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August 2015

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# The Pacer

PO Box 282, Anderson, IN 46015  
www.andersonroadrunners.org

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## Getting to know you... Bud Stiffler

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I had the chance to get to know Bud Stiffler lately. I know that most everyone knows Bud and has known him for years. Not me, I was always intrigued by the man that handed us out water in a race fashion at each Thursday night run. Let's get up close and personal with Bud in this months' edition of "Getting to know you..."

1. When did you start running?
  - a. April of 1977 at the age of 39 I realized how important running was to me. At that time I started keeping track of my miles plus tenths.
2. Did you run today? If so, how far?
  - a. I run the miles on what day it is. Monday = 1 mile, Tuesday = 2 miles, so on. A week total of 28 miles.
3. How many marathons have you ran?
  - a. I count ultras as marathons. Total Ultras 52 (50K's, 60K's, 100K's and hours on track) Total Marathons 29 (plus 12 hours on track). Plus 2 100 milers
4. What was your best race ever?
  - a. The 12 run on Carroll track downtown Indianapolis. 85 degrees, by 7 hours 3 U.S. Champions dropped out. It was my first overall win with 55 miles. I wish the champions could have stayed in, I would have been proud to have finished 4<sup>th</sup> with the champions ahead.
5. What was your worst race?
  - a. Being an even pacer and not a racer, I enjoy every journey from starting line to finish line and have never had a bad run or race of any kind.
6. What are three words that describe your running?
  - a. Freedom, happiness, fear... with fear knowing that someday there will be a last run,



## Upcoming Events

### August 15

8:25am – Mooreland Free Fair  
5K walk, 5K and 10K Run  
(Mooreland, IN)

### August 20

ARRC Thursday cook out

### September 12

8:30am – Miriam Project 5K  
walk/run and 10K Run  
(Anderson, IN)

### September 26

7:30am – Mill Race  
Marathon/Half Marathon/5K  
(Columbus, IN)

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7. Your typical go-to running outfit?
  - a. Black shorts with a singlet or running shirt. For 30 years I've labeled my socks left or right. Plus bread wrapper twisties on my shoe laces.
8. Quirky habits while running?
  - a. I try to make foot plants with my left foot then my right "don't try this"
9. Do you prefer morning, midday or evening?
  - a. The A.M. freshness – the awakening of the animals along the path-ways. The first sun-rays warming one's self on first touch.
10. You won't run outside when it's.....
  - a. Hailing, "raining ice"
11. How many pairs of running shoes do you own?
  - a. 68 pairs – 500 miles a pair. Here's to 34,000 miles!
12. You felt most like a badass mother runner when...
  - a. I was presented with the Indiana State Flag to carry onto the football stadium of the University of Arizona for the conclusion of the Senior Olympics. 4 of us runner's had qualified at the Indy Fairgrounds. Marge Ferris our lady runner.
13. Next race is...
  - a. Howl at the Moon – 8/8/15
14. Potential running goal for 2015?
  - a. Chicago 50/50 , Veterans Marathon, Zoo Run, and Tower Run
15. Complete this sentence... I run, therefore I \_\_\_\_\_
  - a. Therefore I... look forward to every foot plant, to feel the body work and recover is a high. Plus realizing how precious one's health is. I always feel compassion for those who have lesser health or mechanics.
16. What did you have for breakfast today?
  - a. 1<sup>st</sup> Lemon water, 2<sup>nd</sup> Banana and coffee. When I get to longer runs I'll add 2 fat free vanilla wafers.
17. Interesting fact about you?
  - a. If I've run with you, walked with you, or talked with you, I've written something about you. I don't like receiving awards in front of others. The F.W.T.C will mail theirs – that makes for happy mail! YA!



**LIGHTNING ROUND –**

- Beer or wine?** – Wine (a dinner with running friends & running stories... mmmmm Pasta)
- Running with music: Yes or no?** – No, however I'll sing to myself running songs.
- Hills or Heat?** – Hills will be there forever, we all need heat training to survive starting line elevated temperatures.
- Energy Gel or Banana?** – I always dream of a beef manhattans
- Road or Trail?** – Road
- Alone or with a partner?** – Alone, however never lonely
- Galloway or Higdon?** – Mr. Hal Higdon. Hal and his wife Rose spoke at my 1<sup>st</sup> marathon. He spoke our Muncie Marathon. I've had the honor of running the Zoy with him. He is the one responsible for bringing ASICS shoes to the U.S. from Japan. In the 70's they were called "Tigers."
- Ever lose a Toenail: yes or no?** – No
- Brand of Toilet Paper?** – "Indy Mini Paper" This year I was so blessed with magic, it was my 35<sup>th</sup> Indy Mini, my slowest Mini; However, in the mail I received a 4<sup>th</sup> place metal out of 92 in my age group. I did rip off a roll of Porta-pot paper HA!

