

## 2015 National Senior Games 10K and 5K Road Races

*By Mike Schipper*

Over the July 4th weekend, instead of volunteering and running Bay Days, I traveled to Minneapolis to compete in the 5K and 10K road races at the 2015 National Senior Games. I had qualified for the Nationals by placing in the top four in both races at the Ohio State Senior Games in June 2014, which became my goal after watching (my wife) Joanna and many other Cleveland-West runners compete in the 2013 National Senior Games in Cleveland. In 2013 I was recovering from knee surgery and was only allowed to run one 800 meters on the track.

On July 3rd this year I flew to Minneapolis, checked into my hotel and went to the convention center to pick up my athletic credentials.



*(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

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

### CWRRRC Web Page:

[www.clewestrunningclub.org](http://www.clewestrunningclub.org)

### For more info email:

[Clewestrunningclub@gmail.com](mailto:Clewestrunningclub@gmail.com)

## CWRRRC Membership Benefits

- Discounts on preregistered entry fees for all club road races.
- Cleveland West Road Runners Tech Shirt
- 15% discounts at Second Sole and Vertical Runner.
- 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.

## 2015 CWRRRC Officers

President . . . . . Dan Straitiff

Vice-President . . . . . Mike Hawe

Treasurer-Secretary . . . . . Mark Brinich

## Committees & Coordinators

Membership Coordinator . . . . . Mark Brinich

Race Committee Chair . . . . . Mark Breudigam

Spring Race Director . . . . . Joanna Brell

Bay Days Race Director . . . . . Rich Oldrieve

Fall Classic Race Director. . . . . Mark Breudigam

Mohican 100 Liaison . . . . . Chris Kaylor

RRCA Liaison. . . . . Tim Fuery

Race Trophies . . . . . Maureen Scullin

Race Volunteer Coordinator . . . . . Joe Nainiger

Race Results Coordinator . . . . . Mark Brinich

Comms & Social Media Chair . . . . . Mike Hawe

Web Master . . . . . Dan Straitiff

Newsletter Editor . . . . . Cathy Leonard

Newsletter Graphic Designer . . . . . Chip Cooper

## A Note From The President

# The Pres Says...

## Perspective

Fall is approaching, school is in session again and with that a new season of Cross Country has begun. Five years ago I volunteered to assist with the St. Raphael cross-country team which has student athletes ranging from grades 3 to 8. That quickly morphed into my becoming the head coach in a way vaguely reminiscent of my initially agreeing to be treasurer of Cleveland West Road Runners, only to quickly wind up as president. (Hmmm, some weak character flaw to be sure!)

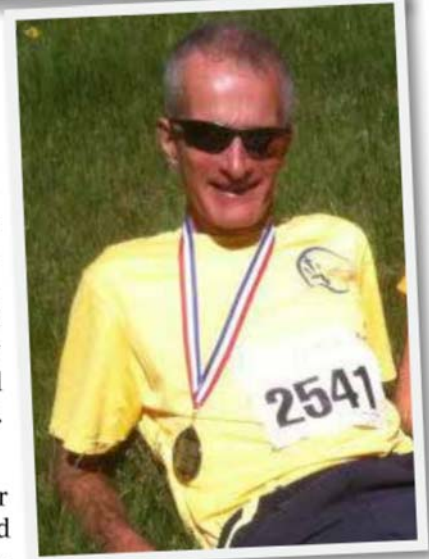
Practices with some 53 kids spread over a six-year grade range and even wider range of abilities and experience are challenging to organize and execute. For the kids, that first week of practice is a mix of dread, fear, laziness, uncertainty and, for a few, anticipation. Yet, when it comes to the first meet, the payout is seen in the excitement of student athletes after completing their first race. Being in those young grades and competing in an event with 800 other runners and that many more cheering them on is a big deal, as is their knowing they completed a challenging distance.

A whole new perspective is gained; several students told either me as coach or their parents afterward how much they loved the experience, loved cross country and were so glad they got involved. Their perspectives had completely changed and with that change came a whole new motivation and sense of energy. I think finding that change of perspective motivates all of us runners.

