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Jan/Feb 2020

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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 January/February Pacer. Wow!!! For me, the year really went by fast. So glad the ankle is better. Time to heal up and get in those chilly lots of layers miles in. Cannot cuss the Heat and Humidity anymore. Working on pavement for Maui. Now I understand why my feet like the trails better!! Looks like winter will arrive this weekend. Be prepared in your training and don't let the cold stop you!!

The 2020 **Thursday Night Points** races will begin with the preseason races starting Thursday April 2<sup>nd</sup>. Sign up now or at the ARRC Awards Banquet on Saturday February 1<sup>st</sup>. Age group placement is determined by your age as of May 1<sup>st</sup>, 2020.

You can sign up online at the following link:

<https://runsignup.com/Club/IN/Anderson/AndersonRoadRunnersClub>

**The 2020 ARRC Road Series** is listed on its page for the coming year. All dates on that list are tentative and some based on last year's dates. Will verify dates as possible. Dates for races up to and including the White River Run are correct.

### Edna West Bench Dedication

The Anderson Parks Department has received the bench to be dedicated to Edna West. We are looking forward to dedicating the bench on the second race Thursday May 14<sup>th</sup>. Hoping for a big crowd to celebrate this Woman's Great Accomplishments. Anyone still wishing to donate for the bench please see Tammy or Greg.



## Upcoming Events

**Jan. 4th** – 36<sup>th</sup> Annual Siberian Express 7.45 Mile trail run at Kickapoo State Park IL.

**Jan. 19th** – Key West FL. 5K and Half Marathon Runs

**Jan. 19th** – Maui Oceanfront Marathon, Half, 15K, 5K

**Feb. 15th** – Polar Bear 5K, 10K, and the Bear (5K and 10K)

**Mar. 7th** – DINO 5K and 15K at Mounds State Park 9:00 and 9:10A Start times

**Mar 21<sup>st</sup>** – St Vincent's Cancer Runs at Hoosier Park

**Apr. 4th** – Carmel Marathon weekend. 5K, 10K, Half and Full Marathons

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## President's Message

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Hello and Happy New Year to All!

2019 was an exciting year for our Club! We had record numbers for the White River Run and Run the Mounds. We are working with the Parks Department to improve communication and facilitate community involvement. I want more people to learn about and participate in our Club. Connecting with people and providing a fun energetic environment is at the heart of what we are all about after supplying walking and running events. Your family and friends deserve to learn about the benefits our Club provides through our Thursday Point Series, White River Run, and Run the Mounds. Please invite them to give us a try and join us.

We have become a visual society and your pics and comments shared on our Facebook pages are an inspiration to everyone. Please keep sharing and posting to knit our club together and facilitate stronger relationships.

Let's make 2020 the year of Connections!

Tammy

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## ARRC Thanksgiving Run 11/29

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The annual ARRC Thanksgiving morning run and walk are on the morning of November 29th had some 55 – 60 participants for the one lap walk and two lap run. There was heavier presence of one lap Walkers this year. The weather did cooperate for decent temperature and mild wind. Overall Winners of the 2 lap race were: Tristan Gaddis with a time of 29:20 and Amber Cole 39:20. Pies and large (no calorie??) candy bars to age group winners. Believe everyone had a great time and burned a few calories in preparation for the coming feasts.

ARRC donated \$350 to Alternatives of Anderson from proceeds of the race.

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## ARRC Christmas Party 12/2

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Monday **Dec. 2nd** the annual ARRC Christmas Party was held at the Mounds State Park pavilion. Chicken from Pay Less after a slight delay arrived with Johnny Cawthon delivering the blessing. There were many extremely tasty sides and desserts for consumption. Anybody that was hungry afterwards just didn't eat. A raffle drawing for **Six** park passes was held with three for the Ladies and three for the men. A number of Run the Mounds shirts and sweatshirts of various sizes were also raffled off with some club insulated tumblers and large candy bars from the Turkey Trot. Everyone enjoyed the outing and pitched in to clean up afterwards. Thank You everyone!!!

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## **Feb. 1st ARRC Awards Banquet and Meeting**

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The ARRC Awards Banquet is scheduled for Saturday February 1st 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 will be swag available at the tables before dinner. Please plan on attending.

You can renew your ARRC membership for 2020 at this event or do so online at <https://runsignup.com/Club/IN/Anderson/AndersonRoadRunnersClub>.

Hope to see all of you at the Banquet!!

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## **2020 White River Run**

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This coming year's ARRC White river run will be held on Saturday June 6th in conjunction with the Anderson On Tap festivities at the Anderson Town Center. The races will still be the 5K run and Walk and the 10K Run. We are partnering with On Tap to create a full day of activities similar when the race partnered with the Little 500 celebration and car show. Mark your calendars for the June 6th date and more information will be forthcoming. Register early to get your name on the bib. Online signup at the following link:

<http://www.WhiteRiverRun.com>

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## **2020 Membership Information**

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It's that time again to renew your membership or join as a new member for the 2020 season!! Why not beat the rush and treat yourself for the future. Why not make this coming year something great! Renewals will be available in paper form at the Annual ARRC awards banquet in February 1, 2020. You have 2 options to register as a Club Member. We still accept paper registration forms at:

[http://www.andersonroadrunners.org/membership/2020\\_membership/ARRC\\_2020\\_Member\\_Form.pdf](http://www.andersonroadrunners.org/membership/2020_membership/ARRC_2020_Member_Form.pdf)

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

[Anderson Road Runners Club](http://www.andersonroadrunners.org)

You can sign up online at:

<https://runsignup.com/Club/IN/Anderson/AndersonRoadRunnersClub>

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## ARRC 2020 Road Series

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The New Year will bring a start to the 2020 Road Series beginning with the Mounds DINO races March 7<sup>th</sup>. The St. Vincent Cancer runs are back at Hoosier Park on March 21<sup>st</sup>. We are waiting to see some information on the 5K Perk up the Park race.

There seems to be some disconnect between members entering the Road Series online and the paper forms. Please let Doug personally know that you are in the Road Series. Please be proactive in doing this so that it is easier to maintain the records.

Road Series members need to contact Doug after each race with their race times. 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 you time even if you give it to him at the race. That way he will have an additional backup record for you.

I am looking forward to supporting local races and enjoying the camaraderie with fellow Club racers in the coming year.

Tammy created a team for the St. Vincent Anderson Cancer Challenge 5K in our Road Series. Use this link to sign up for the race:

<https://runsignup.com/Race/IN/Anderson/StVincentAndersonCancerRunWalk>

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

### 2020 Road Series

\*more Dates and Times to come\*

March 7<sup>th</sup> @ 9:00am – Dino Trail 5K & 15 K (Mounds State Park)

March 21<sup>st</sup> –St Vincent's cancer races at Hoosier Park

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

May 2<sup>nd</sup> – Indy Mini & (Indianapolis) Bonus Race

June 1<sup>st</sup> @ 6:30pm – Cheers for your Health 5K run/walk (Middletown)

June 6<sup>th</sup> @ 9:00am – White River 5K Run/Walk & 10K run(Anderson)

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

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

Nov. 1<sup>st</sup> – Run the Mounds 5 Mile run & 5K run/walk

Nov 26<sup>th</sup> – ARRC Thanksgiving day run (Anderson)

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