



cleveland **West**  
ROAD RUNNERS

# FOOTNOTES

November/December 2014 Newsletter

## A Terrific Towpath Trek

*By Bob Blum*

Tim Donovan, executive director of Canalway Partners, and his cohorts have concocted a treat for all runners. Three races were held on Sunday, October 12th: a 10K, half marathon and the full Towpath Marathon. One of Tim's lieutenants is CWRRC's Jack Kluznik, secretary of Canalway Partners and member of the board of directors. Jack does lots of preparations in the days before the race. He is also there before, during and after on race day. If he has a lull, he goes to one of the aid stations and hands off water. Jack called out my name as I passed by.

As I arrived for the start of the marathon on Riverview Road in front of Boston Mills Ski Resort, a voice called out to me. It was Ron Ross, long-time ultra-runner from Medina. [Finish time: 3:55] He soon asked, "How is Colleen?" I answered, "Colleen Theusch is doing all she can to combat pancreatic cancer. Some of these treatment procedures are not easy. The hope is that the cancer will go into remission. Then her life can return to what it was before. Colleen will recover!"

After leaving the ski lodge, the marathon course goes south on the towpath 13 kilometers and turns around at a cone. Then it's back to the north past the Boston Store and continues north to the 34K point. Here, the trail makes a needle eye and returns using more than a kilometer. This is a nice way to make a turn around. One does not even notice it! Then it's back to the finish at Boston Store. Joe Jurczyk [4:03] and Roy Heger [4:46] ran the marathon and called out to me as they passed in the opposite direction. Another runner called out to me and I could not identify him. After viewing race results the next day, I am pretty sure he was Mark Elderbrock [3:38]! I was feeling really low at mile 23, but Andrea Bour, daughter of ultra-running legend Art Moore, appeared. She commanded me to pick up the pace! Andrea was not running the race this year. Andrea ran it in 2013 with a time of 4:08. I'll bet she had a family member or friend who ran it this year!

Linda was one person I ran with part of the race. Linda runs a marathon every 10 years, as she hits a decade birthday. She was running Sunday for her 60th. I kept passing and getting passed by a father-son pair. Dad was companion for his son's first marathon. They were side by side throughout. They had a scheme of running, then walking a while. I tried to figure out their plan, but could not. I spoke with them after the race. They changed their plan several times during the race! Flexibility is a good attribute.

*(continued on page 4)*



## Cleveland West Road Runners Group Running Schedule

**Saturdays: 7:30 a.m.** Rocky River Metroparks, Scenic Park at the foot of the Detroit Road park entrance

**Sundays: 8:00 a.m.** Rocky River Metroparks, Little Met Golf Course

**Mondays: 6:30 p.m.** Rocky River Metroparks, South Mastick Picnic Area

**Thursdays: 6:00 p.m.** Rocky River Nature Center, North Olmsted, Ohio

**CWRRRC Web Page:**  
[www.clevelandwestrunningclub.org](http://www.clevelandwestrunningclub.org)

## CWRRRC Membership Benefits

- Discounts on preregistered entry fees for all club road races.
- Cleveland West Road Runners Tech Shirt
- 15% discounts at Second Sole, Vertical Runner and IDUTRI.
- Summer picnic:  
The club provides hot dogs, hamburgers, veggie burgers and beverages.
- A bi-monthly newsletter which provides race results, upcoming events, humor and a chance to offer your opinion.
- Access to the club library; a resource of running-related material.
- Opportunities to meet other people who share a commitment for running, from the recreational to the serious.

## 2014 CWRRRC Officers

President . . . . . Dan Straitiff  
Vice-President . . . . . Mike Hawe  
Treasurer-Secretary . . . . . Mark Brinich

## Committees & Coordinators

Race Equipment Manager . . . . . Open  
Race Trophies . . . . . Maureen Scullin  
Mohican 100 Liaison . . . . . Chris Kaylor  
Spring Classic Race Directors . . . . .  
. . . . . Heidi Finnick & Joanna Brell  
Bay Days Race Director . . . . . Rich Oldrieve  
Fall Classic Race Director . . . . . Heidi Finnick  
RRCA Liaison . . . . . Open  
Race Volunteer Coordinator . . . . . Melissa Miller  
Race Results Coordinator . . . . . Mark Brinich  
Membership Chairperson . . . . . Mark Brinich  
Club Archivist . . . . . Therese Corrigan  
Youth Coordinator . . . . . Charles Farrell  
Sponsor Coordinator . . . . . Open  
USA Track & Field Liaison . . . . . Rich Oldrieve  
Web Master . . . . . Chip Cooper  
Newsletter Editor . . . . . Cathy Leonard  
Newsletter Graphic Designer . . . . . Chip Cooper

## A Note From The President

# The Pres Says...

And so the marathon begins with this being my inaugural newsletter note officially as your new club president.

I come to this role as a newish member of the club and frankly as a newish runner, at least in comparison to some of the veteran runners I have met the past three years. I took up running in a more focused way only in January 2009 at age 51 as part of a crazy bucket-list idea to run a marathon despite not being a consistently active runner of any type. The "one and done" bucket-list idea turned into a near-obsession after completing that first marathon (Cleveland, May 2009) and I am still running and loving it, and Cleveland-West has much to do with that passion. It took me a while to get the motivation and courage to join a running group as the concept seemed a bit intimidating; surely any running club must be all about hardcore, speedy running pros. Clearly that perception of mine was wrong and I am thrilled to have found Cleveland-West, the support the club provides, and most importantly the fantastic group of great people who share a love of being active and social. Continuing to break down that perception and finding more folks to join Cleveland-West to experience the club's running camaraderie will be an ongoing goal of mine.