Over the past 12 months, we at Cleveland-West also have tried to shift our perspective, pivoting from the "what have we always done" to explore more of "what can we try, what can be different." Reformatting the spring race from a now quite common race to a women's-only event yielded great feedback on the format and a good sense of support to continue. Inserting more pop-up casual events into our calendar of activities, such as a Fat Tuesday pub run or the whole series of #CLEWanders that tour various neighborhoods, helps draw more casual runners less interested in racing and more interested in social running.

Even when we got handed some "lemons" this year in the build up to the July 4 Bay Days race by being forced to either relocate the race away from the High School or get hit by a flood, we eventually made "lemonade" with a more exciting start/finish location and new runner-friendly course. Our perspective was changed for us and that helped make Bay Days a success. I'm optimistic some equally creative and vibrant sets of ideas will emerge to make the 40th anniversary running of the Fall Classic one of the best yet.

On a broader scale I invite everyone to help us continue to find and implement more ideas to make Cleveland-West an even better organization to serve, support and sustain our local running community. Yes, we can provide running events for the more earnest racer, as well as create that foundational platform that welcomes new runners maybe looking for a social aspect more than a race time objective. Also, we earnestly invite more of you, our members, to become actively involved in creating activities or even taking on leadership roles. New blood brings new perspective and new growth for our club. In the coming weeks help the club lay out some new ideas for the next 12 months and beyond.



Dan Straitiff

## Club Needs Towpath Expo Volunteers

By Kathy Dugan

Sure enough, the 24th Annual Towpath Marathon and Race weekend will be held on Friday, October 9th, through Sunday, October 11th, in the beautiful Cuyahoga Valley National Park. The Expo will be held at Boson Mills Ski Chalet located at 7100 Riverview Rd. in Peninsula. There will be plenty of free parking. Visit [www.bmbw.com](http://www.bmbw.com) for directions.

Cleveland West Road Runners Club will have a table at the Expo and could use your volunteer time and expertise. This is an opportunity for us to promote the club and secure new members. It is also an opportunity to sell "vintage t-shirts," etc., from previous races.

Please contact me if you have two to three hours to spare. Shifts are on Friday, October 9th, 3 to 5 p.m. and 5 to 7 p.m., and Saturday, October 10th, from 9 a.m. to 12 noon, 11:30 a.m. to 3 p.m., and 2:30 to 5:15 p.m.

The weekend's excitement will culminate on Sunday with the running of the 10K, Half Marathon and Full Marathon. Be sure to visit [www.towpath-trilogy.net](http://www.towpath-trilogy.net) for all details.

Thank you in advance. Please contact me, Kathy Dugan, Volunteer & Expo "Lovely Assistant," at: H: 440-333-1743 / W: 440-930-3119 / [dugan56@hotmail.com](mailto:dugan56@hotmail.com).

## Brinich's Host Fall Assembly

By Kathy Dugan

Diane and Mark Brinich will host the Wednesday, November 4th newsletter assembly and club meeting at their home located at 1456 Waterbury Ave., Lakewood, OH 44107. Stop by any time after 6 p.m.; we will assemble the newsletter and address any last minute items for the Sunday, November 22nd Fall Classic event.

Please bring along a potential new member and the beverage of your choice; CWRRC will provide pizza. Waterbury Avenue is due south of St. Edward's High School near Nicholson and Detroit Avenue. From I-90, exit at W. 140th / Bunts exit and head north. If lost, call Mark at 216-521-1360 (home) or 216-965-2131 (cell).

Thank you to Joanna Brell and Mike Schipper for hosting the September NLA.

