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July/August 2017

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# The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

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## ARRC Editor Chatter

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Welcome to the July / August Pacer. I hope that all of your training and racing is going well. It has been a hot and wet run of weather lately. Humidity is running parallel to last year. Is it me or does it always heat up for the Thursday Night races?!

### Thursday Night Race Series

Hard to believe that we are already seven and soon eight races into the Thursday Night season. Attendance for both the run and the Walk are up. Congratulations to all of the new Runners and Walkers and to the long standing Members whom keep this Club going. It is also great to see all of the Younger Runners putting in some really fast times!!

**Due to the 4<sup>th</sup> of July, there will be no race Thursday July 6<sup>th</sup>.** Racing resumes "Lucky" July 13<sup>th</sup> with twelve races left in the season.

2016 and 2017 ARRC Age Group Awards are available for pickup at the Activity Center. **Please pick up your awards or they may become door prizes in the future.**

### 2017 ARRC Road Series

The first four Road Series races are complete with the latest being our own White River run. I have gotten all of the current participants registered for the Road Series with times and some scoring. Please look up on Thursday Night to see if I have all of your race times. I have scored some of the age groups; but have a few with participants doing different distances at the same race in the same age group. We will come up with a solution. Looking for input on a fair method to score.

**Next two races in Road Series are Chesterfield July 4<sup>th</sup> and CdLS July 15.** Nothing in the series until September after these two races



## Upcoming Events

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

**July 15** – CdLS 5K Lapel 8:30A race start at High School

**July 29** – Eagle Creek Trail ¼, ½ and full marathons.

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## White River Run

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This Year's 2017 White River Run was held on June 10<sup>th</sup>. My deepest appreciation and thanks to all of the Sponsors, Volunteers and Participants that continue to make this a fun race tradition. There were 116 participants that finished the 5K and 10K races. This is up from the 100 last year.

Kudos to Tammy Bennett on an excellent logo and shirt design. She did a fantastic job of creation and getting the shirts made along with race publicity.

This year had 95 pre-registered versus 7 ten days before last year's race. Not sure if the pre-reg numbers were up due to the increasing price structure, Finish Medals, and or the Pre-race Facebook work by Tammy. All in all it was a good turnout for the race. Looking for feedback on the Finish Medals versus Age Group Medals as we look ahead to Run the Mounds in October.

For me it was particularly great that no one got lost this year. Not sure how the individual got lost in the 5K last year. Thanks to Tony Martin for an excellent job of marking the course!!

If you have any comments about the race or any suggestions please contact Greg Smith.

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## Endurance House Discount Week July 8th

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Endurance House in Indy is a new Sponsor for the ARRC but a long time Sponsor for several of the Half Marathons and other races in Indianapolis. They recently donated quite a number of items, including two \$25.00 gift certificates, to the White River Run for drawings.

The Endurance House has two Indy locations. There is one in Zionsville and our Partner Store located in Fishers at 9778 East 116<sup>th</sup> Street Suite C Fishers IN 46037. If you go south on I-69, you can get off at the 116<sup>th</sup> Street exit and go east on 116<sup>th</sup> over I-69 and the store is about a mile on the left hand side. They specialize in running and cycling. They have numerous brands of running shoes and apparel. They have a free shoe fitting service THE Personalized Movement Profile.

To celebrate their Sponsorship with us, The Endurance House has offered to provide ARRC Members a 15% discount on most items for a week starting July 8<sup>th</sup> and ending on July 14<sup>th</sup>. Tell them you are a member of ARRC. There are some items that may not qualify for the 15% discount, but the majority do.

I have been in the store several times and am amazed at all of the running and walking items that they have. Staff, including our own Todd Whisman, are quite knowledgeable and friendly. They are ready to help you with walking and running solutions.

If you are looking for new running and or walking shoes and friendly, knowledgeable Staff please visit the Fishers Endurance House. Please let them know how much we appreciate their Sponsorship!! We look forward to this partnership.

