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September/October 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 September / October Pacer. I hope that all of your training and racing is going well. The rain has mostly subsided and we are still enjoying plenty of sunny heat and humidity, especially for the Thursday Night races. Hard to believe that September is just a couple of days away.

### Thursday Night Race Series

We are now three fourths of the way through the Thursday night race season. Fifteen races in the book and five left to compete. Remaining races are 8/31 and four races in September. Cookout is 9/21 or the third Thursday in September. Come out and enjoy the competition for the Age Group standings.

### 2017 ARRC Road Series

The first half of the Road Series is complete with the second half starting up in September with the Miriam Project race. Hopefully this year's MP races will be significantly dryer than last year. The St. Vincent DePaul race will be removed from this year's series due to some conflicts. It will be a non-competitive walk for charity.

Kind of a brief Pacer this month. If you have any newsworthy items pertaining to the Club, Running and or Walking, send them to me.



## Upcoming Events

**Sept. 9** – Miriam Project 5K/10K run/walk Miriam Project Center

**Oct. 7<sup>th</sup>** Ft. Ben Half marathon

**Oct. 14** – Red Gold 5K 10K races in Elwood

**Oct. 29** – Run the Mounds 5K Run/Walk 5 Mile Run at Mounds State Park

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## Thursday Night Race Series

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The Thursday Night race series has completed fifteen of the twenty scheduled races. There are five official points' races left for the 2017 Series. Competition in the age groups has been spirited throughout the summer. While I am adversely affected by the heat and humidity, others have prospered and there have been numerous PR's for the season attained by many of the competitors. Special mention to Laura Flood with five consecutive weeks of a new PR for the season in her quest to get under eighteen minutes.

The race scheduled for 8/31 will be race sixteen. That will leave four races in September to finish the season. September cookout is 9/21 with the season finale on 9/28.

Come out and compete for the age group positions and enjoy the spirited competition!!!

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## Run the Mounds 2017

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This year's Run the Mounds will be held on the last Sunday of October the 29<sup>th</sup>. The change in date was due to being unable to rent the Mounds Pavilion for the first Sunday or second Sunday in November this year. Next year the race will be on the first Sunday in November with an agreement worked out between Mounds State Park and the ARRC.

I am looking for volunteers for race day and volunteers that would help in course marking days prior to the race. Please contact Greg Smith on your availability and shirt size. The courses will continue to be the same. The roots and rocks in the "Goofy Loop" continue to be more proud each year. Will try to spray chalk as many of the more spectacular trip items as have time and chalk for.

Will create a signup sheet for donations of chili, bags of chips and so forth for food for after the race.

We have a number of new Sponsors this year. They will be detailed on this year's flyers and shirts. Race Flyers will be available next Thursday at Shadyside. If you are going to a race or know of a location that would display the race flyers. Please let me know in advance so that I can be sure to have enough available.

Probably do three course preview races at Mounds in the last three weeks of October on Thursday Nights moving out from Shadyside. Will start working on leaf removal before the first preview race.

Registration is open online for Run the Mounds at Runsignup.

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## ARRC Road Series 2017

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The first half of the Road Series races are complete with a race lull before starting up again in September.

The next series race is the Miriam Project on Saturday September 9<sup>th</sup> at the Miriam Project Center. The 5K run and walk starts near the Shadyside ball diamonds going down and around the lake before returning to the Miriam Project parking area. The 10K race splits off to follow the White River scenery before returning to the lake and the finish area at the Miriam Project. Hope that this year's race is much dryer than last year!!!

The St. Vincent DePaul Race has asked to be removed from the series for this year due to other event conflicts on the same date.

There are two races in October with the Red Gold race on Oct. 14<sup>th</sup> as the first up. 131 race productions is handling this race in Elwood and registration has been open. The second race in October is the 36<sup>th</sup> Run the Mounds.

There is the Turkey Trot race at Shadyside on Thanksgiving morning and the Kris Kringle race in December as the last two races in the series for 2017

I will update the series points and have to Tom next week before the Miriam race.

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!!

### 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 -No running timed race or walk. Non-competitive charity walk. No Race

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)