
April 2015

The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

Getting to know you...

In April's addition of "Getting to know you..." we examine our 2014 Female Rookie Runner of the Year Dawn Richardson...

Q: When did you start running...?

A: 3 Years ago

Q: Best run ever...

A: Muncie Half Marathon

Q: Race you'd like to forget...

A: Chesterfield 10K – I started feeling the back pain from my stress fracture.

Q: Three words that describe your running...

A: Freeing my mind

Q: Your go-to running outfit...

A: Under Armor Shorts and Tank

Q: Quirky habits while running...

A: Must have my Garmin on and singing out loud.

Q: Morning, midday, evening...

A: Anytime is a good time, whenever I can fit it in. Would prefer every morning.

Q: You won't run outside when it's...

A: Below 30 degrees

Q: Worst Injury – and how you got over it...

A: Stress fracture in L5 from over training

Q: You felt most like a badass mother runner when...

A: After my first mini. The Indy Women's last May.

Q: Next race is...

A: Rock N Roll Seattle – June 2015

Q: Potential running goal for 2015...

A: Start training to do a full marathon.



Upcoming Events

April 2

Thursday night Pre-Season opener. Walkers start @ 5:30pm – Runners at 6:00pm

May 2

Indy Mini

May 7

Thursday night race series begins!!

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(...Getting to know you...continued...)

Q: Complete this sentence....

I run, therefore...I can be sane.

Q: What did you eat for breakfast?

A: Greek Yogurt and a banana

❖ **Lightning round –**

- Beer or wine?
 - Wine
- Running with music: Yes or no?
 - *Music Always – unless I'm running with someone*
- Hills or heat?
 - *Both – I love adding in a few challenging hills and heat over cold any day*
- Energy Gel or banana?
 - *Gel for anything over 8 miles, otherwise a banana*
- Road or trail?
 - road
- Alone or with a partner?
 - *Typically alone*
- Ever lose a toenail: yes or no?
 - *Yes, only one though*



Last thought.....

Q: What inspiration do you have to share?

A My favorite quote "to give anything less than your best is to sacrifice the gift, just run"

Q: What's an interesting fact about yourself?

A: 3 years ago I was considered obese, so I began running... problem solved!

2015 Recently Added Members

ARRC would like to welcome recently added members.

Debra Burkhart

Dylan King

Kevin McClintock

Lora McClintock

Don Sanford

Make sure to tell them hello at one of our upcoming gatherings!

"I don't feel like myself unless I run. It's how I deal with sadness and happiness. I need it. It's like therapy." –

Kara Goucher

2015 Road Series Babble

The ARRC Road Series traveled to their first event on March 14th to participate in the DINO 5K/15K run at Mounds State Park. The week had people curiously wondering if the race would go on with all the rain and melted snow...but DINO and ARRC had a great turnout. Not perfect conditions, but nevertheless challenging. Let's see how our runners placed!

Male 55-59 5K

4th Mike Shelton 27:35.3

Male 65-69 5K

1st Mike Harra 34:47.1

Male 75-79 5K

1st JB Dulworth 33:59.5

2nd Bud Stiffler 41:10.3

Female 35-39 15K

1st Cris Miller 1:35:38

Male 50-54 15K

1st Brian Rayl 1:13:31

3rd Drew Cooper 1:21:46

Male 60-64 5K

4th Doug Rose 41:06.6

Male 70-74 5K

2nd Phil Miller 46:43.7

4th Steve Hedgecraft 58:41.3

Male 35-39 15K

4th Chris Vidas 1:21:41

Male 55-59 15K

1st Chet Paskiewicz 1:16:30

5th Tom Corda 1:27:28



2015 Road Series

more Dates and Times to come

March 14th @ 9:00am - Dino Trail 5K & 15 K (Mounds State Park)

May 2nd @ 7:45am - Indy Mini & 5K (Indianapolis) Bonus Race

June - Cheers for your Health 5K run/walk (Middletown)

June 6th - White River 5K Run/Walk & 10K run(Anderson)

June - Pink Ribbon Run 5K run/walk (New Castle)

July 4th - Chesterfield 5K run/walk & 10K run (Chesterfield)

July - CdLS 5K run/walk (Lapel)

Aug - Mooreland fair 5K run/walk (Mooreland)

Sept. - Miriam Project 5K run/walk & 10K run (Anderson)

Sept 25th @ 7:30am - Mill Race Marathon, Half & 5K (Columbus, IN)

Oct - Black Cat 5K run/walk (New Castle)

Nov 1st - Run the Mounds 5 Mile run & 5K run/walk

Nov 26th - ARRC Thanksgiving day run (Anderson)

Dec - Kris Kringle 4 Mile run & 3 mile walk (New Castle)

2015 Road Series Babble – cont.....

Road Series Shirts - We will be selling Road Series shirts this year. They are still in processing, but we should have them by the beginning of April! They will be short sleeved shirts, sleeveless shirt, and tanks! See Brian Rayl if you're interested in purchasing.

