
October 2015



The Pacer

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

End of Season Issue!

As we wrap up the Thursday night race season I want to remind everyone that we still have a lot of races and training to finish out 2015. We still have four Road Series races to finish out the year with the Black Cat Race in New Castle on October 10th. We then gear up for our Run the Mounds Race on November 1st. Our Thursday evening run will move to Mounds Park on Oct. 8, 15, 22, 29 @ 5:30 PM to preview and run/walk the Mounds Course. We then finish our Road series races with our Thanksgiving Day race and Kris Kringle in December. We also have several club members training for upcoming fall marathons, half marathons and 50k's to finish out 2015.

Every year the board members give out special awards to club members at the annual banquet. We, the board, need our club members to actively participate in these nominations. I like to ask members to please give any nominations you may have to one of the board members or myself so that we may vote. The awards are not limited to the Thursday night race season but a combination of the 2015 year including road series races, participation in races outside of Anderson Road Runners, and the Tuesday night kids Runs.

The list of the awards:

Jeff Bailey Award for Service
The Dale Johnson Marathoner of the Year
James West Award for Outstanding Youth Volunteer of the Year
Comeback Runner of the year
Comeback Walker of the year
Runner Male & Female Rookie of the Year
Walker Male & Female Rookie of the Year
Male & Female Most Improved Runner
Male & Female Most Improved Walker
Lifetime Member
Youth Scholarship

I would also like to ask the members what type of year end awards you would like to have. Last year we did pullovers and club shirts. In the past we have done coolers, bags, blankets, fleece vest, hoodies, and foam rollers just to mention a few items. Please email me with any ideas or suggestions brianrayl@att.net
Thank You Brian

Upcoming Events

October 8 @ 5:30 – Thursday night training runs move to Mounds State Park.

October 10 5:00pm – Black Cat Classic 5K run/walk – New Castle

In this issue...

- End of Season Issue
 - Run the Mounds 2015
 - 2015 Road Series Babble
 - Races of Interest
 - Birthdays
 - Mindless Chatter
 - “Call of the Wild”
-

34th Annual Run the Mounds 2015

Our annual Run the Mounds race is upon us!!

The course - Both the 5 mile and 5K courses start on the grass, then utilize the trail system. The trails have ruts, rocks, stumps, roots, leaves, and other naturally occurring debris on them. Under certain conditions runners and walkers might also encounter mud, water hazards and slippery or icy conditions. See the details below....

Children's Fun Run – (a FREE non-competitive run. No shirt included)

- ❖ Meet 1:20 pm at front of Pool House
- ❖ Race 1:30 pm

5 Mile Run –

- ❖ 2:00 pm start in front of the Woodland Shelter (about half a mile from the front gate inside of park)

5K Run –

- ❖ 2:10 pm start in front of the Woodland Shelter (about half a mile from the front gate inside of park)

5K Competitive Walk –

- ❖ 2:12 pm start in front of the Woodland Shelter (about half a mile from the front gate inside of park)

Pre-registration – (Shirts are not included in race fee)

- ❖ Race \$15.00
- ❖ ARRC Members \$13.00
- ❖ Middle/High School XC Runners \$5.00

Shirt Cost –

- ❖ Long Sleeve Moisture Wicking Shirts \$15.00
- ❖ Crew Neck Sweatshirts \$15.00

Race Day Registration and Packet Pick-up –

- ❖ Pre-registered pack pick up at the Park Pavilion from Noon til 1:50 pm.
- ❖ Race Day registration at the Park Pavilion from Noon til 1:45 pm.
 - Race \$20.00 (no shirt)
 - Race w/ shirt (if avail) \$35.00
 - Race w/ sweatshirt (if avail) \$40.00
 - Middle/High School XC Runners (no shirt) \$5.00

Awards & Refreshments - Awards will be presented to the overall male and female runners and walkers, as well as overall masters male and female runners. Awards will be presented 3 deep in each designated age group. No duplicate awards. Awards will be presented at approximately 3:30 pm in the Park main pavilion. Refreshments and sandwiches will be served in the pavilion.

