guenther, Tom Donaldson, Foster Rucker, John O'Neil and Kevin Leigh. Later participants were Dick and Jim Branaghan, Jeff Vaughan, Ian Milne, Roy Reisinger, Bill Bradenbeck, Jim Comyns and Joe Muscarella.

Each of these people made major contributions to getting long distance running moving around Cleveland. Each has a running history worth publishing. Perhaps that might be done in future issues.

The members of the CRRC competed as a team and as individuals wherever they could find action. When there wasn't action, they created it. That was the beginning of the Lake Erie Road Racing Schedule. The club published a newsletter and a schedule. It affiliated with the Lake Erie Association of the AAU and the Road Runners Club of America. O'Neil served as president of that national group during 1967 and 1968. At that time, the Cleveland unit revived and published the national newsletter FOOTNOTES. Ian Milne was editor. Training headquarters were O'Neil's flat in Lakewood, a short jog to training grounds in Rocky River Reservation, Edgewater Park, and the Lakewood High School track. O'Neil's flat also served as a way-stop for itinerate runners. Their first races were at Rocky River Reservation, Liberty Boulevard and Forest Hills Park.

From this start, the action spread. John Trojan and Irving Waterbury started an excellent program, that still exists, in Bedford. Later, runs were established at Independence (Bill Bredenbeck) and North Chagrin Reservation (Jim Comyns and Joe Muscarella). Programs were started in the Akron area, Canton and Elyria. The radiating circle of activity expanded.

From this beginning, events of national importance developed locally. Our first magnet races were dominated by outsiders. Significantly the Lake Erie District 20 Kilometer Championship, run on a circular course from the Arena to North Marginal and return, was won by Dr. Bob Moore, an Englishman running for the Toronto Olympic Club. Jim Comyns, as director, put together a first-class event.

The Toronto Olympic Club dominated our important events for several years. With a team of eight runners, they handily won the LEA/AAU 15 Kilometer Championship held at Cuyahoga Falls in 1968. Only Phil Nabel of the Kent Track Club, finishing sixth, interrupted a clean sweep. Again, Bob Moore won. The "Canadian" team included three other Englishmen, an Australian, a Swiss, a New Zealander and an Irishman.

An Australian, attending the University of Texas at El Paso, won our first National Championship in world's best time. Kerry Pearce, then the holder of the world's indoor two-mile record, burned up the certified Rocky River 25,000-meter course in 1:19:08.2. That was the fastest time ever for the distance. The first local runner to finish was Dave Wise in eighth place with a time of 1:29:29. Wise led the Cleveland Road Runners Club to its first National Championship. The other scorers, who can also wear an AAU/USA Champion patch are Virgil Yehnert, Dave Whalen, Mark Davis and Jim Comyns.

This article will continue in the May/June issue.



Running Habit Has Morphed Into Hunting

By Tim Chrisman

Thirty-two years ago I spent my time swimming, biking and running most of my non-working hours. Those activities have evolved into fishing, hunting and walking. These days, I am lucky enough to walk outdoors with John Delzani and others who brave COVID-19 and Cleveland weather.

I shared a few photos of my snow goose hunt in Mount City, MO, with Cathy Leonard, only to hear "are these photos for the club newsletter?"

So, if you go to Missouri to hunt snow geese, you will need an out-of-state permit, \$47. So, no, there is no limit to the number of snow geese harvested. So yes, we harvested the meat, taking it to a local butcher to be processed (my share: 22 lbs.). Number of geese we saw: tons of thousands, honest. Most geese bagged in one day: 62; average per day, 29.

I had a great time in Mount City this year. It was an extremely successful hunt. My packed freezer is testimonial to that fact. I can't wait to go back next year and see what the hunt will yield. Until then, I'll sit back and enjoy a few goose dogs, goose smokies and maybe even a beer or three.

Editor's Note: This article originally ran in the May/June 2012 issue of FootNotes.

Healthful Foods Deter Inflammation

By Amy Jamieson-Petonic, MEd, RD, CSSD, LD, LMT

Being a fellow runner myself, I know firsthand how a hard training run, tempo run or hills run can really kick your butt. More importantly, though, is how nutrition can really play a positive role in reducing inflammation in your body - by helping get those feisty cells under control.

First Of All, What Is Inflammation?

Chronic inflammation - a normally good process gone bad - can contribute to conditions ranging from heart disease and diabetes to cancer. So, you're thinking, why does this matter to me as a runner? Well, that's the point. When you run, you are causing very small tears and increasing inflammation inside the muscle fibers.

Inflammation isn't inherently bad. In fact, it keeps us going every day. Normal inflammation is the body's response to injury and infection; it's part of your body's natural healing process. Say you cut your finger with a knife making some super fantastic salad. Your immune system sends waves of specialized cells to attack the bacteria and damaged tissue, like an army of soldiers fighting off an invading force.