White River Run – Chip timing by DINO LLC!!! - We've moved the run this year into June. We are very proud to be teaming up with DINO LLC this year for our chip timing. DINO has experienced timing crew that have done more than 300 DINO events along with clients such as Red Bull Trail Daze, Hendricks County Half Marathon, Rebel Race, Mt. Vernon Education Foundation, Family Promise of Hendricks county, and more.

Our runners running races

Our ARRC runners are so awesome, that they train year round for other races. We had several runners that participated in races in the month of March outside of our road series. Got a race you ran? Let me know!

Sam Costa 46 3/21/2015

¼ Marathon: Tom Corda 54:43, Greg Smith 1:37:33

½ Marathon: Brian Rayl 1:29:59, Drew Cooper 1:40:20, Danny Spears 1:41:18, Cris Miller 1:55:56

WIFLE Half 3/22/15

Tammy Bennett 2:18:26

Queen City Marathon 3/28/2015

Tom Corda 4:03:07

Upcoming Races of Interest

April 4 – Dino Trail – Eagle Creek

<http://www.dinoseries.com/trail-run-eagle-creek-park/>

April 11 – Hoosier Half Marathon and Hoosier 5K

<http://www.hoosierhalf.com/>

April 18 - Carmel Marathon Weekend

<http://www.carmelmarathon.com/pages/home>

April 18 – Race for the Cure

http://indy.info-komen.org/site/TR?fr_id=5046&pg=entry

April 25 – Dino Trail – Town Run Trail

<http://www.dinoseries.com/trail-run-town-run-trail-park/>

May 16 – Geist Half Marathon & 5K

<http://geisthalf.com/>

May 16 – Towpath 10K Dash and 5K Fun Run and Dash

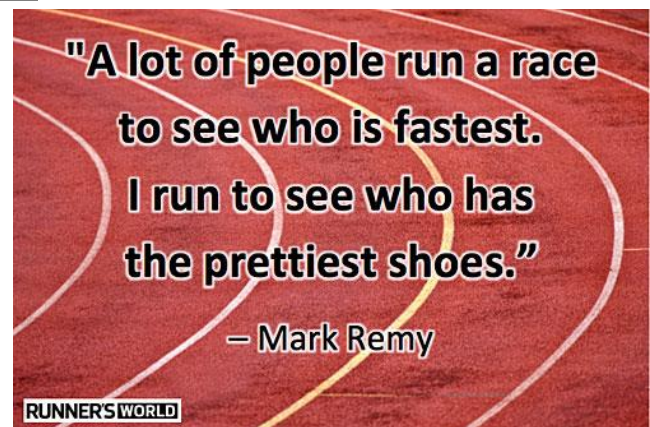
<http://www.whitewatercanaltrail.com/>

May 23 – Noblesville Mini Marathon

<http://noblesvilleminimarathon.com/>

May 30 – DINO Trail Run – Brown County

<http://www.dinoseries.com/brown-county-trail-run/>



April Birthdays....

Steve Bowers	Gene Chandler
Brenda Fattig	Cris Miller
Phil Miller	John Rhule
Bud Stiffler	Jimmie Storms



2015 Membership Information & Pre-season chat

It's not too late to become a member for the 2015 season!! Why not make this year something great!
http://www.andersonroadrunners.org/membership/2015_membership/ARRC_2015_Member_Form.pdf
Our first pre-season starts on Thursday, April 2nd. Walkers start at 5:30, runners at 6:00.
First official Thursday night race starts May 7th.

Mindless Chatter

Nude jogger draws ire of Montreal neighbours

<http://www.cbc.ca/news/canada/montreal/nude-jogger-draws-ire-of-montreal-neighbours-1.2999973>

One Montreal runner appears to be besting winter in the buff.

The male jogger, seen wearing only running shoes and a tuque, has been spotted several times in the past few months in Montreal's Île-de-la-Visitation park.

One resident, who had already filed a complaint with police after spotting the man five times, shot a video of the robe-less runner on March 9, when the temperature in Montreal was below zero.

The runner showed up at around 4 a.m. ET, around the same time he's always been spotted.

More than one resident has complained about the man to police, and a neighbour who contacted Radio-Canada said it appeared the concerns weren't being taken seriously.

Montreal police said an investigation has been opened, but wouldn't say how many complaints have been received.

If caught, the nude runner could face criminal charges for indecent exposure and exhibitionism.

He could also face fines under municipal bylaws.

2015 Officers and Board Members

Officers

Brian Rayl, President
WrayJean Fincher, Vice President
Tony Martin, Treasurer
Tammy Bennett, Secretary
Cris Miller, Editor/Road Series Race Director
Tom Corda, Membership Chairman

At-Large Board Members

Greg Smith, Run the Mounds Race Director
George Wilson, Walking Program Director
Frankie St. Phillips, At-Large, Youth Director
Gene Chandler, At-Large
Jill Marstall, At-Large
Marilyn Moor, At-large