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## 2015 Road Series Babble

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Back to back weekend races for the road series this past July. ARRC Road Series traveled to Chesterfield to celebrate the 4<sup>th</sup> of July at the Jim Felix Optimist 5K Run/Walk and 10K Run with the CdLS 5K Run/Walk in Lapel the weekend after. \*\*Results for the CdLS have not been posted, if you have your time please get with me so I can have them updated\*\*

Road Runner Results – July 4<sup>th</sup> 2015

### 5K -

Tracy Mullins – 31:39	Borru Kishpaugh – 20:52
Mike Hall – 23:54	Bill Miller – 37:45
Greg Smith – 40:53	Stephen Hedgecraft – 48:43

### 10K –

Marilyn Moor – 1:23:01	Tom Corda – 52:32
Doug Rose – 1:03:23	Mike Harra – 1:00:53
Wally Post – 1:13:36	Phil Miller – 1:12:28
Bud Stiffler – 1:14:33	

The Jim Felix Optimist run wasn't the only run our runners participated in during the 4<sup>th</sup>... we had several runners attend the ever growing Yorktown 4 for the fourth! Good job to all the participants!

**Next Road Series** race is the Mooreland Free Fair on August 15<sup>th</sup>. Link is on the ARRC Website!

**Congratulations** to Drew Cooper and Kevin McClintock on running in the 8-Hour Dream Endurance inaugural event. It was a very hot and humid day and they both did well!

**Good Luck** to all the participants heading to Danville this month to run the Howl at the Moon 8 Hour run! Hope the weather cooperates for you all!

Got a fun and interesting race you ran? Or one you're getting ready to run? Let me know! I'd love to share it.

### Road Series Shirts

Don't forget we still have Road Series Shirts available for purchase for \$10.00 each. See Brian Rayl if you're interested.



## 2015 Road Series

\*more Dates and Times to come\*

- PAST – March 14<sup>th</sup> @ 9:00am – Dino Trail 5K & 15 K (Mounds State Park)
- PAST – May 2<sup>nd</sup> @ 7:45am – Indy Mini & 5K (Indianapolis) Bonus Race
- PAST – June 1<sup>st</sup> @ 6:30pm – Cheers for your Health 5K run/walk (Middletown)
- PAST – June 6<sup>th</sup> @ 8:00am – White River 5K Run/Walk & 10K run (Anderson)
- PAST – July 4<sup>th</sup> @ 8:30am – Chesterfield 5K run/walk & 10K run (Chesterfield)
- PAST – July 11<sup>th</sup> @ 7:30am – CdLS 5K run/walk (Lapel)
- Aug 15<sup>th</sup> @ 8:25 am – Mooreland fair 5K run/walk & 10K Run (Mooreland)
- Sept. 12<sup>th</sup> @ 8:30am – Miriam Project 5K run/walk & 10K run (Anderson)
- Sept 26<sup>th</sup> @ 7:30am – Mill Race Marathon, Half & 5K (Columbus, IN)
- Oct – Black Cat 5K run/walk (New Castle)
- Nov 1<sup>st</sup> – Run the Mounds 5 Mile run & 5K run/walk
- Nov 26<sup>th</sup> – ARRC Thanksgiving day run (Anderson)
- Dec – Kris Kringle 4 Mile run & 3 mile walk (New Castle)

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## Upcoming Races of Interest

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8/1/2015 – Tour de Campus 8K – Event #2 of the Hoosier Park 8K Triple Crown Series

<http://www.carmelmarathon.com/pages/8ktc>

8/2/2015 – Cicero Strawberry Sprint 5K

<http://cicerotri.com/strawberry-sprint-5k/>

8/8/2015 – Personal Best 5

<http://www.tuxbro.com/entry-info/PersonalBest/PersonalBest-Info.php>

8/15/2015 – Beaver Chase Urban Trail Race

<http://dashnbash.com/beaver-chase-urban-trail-race/>

8/15/2015 – Noblesville FitFest

<http://americamultisport.com/event/noblesville-fit-fest-2/>

8/22/2015 – Red, White & Rose 5K/10K at Buck Creek Winery

[http://www.fun-races.com/index.php?main\\_page=page&id=12](http://www.fun-races.com/index.php?main_page=page&id=12)

8/22/2015 – Back to Football Colts 5K

<http://www.colts.com/fanzone/events/run.html>

8/29/15 – DINO Trail Run Series – SouthWestway Park

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

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## August Birthdays....

