
May 2015

The Pacer

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

Getting to know you...

Who said that Anderson Road Runners were only runners?? How about a chat with one of our Race Walkers and 2014 Come Back Walker of the Year winner... George Wilson

Q: What exactly IS race walking?

A: Race walking differs from running in that one foot must be in contact with the ground at all times. Also, when the heel makes contact, your leg must remain straight as your body passes over.

Q: When did you start race walking...?

A: 2007. I saw Ron Wallace and Russell Fox at Lapel in my 2nd 5K and decided that was what I wanted to do.

Q: Best race ever...

A: Monumental Half Marathon in 2010. 2:31:30 PR

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

A: Any of the Pop Weaver races...hated that race. Lousy course, long drive, bad shirt, and hot.

Q: Three words that describe your race walking...

A: dedicated, fun, compulsive

Q: Your go-to outfit...

A: black Under Armour...shirt, shorts, hat (turned backwards, of course)

Q: Quirky habits while walking...

A: I wear gloves no matter how hot it is. I saw Russell Fox always wearing gloves so I started doing it.

Q: Morning, midday, evening...

A: Morning

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

A: lightning. Other than that, I'm ALWAYS outside.

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

A: Torn Quadriceps Tendon and dislocated knee last year. Just a lot of rehab at home and at Central Indiana Ortho. All my ARRC friends helped me through a very tough time.



Upcoming Events

May 2

Indy Mini

May 7

Thursday night race series begins! Walkers @ 5:30pm, Runners @ 6:00pm

June

Cheers for your Health 5K Run/Walk

White River Run 5K & 10K

Pink Ribbon Rush 5K

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

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

A: I did the Walk Indiana Marathon in 2013.

Q: Next race is...

A: 500 Mini and then Eagle Creek Half Marathon June 6th (same day as WRR).

Q: Potential running goal for 2015...

A: Do three marathons (Howl, Walk Indiana, Monumental)

Q: Complete this sentence....

I race walk, therefore...I am doing what 90% of the population isn't doing.

Q: What are you wearing right at this moment?

A: My Under Armour polo and khakis. Work garb.

Q: What's an interesting fact about yourself?

A: I'm an only child and I can play golf left or right handed. Neither one well.

❖ **Lightning round –**

- Beer or wine?
 - Beer
- With music: Yes or no?
 - Yes
- Hills or heat?
 - Hills (love 'em). Heat (I hate heat and humidity)
- Energy Gel or banana?
 - Banana
- Road or trail?
 - Road
- Alone or with a partner?
 - Mostly alone, but with a partner is nice too.
- Ever lose a toenail: yes or no?
 - What are toenails? Lost four so far.

Last thought.....

Q: Any advice, tidbit, or inspiration you'd like to share?

It's amazing what you can make yourself do. Greg Smith has been an inspiration to me because he has got me to do things I never imagined possible, namely a full marathon. For those just starting, stay with it and build. Look at a race as not a competition with others but a competition with yourself

"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



2015 Road Series Babble

This Saturday, May 2nd is the second race in our Road Series as we head to the Indy Mini! Don't forget to come to our tent we rent in the runners village. Come relax before and after the race! I could really use some volunteers to watch over the tent during the race. If you're in the road series this does count as 50 bonus points!

In June we have the Cheers for your Health 5K in Middletown which will probably will be June 1st, just waiting on final confirmation. Once I have that information I will be sure to pass that along. PS – this is always a Monday night race.

Following that we will be sponsoring our club race the White River Run to be held on Saturday, June 6th.

This year we decided not to have an April event for the road series. However, with so many of our club members that participated in the Carmel Marathon Weekend, it is a definite front runner to join our schedule for an April race.

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!



**Don't forget our club sponsored race!! White River Run June 6th –
Chip timing by DINO LLC**

2015 Road Series

more Dates and Times to come

PAST – 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. 12th – 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)

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 April outside of our road series. Got a race you ran? Let me know! Speaking of the Carmel Marathon earlier... how did our runners do at **Carmel??**

<u>8K</u>	<u>Half-Marathon</u>	<u>Marathon</u>
Lora McClintock 1:11:26	Kevin McClintock 2:02:46	Drew Cooper 3:25:34 - 3 rd pl. age group & a BQ!!
Greg Smith 1:11:27	Chris Hamlyn 2:20:00	Cris Miller 4:14:57
	Amber Hamlyn 2:20:00	
	Tracy Mullins 2:37:28	
	Tari Hendricks 3:19:07	

And what about our **Boston Marathoner**...rain, wind, cold....
Brian Rayl 3:26:00 and another BQ!!

