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May 2016

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# The Pacer

PO Box 282, Anderson, IN 46015

[www.andersonroadrunners.org](http://www.andersonroadrunners.org)

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## ARRC gives back

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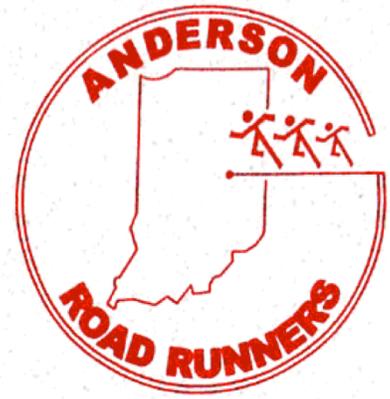
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We recently lost an honorary member of ARRC, Florence Marsh. Florence was born in Canton Ohio in 1922. Her family moved to Anderson shortly before the great depression.

Florence studied nursing at St. Vincents school of nursing during WWII and was hired at Delco Remy in 1946. She married Tom Marsh in 1949 and gave birth to three children in the early 1950's and became a full time mother. When her husband died in 1965 she went back to work at Delco Remy as a registered nurse in the local plants. This is the point where Florence became an avid walker. During her lunch hour she would walk the parking lots and developed a love for exercise and the outdoors. Upon her retirement in 1986 she started a daily walk at Shadyside Park. She would walk one lap around the park everyday in all kinds of weather. Florence developed many lasting relationships with the walkers and runners at the park. In 1998 she fell and broke her hip and appeared her walking days had come to an end. However once she was done with her rehab she was back at the park using a walker then a cane. In 2002 she was inducted into the Anderson Road runners club as an honorary member in a ceremony at the park. Florence has served as an inspiration not only to her three sons but to many of the members of the road runners and the patrons of the park. Florence had an easygoing nature and was a compassionate person. Once Florence reached the age of 92 her health issues stopped her from walking at the park in which she really missed, however on her good days she would walk around her yard with the assistance of her son Vince.

Florence's sons have always wanted her to have a park bench at Shadyside to honor her legacy. They have approached the ARRC Board about a donation and the Board has agreed to donate \$300.00 for the cause. Several members have asked if they too can donate.

If you're interested in making an additional donation – please contact Tammy Bennett.



## Upcoming Events

**May 7** – Indy Mini

**May 12** – Thursday series beings

**June 6 (tbd)** – Cheers for your Health 5K

**June 11** – White River Run

**July 4** – Chesterfield 5K/10K run/walk

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## White River Run

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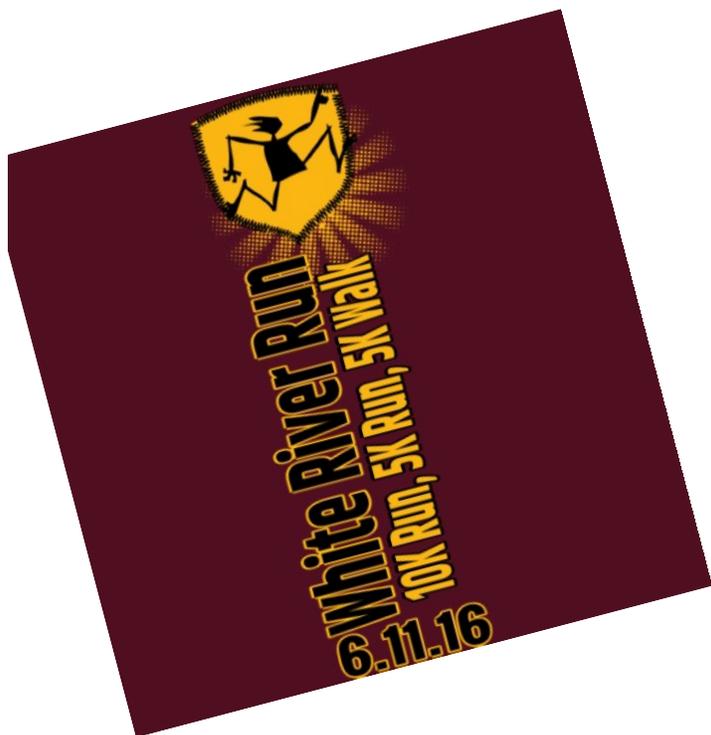
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Our first annual race of the year is coming upon us. Join us for our White River Run!

Register online at [getmeregistered.com/WhiteRiverRuns](http://getmeregistered.com/WhiteRiverRuns)

The White River Run will be held on June 11, 2016. There will be 10K and 5K running races and a 5K Competitive Walk. All races will start at the Shadyside Activity Center. Race day registration opens at 6:30am. Each race will have a separate start. The first race will start at 8:00am. The other two races will start several minutes later. There is sufficient parking available at the Activity Center.

We can still use Volunteers! Contact Greg Smith if you're interested in helping out!