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Missed a July Birthday!!!

Doug Rose celebrated his birthday in July!!

Here are your August Birthdays!

Cathy Swain

Chet Paskiewicz

Tracy Mullins

Debbie Harry

Kent Jones

Frank Lindley

Sherry Robertson

Bill Miller

Zeke Meyer

Paul Stout

Rich Meyer

Ryan Prado

Jim Hunter

Tom Corda

Semaj White

Mike Gray



“Always enjoy yourself. Don’t be upset if you don’t win, you’ve won by simply not giving up.” – Unknown

# 10 Strange Facts About Runners

How many women runners prefer to go commando?

By [Megan Hetzel](#) Tuesday, June 2, 2015, 4:03 pm

<http://www.runnersworld.com/general-interest/10-strange-runner-facts>

Runners are a wonderfully quirky bunch—[covering nipples with Band-Aids](#), chatting freely about [going Number 2](#), lacing up to run despite quarter-sized blisters, and willingly logging long runs on treadmills or in sweltering heat.

The results from a new survey, conducted through a partnership with [Brooks Running Company](#) and Wakefield Research, capture those runner eccentricities.

Released in conjunction with [National Running Day on June 3](#), the Brooks Run Happy Nation Report polled a total of 1,000 runners from the United States, Canada, and Germany.

From gear preferences to sex habits, here are the weirdest bits of data gleaned from the survey:

**11 percent** of female Canadian runners run sans underwear, while eight percent of American women admit to going commando. As far as German ladies go, 72 percent don granny panties.

**20 percent** of those Americans surveyed prefer pounding the pavement with a pup, while 32 percent choose a two-legged buddy.

**47 percent** of women reach for racerback-style sports bras. The crossback variety was the second most popular at 39 percent.

**79 percent** of those surveyed say, if they could only wear one type of shoes for the rest of their lives, they'd pick running shoes—not that this is surprising.

**48 percent** of men aim to build legs like soccer pro David Beckham's. For the ladies, 37 percent aspire to having legs like those belonging to actor Cameron Diaz.

**43 percent** of runners say they'd hit the 'mill rather than skip their run when the weather takes a turn for the worse. In Germany, 52 percent brave bad conditions no matter what.

**32 percent** of those polled say they channel Forrest Gump on the run, while 26 percent make like Rocky Balboa through the streets of Philadelphia.

**43 percent** of the field says blister-covered feet top the list of runner annoyances. Experiencing GI distress with no relief in sight (32 percent) and chafing (14 percent) round out the worst issues.

**35 percent** of respondents say prerace romance improves performance. The sweat session lasts, too!

**41 percent** of Americans reveal running spurs more between-the-sheets action post-workout.

**44 percent** of those surveyed toast a run well done with wine. Those who sip on beer and cocktail split the difference, dialing in at 24 percent each.



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## 2015 Membership Information

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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](http://www.andersonroadrunners.org/membership/2015_membership/ARRC_2015_Member_Form.pdf)



### Don't forget....

ARRC has a cookout every 3<sup>rd</sup>  
Thursday of the month!  
Bring a side, ARRC will bring the dogs!

### Bud Stiffler's "Tidbits, Advice & Inspiration"

We are so blessed to have our health and means to belong to a club like ours.

We are very fortunate to have the quality of individuals that make up our runners and walkers.

There's an athlete ability within everyone. It makes me feel good to see that ability tested and the happiness it brings. You actually became a kid again and that's not bad. HA!

When you consider long distance, remember as your fuel supply within diminishes the body acids become strong and you feel ill. To neutralize the body acids, a bite of food that has alkaline in it will help. Bike Riders use Fig Newton's, it works for us.

No matter where you finish in the pack... the front, middle or back, in my eyes you're all number one.

Thanks for being my friend – Bud jogger

### 2015 Officers and Board Members

#### Officers

Brian Rayl – President  
Wrayjean Fincher – Vice President  
Tony Martin – Treasurer  
Tammy Bennett – Secretary  
Cris Miller – Editor/Road Series  
Tom Corda – Membership Chairman

#### Board Members

Greg Smith – Run the Mounds  
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director  
Frankie St. Phillips – At Large, youth  
Director  
Gene Chandler – At Large  
Jill Marstall – At Large  
Marilyn Moor – At Large



Questions? Concerns? Comments?? Let me know!

Cris Miller

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