Any **DINo** participants??

Eagle Creek

5K – Greg Smith 47:15

15K – Tom Corda 1:22:48

Town Run

5K – Greg Smith 47:30

15K – Brian Rayl 1:09:55 – 2nd in his age group!!

Upcoming Races of Interest

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/>

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>



May Birthdays....

Tammy Bennett	Caylene Cole
Drew Cooper	Sue Cooper
Laura Flood	Jeremy Gerber
Dana Green	Kyle Green
Mike Hall	Shwanda Jones
Edwin Roman	Elizabeth Welpott
Bennie Westmoreland	



Mindless Chatter

How many of us watched the Boston marathon this year in the comfort of our warm homes? That day while we were at home enjoying the coziness of dry warm conditions, those marathoners were battling wind, rain and cold.... Which brings the question...What's the best way to get your body temperature back to normal??

[Recover Quickly After a Rainy Run](#)

How to avoid hypothermia after running in soggy conditions.

By

William O. Roberts, MD

The inability to maintain core body temperature during prolonged exposure to wet and cool conditions can make a marathon uncomfortable and put you at risk of hypothermia. Remember that all rain starts as snow high up and is often still pretty cool water when it touches down, especially in the spring and fall. In the Scottish Highlands, they call it "hiker's hypothermia." In my experience with the Medtronic Twin Cities Marathon, wet days always lead to more medical encounters due to runners' lowered body temperatures. This all revolves around heat balance: Can you produce enough heat to keep your body temperature up when the conditions are ripe for body heat loss? In the heat, we rely on sweat evaporation to remove heat from the body. In cold, wet conditions, body heat can be rapidly transferred away from the body by conduction and convection into the surrounding air. This will be most noticeable if it is windy as you will experience the effects of "windchill" on top of the cooling rain water. And if you slow down or stop, you reduce your heat production. Heat production will also decrease as you run out of fuel to produce metabolic heat. Clothing can make a difference. For cold and wet conditions, cotton is rotten. High-tech materials wick moisture away from your body and maintain a layer of air next to the skin to give an insulation layer and help preserve heat. So wearing the right clothes and appropriate number of layers can help. A hat and pair of gloves or mittens also helps preserve heat. Faster runners who will spend less time on the course, and therefore will experience less exposure to the elements and will maintain a higher body temperature may require less outerwear than someone who will be out there for four to six hours. The finish line is always a bugger in a cool, wet race. As soon as you stop running, your heat production tails off rapidly. The cool air, continued rain, and wind start to take their toll. Your warm clothes are not sitting there waiting for you. This is where the "space blankets" play a role. Over the years, they have evolved from the silver Mylar or white plastic sheets to the product Boston uses at their finish called Heatsheets. The technology behind this product is great for both hot and cold races as the silver side reflects heat. So on a cold or cold wet day, you put the silver side facing in toward your body—reflecting your body heat back toward you. An on a hot day the silver side is out—reflecting the sun's heat away from you. It also acts as a windbreaker.

On a wet race day, your clothing bag should be packed to fit the conditions. Ideally, you want to find an area where you can take off your wet clothes, towel off, and change into dry clothes as soon as possible. If you can't do that, putting on a fleece top and pants and a windproof outer shell over your race gear will draw the water and sweat away from your skin and provide air layers to allow your body heat to rewarm you. Fluids and carbohydrates will fuel the body to also help with heat production. Then you need to trek back to your lodging where you can dry off and warm up in a shower or bath before you change into dry clothing. If you are light headed or dizzy, the warm shower may not be advisable until you replace fluid volume losses and feel able to stand without feeling faint. Stopping for a warm beverage on the way to your hotel may help a bit, but the heat exchange to the body will be small from a cup of soup, coffee, or hot chocolate—getting into the dry warm space of the café may do more to help warm you.

When you are running, remember the volunteers who are also out in the elements for many hours helping improve your race experience.

I hope this helps your next wet race!

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
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