**"Most of us have enough areas in our lives where we have to meet others' expectations. Let your running be about your own hopes and dreams."**

— Meb Keflezighi, - Olympic Athlete

### 2016 Road Series

\*more Dates and Times to come\*

March 19<sup>th</sup> @ 9:00am – Dino Trail 5K & 15 K (Mounds State Park) – PAST

April 2 @ 9:00am – Raven Run 5K & 10K (Anderson University) – PAST

May 7<sup>th</sup> – Indy Mini & (Indianapolis) Bonus Race

June 6<sup>th</sup> @ 6:30pm – Cheers for your Health 5K run/walk (Middletown)

June 11<sup>th</sup> @ 8:00am – White River 5K Run/Walk & 10K run (Anderson)

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

July 9<sup>th</sup> @ 7:30am – CdLS 5K run/walk (Lapel)

Aug 13<sup>th</sup> – Mooreland fair 5K run/walk & 10K Run (Mooreland)

Sept. – Miriam Project 5K run/walk & 10K run (Anderson)

Sept 24<sup>th</sup> @ 7:30am – Mill Race Marathon, Half & 5K (Columbus, IN)

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

Nov 6<sup>th</sup> – Run the Mounds 5 Mile run & 5K run/walk

Nov 24<sup>th</sup> – ARRC Thanksgiving day run (Anderson)

Dec 4<sup>th</sup> – Kris Kringle 4 Mile run & 3 mile walk (New Castle)

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## Boston Runners

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Two of our own ARRC members recently completed the Boston Marathon. Drew Cooper completed his first Boston Marathon and Brian Rayl finished his third time at Boston. I had a chance to catch up with Drew Cooper and see how his first time experience was. Here's what he had to say...

Boston was great. The hill on the course we're much harder than I imagined and that slowed me down considerably. The spectators along the way, and the line at the 26 miles, were loud and crazy. It was such an uplifting experience. Brian had a much better strategy and passed me just before Heartbreak hill. I tried to keep up with him but my legs said NO! I still finished with a smile on my face and couldn't have done it without my coach and life partner Sue. I may go back next year. If I do, I'll do more hill training. Hills in Boston are different than hills around our area.

Way to go Drew and Brian! Way to represent ARRC out there!



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## Mindless Chatter

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### **11 Annoying Things That Race Spectators Shout At You.**

<http://angryjogger.com/11-annoying-things-that-race-spectators-shout-at-you.html>

The idea for this post came from [@k8jeffree on Twitter](#). It's quite self explanatory. It's a list of the 11 annoying things that race spectators scream at you to try to encourage you.

Don't get me wrong, I love and appreciate well wishers but you can only hear "you're looking good" so many times before you want to begin heckling *them*.

1. You're looking good! – I know how I feel. I've seen how I look in race photographs. You're just trying to be kind. If Satan gave birth to a gremlin and reversed over him in his pickup truck, he wouldn't look as half as bad as me at mile 16 in a marathon.

2. Only x miles to go! – OK I don't mind this if I'm only a mile from finishing the race, however most times spectators shout it when there's still 20 friggin miles left.

3. It's all downhill from here! – Just because the next 100 meters are downhill doesn't mean the entire course is like that. Don't get my hopes up! It can kill your race if you believe someone who says this and then there's a huge hill at the end.
4. What took you so long? – Your mother dragged me into the hedges at mile 14. That's what happened. I won't tell you what your father offered me at mile 20. Let's just say I'd have been out there for another 6 hours before it was over and my rearend would be as worn as the middle pockets of a pool table in a dive bar.
5. Come on! Sprint to the finish! – Chances are that I'm already moving as fast as I can lady. When I start sprinting that's when dangerous shit happens. I weave between runners and start to lose my balance. I'm still terrified of tripping up on the finishing line and landing on my head.
6. You can do it number 6-5-6-8-5-3! I appreciate your encouragement. It's just a pain in the ass when you yell my race number and I can't remember it. I'm always thinking "Shit, is that me?" \*looks down at bib and then trips over a pothole\*
7. You're a winner! – No. The winner finished 4 friggin hours ago and this is just a 10k. Stop trying to make me feel better about being slow!
8. Run like you stole something – This was funny the first 5,000 times but it quickly grows tiring when you hear it 500 times a race. Besides I am running like I stole something. If you jog slowly then you're less likely to draw attention from store security. If you try to Usain Bolt your way out of a Walmart with a decade's supply of Tampons in your knickers, then they'll hunt you down eventually.
9. Pain is temporary, pride is forever! – Oh flip off. When you're running a marathon your mind is seized with pain. You don't have enough left in there for any pride. You want it to end and to end now. I'll worry about pride once I've had my 4th post-race beer and by then I'll probably have got thrown out of the bar for waving my medal in the waitresses face, surfing for the whole "WOW you ran HOW far!?!?!?! I couldn't run HALF a mile. You brave bro. You brave!" spiel.
10. Pusssshhhhhhhhh! – Don't give me any ideas, smart ass.
11. You're doing great – I'm doing great? Really? I just took a dump in a hedge 1 mile back and I keep deliberately running veering the bus lane to see if one fancies finishing me off.

What do spectators shout that really pisses you off?

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## 2016 Membership Information

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It's not too late to become a member for the 2016 season!! Why not make this year something great!  
[http://www.andersonroadrunners.org/membership/2016\\_membership/ARRC\\_2016\\_Member\\_Form.pdf](http://www.andersonroadrunners.org/membership/2016_membership/ARRC_2016_Member_Form.pdf)