*Dan Straitiff.*

My wife Anne and I make our home in Bay Village and we have a son, Joe, who is a junior in college in Chicago. I retired at the end of 2008 from a 30-year career with BP (and its predecessor companies) and now do part-time consulting. That "retirement" was what triggered the attempt at that first marathon in 2009. My running "hobby" has now also grown the past four years with my agreeing to become first an assistant coach and then the head coach for the St. Raphael cross-country team (grades 3-8).

As Cleveland West Road Runners Club approaches its 40th anniversary, I realize there is a deep and rich legacy that sets a solid foundation upon which we can all build a dynamic future. The huge number of choices active runners have available to them today to train, race, or just participate is certainly different perhaps than the early days of our club when options were more limited. I look forward to joining with Mike Hawe (our new vice-president) and Mark Brinich (secretary-treasurer) and all of you in finding the best path for our club to serve the west-side running community.

Finally, and most importantly, I want to salute our outgoing (in every sense of the word) president, Heidi. Her energy and passion for running in all forms, her enthusiasm and support for the Cleveland-West club, her connectedness to the extended running community, and her drive to have the club succeed are all traits I hope that I can adopt and adapt, even in a modest way. I know she is now directing that same highly caffeinated, adrenaline-filled, boundless energy to new commitments, both professionally and personally, and I wish her huge success in everything. I know she is stepping down from being president but not stepping away from the club, and I know we all look forward to seeing her on the trails with us at many of our club events. Thank you, Heidi.



## Mike Hawe

### *Vice President*

My history with running did not start off on a pleasant note. In high school, one of the requirements to try out for the basketball team was to complete a 1.5-mile run in a certain timeframe. During my sophomore year, I had to run the 1.5 mile test six times before being allowed to try out. The next summer, I went about and followed the Hal Hidgon 5K program in preparation for the upcoming run. During the fall tryouts, I smoked the run. From there, I did not do much running at all until after college as part of CrossFit workouts. Again, the past memories of being slow and inefficient made me dread any workout that involved running. Then, in 2009, I attended a running seminar and learned the POSE method for running. After some initial adjustments, I found running to be somewhat enjoyable and saw immediate results in my workouts, but I did not really get into running races until 2011. Then in 2012, my wife and I relocated from Atlanta to Westlake for my new job. The travel and stress of the new job did not help my running at all and after a year of being on the road, I had gained almost 20 pounds. As a way to kickstart getting back into shape, I decided to sign up for the Ohio Outside trail series. The first race was absolutely brutal and a rude awakening to how out of shape I had become. I went on a racing binge where every weekend was a race and I was really enjoying seeing my fitness and times improve. Then in January, I set forth a goal of running a half marathon but did not know where to start. So in mid-January of this year, I got out of bed and ran in the snow with CWRRC for the first time. The group was extremely welcoming and I found it motivating to be able to show up and have people encourage me as I prepared for my races. I will say that CWRRC was instrumental in helping me achieve my goal of running a half marathon.

As the club's vice president, I am excited to be part of such an amazing group of people. This past year is a testament to what makes this club special and it truly is the people. As we move into 2015, I am looking forward to growing the club and promoting our success through our social media channels and welcoming new members at the club's group runs.



## Mark Brinich

### *Secretary/Treasurer*

Despite being listed last in the list of officers, I don't consider myself to be the least significant (maybe third place, but not last). My first contact with the club was about 30 years ago, just before daughter #1 arrived. Then for reasons I don't remember, I stopped running with the club, but continued on my own. I started dabbling in 10Ks and half marathons. But these were just the gateway races to marathons. Fortunately, I've stayed away from the hard-core 50K, 100K, etc., and in recent years have managed to wean myself off marathons (knee issues). So now I do the shorter races, though I still want to do another marathon or two.

About eight years ago, I decided to start running with the club since I needed more motivation. One thing led to another, and I was helping with race registration and results, and then found myself as the secretary. One thing I learned as secretary was that many of my interactions as an officer were with the treasurer. So this year when we finally had elections, the current officers decided to roll the two offices of secretary and treasurer into one. Thus, the change was made for practical reasons, it was in-line with the clubs by-laws/constitution (which only calls for a secretary/treasurer, not separate offices), and saves us the salary of one of the officers. (\$0 is \$0, no matter what way you slice it!).

I hope to continue to do a job at least equal to my predecessor, and now our current president. I will caution you that my previous experience as treasurer was with the now-defunct West Side Food Co-Op. Seriously though, I believe we are being led in a great direction and have officers, chairpersons and other individuals that are dedicated to moving the club forward.

# Happy Birthday

## November

Don Ashmun  
Julie Bell  
Mark Breudigam  
Megan Coe  
Jessie Cooper  
Chris Cowen  
Robert Cromley  
Glenn Dumonthier  
Polly Furey  
Marion Good  
Lou Karl  
Cathy Leonard  
Kathryn Metz  
Valerie Molinski  
Bob Myers  
Rachel Napolitano  
Susan Oldrieve  
Toni Massa Pawson  
Angie Ridgel  
Kurt Seeger  
Fraser Sims  
Daniel Stock  
Mark Sukie  
James Taylor

## December

Pat Agnello  
Michael Albanese  
Matthew Brady  
John Delzani  
Nancy Desmond  
Bob Ellis  
Sally Fell  
Patricia Habenicht  
Robert Kaiden  
John Kernya  
Paul Lefelhocz  
John Miscik  
Jim Powers  
Laszlo Somogyi  
Daniel Straitiff  
John Syrowski  
Colleen Theusch  
Ben Whiting  
Tim Zwick  
Mary Dettmer  
Charlie McNeely  
Judy Zangmeister

Please email any corrections or missing birthdays to [leonardc5711@yahoo.com](mailto:leonardc5711@yahoo.com).

