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September 2015

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# The Pacer

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

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## Getting to know you...Jill Marstall

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There's always that one person that runs so it looks entirely effortlessly... When I see Jill Marstall run, it's almost like she runs on clouds... my observation, she does it because she truly enjoys it. This month's getting to know you....

Name – Jill Marstall  
Occupation –Dental Hygienist  
City of residence – Anderson

1. When did you start running?
  - a. Sophomore in High School
2. Did you run this morning?
  - a. If so, how far? No.
3. How many marathons have you ran?
  - a. Zero
4. What was your best race ever?
  - a. Indy half marathon at Ft Ben in 2011. Finally got under 2 hours.
5. What was your worst race?
  - a. The beginning of every race.
6. What are three words that describe your running?
  - a. Consistent, fun, quiet.
7. Your typical go-to running outfit?
  - a. Shorts and t-shirt
8. Quirky habits while running?
  - a. Can't think of any.
9. Do you prefer morning, midday, evening?
  - a. Morning on weekends and evenings during the week due to working
10. You won't run outside when it's?....
  - a. Icy



## Upcoming Events

### September 12

8:30 am – Miriam Project 5K walk/run and 10K Run (Anderson, IN)

### September 17

ARRC Thursday cook out

### September 18

6:30 pm – Inaugural "Call of the Wild" Mounds weekend.

### September 26

7:30am – Mill Race Marathon/Half Marathon/5K (Columbus, IN)

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- Getting to know you...
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11. How many pairs of running shoes do you own?
  - a. Several, my old ones become my mowing shoes.
12. You felt most like a badass mother runner when...
  - a. I finished my first and only triathlon.
13. Next race is...
  - a. Miriam Project
14. Potential running goal for 2015...
  - a. Just to keep running.
15. Complete this sentence.... I run, therefore
  - a. I eat chocolate.
16. What did you have for breakfast today?
  - a. Turkey Sausage.
17. Interesting fact about you....
  - a. Married 25 years and 2 children.



Lightning round –

- Beer or wine? beer summer, wine winter
- Running with music: Yes or no? No, like peace and quiet
- Hills or heat? Heat
- Energy Gel or banana? Banana
- Road or trail? Road
- Alone or with a partner? Partner
- Galloway or Higdon? Don't know either of them. I just run.
- Ever lose a toenail: yes or no? Yes, My first one this year.
- Brand of toilet paper? anything 2-ply

Any advice, tidbit, or inspiration you'd like to share??  
 Enjoy what you do and it won't seem like work.

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### Inaugural "Call of the Wild" Weekend at Mounds SP

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We invite the current ARRC members to Mounds State Park for a weekend gathering. With camping, planned running/walking events, cookouts and maybe even a friendly game of volleyball or corn hole. The weekend will start out with a short run/walk on Friday night with a longer run/walk scheduled for Saturday morning. Saturday afternoon for relaxation followed by a group cookout for the evening. ARRC will provide the meat, just bring a side or two to share with everyone. This is the first year of the event and is geared for the adult members of our club as a way of kicking back and relaxing after the racing season.

You can stay one night, both nights, or just come for the runs and cookout. The camping is \$5.00 per person per night!  
 Contact Brian Rayl with any questions. More details to come within the coming weeks!



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## 2015 Road Series Babble

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We had a good turnout this past August at the Mooreland Free Fair race. This year they offered a 10K distance that seemed to be popular to a lot of runners.

(not pictured – Donna Hubble, Doug Rose)



**Next Road Series** race is in our town of Anderson! The Miriam Project 5K/10K is directed by our very own Wally Post. Check our webpage for more information!



**Congratulations** to our group that went to Howl at the Moon 8 hour run/walk. Brian Rayl, Bud Stiffler, Cris Miller and Greg Smith all did outstanding distances. Kevin McClintock came out to support the team and himself finished a respected distance.

Brian – 44.77 miles      Bud 29.61 miles  
Cris – 40.48 miles      Greg 29.61 miles  
\*\*Kevin (club support) 32.90 miles

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.

**“And that’s what is really cool about our sport. It welcomes everyone: Game on.” – Joan Benoit Samuelson**

## 2015 Road Series

\*more Dates and Times to come\*

- PAST – March 14<sup>th</sup> @ 9:00am – Dino Trail 5K & 15 K (Mounds State Park)
- PAST – May 2<sup>nd</sup> @ 7:45am – Indy Mini & 5K (Indianapolis) Bonus Race
- PAST – June 1<sup>st</sup> @ 6:30pm – Cheers for your Health 5K run/walk (Middletown)
- PAST – June 6<sup>th</sup> @ 8:00am – White River 5K Run/Walk & 10K run(Anderson)
- PAST – July 4<sup>th</sup> @ 8:30am – Chesterfield 5K run/walk & 10K run (Chesterfield)
- PAST – July 11<sup>th</sup> @ 7:30am – CdLS 5K run/walk (Lapel)
- PAST – Aug 15<sup>th</sup> @ 8:25 am – Mooreland fair 5K run/walk & 10K Run (Mooreland)
- Sept. 12<sup>th</sup> @ 8:30am– Miriam Project 5K run/walk & 10K run (Anderson)
- Sept 26<sup>th</sup> @ 7:30am – Mill Race Marathon, Half & 5K (Columbus, IN)
- Oct 10<sup>th</sup> @ 5:00pm – 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)

## Road Series Shirts

Don't forget we still have Road Series Shirts available for purchase for \$10.00 each. See Brian Rayl if you're interested.



