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Mar/Apr 2017

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# The Pacer

PO Box 282, Anderson, IN 46015

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

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## ARRC Editor Chatter

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Welcome to the March/April Pacer. Hope that your winter training is going well!! This has been a weather challenge so far. Typical type weather of freezing one day and the spring like tease the next. I've worn spikes out at Mounds as many times as I've been in shorts and tee. Another few weeks before we hit April.

The **Thursday Night** pre-season races will start on April 6<sup>th</sup>. Hoping to have everyone back from last year and as many new faces as we can round up. **The Points races start up on Thursday May 11<sup>th</sup>** with Walkers starting at 5:30P and Runners starting at 6:00P. Fill out a 2017 membership form or register on line at

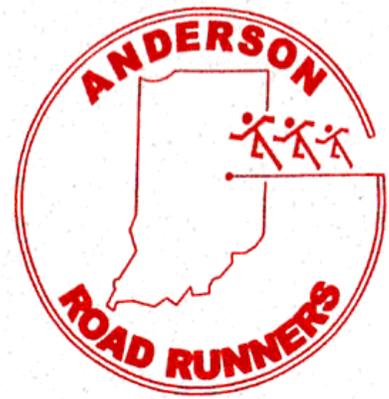
<https://runsignup.com/Club/IN/Anderson/AndersonRoadRunnersClub>.

There is a small fee for signing up on line; but that can be offset with a multi-year membership option. More information will be forthcoming as more details are completed for use of the RunSignUp option.

**The 2017 ARRC Road Series** begins with the DINO Mounds 5K and 15K trail races on Saturday March 18<sup>th</sup>. Registration opens at 7:30 at the Pavilion with the 15K race beginning at 9:00 A and the 5K beginning at 9:10A. Awards will follow near or inside the Pavilion. Many of us train at Mounds and this is a good challenge on the home course. Quite different from our Run the Mounds course, these races include a number of the wooden steps and different trails. Sign up and enjoy the challenge!!

The next race in the Road Series is the Indy Mini on Saturday May 6<sup>th</sup>. This is treated as a bonus race with everyone completing the half marathon getting 50 points.

**Shadyside Cleanup** to be in late March. Date to be finalized. Jill Marstall suggested at the ARRC Awards Banquet that members of the ARRC get together and conduct a cleanup of trash and debris before the start of the Thursday Night Races. This idea was well received and plans will be forthcoming



## Upcoming Events

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

**March 25<sup>th</sup>** – Sam Costa Quarter  
and Half Marathon

**April 1<sup>st</sup>** – DINO trail 5K & 15K  
Eagle Creek

**April 22<sup>nd</sup>**- Carmel Marathon,  
½, 10K, & 5K races

**May 6** – Indy Mini

**May 11** – Thursday Points series  
begins

**June 5 (TBD)** – Cheers for your  
Health 5K

**June 10** – White River Run

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

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## In this issue...

**ARRC Editor Chatter**

**ARRC Awards Dinner**

**President's Message**

**2017 ARRC Road Series**

**Membership information**

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## **ARRC Awards Banquet**

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The 2016 ARRC Awards Banquet and business meeting was held on Saturday Feb. 4<sup>th</sup> at the Church of the Latter Day Saints. The Club provided delicious spiral sliced ham and Club members provided many tasty side dishes and desserts. Anyone who left hungry had no one to blame but themselves. The food items were terrific.

Tammy Bennett opened the meeting portion with a review of last year's Club status and accomplishments including the Kids Runs, Florence Marsh Bench, White River and Run the Mounds runs. She also outlined some of her and Club's goals for 2017.

Doug Rose presented a comprehensive Treasurer's report on the Club finances and current balances. While we are down some from the previous year the Club's finances are still very healthy. The Club will work to improve on that balance in the coming year.

Election of Officers was the next item on the agenda. Previous officers had agreed to stay on in their respective positions. Carolyn McKinney was brought on the Board as an At-Large Officer. Officers are as follows: President – Tammy Bennett; Vice –President – WrayJean Fincher; Treasurer – Doug Rose; Secretary – Tracy Mullins; Membership & Website – Tom Corda; Editor & Races director – Greg Smith; At Large – Jill Marstall; At Large – Carolyn McKinney.

