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July 2015

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# The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

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## Fourth of July

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I know that everyone is anticipating my next "getting to know you" article... and it's in process. But for this month, we celebrate an important part of American History. Many of us will celebrate with running or walking a race. Others of us may travel with hiking plans, camping, swimming, boating, fishing... or just relaxing. Everyone wants to celebrate this holiday in their own way, but many people end up in the ER with injuries from fireworks, sunburn, water activities, and several other mishaps. So make sure to keep your family, friends, pets and YOURSELF safe!

Most importantly, remember the reason for celebration. And what about these fun interesting facts...

- The Fourth of July was not declared a national holiday until 1941.
- Benjamin Franklin proposed the turkey as the national bird but was overruled by John Adams and Thomas Jefferson, who wanted the bald eagle.
- The number of Americans who will spend the holiday at other people's homes is approximately 41 million.
- Approximately 150 million hot dogs are consumed on this day.
- The town of Patriot, Ind., has a population of 202 people.
- Presidents John Adams, Thomas Jefferson and James Monroe all died on the Fourth. Adams and Jefferson died on the same day within hours of each other in 1826.
- The percentage of American homes with an outdoor grill is 87 percent.
- The song "Yankee Doodle" was sung originally by British officers making fun of backwoods Americans.
- The amount of chicken purchased the week before the holiday is 700 million pounds.
- The Declaration of Independence was signed by 56 men from 13 colonies.
- There are more than 30 towns nationwide that have the word "Liberty" in their names.



## Upcoming Events

### July 4

8:30am - Jim Felix/Chesterfield Optimist 5K/10K Run/Walk

### July 9

RFF – RUN FOR FUDGE!! Enjoy some of Donna's homemade fudge at this Thursday night race.

### August 15

7:30am – CdLS 5K Run/Walk in Lapel, IN

### August 15

Mooreland Free Fair 5K Run/Walk & 10K Run

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## 2015 Road Series Babble

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We had a really nice turn out for BOTH races in June.

We kicked off June heading into Middletown for their Cheers for your Health 5K Run/Walk. We had a plethora of runners and walkers there. I don't have the results for this particular race as they don't get posted, but there was a lot of hardware brought home!



**Wow! That is one good looking group!!**

That same week we held our annual White River Run 5K and 10K at Shadyside Park. We had a huge amount of "day off" registrations. Thank you to all of the volunteers and sponsors that help make this even possible.

### **ARRC Results**

#### **5K Walk**

Jerry Warner 1M 65-69 36:55                      Paul Stout 1M 75-99 37:13  
Lora McClintock 1Overall F 41:22              Randy Masters 1M 50-54 41:52  
Stephen Hedgecraft 1M 70-74 46:43          Tina King 2F 40-44 52:14  
George Wilson 1M 55-59 43:00

#### **5K Run**

Borru Kishpaugh 1M 13-14 19:38              Edwin Roman 1M 50-54 23:02  
Mike Hall 1M 55-59 23:02                      Mike Shelton 2M 55-59 23:46  
Laura Flood 1F 35-39 23:50                    Abraham Strecker 1M 0-10 24:57  
Tracy Mullins 1F 30-34 30:17                  Phil Miller 1M 70-74 33:32  
Larry Lutz 1M 75-79                              Bill Miller 2M 70-74 35:44  
Bennie Westmoreland 1M80-84 40:50          Patricia Hart 1F 60-64 42:46

## **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)

July 4<sup>th</sup> @ 8:30am – Chesterfield 5K run/walk & 10K run (Chesterfield)

July 11<sup>th</sup> @ 7:30am – CdLS 5K run/walk (Lapel)

Aug 15<sup>th</sup> – Mooreland fair 5K run/walk & 10K Run (Mooreland)

Sept. 12<sup>th</sup> – 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)

### 10K Run

Negesse Kishpaugh 1overall 38:00     Drew Cooper 2M 50-64 45:10  
Dylan King 1M 35-39                     Tom Corda 1M 55-59 49:09

Kevin McClintock 2M 40-44 52:11     JB Dulworth 1M 75-79 1:01:41  
Mike Harra 1M 65-69 1:01:43         Doug Rose 3M 60-64 1:05:38  
Sandy Smith 2F 55-59 1:19:25         Wally Post 2M 65-69 1:19:25  
Karen Harra 1F 60-64 1:24:20



**Don't forget!!** - The ARRC Road Series travels to Chesterfield July 4<sup>th</sup> for the Jim Felix/Chesterfield Optimist 5K/10K Run/Walk. Registration form can be found on FB and/or the club website.

### Road Series Shirts

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



***"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about."***  
***-PattiSue Plumer***

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### New Members

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ARRC would like to welcome some of our newest members.....

Ashley Hess	Abraham Strecker
Angela Molina	Rachel Hockwalk
Toni Simmons	James Simmons
Gaby Simmons	Layni Simmons

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### Upcoming Races of Interest

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Dances with Dirt Devil's Lake - <http://www.danceswithdirt.com/>  
Bulldog 5K - <https://www.racemenu.com/events/66921-Bulldog-5K>  
DINO Versailles 5-Mile Trail Run - <http://www.dinoseries.com/versailles-5-mile-trail-run/>  
The 8-Hour Dream Endurance Race - <http://www.carmelroadracinggroup.com/our-events/8-hour-dream-endurance-race>  
Red Eye Relay - [http://www.fun-races.com/index.php?main\\_page=page&id=19](http://www.fun-races.com/index.php?main_page=page&id=19)  
3<sup>rd</sup> Annual Iron Eagle Paddle & Run - <http://www.eaglecreekpark.org/>

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## July Birthdays....