A wild animal was prevalent all over the course. They were everywhere and each was moving as fast as it could, apparently with a destination in mind. I adjusted my foot-steps several times to avoid wooly bear caterpillars!

I ran past an aid station late in the race. A young lady called, "Anything I can get you? Water, sports drink, banana?" I replied, "How about an encouraging word?" She and the others immediately helped out with that!

After the race, a passerby asked me, "How far did you run today?" I replied, "26 miles." One of the volunteers called out, "No. It was 26.2 miles!" I thanked him for adding that. After all, those "point two" were tough and should not have been omitted.

I saw Tim Donovan in the last portion of the race. Tim can take pride in not just the race, but the towpath on which the runners trod. Tim is the reason we have the towpath today. I called out, "Tim, I'm having the time of my life!" Tim yelled back, "Thanks!" A young lady passed me at mile 24. When I saw her at the finish, I thanked her for being such a help to me and told her, "I grabbed a string and let you pull me in." "I wondered why the last few miles were so tough!" she responded. A volunteer piped up, "That's why this is called the Tow Path!"

Pamela finished just after me. I saw her several times during the race. I could see the determination in her eyes. She would be there at the finish!

A young lady came in, followed by a sweep vehicle. "I came in last ... last!" I went up to her. "You did not finish last. You beat all those who dropped out. And you beat all the people who stayed home watching television and doing nothing to exercise their bodies or minds." She gave me a high five!

Others who encouraged me: Kathy Dugan and John Delzani. If there is an opportunity to help others, Kathy and John will be there!

All runners and walkers finished at Boston Mills Store. The three races had different starting locations and different courses, but we were all together at the finish. A nice lunch was served to all. T-shirts were presented to finishers, along with medallions. Most of the people I have mentioned in this article were not present when I finished because my time was 5:58!

### Return To The Towpath

On Wednesday morning, October 15th, I returned to the Cuyahoga Valley Towpath, three days after the marathon. As I ran south from Station Road Bridge, two determined young men loomed ahead, heading my way. I soon recognized Larry Begue and Dan Peters. I turned around and headed north with them. How fortunate both are to live near the Towpath! Dan is now working on the railroad all the live-long day (okay, volunteering when he can). With people like Dan as part of the crew on the Cuyahoga Valley Scenic Railroad, no wonder CVSR has a great reputation.

Larry asked if my wife Christa and I had any trips planned. I told him that we are both fans of Garrison Keillor's Public Radio Show, "A Prairie Home Companion." Keillor has an upcoming March 2015 Caribbean cruise. "Not yet registered for The Lutheran Loveboat?" asked Dan. "What's holding you back?" "I don't know!" I bade these two rascals "adieu" and headed back south to Boston Mills Store. I took a break and headed back north again.

Suddenly a Bald Eagle flew in front of me from right to left, then made a right turn and continued north with me. I had another companion! With an undulating flap of the wings, as if to say, "I can't fly this slowly," the eagle lifted and sped ahead. What a display! God had reminded me of the design he has put into this planet.



# Fall Classic Coming Up!

By Melissa Miller

Fall Classic is quickly approaching, and we are looking for volunteers to help make this race a great success! The race is on Sunday, November 23rd, at Bonnie Park. Please email me at [mlm3312@yahoo.com](mailto:mlm3312@yahoo.com) or call me at 216-375-1732 to volunteer. Also, if you have a job preference let me know and I will do my best to accommodate you.

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## Building Footprints

By Dan Straitiff

We encourage Cleveland-West members to consider creating an event — no matter how spontaneous, low key or short notice — to invite others to join you on a run, any time, any place. Thinking about going for a run tomorrow for a certain distance around some location at such-and-such a time? Why not put out a Facebook or a Meet-up.com message and invite others to join you? This is a great way to meet new runners sharing a similar interest and to extend the Cleveland-West family of active runners.

Get in touch with Dan Straitiff ([dan.straitiff@gmail.com](mailto:dan.straitiff@gmail.com)) or Mike Hawe ([mikehawe678@gmail.com](mailto:mikehawe678@gmail.com)) for tips on creating events or posting messages. By doing so, you can help build the Cleveland-West footprint and your running network, and have some fun too.

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## Cavicchi, 91, Passes

By Bob Blum

Richard Cavicchi, 91, of Fairview Park, died on October 7th. Richard began his career as an aeronautical engineer at Lewis Research Center, NACA (National Advisory Committee for Aeronautics) in 1948. He continued there as a researcher until his retirement from NASA in 2009. Childhood nickname “Inch” referred to his athletic prowess in winning sprints by an inch. Outstanding in track, he lettered at Woburn High School, MA, competed in that sport at MIT, and tried out for the U.S. Olympic Team. Practicing at the outdoor track into his 80s, Cavicchi medaled in such events as the Cleveland Classic and the Ohio and National Senior Olympics. He did not just compete in these events, but also promoted the events to others and helped make them the major events they are today.

Cavicchi and his wife Mary Anne were inducted together into the Over the Hill Track Club’s Hall of Fame in 2007. His conservationist outlook and athleticism powered Cavicchi over four decades of bicycle commuting to NASA’s Glenn Research Center. I count it a privilege that I knew Richard. He was a man excited about life. Even in the final months, he kept his sense of humor and optimistic outlook. In addition to his wife Mary Anne and son Tom, Richard is also survived by his daughter Elizabeth of Woburn, MA, and his son Dick of Washington Grove, MD. Both Tom and Dick are long distance runners and each has run the Boston Marathon many times. Richard earned several Masters Degrees and encouraged his wife and all three children to pursue doctorates. Today, if you call out “Dr. Cavicchi” in their home, four people stand up!

