
January 2015

The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

A letter from our President....

As I write this it is hard to believe that we are already half way through January. Before you know it the pre-season races will be starting at Shadyside. I hope that all of you have been able to get out and enjoy a few runs this winter and have starting planning those goals and races for 2015. In the next couple weeks I will be working with the other club board members and the Anderson Parks Department to finalize our points season. As of now the first points race will begin Thursday May 7th and we will take July 2nd off and finish in late September.

We will again in 2015 have the tent at the Indy Mini and encourage you to take advantage of the opportunity to keep your race day essentials at the tent and enjoy the company of other club members after you finish. The Indy Mini will be the Second Stop in the Road Series this year. We kick off the Series start with the DINO 5k & 15K at Mounds State Park in March.

In 2015 Cris Miller will take over the Road Series full time from Wally Post. Wally has done an exceptional job and I believe he has left it in some good hands. She will be finalizing the 2015 Road Series schedule in the next couple weeks and should have the information by the banquet. Cris will also take over the responsibilities of the editor position from Chris Hamlyn. If you have any race results or items of interest that you want included in The Pacer I recommend you to contact her.

As for myself, 2014 was a busy year for me and my family. I was happy that in the 10 years since starting to run with the club I was able to finally make all of the 20 point series races. I may have not had the voice and the presence in the club that I had in the past years nor able to attend as many club functions but was fortunate to have the other board members do their jobs and make the club successful once again.



Upcoming Events

February 7

ARRC Annual Meeting and Awards Dinner

March 14

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

April 2

Thursday night pre-season opener.

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I cannot thank the other board members enough for all they do behind the scenes for this club and keep it going. We have a great group of club members who make it easy for this club to function. It makes our job easy to lead when we are reflecting the attitudes and the commitments that you as both walkers and runners display. In just the past two weeks I have been contacted by Race Directors and store owners who want to work with and be a part of the Anderson Road Runners Club.

So what will 2015 bring to the club, or what will the club bring to 2015? Everyone's answer will be different, I believe it is only in what effort we want to put forth as to what we will each receive. I would hope to motivate each of you to look as to what you could do different in this club to inspire someone else to get the same contentment that you do from walking or running. It might be as simple as volunteering for a race, helping with the kids run on Tuesday, or maybe welcoming and introducing yourself to an unfamiliar face at the next race.

Brian

Upcoming Races of Interest

January 31 – Winter Trail Marathon

<http://wintertrailmarathon.com/>

February 28 – Red Bull Trail Daze

http://www.redbullusa.com/cs/Satellite/en_US/Event/Red-Bull-Trail-Daze-Indianapolis-021243105440395

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>

2015 Road Series Preview

Dates and Times to come

March – Dino Trail 5K & 15 K (Mounds State Park)

April – TBD

May – Indy Mini & 5K (Indianapolis)
Bonus Race

May – White River 5K Run/Walk & 10K (Anderson)

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

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

July – 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 (Anderson)

Sept – Mill Race Marathon, Half & 5K (Columbus, IN)

Oct – Black Cat 5K run/walk (New Castle)

Nov – Run the Mounds 5 Mile run & 5K run/walk

Nov – ARRC Thanksgiving day run (Anderson)

Dec – Kris Kringle 4 Mile run & 3 mile walk (New Castle)

14 Cold Weather Running Safety Tips

By Christine Luff - Running & Jogging Expert - <http://running.about.com/od/safetyweather/tp/coldweathersafety.htm>

1. Dress in thin, wicking layers.

Start with a thin layer of synthetic material such as polypropylene, which wicks sweat from your body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation.

Running on Empty

by Jason Nocera (www.nichecartoons.com)



2. Protect your hands and feet.

As much as 30% of your body heat escapes through your hands and feet. On mild days, wear [running gloves](#) that wick moisture away. Mittens are a better choice on colder days because your fingers will share their body heat. You can also tuck [disposable heat packets](#) into your mittens. Add a wicking sock liner under a

warm polar fleece or wool sock, but make sure you have enough room in your running shoes to accommodate these thicker socks.

