
January/February 2018

The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

ARRC Editor Chatter

Welcome to the January / February Pacer. This year of 2017 is almost complete as I am putting this issue of the Pacer together. This year seems to have rushed by in a blink. A great year of accomplishments for racers and their Families all. We survived the hot high humidity during the summer and now the bone chilling cold of recent days. Congratulations to all of the Thursday night and Road Series Participants whom made this season so enjoyable while striving to meet their individual goals. A Special thanks to all of the dessert chefs for those excellent treats after the third Thursday cookouts!!

Thursday Night Race Series

The first 2018 Thursday Night point race will be on Thursday May 10th. Place that date on your calendar. The race minimum for consideration for an award will return to ten (10) races for 2018. It was lowered to some heat cancellations a couple of years ago. It could be revised downward again depending on race conditions in 2018 such as heat and or lightning. Yes it is a long season. That gives everyone a chance at age group awards and tests how dedicated one is in pursuit of their personal goals. Hope to see everyone back and new faces for this coming race series!!

2018 ARRC Road Series

The ARRC Board is looking for suggestions for races that might be added or subtracted from the 2018 Road Series. These races need to have timed and published results to make it easier for the Road Series Race Director to score and accuracy of times. Please email Greg Smith or any of the Board member.

Bob Williams

Sadly I learned that Bob Williams has passed away. He was a long time member and past President of the ARRC. Bob was quite an accomplished runner and marathoner. He was a member of the Indiana National Guard Marathon Team for many years. I remember the age group battles between Bob and Jerry Lacy to the point of collapse for each. Bob was terrific runner and more so a Terrific Person. Bob may you rest in peace.



Upcoming Events

Jan. 6 – Siberian Express race at Kickapoo State Park Danville IL. 11:00A CT

Jan. 20 – Winter Night Trail Run Quarter/ Half Marathon at Eagle Creek Beach Drive 6:00P

Feb. 6 – ARRC Awards Banquet at Church of the Latter Day Saints 200 W 46th St, Anderson, IN 46013 6:00P

Feb. 17 – Indy Polar Bear 5K, 5Mi & Bear Franciscan City Way 8:30A

In this issue...

ARRC Editor Chatter

Bob Williams

ARRC Christmas Party

ARRC Awards Banquet Feb. 3rd

2018 ARRC Road Series

Cold weather Running Tips

Membership information

ARRC Christmas Party

This year's ARRC Christmas Party was held at the Mounds State Park Pavilion on Monday Dec. 4th. A record number of members and their Families attended this year. This was the best attended Christmas party in the past fifteen years. The Club provided the chicken and the members provided quite a feast of sides and desserts. There was plenty of tasty and delicious food for all. If you went home hungry it was no one's fault but yours.

Four Mounds State park passes, items from Sponsors, Run the Mounds apparel, and candy bars from the Turkey Trot were raffled off. Two Ladies and two men won park passes. I believe that everyone left with a little something.

It was truly great to see everyone. Nice to share stories and more than a few laughs with such great friends. Thank you to everyone whom attended and made this traditional event a much more significant event!! Looking forward to seeing everyone at the ARRC Awards Banquet Saturday February 3rd.

ARRC Awards Banquet

The ARRC Awards Banquet is scheduled for Saturday February 3rd at the Church of Jesus Christ of the Latter Day Saints located at 200 W 46th St, Anderson, IN 46013. The Club will provide the main course and members can provide sides and desserts. Paper plates and tableware will be available or bring your own. Water will also be provided. Please bring your own drinks if something else is preferred.

Doors will be open at 6:00P for setup for tables and chairs. Food will be arranged on the tables. Meal will start around 6:30P. Business meeting will start at approximately 7:00P. Business Items include a review of the previous year for the Club, a Treasurer report of Club finances (including WRR and RTM results), election of Officers, and any new or old business for the Club.

Special Awards will be presented following the business meeting conclusion. Once those have been presented, the Thursday Night and Road Series Awards will be presented to those winners. A raffle will also be conducted after the awards presentation for some goodies.

Club clothing will also be available for purchase before and after the awards. There should also be some swag available at the tables before dinner. Please plan on attending.

You can renew your ARRC membership for 2018 at this event or do so online at <https://runsignup.com/Club/IN/Anderson/AndersonRoadRunnersClub>.

Hope to see all of you at the Banquet!!

Cold Weather Running Safety Tips by Christine Luff

This winter is shaping up to be a very cold and snowy season for both running and walking. Sub Zero temperatures and snow accumulation on the ground will make training and racing an incredible challenge. While the treadmill is an alternative, most of us like getting outdoors no matter what the conditions are. The fourteen winter safety running tips are from an article by Christine Luff.

1 Dress in Thin, Wicking Layers



Marcus Bernhard/Taxi/Getty Images

Start with a thin layer of synthetic material such as polypropylene, which wicks sweat from your body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation.