Author’s Note: I gathered some of this information about Richard Cavicchi from a page about him written by his three children.

## Myers Host Next Assembly

By Kathy Dugan

First comes the Fall Classic, then the holiday party, and before you know it the Hangover Run and the January newsletter assembly.

Once again Gretty and Bob Myers will start off the new year hosting the January newsletter assembly, this time on Wednesday, January 14th, at 6 p.m., at 24819 Westwood Rd., Westlake 44145. The club will provide pizza and we ask that you bring your own beverage. We hope you also come prepared with some new ideas, events, initiatives and partnership ideas, as well as a potential new member.

Here are driving directions, per Gretty: “We do not have a mailbox — the house number is on the front of the garage and a large oak tree near the driveway. Please feel free to park in the Mormon Church parking lot on the north side of the street — diagonally west of our house. Don’t attempt to park on the street.”

Our house is a brown ranch, on the south side of Westwood, between Columbia and Walter Roads.

Coming from I-480, exit onto Clague Road north to Westwood Road. Turn west (left) onto Westwood. Cross Walter Road. The house will be on the left (south side) of the street.

Coming from I-90, exit onto Columbia Road south to Westwood Road. Turn east (left) onto Westwood Road. Our house will be on the right (south side) of the street.

Thank you to all of the hosts and hostesses in 2014. A special thank you to Diane and Mark Brinich for hosting the November 5th newsletter assembly extravaganza.

### COMING EVENTS

- Fall Classic, Bonnie Park, Strongsville - November 23rd.
- Holiday Party, Beach Cliff Tavern, Rocky River - December 6th.
- Holiday Light Group Run (Lakewood Park) and Karaoke at Lakewood Village Tavern - 6 p.m. run, December 18th.
- Hangover Run (venue TBD, but probably The Kenilworth) - January 1st.

# Come to the Holiday Party



Cleveland West Road Runners 2014 Holiday Banquet

## Saturday, December 6th

Cost: • \$25 per person (includes two drink tickets)

- \$20 for members who have volunteered at three or more of the events listed below.

Location: Beachcliff Tavern  
19245 Detroit Road, Rocky River, Ohio 44116  
Limited Seating! PLEASE RSVP by Saturday, November 29th  
6:00 p.m. to Midnight (Dinner at 6:30 p.m.)

Member's Name: \_\_\_\_\_

Number of Guests Having Dinner: \_\_\_\_\_

You can also register online at [www.clevelandwestrunningclub.org](http://www.clevelandwestrunningclub.org)

Events worked in 2014: (please mark with an X)

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Spring Classic          | <input type="checkbox"/> Bay Days 5-Miler  | <input type="checkbox"/> Fall Classic                 |
| <input type="checkbox"/> River Run Half Marathon | <input type="checkbox"/> Towpath Expo      |   |
| <input type="checkbox"/> Mohican                 | <input type="checkbox"/> Burning River 100 | <input type="checkbox"/> Hosted a Newsletter Assembly |



Please make checks payable to:  
Cleveland West Road Runners Club  
P.O. Box 771011, Lakewood, OH 44107- 0044

# Zero To 100 In Four Years, Part II

By John Herraghty

(Continued from the September/October FootNotes.)

*Editor's Note: In the September/October FootNotes, author John Herraghty outlined how he ended up running the 2014 Burning River 100 Mile Endurance Run in August, and the initial stages of his four-year transformation from non-runner to 100-miler. This second article of the two-part series opens with him ruminating as he reaches the half-way point in his first marathon. He had originally planned to run the half, but decided it would be more prudent to run the full marathon — his first — because it only cost \$10 more.*

... The halfway point was in the distance. Half marathoners got ready to peel off and finish. I looked at them with pity (they didn't have what it took to finish the whole thing, poor saps); then I entertained ambiguous thoughts and started to envy them that their pain would soon be finished. Gerri and I crossed the halfway mark together; however, she appeared as though she were on a summer's eve stroll. As we crossed the point where the half-marathoners split, she looked down the course and said, "Enjoy your 10 f@#\$n dollars (the extra amount paid for running the full marathon, vs. the half marathon)." We proceeded to proceed.

The second half was a blur of gutting it out, 100 yards at a time — excruciating, unrelenting pain in my legs. But I never stopped shuffling along. I crossed the finish line, which was a downhill stretch, silently cursing my \$10 now a symbol for the absence of sensible thought. After doing the medal/water bottle/banana/bagel dance that seems to happen at the end of every marathon, (I've since observed) a remarkable thing happened. I found that I could not walk back to the hotel without assistance. I was so stiff, I could not step over a curb on the street without help.

I could not walk up the hotel steps without the bellman holding on to me. I could not take my clothes off to shower without assistance. I could not bend in the shower. My knees would not bend. Once in to the shower, I could not step out of the shower. My self-imposed debilitation was so bad it was amusing. How could I, Mr. Studly athlete of 54 years of age who just completed a marathon, be so incapacitated by a run that others close to my age seemed to be doing every other weekend with no apparent ill effects?

The self-evident truth was (and still is to a great degree) that I had an awfully long way to go to be the kind of 54 year old I wanted to be. Relief came in the form of cleaning myself up, ambulating to the elevator, watching Gerri load the car, pull the car around, bundle me into the car, and drive three blocks down the road to another micro-brewery and its malted delights. Aah, sweet relief.