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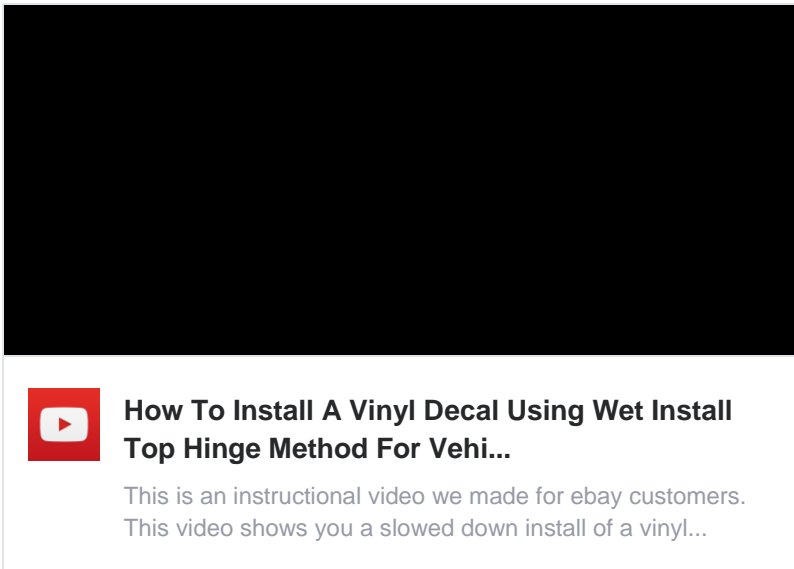
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## ARRC Window Decal

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### [How To Install A Vinyl Decal Using Wet Install Top Hinge Method For Vehicle Graphics](#)



Step 1: Rub the decal to ensure it adheres to the opaque transfer tape, not the blue paper, check this by peeling it back slowly. If any letters stick to the blue, close it up and rub on each side again.

Step 2: Clean window with rubbing alcohol. If you used wax, ensure it is gone with the rubbing alcohol or the decal will not stick

Step 3: Holding the transfer tape, carefully place the decal on the window with the decal side facing the window

Step 4: Rub the transfer tape as it sits on the window to release the decal to the window

Step 5: Carefully lift the transfer tape off the window, if any parts of the decal don't adhere to the window, place the transfer tape back on and rub more.

Notes: there are many ways to install a window decal. There is a wet and dry method. I just did a search on U-tube for installing a decal on a car window. If you have questions, please contact Tammy Bennett 765-4256-6054. Good luck, I can't wait to see lots of cars sporting our Club logo!

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## ARRC 2017 Road Series

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The first four races of the 2017 ARRC Road Series are complete. July brings two more races in the series. These next two races will take us to halfway through the Road Series season.

First up is the Chesterfield Fourth of July 5K and 10K races. Both start Fourth of July morning at the Millcreek Civic building in Chesterfield. Registration and packet pickup begins at 7:00A race morning and ends at 8:15A. Races begin at 8:30A.

The CdLS race is back this year in Lapel on July 15<sup>th</sup>. The 5K race starts and finishes at the Lapel Senior High School. Registration and packet pickup start at 8:00A and the race itself begins at 8:30A. This is an excellent charitable cause race. Please see me after the race and give me your race time as this race does not produce results.

I have attempted to get all of the times for those members currently signed up for the 2017 Road Series. I will have the sheets at the Thursday night races and will provide Tom a copy to post on the website.

At the right is the list of 2017 Road Series Races. I will try to finalize dates as I receive them. Join me for a great year of racing!!

**If you want to Run Faster, Then You have to "Runnnn" Faster**

Dennis Knapp

### 2017 Road Series

\*more Dates and Times to come\*

March 18<sup>th</sup> @ 9:00am - Dino Trail 5K & 15 K (Mounds State Park) - PAST

May 6<sup>th</sup> - Indy Mini & (Indianapolis) Bonus Race

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

June 10<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 15<sup>th</sup> @ 8:30am - CdLS 5K run/walk (Lapel)

Sept.9<sup>th</sup> - Miriam Project 5K run/walk & 10K run (Anderson)

Sept 23<sup>rd</sup> @ St. Vincent DePaul Run Anderson Highland Middle School

Oct 14<sup>th</sup> - Red Gold run/walk (Elwood)

Oct. 29<sup>th</sup> - Run the Mounds 5 Mile run & 5K run/walk

Nov 23<sup>rd</sup> - ARRC Thanksgiving day run (Anderson)

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

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## 2017 Membership Information

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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! Online membership registration is available at <https://runsignup.com/Club/IN/Anderson/AndersonRoadRunnersClub> or paper copy can be obtained below and mailed or hand delivered.

[http://www.andersonroadrunners.org/membership/2017\\_membership/ARRC\\_2017\\_Member\\_Form.pdf](http://www.andersonroadrunners.org/membership/2017_membership/ARRC_2017_Member_Form.pdf)