Walkers - For Walkers, judged race walking conventions apply. Requirements are continuous contact with the ground and straight locked knee in stride motion – NO jogging or running. Walkers will be disqualified if not adhering to the standards. Decisions of the Judges are final.

Check our website for an entry form or register online at www.getmeregistered.com



2015 Road Series Babble

We had two awesome races in September. We kicked off September at the **Miriam Project** race that was directed by our own Wally Post. There were a lot of members that came to the event, many who placed. What a great showing for Wally and his dedication to the Miriam Project.



Following the Miriam Project the Road Series traveled to Columbus, IN to run in the Mill Race Marathon/Half Marathon/5K. This is the first year that we've put the race in our series and we had a great turnout! Unfortunately though, nobody in the group won the truck. ☹

COMING UP!!!

ARRC will travel to New Castle YMCA for the Black Cat Classic 5K Run/Walk on October 10th.

Followed by our very own Run the Mounds race November 1st!

In November, the club will have our tent at Hoosier Park for the Hoosier Park 8K. We are teaming up with Carmel Road Racing Group at our hometown to enjoy this race! Hope to see our members there! More information to come!

Got a fun and interesting race you ran? Or one you're getting ready to run? Let me know! I'd love to share it.

"It's important to know that at the end of the day it's not the medals you remember. What you remember is the process -- what you learn about yourself by challenging yourself, the experiences you share with other people, the honesty the training demands -- those are things nobody can take away from you whether you finish twelfth or you're an Olympic Champion."

-Silken Laumann, Canadian Olympian

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

PAST – June 1st @ 6:30pm – Cheers for your Health 5K run/walk (Middletown)

PAST – June 6th @ 8:00am – White River 5K Run/Walk & 10K run (Anderson)

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

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

PAST – Aug 15th @ 8:25 am – Mooreland fair 5K run/walk & 10K Run (Mooreland)

PAST – Sept. 12th @ 8:30am– Miriam Project 5K run/walk & 10K run (Anderson)

PAST – Sept 26th @ 7:30am – Mill Race Marathon, Half & 5K (Columbus, IN)

Oct 10th @ 5:00pm – 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)

Mindless Chatter...

After completing my first ultramarathon at The Howl, I experienced what most runners will experience... my first black toenail. Six weeks later, my toenail becomes the famous "talking toenail" followed by the slow death of it being removed. Nine days later, I lose a second toenail... Yes, I'm totally excited about this yet I find it hard for anyone other than a runner to share my same enthusiasm. In my mind, I'm a badass. This was well deserved and I shall wear my flip-flops with pride! With that being said, it was only right to share an article this month about nothing other than.... Black Toenails.

Black Toenails: A Runner's Rite of Passage

<http://www.active.com/running/articles/black-toenails-a-runner-s-rite-of-passage>

By Joe Decker – for Active.com

Ah, the joys of hanging out at your favorite beach joint in your most comfortable pair of flip flops and having people gag when their eyes happen across your gnarled black toenails hanging from your feet by a flap of skin. Many of you probably wanted to hurl after reading that last sentence. That is quite a normal reaction. But those of you who chuckled and shook your head in agreement know what I'm talking about. You are probably an endurance athlete who has experienced this very situation once or twice: good 'ol black toenails.



Black toe or black toenails are pretty common among marathoners, but especially common--and almost a rite of passage--for ultrarunners. There are many different causes. The most common cause is wearing a shoe that is too small. If this is the case, your toes jam into the front of the shoe while running and cause excessive pounding of the toes during long-distance runs. Other causes are repetitive trauma to the toes (something many soccer players might experience) or dropping a 100-pound tree stump on your big toe like I did when I was 10 years old.