## Stretching The Distance

Several weeks later, there was a 50K put on as an informal run ☐ five loops around a very hilly and technical trail with almost

no flat parts. As a marathon veteran (I had run one), I went out with the leaders, where I belonged. I stayed with them for a lap. Oh yes, I thought, I've got this. I'm there. Then the pain hit again. Fortunately, I was used to the pain by then; I could run through it ... I knew about this pain. It got worse, I got slower, then slower still, but I never quit. By the time I finished, the race people had packed up, the cars had left the parking lot, and I finished by myself with Gerri running the last five miles with me.

No medal/tshirt/banana/bagel dance that time. No adoring crowd, no finishing funnel, no timing machine, no space blanket, no finish line photographers and no sympathy. I later found out there was one person behind me. I've always regretted not staying for that runner. I was cold, hungry, tired, thirsty and stiff, but I would have stayed if I had known.

In spring came with another 50K. I ran it. It was at least as painful as the first one I ran, with killer hills in a state park in Northern Ohio. How do people bound up those hills? What is wrong with me? But I finished. And then I had a beer afterward.

Over the next two years, I helped out at races, mostly ultras — that is, distances greater than marathons. I worked aid stations, crewed for specific runners in specific races, and watched what worked. More importantly, I slowly developed a regular running schedule. Recovery times grew shorter, longer distances became less intimidating, extreme weather running (winter or summer) became normal, and I kept looking with envy at the runners as I helped out in endurance races.

## The Commitment

Toward the end of 2013, I decided I wasn't getting younger, and I needed to do this thing — run a 100-miler — while I was still capable. I was still an undertrained, slow runner who hated (I mean really hated) going up hills, but I understood that my strength was that though I was slow, I didn't really keep slowing down. I was a real steady slow for a really long time. As long as that engine was fueled at a sustainable pace, there was really no limit to the distance.

I studied pace charts, read race reports, and figured a realistic goal was a 29-hour, 45-minute finish in a race with a 30-hour cut off. It just looked like mathematics to me. My part would be to just keep moving and keep the engine fueled, maintain my usual pace, and mathematics would take care of everything else. Now all the small vignettes about running I'd ever learned all came together in one place.

At the end of 2013 I signed up for the 2014 Burning River 100. I made the commitment, then told people I'd signed up and paid 200 bucks for the privilege so that it formed a solid commitment in my head. Some people might talk about doing something and then not follow through. I didn't want to be that person. Fear of failure was not allowed. As I saw the commitment friends and family made to help me do this, my commitment became greater. I didn't want to let anybody down, and the best way to do that was to give it my very best shot. And that, dear reader, is why I did it.

There are numerous training plans on the Internet, all of them good. Most of them stress "time on your feet." So, I treated actual mileage as secondary to time on my feet moving toward a

goal. I don't get a good feeling trying to make time goals. Running is fun for me because I lose myself in thoughts, I get creative in the cranial region and I attain some kind of peace that only comes with physical exercise.

I don't get this peace trying to run fartleks, or tempo runs, or keeping up with the big dog in the pack. That is torture. I'd rather stay at home and watch *I Love Lucy* reruns. In the latter part of 2013, I got in the habit of running down the local towpath for 30 miles. Then disaster struck. I got an upper chest infection which had me coughing spasmodically for eight weeks. It finally cleared up, and I ran a 50K (31.1 miles) on March 8th. That 50K more than doubled my mileage for the year at that point. It was a beautiful 50K, cold at the start (only one cup of coffee, no caffeine in my gels). It finished in a fresh snow storm, and frankly, I felt great. I walked the uphill at the end; otherwise, I felt great the whole way. I did several more 30-mile towpath runs and finished my last one in a raging snow storm. It was beautiful — 40 degrees and sunny when I started out, and 25 degrees and big fat white flakes with four inches on the ground when I finished. I had to stop by a bike store and buy a pair of gloves when the snow started.

### Then A 100K

Then the hard training kicked in. I signed up for a 24-hour endurance run. My goal was 100K, 62 miles. I did exactly 62 miles in 13 hours and 30 minutes, and got a 100K finishers medal, but I didn't want to do one lap more. Frankly, if it wasn't for crew, and the intervention of big Mike, I would have quit at 50 miles. Those last 10 miles belong to crew and pacer. But, I needed to find out where things break, and why, and I did. I was under-trained for that distance, I went out too fast for that distance, and I was trying new clothes, hydration packs etc.

Once again, I finished on guts, not style or fitness or skill. The next weekend was a marathon on the West Coast. I was slow, since I didn't have my legs back yet from the 100K. The following weekend was a trail marathon, and the weekend after that was the local big city marathon. Only one cup of coffee this time. I really enjoyed that marathon. I joined up with a medical grad student around mile 10. It was her first marathon and she was clearly struggling. I stayed with her 'til mile 23 when I realized if I didn't kick it in gear, I would exceed five hours again. I gave her my full water bottle as she wasn't drinking regularly, and told her I'd get it at the finish. I sprinted the last three miles and made it in 5 hours, 10 seconds. Twenty minutes later, I got my water bottle back, and a grad student got her first marathon.

After three back-to-back marathons and a 100K, it was time for the long slog. Back-to-back long runs every weekend, 20 miles on Saturday, 15 on Sunday, 25 on Saturday, 20 on Sunday, etc. Moving off the towpaths and parkways and onto the local trails, culminating in sets of night runs on the trails.

