
June 2015

The Pacer

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

White River Run

The 36th Annual White River Run is this Saturday! For the last few months the Board Members for ARRC have been busy with the details of the race. Ordering shirts, awards, planning the route and all the little things that make a race come together. It's exciting for us to have DINO LLC come to our piece of paradise to time the race. This takes a huge relief from our volunteers and members. DINO has a strong history of chip timing along with their own string of races. We are fully confident in their ability to provide fast and accurate results.



Tell me more about the White River Run....

When: Friday, June 6th, 2015

Where: Shadyside Lake Activity Center

Start time: 8:00am

Cost: 5K, 10K run & 5K walk \$20

(extra shirts may be available for \$15.00)

Who does this benefit: Tuesday nights "Fun Run for Kids"

Bring your family, friends, or a stranger off the street and enjoy a morning run to benefit the kids!



Upcoming Events

June 1

6:30 pm - Cheers for your Health
5K Run/Walk (Road series event)

June 6

8:00 am - White River Run (Road
series event)

July 4

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

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2015 Road Series Babble

Indy Mini –

The Road Series traveled to the Indy Mini on May 2nd. We had a great turn out and even better weather for the Indy Mini this year. It was nice seeing everyone enjoying the tent area and conversation after the race.



Our very own Prez with a Top 500 finish

Rayl	Brian	1:28:58
Corda	Tom	1:50:29
Hamlyn	Chris	1:51:25
Shelton	Mike	1:52:31
McClintock	Kevin	1:56:06
Miller	Cris	1:58:44
Marstall	Jill	2:00:50
Swartz	Linda	2:06:36
Burkhart	Debra	2:13:25
Jones	Kent	2:16:34
Hamlyn	Amber	2:20:20
Rose	Doug	2:27:07
Stiffler	Bud	2:43:11
Miller	Philip	2:52:51
Sprague	Fred	2:58:20
Keeling	Joyce	3:14:29
Hubble	Donna	3:18:47
Mohr	John	3:19:18
Smith	Walt	3:22:00
Smith	Gregory	3:24:44
Wilson	George	3:25:18

Road Series Shirts – Our Road Series shirts are in and they mean BUSINESS!! We have a limited supply of dri-fit short sleeve, men's sleeveless and women's tanks. Each at the low price of \$10.00! Let me know if you're interested and I will have it ready for you!



2015 Road Series

more Dates and Times to come

- PAST – March 14th @ 9:00am – Dino Trail 5K & 15 K (Mounds State Park)
- PAST – May 2nd @ 7:45am – Indy Mini & 5K (Indianapolis) Bonus Race
- June 1st @ 6:30pm – Cheers for your Health 5K run/walk (Middletown)
- June 6th @ 8:00am – White River 5K Run/Walk & 10K run(Anderson)
- July 4th @ 8:30am – Chesterfield 5K run/walk & 10K run (Chesterfield)
- July 11th @ 7:30am – CdLS 5K run/walk (Lapel)
- Aug – Mooreland fair 5K run/walk (Mooreland)
- Sept. 12th – Miriam Project 5K run/walk & 10K run (Anderson)
- Sept 26th @ 7:30am – Mill Race Marathon, Half & 5K (Columbus, IN)
- Sept – (To be determined still) Pink Ribbon Run 5K run/walk (New Castle)
- 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)

New Members

Let's welcome some of our newest members.....

Stacey Kelley	Victor Kelley
Jeff Kishpaugh	Dave Merritt
Gregory Stephenson	Mike Gray

Upcoming Races of Interest

June 4 – Monumental Mile

<http://www.monumentalmarathon.com/mile/>

June 6 – Summer Night Trail Marathon

<http://summernighttrailmarathon.com/>

June 20 – DINO Potato Creek

<http://www.dinoseries.com/potato-creek-4-mile/>

June 20 – New Castle Mini

<http://americamultisport.com/event/new-castle-mini-marathon/>

June 27 – Fisher's Freedom Festival 5

<http://www.fishersfreedomfestival.org/?event=5k-run-2-mile-family-walk>

July 11 – Dances with Dirt Devil's Lake

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

July 18 – Bulldog 5K

<https://www.racemenu.com/events/66921-Bulldog-5K>

July 18 – Red Eye Relay

http://www.fun-races.com/index.php?main_page=page&id=19

June Birthdays....

Shana Matlock	Chuck Bennett
Chris Hamlyn	Joyce Keeling
Karen Harra	Mike McCord
WrayJean Fincher	Stephen Hedgecraft
Don Sanford	Ben Truitt



Mindless Chatter

We all do it, so...

