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March 2015

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# The Pacer

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

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## Getting to know you...

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Our new segment "getting to know you" will feature a runner each month with the same goal... getting to know them!!! This month we examine our very own club President, Brian Rayl. Who is Brian? And what makes him Tic.....

Q: When did you start running...?

A: I started running again in 2004 as something to do with my youngest son Logan

Q: Best run ever...

A: 2011 DC Marathon (1<sup>st</sup> BQ), ran it for my friend battling brain Cancer.

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

A: 2007 Chicago Marathon, record heat.

Q: Three words that describe your running...

A: Habitual, Self-fulfillment, Comedy!

Q: Your go-to running outfit...

A: Somehow 2014 was the year of a blue sleeveless shirt, might change it to black this year & ASICS shoes

Q: Quirky habits while running...

A: Always have to time my runs and record the distance to the nearest 0.05/mile

Q: Morning, midday, evening...

A: Morning

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## Upcoming Events

### March 14

Road Series Opener – DINO  
5K/15K run at Mounds State  
Park

### April 2

Thursday night pre-season  
opener.

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## In this issue...

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

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

A: Lightning

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

A: Broke Ankle, took about six weeks off running.

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

A: 2011 Indy Mini Sub 90 Minute PR and top 500

Q: Next race is...

A: Mounds Park DINO 15k

Q: Potential running goal for 2015...

A: 50 Miler

Q: Complete this sentence....

I run, therefore...I feel I can eat anything I want.

Q: What are you wearing right now?

A: Eddie Bauer Brand Jeans, Shirts, and boots (typical)

❖ **Lightning round –**

- Beer or wine?
  - *Beer (PBR or any Craft Beer)*
- Running with music: Yes or no?
  - *No*
- Hills or heat?
  - *Hills*
- Energy Gel or banana?
  - *Gel*
- Road or trail?
  - *Trail*
- Alone or with a partner?
  - *Partner*
- Ever lose a toenail: yes or no?
  - *Yes, it's a consistent problem*



**Last thought.....**

Q: What advice would you give someone?

A: When someone first ask me how to start running, I usually tell them to walk first. Most people who jump off the couch ready to run haven't walked a mile without stopping for some time, but somehow expect that they can run it. Don't be afraid to start with walking.

Q: What's an interesting tidbit about yourself?

A: Mustard is my favorite condiment

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## 2015 Road Series Babble

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Attention runners! Our 1<sup>st</sup> race of the 2015 Road Series is coming upon us quickly. We start our series off on Saturday, March 14<sup>th</sup> at Mounds State Park for the DINO 5K/15K trail race. This year, if we register as a group we can get a discount. 10 entries will get us a 10% discount, 20 entries gives us a 20% discount and so on. If you are going to run this race, let myself know (crismiller31@yahoo.com) or Brian Rayl (brianrayl@att.net) no later than March 6<sup>th</sup> so we can get our entry in as soon as possible. Once we have our final entries, we will get back to you on what your final cost will be. We will need the following information – First and last name, address, phone, email, birthdate, gender. If you want a shirt it's an extra \$10.00 (no discount).

Also – be on the lookout... 2015 Road Series shirts coming soon!!

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## Upcoming Races of Interest

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March 21 – Sam Costa Half Marathon and quarter marathon

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

April 4 – Dino Trail – Eagle Creek

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

April 18 - Carmel Marathon Weekend

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

April 25 – Dino Trail – Town Run Trail

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



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## 2015 Road Series

\*more Dates and Times to come\*

March 14<sup>th</sup> @ 9:00am – Dino Trail 5K & 15 K (Mounds State Park)

May 2<sup>nd</sup> @ 7:45am – Indy Mini & 5K (Indianapolis) Bonus Race

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

June 6<sup>th</sup> – White River 5K Run/Walk & 10K run (Anderson)

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

July 4<sup>th</sup> – 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 25<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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## 2014 Banquet Recap

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On February 7<sup>th</sup>, ARRC held their annual meeting and awards dinner. It was fabulous weather to get out of the house and together with our favorite club members. An unforgettable time for everyone to reflect on the 2014 season, eat some Fazoli's, re-elect officers for 2015 and see who got the special awards for the season. After another year, and another election vote... our officers are still in for another year.

Your 2015 officers are as follows...

President – Brian Rayl

Vice President – WrayJean Fincher

Treasurer – Tony Martin

Secretary – Tammy Bennett

Editor/Road Series Director – Cris Miller

Membership Chairman – Tom Corda

The Officers and Board met earlier in the year to vote on who was deserving of the special awards for 2014. This isn't an easy task as obviously our runners and walkers are number one. The team looks very closely at the meaning of each award and sees who is deserving.

The following are your 2014 special award winners...

- Jeff Bailey Award for Service – **Tom Corda**
- The Dale Johnson Marathoner of The Year – **Drew Cooper**
- James West Award for Outstanding Youth – **Luke Upton**
- Volunteer of the Year – **Steve Hedgecraft**
- Male Rookie of the Year Runner – **Paul Dedrich**
- Female Rookie of the Year Runner – **Dawn Richardson**
- Male Most Improved Runner – **Johnny Cawthon**
- Female Most Improved Runner – **Laura Flood**
- Comeback Walker of the Year – **George Wilson**
- Male Rookie of the Year Walker – **Paul Stout**
- Female Rookie of the Year Walker – **Tina King**
- Male Most Improved Walker – **Jerry Warner**
- Female Most Improved Walker – **Sherry Robertson**
- Lifetime Member – **Benny Westmoreland**

The banquet ended with handing out Thursday night series and Road series awards to the club members. If you weren't able to attend and received an award you can pick it up at the beginning of the season. Thank you to all the members that were there to help set up and tear down. And especially thank you to WrayJean who is able to get us the church each year for our banquet festivities.

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## March Birthdays....

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Louetta Dishman

Rebekah Eliason

John Evans

Terry Freeman

Tina King

Borru Kishpaugh

Nagesse Kishpaugh

Randy Masters

Pat Miller

Kelly Rayl

Janelle Stohler

Molly Weilandt

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## 2015 Membership Information & Pre-season chat

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Have you filled out your 2015 membership form? What are you waiting for!

[http://www.andersonroadrunners.org/membership/2015\\_membership/ARRC\\_2015\\_Member\\_Form.pdf](http://www.andersonroadrunners.org/membership/2015_membership/ARRC_2015_Member_Form.pdf)

Our first pre-season starts on Thursday, April 2<sup>nd</sup>. Walkers start at 5:30, runners at 6:00.

First official Thursday night race starts May 7<sup>th</sup>.

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## 2015 Officers and Board Members

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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

***"Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." – Steve Prefontaine***