2 Protect Your Hands and Feet

As much as 30% of your body heat escapes through your hands and feet. On moderately cold days, wear running gloves that wick moisture away. Mittens are a better choice on extremely cold days because your fingers will share their body heat. You can also tuck disposable heat packets into your mittens.

To keep your feet warm, add a wicking sock liner under a warm polar fleece or wool sock, but make sure you have enough room in your running shoes to accommodate these thicker socks.

3 Pay Attention to Temperature and Wind Chill

If the wind is strong, it can penetrate your clothes and remove the insulating layer of warm air around you. Your movement also creates wind chill because it increases air movement past your body. If the temperature dips below zero or the wind chill is below minus 20, hit the treadmill instead.

4 Avoid Overdressing

You're going to warm up once you get moving, so you should feel a little bit chilly when you start your run. If you're warm and comfortable when you first start, you're going to start sweating very early in your run. A good rule of thumb: dress as if it's 20 degrees warmer outside than it really is. If you really can't handle being a little cold, warm up inside with some jumping jacks or other exercises before you head out.

5 Don't Forget to Cover Your Head

About 40% of your body heat is lost through your head. Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body. When it's really cold, wear a face mask or a scarf over your mouth to warm the air you breathe and protect your face.

6 Watch for Frostbite

On really cold days, make sure you monitor your fingers, toes, ears, and nose. They may feel numb at first, but they should warm up a few minutes into your run. If you notice a patch of hard, pale, cold skin, you may have frostbite. Get out of the cold immediately and slowly warm the affected area. If numbness continues, seek emergency care.

7 Run Into the Wind

If you head out into the wind, it will be at your back at the end of your workout. That's preferable to running into the wind during the second half of your run when you're sweaty and could catch a chill.

More: [Tips for Running in the Wind](#)

8 Check With Your MD

Cold air can trigger chest pain or asthma attacks in some people. Before braving the elements, talk to your doctor if you have any medical conditions or concerns about exercising outdoors.

9 Stay Hydrated

Despite the cold weather, you'll still heat up and lose fluids through sweat. Cold air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water or a sports drink before, during, and after your run. Most public drinking fountains are turned off in the winter, so you'll have to carry your own fluids using a hand-held or belt water bottle.

10 Don't Stay in Wet Clothes

If you get wet from rain, snow, or sweat in cold temperatures, you're at an increased risk for hypothermia, a lowering of your body temperature. If you're wet, change your clothes and get to warm shelter as quickly as possible. If you suspect hypothermia -- characterized by intense shivering, loss of coordination, slurred speech, and fatigue -- get emergency treatment immediately.

11 Wear Running Sunglasses

The glare from snow can cause snow blindness, so wear sunglasses (polarized lenses are best) to avoid this problem.

12 Be Visible

It's best to avoid running in the dark but, if you have to run at night, wear reflective gear and light-colored clothing. Dress in bright colors if you're running in the snow.

13 Take It Easy When It's Frigid

You're at greater risk for a pulled muscle when running in the cold, so warm up slowly and run easy on very cold days. Save your tough workouts for milder days or run them indoors on a treadmill.

14 Remember Sunscreen

Sunburn is still possible in the winter because the snow reflects the sun's rays. Protect your lips with lip balm, too, to keep them from getting burned and chapped.

ARRC Road Series 2018

The 2017 Road Series has been completed. My congratulations to all of you whom participated in the Series to keep it alive. The original purpose of the Series was to provide an outlet for those members whom might not be able to make the Thursday Night races to join fellow ARRC members in a series of local races. The intent was also to provide ARRC support to local races to help them with their participation numbers.

The Series has been available for a number of years since Wally Post came up with the idea. I hope that we can increase the member participation in the coming year of 2018.

I have left the races on the box next to this article so that you can see what races were in the 2017 series and determine if races are to be added. Hopefully the new races will have timed and published results.

I am stepping down as Road Series Race Director at the end of this year. I cannot be at all of the races to try to get whom attended and what their times were. There are some new races proposed that conflict with races that I am committed to. Therefore it is time for some new blood.

I will be happy to work with the new Series Race Director and look forward to see what races next year series will contain.

2017 Road Series

more Dates and Times to come

March 17th @ 9:00am - Dino Trail 5K
& 15 K (Mounds State Park) - PAST

May 5th - Indy Mini & (Indianapolis)
Bonus Race

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

June 9th @ 8:00am - White River 5K
Run/Walk & 10K run(Anderson)

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

July th @ 8:30am - CdLS 5K run/walk
(Lapel)

Sept. - Miriam Project 5K run/walk &
10K run (Anderson)

Sept @ St. Vincent DePaul -No
running timed race or walk. Non-
competitive charity walk. No Race

Oct th - Red Gold run/walk (Elwood)

Nov. 4th - Run the Mounds 5 Mile run
& 5K run/walk

Nov - ARRC Thanksgiving day run
(Anderson) 7:00A registration. 8:00A
race start

Dec 2nd - Kris Kringle 4 Mile run & 3
mile walk (New Castle)

2018 Membership Information

It's not too late to become a member for the 2018 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 and mailed or hand delivered.