
Sept/Oct 2018

The Pacer

PO Box 282, Anderson, IN 46015

www.andersonroadrunners.org

ARRC Editor Chatter

Welcome to the September/October Pacer. The Heat and Humidity just do not want to let up. No matter how much I try to acclimate, I still try to feed the geese after most Thursday night races. While I may suffer some, many participants are scoring their personal PR's for the season!!

The **Thursday Night Points** races started on Thursday May 10th. We are now at race seventeen coming on 9/6, That makes four points races left for this season. There is one more summer cookout left on the third Thursday of each month in September on 9/20. Mark your calendar. Big doings that night with vendors showing off their wares.

The 2018 ARRC Road Series has two races scheduled for September and one in October.

The next race in the Road Series is the Miriam Project 5K and 10K races on Saturday September 8th. The St. Vincent Cancer run is Saturday September 29th.

The Red Gold Crush Hunger race is October 13th. Adult beverages and chili samples are post-race available.

Run the Mounds Shirts and Sweatshirts

Jill Marstall is trying to put together a complete collection of all of the shirts and sweatshirts for all of the Run the Mounds races. She is looking for race apparel from all of the 80's years, 1996, 1998, 1999 and 2000. So check your closets and see what you might have and be willing to part with, Please contact her if you would like to contribute Run the Mounds Apparel from those years. Looking at creating a display for Run the Mounds.

ARRC Club Shirts

The New 2018 club shirts are available for sale after each race along with previous year shirts. Older shirts are offered at a discount. Come take a look and try on for size. Look sharper for your next race or training and represent the club



Upcoming Events

Sept. 8th – Miriam Project 5K/10K run/walk

Sept 22nd – Mounds Greenway 4th Annual Bicycle Ride from Canoe Country

Sept. 29th – St. Vincent Cancer Run

Oct 6th – Ft Ben 5K and Half Marathon

Oct 13th – Red Gold Crush Hunger races

Oct 27th – DINO Tecumseh Trail Marathon Full/Half/Ultra at Yellow Wood Lake

Nov. 4th – Run the Mounds 5K Run/Walk and 5 mile Run

In this issue...

ARRC Editor Chatter

ARRC Thursday Night Races

2018 Sept 20th Cookout

2018 Run the Mounds

2018 Ride for the Mounds

Membership information

2018 ARRC Road Series

ARRC Thursday Nights

The Thursday Night Race Series will have completed the first sixteen races as of Thursday August 29th. Sixteen really hot and humid races and sixteen hotly contested races. Walker attendance has been in the fifteen to twenty-three range, Runners in the sixty to seventy range with the kids.

Starting September 6th there are **four races remaining** in the Points Series. So plan on attending to get in ten races to qualify for an age group award.

2018 Ride for the Mounds Sept. 22nd

A scenic bike ride to support the Mounds Greenway, post-ride food, drink, and prize drawing, followed by optional camping and fireside camaraderie along our White River

3 routes for all skill sets with staggered start times:

(A maintenance stand provided by Pro Bikes, Ltd. will be available during registration.)

45 mile ride departs at **12:30 PM**

- SAG stop at Greenway 500 Bike Shop right across the street from the Medford Trailhead on the Cardinal Greenway
- 45 mile ride [route map](#)
- Will be marked with orange arrows
- **Please note** that on-pavement markings are not allowed on the White River and Cardinal Greenway portions of this route which will instead be marked with staked signs.

25 mile ride departs at **1:45 PM**

- SAG stop at Kirk's Bike Shop in Muncie (off the corner of Jackson and Walnut)
- 25 mile ride [route map](#)
- Will be marked with yellow arrows
- **Please note** that on-pavement markings are not allowed on the White River Greenway portion of this route which will instead be marked with staked signs.

15 mile ride departs at **2:15 PM**

- Mobile support provided by Pro Bikes, Ltd.

