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September/October 2019

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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. Where has the Summer gone? It's September already. The Fall racing season is fast approaching. Hope all your training and racing are going well!!

The **Thursday Night Points races** are heading into the home stretch. Four more points races are left in the month of September. Check your points and standings when you have a chance. The next after race cookout is September 19<sup>th</sup>. Age Group is determined by your age as of May 1<sup>st</sup>, 2019 for this year. Bring yourself and friends out!!

The **2019 ARRC Road Series** is listed on its page for the coming year. The next race in the Road series is the Miriam Project race September 14<sup>th</sup>. Distances of 5K and 10K are available. There is no St. Vincent's Cancer race this year. Red Gold 5K and 10K October 12<sup>th</sup> is the next Road Series race after Miriam Project.



### 2019 Run the Mounds

Registration for this year's Run the Mounds Races on Sunday November 3<sup>rd</sup> are open on Runsignup. This year's shirts and sweatshirts will be black in color. Register at this Link <http://www.RunTheMounds.com>

Club logo Fleece jackets are on sale for \$30 and hats, socks, and water bottles for \$10 each. Get your club merchandise after a Thursday Night Race.

We would like to make a walking path with a few small boulders the size preschool aged through early elementary aged children would like to climb and step on. The location we want to place these is on the east side of the Activity center in the mulched garden area adjacent to the start finish line. If anyone has boulders or stepping



## Upcoming Events

**Sept 7<sup>th</sup>** – Fair on the Square 5K and Half Marathon runs. Danville In 8:30A

**Sept 14<sup>th</sup>** – Miriam Project 5K and 10K events. North Anderson

**Sept 28<sup>th</sup>** – CRRG Ladies 5K and Half Marathon 7:30A Downtown Indy

**Sept 28<sup>th</sup>** – Mill Race 10K, Half and Full Marathon Columbus In

**Oct 5<sup>th</sup>** – 5K and Half Marathon Fort Ben

**Oct 12<sup>th</sup>** –Red Gold 5K and 10K races.

**Oct 26<sup>th</sup>** – Tecumseh Trail Challenge 1/4, 1/2, Full Marathon or 50K Yellowwood Lake

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stones they would like to donate, we can make arrangements to move them to this location. Please contact Tammy Bennett.

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## **Edna West**

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It was with deep sadness that I learned that Edna West, long time member of the ARRC, had passed away at the age of 89. Edna was a short little Lady, but large in spirit and a running machine. The James West award for Outstanding Youth was named after her husband. She and Jane Simmons conducted the ARRC Children's run in its beginning and for a very long time after. Edna still retains a couple of Ladies age group records.

I chased her in races most of the time she was still running. She was always a delight to be around. And she was always running. She started running before it became very acceptable for Women to run. She also dealt with the problem of finding running shoes small enough to fit her. She will be sorely missed.

The Board has discussed purchasing a bench in her memory to be placed near the Thursday Night start/finish line. Anyone whom might want to contribute to that bench, please contact Greg or Tammy. We had also discussed naming the Most Improved Female Runner award in Edna's name.

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## **Thursday Night Points Races**

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The Thursday Night Race Series is complete for the Months of July and August. Four races are left to finish the season. See where your friendly competitors stack up. Results are always available under the Thursday Points tab on our website, Check you r points at this link [Thursday Night Points Races](#). . Next cookout will be September 19<sup>th</sup>.

Once the September points races are complete. We will do a couple of fun Thursday Night races in October at Shadyside before heading out to Mounds State Park to preview the race courses at Mounds.

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## **Roady Racers Win RRCA Grant**

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Dear Tammy ,

Congratulations! Your program has been selected to receive a 2019 Kids Run the Nation grant in the amount of \$1,000, based on your proposed use of the funds and the number of kids your program serves. The national selection panel received more than 250 applications and Roady Racers was selected to receive a grant based on its strong match to our grant criteria.

You will receive a check from the Road Runners Club of America along with a form you will need to sign and return acknowledging receipt of the check and agreement to administer your program in accordance with the grant criteria. You will have twelve months to spend your grant funds, so you have the opportunity to use the funds in the fall/winter of 2019, winter/spring of 2020, and/or summer of 2020.

You will be required to complete an online reporting form at the end of the 12-month grant period detailing your program activities and how the grant funds were utilized. At that time we will request that you share additional photos of your program that the RRCA can use for promotional purposes.

