
November December 2016

The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

ARRC Editor Update

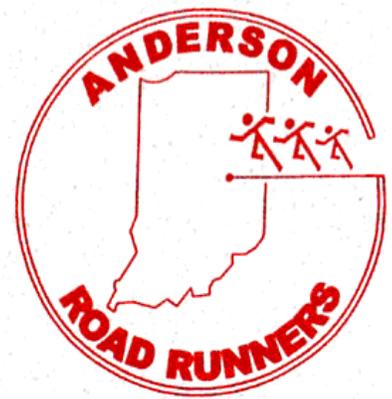
Happy Holidays!! What a busy October and November for me. Lots of races and leaf blowing at Mounds this year. Run the Mounds deeply exhausts me. Prepare as much as you can; but expect the unexpected. Wanted to do a Pacer before Thanksgiving. So here we Go!!
Greg Smith

Thanksgiving Race

Thursday morning Nov. 24th will mark the annual ARRC Thanksgiving two lapper for runners and one lap race for walkers. Registration will begin at 7:00A at the Shadyside Beach House with the races starting at 8:00A. Race cost is \$5.00 with no shirt. Overall runners male and female win a turkey. Age group awards include pies and candy bars. Come out and burn sole calories before you hit the real food in the afternoon!!

ARRC Christmas Party Dec. 5th

The 2016 ARRC annual Christmas Party will be held Monday Evening December 5th at the Mounds State Park Pavilion. Club will furnish chicken and participants can bring a covered dish and or dessert to share. Set up and Socializing begins at 6:00P and dinner will begin at 6:30P or shortly thereafter. Some drawings will take place after the dinner is complete. Bring your lucky charms to influence your chances for a 2017 State Park pass,



Upcoming Events

**Nov, 24th – Thanksgiving Race
Shadyside Beach House 8:00A**

**Nov. 26th – Pub2Pub Race
Carmel IN 4:00P**

**Dec. 3rd – DINO 50K / 50Mi
races at Jackson Co.**

**Dec. 4th – Kris Kringle Races
2:00P New Castle, IN Military
Park**

**Dec. 5th – ARRC Christmas Party
at Mounds State Park Pavilion
6:00P Social 6:30P Dinner**

**Dec. 10th – Caribbean 5K Half
Marathon Carmel IN**

Jan - Siberian Express

Danville IL

President's Message

As Thanksgiving is only a few days away, and colder temperatures are already here, I was searching for some extra motivation for running through this winter. In the past I have fabricated many reasons to not run during the week when it's dark by 5:30 or it's super cold on a busy weekend. I found the following article to give me inspiration to Run through the Winter. And yet, when I consider the Anderson Road Runners Club, I realize I have plenty to keep me excited to run.

I have developed a love of running and appreciation for our 2 wonderful parks here in Anderson, Indiana. We truly are blessed to have a paved trail around Shadyside, and a challenging hilly course through the woods at Mounds State Park to choose from. And don't forget the trail system that leaves Shadyside to go out past the Blue Bridge uptown, or out past Dossett's Garage along the river. These have become staples when training for longer courses.

Aside from great choices in Anderson, what makes these trails even better are running them with friends, family, or if you're lucky-you're significant other. (A shout out to my husband, Chuck, for really stepping up his game this year and joining me.) The connections one makes with another human while running is undeniable. Even if few words are spoken, the joy of running together is special. Sharing or venting while running can also be so therapeutic. If you've ran with me before, you know I like to ask How your day or week is going, Or Tell me something funny or exciting that has happened to you. Running with others is my zen, and I'm so grateful for ARRC! And please, message me, or text me, I would love to run with you this winter.

Tammy Bennett

Run the Mounds Nov. 6th

The 36th annual Run the Mounds Races were a great success this year!! Thanks to all of the Volunteers who donated time and food items to make this race a Great success. Thanks to Ted Tapp and all of the Mounds State Park Staff for all of their help in making this annual event a success. Thank You for all of the race Sponsors for their contributions to the races.

The weather was a little warm but sunny and perfect for an afternoon of racing. We had 229 race finishers this year. That was up significantly from the 180 – 184 of the past four to five years.

While there were no serious injuries, there were definitely some quick trips. Some scrapes and bruises were all that I observed. The one issue we had was the timer did not print for the 5K run. Next year we will have back up timers for each of the races. I apologize for not getting the times!!!!

I thank everyone for the chili, cookies and all of the food items. The Texas Roadhouse rolls were a big success. Look forward to partnering again next year.

Due to difficulty scheduling the Pavilion, next year's race in 2017 will be on Sunday Oct. 29th.

Hopefully the great weather trend will continue with another bumper crowd of racers.

ARRC Road Series

Congratulations to all of the Road Series Participants. We are down to the final two races of the Road Series season. The ARRC Thanksgiving Race and the Kris Kringle. See dates and times on page one. Current standings are posted on the ARRC website.

The Miriam Project Races were memorable due to the amount of rain that fell. No fault of the race Organizing staff!! I never realized that all of the rain pooled and puddled on the paved trail. There was definitely no saving your shoes during this one. Hopefully we will not have to swim next year!!

The Black Cat race was its hill challenging self. Attendance seemed to be down on our part. We will see what we do with this race and some others if we continue the series next year.

Races that do not publish results make it hard to adequately record the required times. Need Road Series Participants to email or contact me with their times.

“Don't let Other Participants influence your race. Race Your Race and be Happy!!!”

Greg Smith

Hot Chocolate 5K/15K

You know me. I am a sucker for race shirts and jackets. Saw the Columbus OH Hot Chocolate 5K/15K race advertised and had to have the Jacket. Talked WrayJean into the 15K as training for our January half marathon. A really cold day for the race. Wind chill was 24F at 8:00A. I did not expect all of the 5K participants lining up in my corral. It was really congested for the first 2.5 miles before the 5k participants turned off. I managed to follow a couple running that were at a pace I preferred. We traded leads until mile 8 when I felt it and took off from them. I met WrayJean at the end of the race talked about the couple I paced with. As we got in line for our post-race hot chocolate mugs, they were in front of us. They were telling friends about those nasty walkers that impeded there progress. I started laughing and they turned around to see the "Nasty Walker" that beat them. We all started laughing then. Good People and a fun race. Not all runners or walkers are a pain. WrayJean had a good race and we managed not to freeze trying to find the car afterwards. However our dipping chocolate did Freeze in the bowls.

In Memoriam

My fun at the Hot Chocolate Race was tempered when I learned that Evan Achenbach had passed Friday. Evan was a long time early member of the ARRC. He battled in his age group on Thursday night for years. He was Race Director of the Buzzard Roost 10K for 27+ years. That race was one of my favorites and I still wear the race shirts to this day. He did race timing and results with "End Results" for years. Back problems interrupted his running. My deepest condolences and sympathy to Susan and his Family!!!! May He rest now.

ARRC Membership 2017

Think about becoming a member for the 2017 season!! Why not make the coming year something great with improvement to your health both mind and body!

2016 Road Series

*more Dates and Times to come

Nov 24th - ARRC Thanksgiving day run (Anderson)

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