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## Upcoming Races of Interest - September

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- 9.5.2015 – MuncieMAN Triathlon –  
<http://americamultisport.com/event/muncieman/>
- 9.12.2015 – Hendricks County Half Marathon  
<http://www.danvilleindiana.org/departments/division.asp?fDD=4-91>
- 9.12.2015 – DINO Versailles Half-Marathon Trail Run  
<http://www.dinoseries.com/versailles-half-marathon/>
- 9.12.2015 – Tiger Trot 5K Fun Run/Walk  
<http://www.alexandriacommunitycenter.com/>
- 9.19.2015 – Indy Women's Half Marathon & 5K  
<http://www.indywomenshalfmarathon.com/>
- 9.19.2015 – Muncie Mini Marathon  
<http://americamultisport.com/event/muncie-mini-marathon/>
- 9.26.2015 – Red White and Rose 5K/10K  
[http://www.fun-races.com/index.php?main\\_page=page&id=12](http://www.fun-races.com/index.php?main_page=page&id=12)
- 9.26.2015 – Dances with Dirt Hell  
<http://www.danceswithdirt.com/>
- 9.27.2015 – O'Hare 5K on the Runway  
<http://www.visioneventmanagement.com/pages/ohare-run.php>

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## September Birthdays....

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Here are your September Birthdays!

Michael Harra	Joe Baer
Chris Vidas	Jill Marstall
Dawn Richardson	Emily Marstall
Greg Smith	Craig Green
Johnny Cawthorn	Stephen Stull
Solomon Truitt	Wendell Parson

## More Funny Running Quotes

By Christine Luff - Running & Jogging Expert

[http://running.about.com/od/runninghumor/a/funnyquotes\\_2.htm](http://running.about.com/od/runninghumor/a/funnyquotes_2.htm)

Get some laughs from these funny running quotes:

1. "No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes."  
-- Don Kardong
2. "Start slow, then taper off."  
-- Walt Stack
3. "Remember, the second most important thing to choosing the right shoe, is choosing the left one."  
-- High school coach to his runners
4. "The trouble with jogging is that the ice falls out of your glass."  
--Martin Mull
5. "Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed."  
--Charles Schulz, "Peanuts"
6. "Long distance running is 90% mental and the other half is physical."  
-- Rich Davis
7. "My doctor told me that jogging could add years to my life. I think he was right. I feel ten years older already."  
--Milton Berle
8. "I don't run. And if you ever see me run, you should start running too. Because something is probably chasing me."
9. "If found on ground, please drag to finish line."  
--Seen on the back of [runner's T-shirt](#)
10. "It's rude to count people as you pass them. Out loud."  
-Adidas
11. "A good run is like a cup of coffee...I'm much nicer after I've had one."
12. "My other legs are Kenyan."-Seen on a bumper sticker
13. "Jogging is for people who aren't intelligent enough to watch television."  
-Victoria Wood
14. "The trouble with jogging is that by the time you realize you're not in shape for it, it's too far to walk back."  
-Franklin P. Jones
15. "-Why aren't you signed up for the 401K?"  
"-I'd never be able to run that far."  
-Scott Adams, Dilbert (4/2/01)
16. "In the first half of the race, don't be an idiot.  
In the second half, don't be a wimp!"  
-Scott Douglas, on running marathons
17. "It's a hill. Get over it."  
-Seen on the back of a runner's T-shirt
18. "If you run 100 miles a week, you can eat anything you want. Why? Because: (a) You'll burn all the calories you consume, (b) you deserve it, and (c) you'll be injured soon and back on a restricted diet anyway."  
- Don Kardong
19. "If the hill has its own name, then it's probably a pretty tough hill."  
-Marty Stern
20. "Any idiot can run, but it takes a special kind of idiot to run a marathon." -Unknown
21. "To a runner, a side stitch is like a car alarm. It signifies something is wrong, but you ignore it until it goes away."  
-- Anonymous



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## 2015 Membership Information

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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](http://www.andersonroadrunners.org/membership/2015_membership/ARRC_2015_Member_Form.pdf)



### **Don't forget....**

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

Questions? Concerns? Comments?? Let me know!  
Cris Miller  
[Crismiller31@yahoo.com](mailto:Crismiller31@yahoo.com)

### **2015 Officers and Board Members**

#### Officers

Brian Rayl - President  
Wrayjean Fincher - Vice President  
Tony Martin - Treasurer  
Tammy Bennett - Secretary  
Cris Miller - Editor/Road Series  
Tom Corda - Membership Chairman

#### Board Members

Greg Smith - Run the Mounds  
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