During new business discussion, Jill Marstall suggested a general cleanup around Shadyside Lake before the start of the Thursday Night races. This was well received and the plans are now in the works. Bud Stiffler brought up the topic of the Club having one of its races as a RRCA state Championship. Further discussion is to be conducted.

Next on the agenda was the presentation of the Club's Special Awards. The following is the short list:

### **Special Awards 2016**

**Jeff Baily Award for Service** – Kenny & Michael Taylor

**The Dale Johnson Marathoner of The Year** –Tom Corda

**Rookie Marathoner of the Year**-Shelby Rosencrans

**James West Award for Outstanding Youth** – Negesse Kishpaugh

**Male Rookie of the Year Runner** – Chris Fadely

**Female Rookie of the Year Runner** – Kim Arvin

**Male Most Improved Runner** – Chuck Bennett

**Female Most Improved Runner** – Tracy Mullins

**Male Rookie of the Year Walker** – Steve Dearing

**Male Most Improved Walker** – Randy Masters

Once the Special Awards were presented, the Business portion of the meeting was concluded and on to the Thursday Night and Road Series Awards. This year's awards were Technical Vests for First Place, Dri Fit type Hats for Second Place, Screened Water bottles for Third Place, and Neck gaiters and sunglasses for fourth through seventh place.

Everyone stayed for the raffle drawing at the end. Two Indiana State Park passes, two \$50 Vitamin Shoppe gift cards and two Vitamin Shoppe gift bags graciously provided by Debra at the Vitamin Shoppe. Drawings were held for Women's and Men winners.

If you were not in attendance, awards will be available by contacting Tammy Bennett or Greg Smith. Awards will be available once the Thursday races start at Shadyside also.



### **Jeff Baily Award for Service –**

This is our Service and Volunteer Award. Jeff was an ARRC member who never gave less than his best in anything he did. Before he died from leukemia in 1987, he ran a marathon in under 3 hours. His legacy to his family was to never do anything halfway. Kenny & Michael Taylor gave their best to our Roady's Fun Run every Tuesday. Between helping to trim low hanging branches, and helping set up and put away the equipment, they were there. Thank you.



### **The Dale Johnson Marathoner of The Year –**

This award goes to an outstanding marathoner. It need not go to the fastest nor the strongest, but to the most steadfast. Dale was all of these. Dale often ran a marathon every three weeks. In his early 50's he consistently ran marathons at or under the 3 hour mark. He was there for others and loved our club. It was after his tragic death that his family learned what effect he had on other runners. People drove hundreds of miles to his funeral. This year's winner is an outstanding marathoner who completed his quest of completing 50 Marathons in 50 States! Tom persevered even when health considerations changed his original scheduled marathons. His first marathon was 23 years ago in Honolulu in 1994, his 50<sup>th</sup> State was last October in Cape Cod, Massachusetts. His fastest time was 3:45:49 in Richmond Virginia in 2007. Congratulations Tom! May you inspire a whole new generation to do the same!



**Rookie Marathoner of the Year**-This person ran 3 marathons inside 365 days. Not bad for someone who didn't think they liked running a few years ago. I've watched her fine tune her pace and train relentlessly to snag a 3:58:16 for her 3<sup>rd</sup> marathon and Personal Best so far! Your...Shelby Rosencrans



**Male Rookie Runner of the Year** – Whether this year's Male Rookie could run or not often depended upon the weather. Not because he is a fair weather runner, but because getting his fields plowed, planted, and harvested took precedence. Like many of us with busy schedules, he managed to make the time to run with our Club and finish first in his age group for our Thursday Night Point Series and our Road Series. This year's Male Rookie Runner of the Year is Chris Fadely



**Female Rookie Runner of the Year** – I noticed this Lady and her husband at Mounds last year and invited them to come out Thursdays to join our Club. She quickly fit right in. We had to look closely at the numbers between her and Sharon Boyd who is also a new member. This year’s Female Rookie Runner is Kim Arvin.