### The 100-Miler

So, there I was on a hot and humid day in Northern Ohio, 4.55 a.m. and the Burning River 100 is about to start. My good friend Dawn had decided to run with me and we would share crew/aid for as long as we could. Dawn is the author of the phrase "There's only two things ya gotta remember about running a



100-mile race: ya stay upright, and ya keep moving forward." She would elaborate on the rule at times, telling puking people to keep moving. "You can puke on the move, but you ain't making forward progress by standing still and puking." The motivated ones would puke on the move. We would grab food and liquid from the aid stations, and consume on the move. It had crossed my mind that if it wasn't for chafing problems, Dawn would probably pee on the move. But move we did.

As the race started, we found Rich. I ran nights with Rich. He is encyclopedic on the course. He was so very kind to run it with me before the race. We three ran together for the first 20 miles. Rich would remind us to slow down, drink, eat, walk the up hills, keep an easy pace. We had a great time chatting. Somewhere about mile 26 he took off and we didn't see him again until mile 70. Dawn was the first woman across the finish line for the very first BR 100. She is a veteran of multiple 100-miles races. If a plebian newbie like me could ask for a dream team companion, she was it. I never ever once heard a word of complaint about anything from her. She was running on multiple knee surgeries, and I knew she was in pain, but she kept moving forward, and thus I kept moving forward. She seemed to know every other runner on the course so there was a constant banter going on in our circle of runners. I never once turned on my MP3 player in 100 miles.

### Midway Through

After mile 40, we hit the mud pits, or, the "bogs of despair." Shoe-sucking mud pits that were impossible to move around. We kept moving. At mile 50, we were right on target; the math was working out. At mile 55, we picked up our pacer, Elizabeth. She had run her section of the course several times over the previous three weeks with the woman who would ultimately come in second female. Elizabeth was perfect. She had the course instructions on laminated sheets, pace charts printed out. Spare batteries for head lights. I never once had route anxiety. She knew when it was time to do a loop, where to enter, where to exit, she knew it all. She was kind enough to let me race walk from mile 60 onwards. I cannot say enough about how brilliant and positive Elizabeth is and was throughout that night. Dawn had to quit at mile 72. Her knee was bothering her too much. It was already approaching potential permanent damage. She had already done 22 more miles than she planned to. She was start-



ing to slow us down. She knew it. She quit. I told her afterward, if she had not quit, I would not have left her even if it cost us both the finishers belt buckle, and I meant it.

Before the race started, I told the crew the first 35 miles were the stakes you pay to sit at the table. The second 35 miles would be where the battle would be won or lost, slogging through the mud, with the terrain becoming more difficult as darkness settled in. The final 30 miles, well get me there on time and I'll do what has to be done to finish under the cut-off times.

As the night progressed, it started to rain, in torrents. The already muddy ground became even worse. There were stretches in a loop at mile 80 that were so boggy, it was two steps up the hill and one step down. With the rain and multiple stream crossings, we were already so wet with no chance of drying off, it didn't make sense to change clothes. I finally had the hallucination experiences as the head lights played tricks with the shadows on the ground. Bushes would look like moving dogs, twigs like snakes twisting over the sucking mud. Tufts of grass became Medusa's head. Elizabeth was never fooled. She led, I followed. Another hill, up, up. She would remind me constantly to lean into the hill, push up, now keep going. Reflecting on this later, she was watching with a keen and critical eye. At the time, it was gentle encouragement, a positive spark in a cacophony of pain and hurt. At the top, we slowly trotted, picking our way through the mud. Down the other side, faster, hammer you idiot, move it, move. Pick out your footing, no falling, through the stream, now up again, claw through the mud. Often, we didn't see the mud in the night and went directly through it. We were lucky to keep our shoes on. The rain never stopped. Elizabeth never stopped being positive and encouraging.

At dawn, we were through the trails. We had the experience of feeling the sun coming up through the woods. It was raining, sometimes in spurts sometimes in torrents, sometime sprinkling, but always raining. Fifteen miles to go. It's in the bag, keep the pace up, and we've got it. If we slow down, stop, get a rest, the margin for error increases. We do not stop and we do not slow down. We pass one runner going the wrong way; he said he missed the last loop and had to go back and do it. We both knew he'd never make it. Elizabeth was incredible. After 40 miles, and a night of running, she was still flawlessly matching me step for step, and is politely and gently encouraging, keeping things moving. I wondered if I stopped to puke if she would insist I puke on the move? Yes, she probably would.

## Reeling It In

It's towpath now, there's a couple in front, slowly, very slowly, and we reel them in. They look in good shape till we get close. He is in bad shape, jaw hanging open, breathing hard and not really moving well. We pass them, I don't see them again. We enter the last trail section, the rain coming down in sheets. We don't care. We run/walk through the trails. Again, Elizabeth matches my steps, never straying. There's long wet grass, huge puddles, we laughingly run right through them. Five miles to go, upstairs, a hundred stairs I think. On to road. We're passed by a man and his young pacer, they look like they slept all night and had a long coffee at Starbucks. They are awesome. The final stretch. I see downtown Cuyahoga Falls, our crew comes out to take pic-

tures, we cross the line and it is done. Dawn and crew are there waiting for us. Gerri, Kelsey and Kevin. I get a medal, and feel like I cheated. The crew with Dawn and Elizabeth took so much of the load, food, hydration worries, dry clothes, pace, socks, new shoes, dry hats, head lights, PB & J, my rice, when needed, it was all always there, exactly when I needed it. All I did was stay upright and keep moving forward ... and that's how you run a 100 miles.

In case you were wondering, 29 hours, 26 minutes 19 minutes ahead of schedule. I should have stopped for a coffee.