- 15 mile ride [route map](#)
- Will be marked with green arrows

WHEN:

Saturday, September 22, 2018 (check-in begins at 11:00 AM)

WHERE:

All rides start and finish at [Canoe Country](#) in Daleville: 6660 S Co Rd 900 W, Daleville, IN 47334

REGISTRATION:

(Please scroll to bottom of page to register.)

All registrations include snacks and drinks to fuel up before the ride, well-marked routes with fully stocked SAG stops (short route will have mobile SAG), a post-ride catered meal, entry into a prize drawing with some awesome prizes, and a campsite for optional post-ride camping, camaraderie and live music from the one and only Barry Banks of [Red-Tail Land Conservancy](#) along the River at Canoe Country.

BEFORE SEPTEMBER 2, 2018:

Early bird registration: **\$15**

Early bird registration with a Mounds Greenway t-shirt (see below): **\$35**

AFTER SEPTEMBER 2, 2018:

General registration: **\$30**

General registration with a Mounds Greenway t-shirt (see below): **\$40**

2018 Sept. 20th Thursday Night

September 20th will be the last summer cookout at Shadyside Park. Please plan on attending for there will be several vendors on hand displaying their wares including Runners Forum and the Vitamin Shoppe.

So please bring a dish to share See Runners Forum Flyer on next page.

361° Demo Run

Thursday Night Points Race



Thursday, Sept 20th
(5:00 p.m.)
Shadyside Park
Anderson, IN

Come try out **361°** shoes **Spire** and **Sensation** at Shady Side Park in Anderson, Indiana.

The **Runners Forum** and **361** will be outfitting ARRC members in shoes starting at 5:00 pm. Runners Forum will also be providing hamburgers, hot dogs, and drinks for a cookout after the event. There will also be drawings for some wonderful prizes!

We hope to see you there!



Gear up with 
RUNNERS FORUM

2018 Run the Mounds

The 2018 Run the Mounds will be back to the traditional first Sunday of November on Nov. 4th. We will once again offer 5K Run and Competitive Walk along with the traditional Five Mile Run. This year's apparel will feature a Wolf's Head logo on orange shirts and sweatshirts. Some hoodies will be available on race day for sale.

If you would like to volunteer to help with this year's race please contact Greg Smith at a race or on 765-274-7418. A Sign Up sheet for donated food for the post –race meal will be available at the 9/6 Thursday night race.

This will be my next to last Run the Mounds Race as Race Director. If you are interested in becoming Race Director for this fine race please get in contact with me and I can show you what I do for this race.



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! You have 2 options to register as a Club Member. We still accept paper registration forms at:

http://www.andersonroadrunners.org/membership/2018_membership/ARRC_2018_Member_Form.pdf

However, we prefer your online membership registration, available now at:

[Anderson Road Runners Club](#)

ARRC 2018 Road Series

The 7th Race in the Road Series

The Miriam Project Adoption Services is hosting its annual 5K Run and Walk along with 10K Run on September 8th. Packet pick up is

from 7:45 – 8:15A. Races begin at 8:30 AM.

The 8th Race in the Road Series

The St. Vincent Anderson Cancer Run/ Walk Challenge 5K Run Saturday

September 29th. Race Starts at Hoosier Park Casino.

The 9th Race in the Road Series

The Red Gold Run to Crush Hunger race is Oct. 13th. There is a 5K and 10K runs. 5K race starts at 9:30A and the 10K at 9:45A. Races start in front of the St. Joseph Center in Elwood.

Be sure to see Doug Rose after the races to report your time!

2018 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 4th @ 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 14th @ 7:30am – CdLS 5K run/walk (Lapel)

Sept.8th – Miriam Project 5K run/walk & 10K run (Anderson)

Sept 29th – St Vincent Cancer runs

Oct 13th – Red Gold run/walk 5K and 10K Runs (Elwood)

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

Nov 22rd – ARRC Thanksgiving day run (Anderson)

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