While black toe can be quite unpleasant to the eye, it's generally nothing to worry about. In most cases the old nail will fall off when new growth underneath pushes it out of the way. (Note: Family and friends are seldom amused when you reach down and make your black, loose toenail wave at them like a toe puppet.) Having run the Badwater 135 a couple times and the Grand Slam of Ultra Running, I have honestly forgotten what normal toenails look like. After my first Badwater, my feet were so bad I named my toenails ROY G BIV. It comes with the territory I guess, as I'm sure many of you know. One of ultrarunning's most prolific figures, Marshall Ulrich, got so tired of his toenails turning black and falling off that he had them surgically removed. Hey, sure as heck saved him money on pedicures.

Rather than be embarrassed the next time you develop this sometimes unsightly occurrence, show your feet off with pride. Your fellow endurance athletes will greet you with a friendly smile and a nod, then ask what crazy event you did last weekend. If you do happen to come across haters who find your feet offensive and can't stop staring, wiggle and wave your black toe.

October Birthdays....

| | |
|-------------------|-----------------|
| Todd Hovermale | Fred Sprague |
| Kevin McClintock | Kevin Harry |
| Lana Hendricks | Frank Tuckerman |
| Shane Kirkpatrick | Sandy Smith |
| | Alex Green |



Upcoming Races of Interest – October – some November

- 10.3.15 – Wine at the Line 5 miler/5K run & walk - <http://mallowrun.com/wine-at-the-line-2014/>
10.10.15 – Bedford Half Marathon - <http://www.bedfordhalfmarathon.com/>
10.10.15 – Dino Trail Run – Avon - <http://www.dinoseries.com/trail-run-avon-indiana/>
10.10.15 – Red Gold Run to Crush Hunger - <http://www.redgold5krun.com/>
10.17.15 – Purdue Boilermaker Half-Marathon & 5K - <http://www.purduehalf.com/>
10.24.15 – Tecumseh Trail Marathon - <http://www.dinoseries.com/marathon>
10.24.15 – Mackinac Island Great Turtle Trail Run - <http://runmackinac.com/turtle.htm>
10.25.15 – Kings Island Half Marathon & Banshee 10K - <https://www.visitkingsisland.com/runandride>
10.31.15 – Hoosier Halloween Fall Classic 5K/2.5K - http://www.fun-races.com/index.php?main_page=page&id=24
11.7.15 – Indianapolis Monumental Marathon - <http://www.monumentalmarathon.com/>
11.14.15 – Hoosier Park 8K - <http://www.carmelroadracinggroup.com/our-events/hoosier-park-triple-crown-series>

Inaugural “Call of the Wild” Weekend

On September 18th-20th, ARRC held its inaugural “Call of the Wild” weekend. The weekend started off with some rain showers overnight on Friday. When the first group took off to run the long distance, they were greeted with torrential downpours. One would have thought the weekend would have been just rained out, but Saturday late afternoon the sun greeted us with open arms. There were several members that came out that evening for the cookout and festivities. After all is said and done, I think we can call the weekend a success. We learned a lot about what to expect for next year. You won't want to miss it!

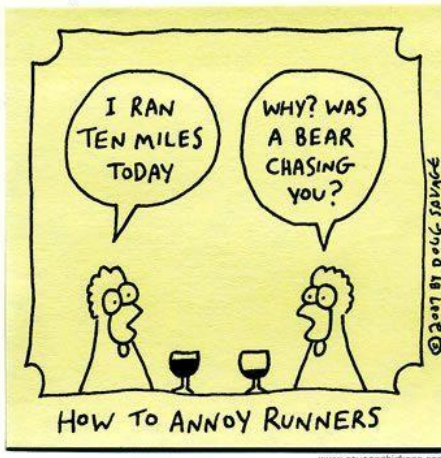
Questions? Concerns? Comments?? Let me know!

Cris Miller

Crismiller31@yahoo.com

Savage Chickens

by Doug Savage



2015 Officers and Board Members

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