How to Make Yourself Poop

Your race is in an hour, and you know you've gotta go. Here's how to guarantee a timely Number 2

By [Amanda MacMillan](#)

<http://www.runnersworld.com/health/how-to-make-yourself-poop>

On a perfect race morning, you'd wake up, have breakfast, and use the bathroom—at least once, maybe twice—and then head to your starting corral feeling great, not worrying whether you'll have to stop along the way for an emergency Number 2.

But sometimes, your routine fails you. Maybe you're traveling and in a different time zone, maybe your diet's been a little off, or maybe you've just got a nervous stomach. But some mornings, you just can't go, no matter how much you know it's essential for a good run.

So what do you do now? We looked at the latest research, and talked with Felice Schnoll-Sussman, MD, a gastroenterologist at the Weill Medical College of Cornell University and a New York City marathon finisher, to find out. Here's what science says about how to get yourself to go.

Sip and sit. Many runners swear by their morning cup of joe as the thing that gets their bowels moving—and although scientists aren't sure exactly why coffee works this way, [at least one study](#) has found that it does seem to induce "a desire to defecate." (It's unlikely that caffeine is responsible, because even decaf coffee had this effect.)

But Schnoll-Sussman says that any warm beverage can help stimulate a bowel movement, including a cup of tea or even hot water. "The warm liquid acts as a vasodilator," she says. "It widens blood vessels in the digestive system and helps increase blood flow and GI activity."

Schnoll-Sussman advises runners to drink a hot beverage in the morning and then sit on the toilet for a while. "Just the act of sitting there for few minutes can bring on the urge to go, even if you don't feel like you have to right away."

Get moving. Physical activity can bring on a bathroom break, which is one reason a warm-up can be so important before a race. "Before you head out the door for a hard workout, I would suggest exercising lightly to help stimulate a bowel movement," Schnoll-Sussman says.

If you're trying to unload in the comfort of your own home or hotel room, try jogging up and down the stairs or doing some jumping jacks or dynamic stretches. Already at the race start? Warm up with some strides while you're still near the porta potties.

Wake up earlier. "Make sure you're getting up early enough on race morning to go through your whole morning routine, including time for the bathroom," Schnoll-Sussman says. People racing on different time zone, she adds, should try to stay as close to their body's natural schedule as they can. (Need more help? Try out these [8 Tips for Runners with GI Distress](#).)

If you're from New York and you're racing in Portland, that might mean getting up and having your breakfast on East-Coast time—even if it's a few hours before your race. On the other hand, if you're a Californian racing Boston, you'll already be waking up several hours earlier than you're used to. "That's a little bit trickier," Schnoll-Sussman says, "but in this case it's also important to wake up with plenty of time to spare, so that your body has extra time to digest your breakfast and feel the urge to go."

Try a massage. A recent [UCLA study](#) suggests that putting gentle pressure on the perineum—the area between your genitals and anus—may help break up and soften stools for people who have been suffering from constipation.

While it's not yet a common treatment prescribed by doctors (and it wouldn't be her first line of advice for runners who don't typically have pooping problems), Schnoll-Sussman says that it may be helpful for people with specific types of blockages or medical conditions. "It might be worth a try if you're in a bind," she says—and while it will probably be a bit awkward, it certainly can't hurt.

In case of emergency: glycerin suppositories? Some runners confess to using glycerin suppositories on particularly desperate race mornings. But Schnoll-Sussman would not recommend this, especially if he or she has never tried one before.

"The time it takes for a suppository to take effect is very variable from person to person," she says. "It could work in 15 or 20 minutes, or it could take several hours—so if you do it race morning, you risk having to start the race before it works." If a runner did want to use one, Schnoll-Sussman would suggest using it the night before a race, or at least not trying it for the very first time on race morning.

What to know for next time. Getting enough fiber is important in the days and weeks before a race for keeping digestion regular and preventing constipation. But on race day, consuming more fiber than usual can cause diarrhea, so don't eat (or drink) large amounts the morning of, especially if you're not used to it. Staying hydrated is also key—especially if you're flying on a plane or otherwise traveling. "Constipation occurs when the stool is too dry to move through the body easily, so drinking plenty of water can always help move things along," Schnoll-Sussman says. Filling up on H2O the days before your race, and drinking that warm beverage first thing in the morning, is the best way to make sure you're able to go when you need to.



"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

- Peter Maher, Canadian marathon runner

2015 Membership Information

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

Don't forget....

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



2015 Officers and Board Members

Officers

Brian Rayl, President
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Tammy Bennett, Secretary
Cris Miller, Editor/Road Series Race Director
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