When the good guys have gained the upper hand, they recede, and your body begins to heal. That's the key part: Typically, the inflammation cells - the good guys - shut down, stop producing, what have you. In that scenario, inflammation helps your body heal but doesn't damage it. Problems arise, however, when the immune system fails to shut down the specialized cells meant to ward off bacteria and damaged tissue, thus allowing inflammation to become chronic and harmful.

Fighting The Rogue Cells

Almost everything we eat either encourages or discourages inflammation. For example, the Mediterranean diet, which incorporates a Mediterranean-style cooking, is full of whole grains, fresh fruits and vegetables, extra virgin olive oil (cold pressed, please), lean protein and dairy, and works wonders to help control inflammation. You've heard many reasons to avoid saturated fats, refined carbs and sugars, and trans fats (the type so prevalent in processed foods). It turns out those foods also help increase proteins that increase inflammation.

One large study showed that people who eat a lot of veggies and fruit but avoid meat and white flour have lower levels of inflammation. Upping your fiber alone - which will happen naturally on the Mediterranean diet - has been shown to lower levels of one very important inflammation marker, called C Reactive Protein (CRP), by up to 40 percent. So eating a Mediterranean diet might be the change that prevents you from developing inflammation that can lead to a host of medical conditions.

Plant foods are rich in antioxidants and other phytonutrients, and these healthy compounds have an anti-inflammatory effect. Vegetables, fruit, herbs and spices are loaded with compounds that reduce inflammation, as are whole grains, olive oil, nuts, seeds and legumes. And the omega-3s - the healthy fats found in fish such as salmon, mackerel and tuna - also help fan the flames. Additionally, focusing on these foods will help keep your weight healthy, which is critical for keeping inflammation in check.

So next time you are out on a run, make sure to add some of these super anti-inflammatory powerhouses to your nutrition program, be it Mediterranean-style or not. Your legs, hips, butt and thighs will thank you!

Top Anti-Inflammatory Foods

1. Whole Grains

100% whole grain breads, cereals, pasta, brown rice, quinoa, barley, buckwheat and popcorn.

Great sources of protein, fiber and B vitamins.

Contain three parts of the grain (bran, germ and endosperm), and that's a good thing.

Whole grains take longer to digest and the carbohydrates enter your blood stream at a slower and more steady pace.

Swap out your white bread for whole grain bread, your white rice for brown rice, and your white pasta for whole grain pasta, and add quinoa for variety.

2. Protein

Peas, beans and legumes.

Beans provide essential nutrients such as iron, vitamin C and folate

They are high in soluble fiber - taking cholesterol out of your digestive track to be eliminated from the body.

Use beans for veggie burgers, veggie chili or soups.

3. Omega 3 Fatty Acids

Foods such as salmon, halibut and sardines (and plant sources such as walnuts, ground flax seed and chia seed).

These fats reduce inflammation inside the blood vessels, which makes them heart-healthy.

Also good for reducing inflammation in the brain, which may reduce cognitive decline.

4. Broccoli

High in sulforaphane, an antioxidant powerhouse which helps rid the body of cancer-causing cells.

Steam broccoli very quickly for the most nutritional bang for your buck.

5. Blueberries

High in antioxidants called anthocyanins which help reduce inflammation inside the blood vessels. Help improve blood sugar levels by regulating how your body uses carbohydrates.

Whole fruit makes a great snack or sweet topper to cereals. But be aware of how much you eat - three servings at most - and avoid fruit juices. (Without the fiber found in whole fruit, the juice is merely liquid sugar.) Fruit - especially berries and citrus fruits - are an important source of micronutrients called bioflavonoids, which are believed to help the body protect against cancer growth.

6. Extra Virgin Olive Oil

High in a chemical called oleocanthal, which has as much anti-inflammatory benefit as NSAIDs (Motrin, Ibuprofen).

Use it drizzled on salads, dips with whole grain breads, or homemade salad dressing.

7. Dark Chocolate (70% cacao or greater)

Contains antioxidants called flavonols which reduce inflammation inside the blood vessels and make them more elastic.

Elastic blood vessels = better blood flow = better heart health.

One ounce of chocolate per day does a body good!

8. Sweet Potatoes

High in Beta Carotene, a form of Vitamin A, which has been shown to reduce inflammation. Swap out your French fries, white rice or pasta for a sweet potato.

9. Turmeric

A super spice! High in curcumin, which has been shown to reduce inflammation in research studies.

Use it in your favorite quinoa and brown rice recipes.

Want another source of turmeric? It's as close as your yellow mustard. Slather some on your sandwich.

10. Go Nuts!

Nuts such as almonds and walnuts are high in alpha-linolenic acid, which has been shown to reduce inflammation in blood vessels and positively impact heart health.

Please Note

Articles for the May/June *FootNotes* must be submitted by Friday, May 7th.

Material received after May 7th 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.

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