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Cary House	Debra Burkhart
Brittney Millspaugh Storms	Brooke Green
Logan Lynn Skillman	Nyria Villarreal-Molina

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## Mindless Chatter

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## The disgusting truth about running...

Your dreams might be of floating gazelle-like through the park, but put in enough miles and you'll soon learn the truth. From permanently dripping snot to unfortunate chafing, via blisters and athlete's foot, Eleanor Morgan has seen and felt it all, and is ready to share her horror stories with you.

<http://www.theguardian.com/lifeandstyle/the-running-blog/2013/feb/11/running-disgusting-truth-share-your-stories>

Running can bring a sense of equilibrium to your life. Yes, it's often punishing. Yes, it takes monumental willpower to pull your trainers on when it's freezing cold and wet outside, but, by being able to run long distances, you can effectively turn yourself into an emotional iron, smoothing out all manner of mental kinks as you pad along the ground. You take your heart for a ride when you run, and it rewards you with fantastic highs.

There is, however, a flipside to the joy running can bring, in the shape of all the gross things you never really think about until you spend a lot of time doing it. Here are just a handful of them – feel free to (over)share yours below.

### **Snot -**

A very thin, very wet kind always seems to manifest from your nostrils within a few seconds of running in the cold. The blood vessels in the nose dilate in cold weather to increase blood supply, meaning you will produce greater amounts of mucus – and feel like there's a tiny snot lord inside your face who keeps running a tap. When you're running, breathing is something you need to think about, and having to violently sniff every few seconds is far from ideal. My dad, a lifelong runner, taught me the best way to get around this. You force one nostril down with your finger and forcefully expel the contents of the other on to the ground with one blow. Repeat with the other nostril. If you're out running in a park on a cold morning, chances are you'll hear other runners doing it everywhere, like a curious birdsong.

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### **Nipples -**

Wahey! No. This is deadly serious. Some people are lucky, blessed with super-resilient nipples made of armadillo skin. For the rest of us, running longer distances can bring a world of areolar pain. The relentless friction of fabric against the skin is to blame – a quick Google of "jogger's nipple" will give you a nice overview. I've seen men in races with symmetrical blood patches on their vests. You'd think that, as a woman, wearing a sports bra that's more straitjacket than it is underwear, you'd be able to avoid this kind of distress. Nope. In colder months I can be in agony after a few miles, even with all the proper gear on. The only real salve – quite literally – for this is another tip from my dear old dad: Vaseline. Plasters are OK, but they will fall off eventually. Oh how I'd laugh, spying on the sorry sod smearing big blobs of the stuff on his nipples before a run. But how I weep now when I forget to do it. Privately, of course.



### **Chafing -**

Jogger's nipple takes us into the wider arena of pain running can bring. Unless you're blessed with a super-lean lean, gazelle-like physique, chances are some part of your body will rub against another part when you run for a long stretch of time. The repetitive motion of it sees to that nicely. The inner thighs are particularly prone, particularly if you're in shorts, and again, Vaseline is your best friend. I wouldn't think about doing my Sunday 10k on a hot day without a slick of the stuff in that danger zone. Call me a pervert, see if I care. Vaseline is also good smeared over and between the toes for long distances to stop them rubbing all over each other and – brace yourselves, now we're really getting sexy – all over the feet as a preventative measure against blisters. It works.

### **Athlete's foot -**

Not all runners get this, but exercise makes your feet warmer and more moist than usual, which provides an ideal environment for fungi to grow (phwoargh) and basically give you the feet of an elderly dragon. Tight-fitting trainers can also help things along, which makes runners particularly prone. Help prevent it by drying trainers out properly after a run – on the radiator is ideal. While that might be akin to forcing a wedge of Vieux Boulogne into a Glade PlugIn, sometimes we have to make these sacrifices. In the summer, just leave them outside. A dry shoe = happy feet.

### **Peeing -**

While hardly gross, having an overwhelming need to pee (as I do, frequently) when you're out on a run, depending on where you are, can be tricky. If you're in the middle of a forest or on a deserted country track, great. A quick look around to check no one's watching and job's a good'un in a few seconds. Being a man has its obvious advantages. A male runner friend once told me, and I quote verbatim, that he "can quickly whip it out under my shorts and do it as I'm going". My kingdom for such unfettered freedom. As a woman, it's just a matter of getting it done as quickly and efficiently as possible. Wearing shorts helps. You have to do it – it's just painful and concentration-sapping otherwise – and you have to be bold. A good friend of mine, also a runner, was shocked when I first told her I often dart into the bushes on Hackney Marshes for a quick wazz. Now she does it all the time. Little does she know I've also done it in near-plain sight on the beach, on railway footbridges and, most recently, behind a pile of horse manure about 10ft away from where people were horse riding. In the face of an uncomfortable bladder, I am defiant.

**\*\*Got something you want to share?? I'll publish it in the next Pacer – no names attached!**

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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!

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## 2015 Officers and Board Members

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### **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