## I Found What Worked

*I could probably write four pages of things I found that work for me. If you put all this information together, you just might be prepared to run 100 miles.*

- I found shoes that worked for me and bought six pairs.
- I found shirts that worked for 10 miles in the heat, and others that would go for 50 miles in the heat.
- I found shorts that didn't chafe for 25 miles but would start to chafe at 30.
- I found neckerchiefs filled with ice as often as possible help to cool you down.
- I found salt tablets keep you sweating, and will stop you from throwing up.
- I found how often I need to take salt tablets.
- I found drink mixes that worked for me.
- I found a hydration pack that allowed for 30-mile unsupported runs.
- I found I go through four to six fluid ounces of liquid every mile in summer heat.
- I found that you never, ever run through blisters unless it is the last 10 miles of the race.
- I found you must catch hot spots on your feet before they blister. You never ignore the hotspots.
- I found you change your socks often in wet weather for blister prevention.
- Vaseline on the feet works well for blister prevention.
- Vaseline works well to prevent your thighs chafing, it just looks weird in a race when you stuff a handful down your shorts.
- Monkey butt powder prevents, well, monkey butt.
- Frequent hat changes are a morale booster for me. I sweat so much from the head, it feels great to put a dry hat on.

# 2014 Northern Ohio Half Marathon Race Report

By Pam McGowan

I can be stubborn. It's both a good and bad trait to have as an athlete. I had looked forward to the Lake Health Northern Ohio Half Marathon (Fairport Harbor, October 12th) for months. I felt like it would be a great opportunity to go for a shiny, new half marathon PR. And it probably was a good opportunity for that; however, my circumstances had changed. The last Sunday prior I started to get sick and by the time the weekend rolled around I was still sick with a bronchitis that I tend to get each year with the seasonal changes. I told myself if I felt okay race eve and race morning I would go for the PR. As luck would have it I did feel better although not 100 percent, so I made a judgment call and decided to give it 100-percent effort.

## Pre-Race

I had slept pretty well the night before the race and was up at 5:45 to get ready, which really just consisted of getting dressed, using the restroom and eating breakfast. Steve was racing as well and we left the house around 6:30. We parked near the start in Fairport Harbor at 6:45 and headed out for a little mile warm up and to meet my friend Jillian to give her the race packet we'd picked up for her the day before. It was a chilly morning with temps in the high 30s.

## Start And First 8 Miles

I lined up near the front of the pack a couple of rows back on the left side as the course started with a straight away, quickly leading to a downhill and ending with a left-hand turn. A few of my friends that were racing were nearby, as was Steve. I tried to stay warm until the bullhorn sounded for the start. It was a fast start and the downhill section was a little rough on my knees with the cold temps. My first mile was a little fast being sub-seven, but I knew I would slow down and settle in soon after, and I did. My early splits were all between 7:25-7:35, so about right where I wanted to be. At mile 5 before the aid station I took in my first gel and felt pretty good heading into the little climb up Corduroy Road. I noticed my tempo starting to slow a little as we approached Headlands Beach for the turn-around, so I took in another gel here at mile 8.

## The Last 5 Miles And Finish

The sun was out and it definitely warmed up the back part of the race, which I was okay with. I was able to lose my arm warmers and focus on the task at hand. There is some climbing heading back toward Fairport over by Pickle Bills and then again a little later. These splits did not look as good as I had some 8-minute miles in there and had been passed by one woman. I really just tried to stay focused and not overthink those miles. I figured I had some time from the early miles in the bank and knew I could get back on track. I still felt kind of bonkish though, and did a final gel coming up before mile 11. That one didn't sit as well in the tummy but did give me a little boost.



Steve, me, Jillian, Courtney & Chris post-race

The course was changed from last year so instead of crossing the bridge to head back toward the beach, a decent little climb up to a side street was added. This was a little tough at mile 11 and I slowed a bit there but was able to quickly get back on track as my heart rate came down. The last two miles I focused on a nice, fast cadence and trying to hold steady around 7:30-7:40 pace. I did start to wonder if the finish would ever come as I was more tired than usual for a half. I finally made the turn onto 2nd Street toward the finish and was happy to be done with the race. I had come up short on the PR with a 1:40:45 but that was good enough for seventh place female and first in the 35-39 age group. It was also a PR for this particular course where I had run 1:42 and change last year.

## Post-Race And Closing Thoughts

After the race was not pretty. I walked over to the car and basically coughed up a lung or two. I was pretty exhausted from pushing myself. Eventually I changed into warmer, dry clothes and headed to the finish area to hang out with my friends and get some food. Steve ended up PR'ing and having a great race with a 1:27 and change, and my friends Jillian, Courtney and Chris had all PR'd also. I was happy for them but was definitely feeling disappointed about my own performance. Everyone had things to do or just wanted to go home and relax so Steve and I headed home. I was not feeling well at all and spent much of the day in bed resting. In hindsight maybe I should have either sat this one out or went a little easier, given my situation. Lesson learned. I guess I can't beat myself up too much as I was only a minute and change off from my PR, which I attained at the Towpath, a more PR-friendly course.



## Race Results

## Closing Thoughts

## Heidi's Headlines

August 30th

### Leave No Trace Trail Half Marathon, Peninsula

Per Kathy Dugan: "Beautiful course, mostly single track trail with lots of steep climbs and dips. Well-marked course and lots of camaraderie. Needless to say, CWRRRC was well represented. John Delzani and Gretty Myers hiked the first 7-plus miles. Be sure to visit Western Reserve Racing for all sorts of adventures."