**Male Most Improved Runner** – This guy has reluctantly run with his wife for the last several years. Something changed this year on their journey to run half marathons in 50 States. He actually stated, I haven’t experienced that runner’s high so many talk about, but I call myself a runner now. Even though he is in a stacked age group, his Thursday night times show his personal improvement when compared to previous years. This year’s .....Chuck Bennett



**Female Most Improved Runner** – This Lady has steadfastly improved her times each year she has ran with us. She even signed up for the unthinkable. Disney’s Dopey Challenge: 4 days starting with 5K, 10K, Half Marathon, & Full Marathon. This year’s..... Tracy Mullins



**Male Rookie of the Year Walker** – This person has proven to be an outstanding Walker in our Thursday Night Point Series, maintained Perfect Attendance, and also placed first in his age group in our Road Series. We have enjoyed having this person attend some of our Board meetings and contribute his time helping our Club. This year's..... Steve Dearing

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## President's Message

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### Tammy's Thoughts

Your Board members have decided there are 4 goals we would like to accomplish as a Club this year.

1- We want to balance our budget. We will be more mindful about where we are spending the Clubs money and be sure it is providing all of the benefits we would like to our club members, Rody Kids Run, and our community.

2- We want to increase our club membership and increase participation in our events. Look for a reward and incentive program, and a Club welcome packet. Everyone that joins our Club in 2017 will receive a reusable cloth bag with our logo. We are making it easier for you to join by offering online registration for Club Membership, Thursday Points Series and our Road Series through RunSignUp. <https://runsignup.com/Club/IN/Anderson/AndersonRoadRunnersClub>

3-We want to serve our Community by cleaning up trash along the trail system we love to run on.

4-We will bring more awareness to our Scholarship program so you can nominate an outstanding student. The scholarship form and more information will be available on our website soon.

Why be a part of Anderson Road Runners Club? And why should you encourage others to join? What are the benefits to joining our Club aside from discounts, raffles, and cool awards at our Annual Dinner?

1 Socialize: You will have the opportunity to meet, network, and socialize with like-minded individuals. Some want that competitive challenge, others just enjoy being active with friends.

2 Personal Growth: you will find others who want to encourage and support your journey to reach your goals. What are your goals for this year? I've heard whispers of people who want to set age-group records and earn the coveted Perfect Attendance Award.

3 Experience: You can find a wealth of information from others who can answer questions you may have about running, pacing, conditioning, race walking, injuries, etc., or what races are worth traveling to.

4 A Good Habit: Committing to an activity on a weekly basis will give you results. This year, we hope you make the choice to join the Anderson Road Runners Club and invite others to join. Sharing your enthusiasm is the best way to ignite our Club and grow our membership.

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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 will become available at RunSignUp.com also.

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

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## ARRC 2017 Road Series

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The first race of the 2017 Road Series will be the March 18<sup>th</sup> DINO 5K and 15K trail runs. Registration is at 7:30A at the Mounds Pavilion or can be made online at <http://www.dinoseries.com/> under Trail Series. These races are particularly challenging with many of the park wooden stairs included. The 80 steps behind the Pavilion are definitely breath taking!! The 15K race begins at 9:00A and the 5K race starts at 9:10A. Come on out and enjoy a great race and a very good time.

Right now there is not a Road Series race planned for April. I am considering putting the Carmel races that are the third weekend of April in the series. They have a multiple set of distance races with quality finish medals and awards. These races are a great tune up to the Mini. Let me know your thoughts on the inclusion of this set of races in the series.

The next race in the Road Series after DINO Mounds is the Indy Mini on May 6<sup>th</sup>. ARRC has once again obtained a tent in Military Park for pre-race and post-race activities. You can change and leave a gear bag in the tent, which will be maintained during the race. Looking for a volunteer or volunteers to man the tent during the races. Then you can unwind and share your stories on a race completed.

June and July are the busiest months for Road Series races. The Cheers for your Health race is tentatively scheduled for June 5<sup>th</sup> with the **ARRC White River Run** scheduled for Saturday June 10<sup>th</sup>. This year's White River Run will be giving out finish medals to all participants that complete their particular race instead of age group awards. Overall awards will be given to the top three Male and Female finishers for each race. This year race prices will increase the longer you wait to sign up. Please sign up as early as you can. Fliers will be available in the mid-March time frame.

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!!

**If you are waiting for "Perfect" weather, You may only participate in a few races your entire life!!!!**

Greg

### 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 tbd @ 7:30am - 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 - 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)