
May/June 2017

The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

ARRC Editor Chatter

Welcome to the May/June Pacer. I hope that all of your training and racing is going well. I spent the first two weeks in April visiting my son in Oregon. Trained on the Springwater Trail near Gresham. Kind of like the Monon Trail, paved and flat. The weather was abnormally colder and way above average rainfall for even there. I apologize for bringing it back with me!!!

Thursday Night Race Series

The Points races start up on Thursday May 11th with Walkers starting at 5:30P and Runners starting at 6:00P. The Thursday night series is twenty (20) weeks of Thursday night one lap races with the week of July 4th off. 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.

We are giving a blue reusable tote bag, a window decal of our club logo, and more goodies this year! These will be available May 11 to all club members.

2016 and 2017 ARRC Age Group Awards are available for pickup at the Activity Center at the May 11th first race. Please pick up your awards.

2017 ARRC Road Series

The first Road Series race is in the books. DINO Mounds featured a great turnout for some competitive racing. Wouldn't have been a true trail race without some mud and slippery conditions in March. If you participated in the race and have not signed up for the Road Series, you still can and get your points. There are plenty more races to participate in for fame and points.

Next race in the road series is the Indy Mini on Saturday May 6th.

Participating in either the 5K or Half will net you 50 points. Sorry not 100 points for doing both. The ARRC has reserved a tent for the Mini in Military Park.

Shadyside Trash Cleanup

Thank You!!!!!! To all of those who participated in the cleanup. Anything that we can do to help maintain the park and the Activity Center is of great benefit to the Community and to us.



Upcoming Events

May 6 – Indy Mini

May 11 – Thursday Points Series begins at Shadyside

June 3 – Dino Brown Co 5K/15K

June 3 -

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

June 10 – White River Run

July 4 – Chesterfield 5K/10K run/walk

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Indy Mini Tent

The ARRC has once again rented a tent in Military Park for use before and after the Indy Min. It is located in the same spot as last year in the village section of tents for running clubs and running stores. A map showing the location is posted on the ARRC Facebook group for reference. Just look for the sign inside of the tent or look for one of our smiling faces. The tent is a great place to put your gear and get ready for the race of your choice. Bring some food to share if you chose and the beverages of your choice. You can share your post-race tales with your fellow runners and walkers after you finish. Thank Ken Mullins and Carolyn for watching the tent while we are racing.

Hopefully you will not require it; but we will also see that you get the proper medical attention should you require it. Some post-race IV's have been required in the past for dehydration. Even though the weather for the race may be cool, please hydrate often during the race.

So if you are doing the Indy Mini, please stop by and utilize the ARRC tent. Hope to see you all there!!!

ARRC Boston Marathoners

Congratulations to the three ARRC Boston Marathon Runners for their great runs on April 17th. Brian Rayl, Drew Cooper and Mark Dudley ran the much warmer than normal 2017 edition of the Boston Marathon. The Boston Marathon is kind of the Holy Grail for Marathoners. The first Boston Marathon was conducted in 1897. You must qualify at a previous marathon in order to be able to participate. With so many marathons being conducted, runners frequently must run faster than the specified age group qualifying times by as much as five minutes to insure a spot.

For Mark Dudley, this was his first Boston. He trained hard for the race, sometimes with Brian Rayl. I'm sure that he pumped Brian for information. Mark finished with a 3:47:45. I am sure that Mark had a very pleasant and happy experience at Boston. He was particularly struck with all of the amazing crowd support during and after the race.

For Drew Cooper, this was his second Boston. Drew trained hard also and completed the course in 3:38:08. Drew enjoyed the race in spite of the heat and definitely enjoyed the crowd support.

For Brian Rayl, this was his fourth Boston. While it may have been his fourth, it still generates the excitement in him. You learn a little more about the race and the area with each year's running. Brian finished with a 3:39:46.

Congratulations to you all and hope that you have many more Boston experiences in your future!!

Mounds Well

The well at Mounds State Park was seriously vandalized last year. Many of us have used the well for the refreshing 55 degree water year round. It has been frustrating to see the results of the vandalism on an iconic part of the park. The ARRC offered Mounds volunteer labor and or monetary funds to help with the well restoration. Mounds appreciated the offer, but stated that they have it covered. Work has begun to restore the well to its original state. If you have been by the well recently, you will notice that all of the stone has been removed and the pipe has been plugged. This has been done to dry the area in preparation for the rebuild. So check out the progress as you run or walk by. Let's also be vigilant when we are near the well to stop any vandalizers in the future.

DINO Muscatatuck

As many of you know, I help with many of the DINO Trail races. I really enjoy walking and racing on trails. This past weekend was the DINO races at Muscatatuck Co. Park. The weather prediction was for rain and thunder storms. Sure enough it pounded rain and lightning during registration pre-race. Checking radar and lightning app, we had a window for the race. We started the races with it still raining hard. I am not sure what I really thought the trails were going to be like; but it truly exceeded my wildest imagination. The trails were full of running water or deep stagnant muddy water. Water was over the tops of your shoes with nearly every step. Normally dry run-off streams were roaring little streams as deep as my knees. I've done muddy trails; but this is the wettest race I ever completed. This is one of the wildest adventures I ever completed. My praise for the fellow ARRC participants Jamie, Kim, Kelly, Charlie, and the Denny's. This was a challenging race and the source for taller tales in the future.

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! 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

ARRC 2017 Road Series

The first race of the 2017 Road Series is complete. The DINO Mounds provided a challenging set of 5K and 15K courses with a little mud and some slippery wood par for a Mound course. Congratulations to all of the ARRC finishers.

The Carmel races a couple of weeks ago were very well done. Next year's Carmel races will be March 31st. Looking for input to see if you want to add it to next year's series. Right now they are offering some incredibly cheap race entries.

The **Indy Mini on May 6th**. 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 5th with the **ARRC White River Run** scheduled for Saturday June 10th. 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 list of 2017 Road Series Races. I will try to finalize dates as I receive them. Join me for a great year of racing!!

Whomever said "No Pain, No Gain" Should be entitled to all the pain he can have. It is okay to be sore, pain need not be part of the equation!!!!

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 @ St. Vincent DePaul Run Anderson Highland Middle School

Oct - Red Gold run/walk (Elwood)

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

Nov 23rd - ARRC Thanksgiving day run (Anderson)

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