Steve Babson 1:50:41 - 1st timer / AG1  
Andrea Bour 2:12:42 - 1st timer / AG1  
Tracy Mack-Cook 2:23:09 - 1st timer/AG6  
James Lupton 2:24:07 - 1st timer / AG19  
Kathy Dugan 2:28:19 - AG2  
Bob Myers 2:31:43 - AG2  
Mike Hawe 2:39:30 - 1st timer / AG15  
Libby White 3:03:17 - AG 1  
Allen White 3:15:35 - 1st timer / AG3

September 13th

### Rock'n The Knob 20 Mile Trail Challenge, Clayburg, PA

"Pennsylvania's Highest Trail Race"  
Vagn Steen 4:05:17 AG2; 11th OA

October 12th

### Towpath, Peninsula

Half-Marathon:

Valerie Molinski, 2:05:10

Towpath 10K:

Dan Peters 1:10:11 AG3

Cathy Peters 1:27:08

Dale Sherry 56:59 AG1

Scott Swartz 49:47 AG4

Towpath Marathon:

Tom Cavicchi, Fairview Park native, and now of Grove City PA: 3:18:26 AG3. Tom is the son of Richard Cavicchi.

October 19th

### Columbus Half Marathon

Tom Cullen 1:30.59

### Race Reporters & Photographers

Send your photos, times and stories to:

[leonardc5711@yahoo.com](mailto:leonardc5711@yahoo.com)

In 2011 when I took office as club president I knew Mark Breudigam had already been dealing with sustainability questions for the club. Finding new ways to increase our membership and participation at group runs, events and races became top priorities. I encouraged club members to rework our newsletter, and worked with others to develop a strong online presence through social media, and to keep our races competitive during this boom cycle in running races. Our key races, Bay Days and Fall Classic, continued to grow and be successful. Building on our success, we turned around and started doing more in the community. We helped create The United Trail Fund at The Cleveland Metroparks. (As a side note: all money in this fund goes directly to trail maintenance and creation in parks. So remember to specify your donation is for the fund when you contribute to the Metroparks. Unspecified monies go to the general fund.) We also continue our support of Girls with Sole and the We Run This City youth programs.

It has been great welcoming new running friends to the club over the years. I've run countless miles with friends. Even when I was down with a lingering injury this past year my community of CWRRRC friends were there to support, go to yoga, bike and just hang out with me. I think this is the best part of our club - the friendships we make by spending real in-person time with each other.

Our club faces a challenge that most membership clubs grapple with these days - how do we continue to remain viable? I don't personally worry about growing the club anymore. I think a more poignant concern is maintaining the members we have and making sure the mission of our club meets the members' needs.

For an organization or club to remain relevant and effective in its mission, its members need to be engaged and active. This means we all need to exercise our voices and participate in not just the running and social events being put on, though that is very important. We also need to be engaged in the process of the club, by attending club meetings, stay-

ing informed and helping make decisions that navigate the direction of the club.

To say putting on our races and events is a difficult task is a huge understatement. It seems the same 15 people rise to the occasion to do the heavy lifting at each race. The races are not really one-day entities; we plan, promote and organize each race for months. And with so many new races showing up each year it becomes more and more work to make sure ours are a success. New members and long-time members equally are needed to help drive continued success.

I served three years as president, as well as race directed Fall and Spring Classics. That thing I said about needing members to be engaged to keep our club effective I actually started thinking about last year. I feel it is imperative to have a regular change in leadership to keep the ideas and energy fresh. I know many hoped I would run again to continue the leadership. But I think things happen as they should and my time commitments were forced a huge change this year. I started serving a year-term as president of the Lakewood/Rocky River Rotary Club. At the same time I changed job positions at my bank. My plate is beyond full. But I believe this is a great thing!

My imminent departure as club president created urgency to get an engaged election process going this past summer. I am delighted to know that my replacement will be the extremely talented and capable Dan Straitiff, who has been our treasurer. Fairly new member Mike Hawe who has jumped in with both feet in club activities will be vice president. After consulting our original bylaws we decided to return to a combined position of secretary/treasurer which well-seasoned member Mark Brinich will fill. I feel great knowing the amazing things we've done as a club the last few years, and I am confident that our new leadership team will guide the club successfully as well. I want to thank all our members who helped me in so many ways during my terms. The support I received daily from members was amazing. Thanks everyone! And don't forget to sign up to run Fall Classic!

## Please Note

Articles for the January/February *FootNotes* must be submitted by Sunday, December 21st.

Material received after the 21st may be published in the following issue.

Anyone wishing to contribute articles, photos and/or race results, please send them to Cathy Leonard at [leonardc5711@yahoo.com](mailto:leonardc5711@yahoo.com).

## Join Us

We are a group of runners, joggers, walkers and racers who enjoy getting moving in the great outdoors. All ages and abilities are welcome. Join us at a group run (see schedule on page 2). For more info: [www.clevelandwestrunningclub.org](http://www.clevelandwestrunningclub.org).

### 2015 Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Occupation \_\_\_\_\_

Email \_\_\_\_\_ Date \_\_\_\_\_

Shirt size:  Small  Medium  Large  Extra Large

Send my newsletter via:  Email  U.S. Postal Service Mail

Type of membership:  New  Renewal

Individual \$20.00  Family \$25.00  Full-Time Students \$15.00

Please list all names and birthdays of family members living at the above address, if applying for a family membership.

Mail to: Cleveland West Road Runners Club  
Attn: Membership Chairperson  
P.O. Box 771011, Lakewood, Ohio 44107-0044

I know that running and volunteering to work in club races are potentially hazardous activities. I shouldn't enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I for myself and anyone entitled to act in my behalf, waive and release the Road Runners Club of America, Cleveland West Road Runners Club and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the persons named in this waiver.



Cleveland West Road Runners Club  
P.O. Box 771011  
Lakewood, Ohio 44107-0044