Congratulations once again, and thank you for inspiring a lifetime of fitness through running.

Sincerely,

Erica Gminski  
*Youth and Coaching Programs Manager*  
Road Runners Club of America  
[youthprograms@rrca.org](mailto:youthprograms@rrca.org)

Please mark your calendar for the end of the season Roady Racer award picnic on Saturday October 26 at 11:00 at the Activity Center. Use the entrance south of Bobbers Cafe off of Alexandria Pike. Families please bring a side-dish to share, the Club will provide the rest. We will eat, give awards, followed by the drawing for 2 bicycles, games, activities, a fun run and surprises.

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**2019 Run the Mounds Sunday Nov. 3rd**

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It is quickly coming up on the 38<sup>th</sup> Run the Mounds Races scheduled for Sunday Nov. 3<sup>rd</sup>. Nathan and I have been doing prep work for this year's races. Race Forms are available at the Thursday Night Races or you can sign up online at <http://www.RunTheMounds.com>. This year's shirts and Sweatshirts will be black with wolf logo. There will be a limited number of hoodies for sale day of race.

Please sign up for the food donation sheet at the Thursday Night races for the after race meal. We are hoping for an even bigger turnout than the 248 participants last year. Anyone that would like to volunteer for the race, please contact Greg or Nathan.

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## **Tribal Fest 5K**

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New this year we would like to support the Anderson Community Schools Athletic Department with their new 5K race called Tribal Fest. The course will be in our own back yard around Shadyside Lakes.

Anderson High School Athletic Department in partnership with Planet Fitness and the City of Anderson will be hosting a 5K run/walk. This event will help raise money for all student athletes. Lets work together as a community to ensure that all students are afforded the opportunity to engage in extra curricular activities. This event will raise money to support Anderson High School Athletic. 100% of registration fee goes directly to the athletic department. Please support our student athletes

You can sign up and get more details here:

<https://www.facebook.com/events/2293729010943335/>

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## **2019 Membership Information**

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We still accept paper registration forms at:

[http://www.andersonroadrunners.org/membership/2019\\_membership/ARRC\\_2019\\_Member\\_Form.pdf](http://www.andersonroadrunners.org/membership/2019_membership/ARRC_2019_Member_Form.pdf)

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

[Anderson Road Runners Club](#)

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## ARRC 2019 Road Series

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The next race in the Road Series is the Miriam Project 5K and 10K races on Saturday September 14<sup>th</sup>. Packet pickup and registration is from 7:45 – 8:15A. Races begin at 8:30A. There is no St. Vincent's Cancer Race this year. On October 12, the road series continues at Elwood for the Red Gold Run to Crush Hunger. It supports a good cause, a fun race, and a Chili Cook Off afterwards with about 35 different competitors out for your vote!

Road Series members need to contact Doug after each race with their race times and please make sure he is aware that you are in the Road Series. It is very hard to keep track of everyone and give them the proper credit. I would suggest that you get Doug's cell phone number and text him your time even if you give it to him at the race. That way he will have an additional backup record for you.

**Be sure to see Doug Rose after the races to report your time or text him!**

### 2019 Road Series

\*more Dates and Times to come\*

March 16<sup>th</sup> @ 9:00am – Dino Trail 5K & 15 K (Mounds State Park)

April 20<sup>th</sup> – Perk up the Park 5K at Perkinsville

May 4<sup>th</sup> – Indy Mini & (Indianapolis) Bonus Race

June 1<sup>st</sup> @ 9:00am – White River 5K Run/Walk & 10K run (Anderson)

June 3<sup>rd</sup> @ 6:30pm – Cheers for your Health 5K run/walk (Middletown)

July 4<sup>th</sup> @ 8:30am – Chesterfield 5K run/walk & 10K run (Chesterfield)

Sept. 14<sup>th</sup> – Miriam Project 5K run/walk & 10K run (Anderson)

Sept 28<sup>th</sup> –

Oct 12<sup>th</sup> – Red Gold run/walk 5K and 10K Runs (Elwood)

Nov. 3<sup>rd</sup> – Run the Mounds 5 Mile run & 5K run/walk

Nov 28<sup>th</sup> – ARRC Thanksgiving day run (Anderson)

Dec 1<sup>st</sup> – Kris Kringle 4 Mile run & 3 mile walk (New Castle)