3. Pay attention to temperature and wind chill.

If the wind is strong, it penetrates your clothes and removes the insulating layer of warm air around you. Your movement also creates wind chill because it increases air movement past your body. If the temperature dips below zero or the wind chill is below minus 20, hit the treadmill instead.

4. Avoid overdressing.

You're going to warm up once you get moving, so you should feel a little bit chilly when you start your run. If you're warm and comfortable when you first start, you're going to start sweating very early in your run. A good rule of thumb: Dress as if it's 20 degrees warmer outside than it really is.

5. Don't forget to cover your head.

About 40% of your body heat is lost through your head. Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body. When it's really cold, wear a face mask or a scarf over your mouth to warm the air you breathe and protect your face.

6. Watch for frostbite.

On really cold days, make sure you monitor your fingers, toes, ears, and nose. They may feel numb at first, but they should warm up a few minutes into your run. If you notice a patch of hard, pale, cold skin, you may have frostbite. Get out of the cold immediately and slowly warm the affected area. If numbness continues, seek emergency care.

7. Run into the wind.

If you head out into the wind, it will be at your back at the end of your workout. That's preferable to running into the wind during the second half of your run, when you're sweaty and could catch a chill.

8. Check with your MD.

Cold air can trigger chest pain or asthma attacks in some people. Before braving the elements, talk to your doctor if you have any medical conditions or concerns about exercising outdoors.

9. Stay hydrated.

Despite the cold weather, you'll still heat up and lose fluids through sweat. Cold air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water or a sports drink before, during, and after your run. Most public drinking fountains are turned off in the winter, so you'll have to carry your own fluids using a [hand-held or belt water bottle](#).

10. Don't stay in wet clothes.

If you get wet from rain, [snow](#), or sweat in cold temperatures, you're at an increased risk for hypothermia, a lowering of your body temperature. If you're wet, change your clothes and get to warm shelter as quickly as possible. If you suspect hypothermia -- characterized by intense shivering, loss of coordination, slurred speech, and fatigue -- get emergency treatment immediately.

11. Wear running sunglasses. The glare from snow can cause snow blindness, so wear sunglasses (polarized lenses are best) to avoid this problem.

12. Be visible.

It's best to avoid running in the dark but, if you have to run at night, wear reflective gear and light-colored clothing. Dress in bright colors if you're running in the snow.

13. Take it easy when it's frigid.

You're at greater risk for a [pulled muscle](#) when running in the cold, so warm up slowly and run easy on very cold days. Save your tough workouts for milder days or run them indoors on a [treadmill](#).

14. Remember sunscreen.

Sunburn is still possible in the winter because the snow reflects the sun's rays. Protect your lips with lip balm, too, to keep them from getting burned and chapped.

TEMPERATURE/WHAT TO WEAR

60 DEGREES+

Tank top or singlet, and shorts

50-59 DEGREES

T-shirt and shorts

40-49 DEGREES

Long sleeve lightweight shirt, shorts/tights, mittens and gloves

30-39 DEGREES

Long-sleeve medium weight shirt, and another t-shirt, tights and shorts, mittens or gloves and a hat over both ears

20-29 DEGREES

Long-sleeve medium weight shirt, and another t-shirt, tights and shorts, mittens or gloves and a hat

10-19 DEGREES

Long-sleeve medium weight shirt, medium/heavy weight shirt, tights and shorts, wind breaker suit, thick mittens and a hat

0-9 DEGREES

2 medium or heavy weight long-sleeve shirts, thick tights, thick underwear, warm up suit, gloves and thick mittens. Also, ski mask, vaseline over exposed skin, and a hat over both ears

Source: Book "Half Marathon" by Jeff Galloway

January and February Birthdays....

January – Patricia Hart, Don Marstall, & Kathy Wehrley

February – Chuck Bagley, Paul Dedrich, Bob Hart, Jack Johnson, Larry Lutz, Walt Smith, Luke Upton, Ron Wallace & Jerry Warner

Current Officers and Board Members

Brian Rayl, President

WrayJean Fincher, Vice President

Tony Martin, Treasurer

Tammy Bennett, Secretary

Cris Miller, Editor/Road Race Series 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

