
Jan/Feb 2017

The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

ARRC Editor Chatter

Welcome Runners and Walkers to the coming year. The Thursday Nite and Road Series are in the books for 2016. We had another successful rendition of both the White River Runs and Walks along with the Run the Mounds Runs and Walks. My personal thanks to all of the Volunteers and Participants that made these races special.

The Officers are working on the awards for the Thursday Nite and Road Series. We are also taking a close look at nominees for the Special Awards such as James West and Jeff Bailey. If you personally have a nominee please e-mail or text one of the officers.

Special Awards

Jeff Bailey Award for Service

James West Award for Outstanding youth

Dale Johnson Marathoner of the Year

Male and Female Rookie of the Year (Runners and Walkers)

Most Improved Male and Female of the Year (Runners and Walkers)

Comeback Runner or Walker of the Year

Awards Banquet

The awards Banquet is scheduled for February 4th at 6:00P at The Church of Jesus Christ of Latter-day Saints at 200 W 46th St. Anderson, IN 46013. Club is furnishing Ham so please bring a side and or dessert to share. Water will be available or bring beverage and table service. Dinner at 6:30P with election of officers and Club meeting at 7:00P. Awards will follow meeting close.

Thanksgiving Day Run

Sixty Brave participants met at Shadyside Lake for the annual Thanksgiving Day Run and Walk. Weather was decent compared to past races. Turkeys went home with Rachel Young and Brian Rayl. The younger men had to decline. Age Group Awards included pies and giant candy bars. Club took in \$300 minus expenses. Charity and final donation amount to be determined at the next Officers meeting. Update in next Pacer.



Upcoming Events

Feb. 4th- ARRC Awards Banquet.
6:00P 200 W. 46th St.

Feb. 18th – Polar Bear 5K & 5Mi

March 18-DINO trail 5K & 15k
(Mounds State Park)

April 22nd- Carmel Marathon,
½, 10K, & 5K races

May 6 – Indy Mini

May 11 – Thursday series beings

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

June 10 – White River Run

July 4 – Chesterfield 5K/10K
run/walk

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ARRC 2017 Road Series

It is the intent of the ARRC to continue with the Road Series for the calendar year of 2017. I would like to encourage more members to be a part of the series this year and to attend as many races as your schedule allows. It would be nice to have some more competition in a nice way for age groups. This also demonstrates our support as a Club and as individuals for many local races.

One problem I have is with races that do not publish results. I have no way to go back and get times. I would like to establish a system whereby you contact my designated replacement at that particular race or e-mail me with your finish time. It is too hard to chase people down to determine if they ran or walked. In 2017 the participant is ultimately responsible for making sure that I have their time or did not participate within a week of that race.

I have currently eliminated the Raven Run (which had no times, results or awards) and the Moreland Run for lack of results. There was discussion about keeping the Raven Run. Some wanted to keep it to allow it to improve. My feeling was prove it is a quality race and we will add it back to the series in 2018.

The Mill Race is a big question mark for me also. It was lowly attended by Road Series Participants. Getting up at 3:00A to get to the race is not everyone's idea of a great day. I would like to see the Carmel races in April versus this race in the series. More Club members seem to be participating one of the Carmel Events.

There is nothing more fun to me to be at a race with a bunch of ARRC members racing. I truly enjoy the camaraderie before and after the race. I would like more club members to once again share in that experience. Please let me know your ideas and suggestions. I want your feedback.

At the right is the tentative list of 2017 Road Series Races. I will try to finalize in the Mar/Apr Pacer with updates as available. Join me for a great year of racing!!

When you are out teetering on the ice, it's a little late to think about where your spikes are!!!!

Greg

2017 Road Series

more Dates and Times to come

March 18th @ 9:00am – Dino Trail 5K & 15 K (Mounds State Park) – PAST

May 6th – Indy Mini & (Indianapolis) Bonus Race

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

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

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

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

Sept. 9th – Miriam Project 5K run/walk & 10K run (Anderson)

Sept 23rd @ 7:30am – Mill Race Marathon, Half & 5K (Columbus, IN)

Oct – Red Gold run/walk (New Castle)

Oct. 29th – Run the Mounds 5 Mile run & 5K run/walk

Nov 23rd – ARRC Thanksgiving day run (Anderson)

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

2016 Christmas Party

The Annual ARRC Christmas Party was held on Monday Dec. 5th at the Mounds State Park Pavilion. The tables were well decorated with Christmas Decorations provided by Tammy. The Club provided chicken while members provided some very tasty sides and desserts. At stake for the drawing was a Women's and Men's Indiana State Park pass. Tracy Mullins and Chet Paskiewicz were the lucky drawing winners for the Park passes. Additional tickets were pulled until all of the apparel and giant candy bars were taken. A fun time to share the Holiday Spirit with Club Members. Thanks to all whom participated and keep the desserts coming!!

Winter Running and Walking

What a difference a few weeks can make on the weather!!! After complaining about the miserable humid hot weather, Mother Nature has gotten a Huge Laugh. Snow, cold and ice have been the name of the game for the past few weeks. The temperatures remained cold after freezing rain. This has made training more than a little difficult, let alone staying vertical. Lots of layers and spikes have been the standard issue for trekking the Trails at Mounds. There has been a good two inches of ice on most of the Mounds Trails with the added depth of the "Glacier". The glacier is a good five to six inches thick. While the warmer X-mas weather may melt a lot of the ice, I am sure the glacier will hang around much longer. I just hope that we don't get a lot of frozen footprints that are sooo good for ankle twisting; but we will get what we get.

Here is an article that Tammy found, [The Only 3 Running Essentials You Need For Winter \(Not Apparel\)](#) Check it out.

Be Safe, Enjoy the coming months of cold weather and stay Vertical!!!

2017 Membership Information

It's not too late to become a member for the 2017 season!! Why not beat the rush and treat yourself for the future. Why not make this coming year something great!

http://www.andersonroadrunners.org/membership/2017_membership/ARRC_2017_Member_Form.pdf