## Whiskey Island Run

Wednesday, September 9th



# Happy Birthday

## September

Pat Ashmun  
Jan Babbit  
Jamie Barbour  
Christa Blum  
Jackie Czarnota  
Bryan Dickens  
Kelly Fargo  
Holly Higgs  
James Krumhansl  
Cyndi Lehman  
Leo Lightner  
Jim Mackert  
Melissa Miller  
Gretty Myers  
John Nakel  
Barry Pawson  
Frank Petrik  
William M. Prebel  
Joyce Prohaska  
Deanna Rasch  
Andy Rattray  
Vagn Steen  
Mike Twigg  
Melissa Vacca  
John Zangmeister  
Zenek Zapotocky

## October

Kristin Anderson  
Michelle Babson  
Andrew Bemer  
Mark Brinich  
Jonathan Buckland  
Chip Cooper  
Tom Cullen  
Carol Culley  
Beth Darmstadter  
Tamie Digman  
Steve Fagerhaug  
Craig Healey  
Kelly Jablonowski  
Amy Kaylor  
Gerri Kornblut  
Tom Nowel  
Renee Popovic  
Karen Powell  
William Reidy  
Dani Sheppa  
Jim Turpin  
David Young

Please email any corrections or  
missing birthdays to  
leonardc5711@yahoo.com.

(continued from page 1)

After standing in the S-U line (the longest and slowest line) for more than an hour, the very well-meaning but totally lost volunteer checked me in and somehow found my credentials. Fortunately the other S-U athletes were very nice. Many had been to Cleveland for the 2013 games and had enjoyed their experience in our city - especially the check-in process.

On July 4th I left the hotel at 6 a.m., walked to the train, transferred to a bus and arrived at the Minnesota State Fair Grounds at 7 a.m. During the trip I rode with Lee from Tennessee, Beverly from Maryland and Bill Long from Berea, OH - all nice people enjoying the Metro Transit System, and all fast people in their age groups. We walked into the fairgrounds, which looked like a mini city and included a chair lift. At registration we were met by a familiar face - Mickey Resnik, who was at the games to organize and time the road races and triathlon. His crew of volunteers was outstanding. The course was a two-loop out downhill and back uphill that we ran twice for the 10K. The race started promptly at 8 a.m., which was good since it was already 70 degrees and humid. I ran a decent race, finishing in 44:51, good enough for ninth in my age group, but just off of the podium (top eight).

On July 6th it started raining just past midnight, and four to eight inches had drenched the Minneapolis Metro area by 6 a.m., which is the time I began my journey to the fairgrounds, and of course it continued to rain hard. After the train while I waited for the bus, a car driven by Bill from Massachusetts pulled up and gave me a ride to the fairgrounds. As we got out to check in, his wife wished us luck even though we were idiots for running in the rain. I found shelter in a pavilion near the start line where a *Runner's World* photographer was taking pictures of Senior Games participants for a future issue. I was wearing very wet Cleveland-West gear so we will see if I land in the magazine or on the cutting room floor. The rain continued but the race started at 8 a.m. and I was done at 8:21:44, finishing 12th in my age group and increasing the probability of the cutting room floor.



Other northeast Ohio runners represented us well: Jeannie Rice of Concord won both the 65-69 5K and 10K races; Bill Long of Berea won the 60-64 10K and was fourth in the 5K; Bob Kuebler of Hudson, 65-69, was seventh in the 10K; and Larry Simonetti of Akron, 65-69, was sixth in the 10K.

In addition to running two races I did take in fourth of July fireworks on the banks of the Mississippi River, rode transit a lot, found a great local Summit EPA beer, learned that in Minneapolis when you order a Bloody Mary it comes with a beer backer, discovered that Target Field has great views of the city, and the Twins were for real winning with a walk-off homer in the bottom of the 10th.

The Senior Games were really fun and the other athletes from all sports were great to meet; many spoke highly of being in Cleveland two years ago. For me finishing 9th and 12th at a national meet was pretty good considering my unusual training methods (hiking in Provence, France in June) and that two years ago I was allowed to run only 800 meters. We will see what the next two years will bring as the next games will be in 2017 in Birmingham, AL. Stay tuned.

# Bay Village Heritage 5K & 1 Mile Walk

Presented by the Bay Village Foundation

Date: Saturday, October 17th

Place: Cahoon Memorial Park, Bay Village, OH 44140

Start Time: 7:30 a.m. – Race Day Registration/Package Pick-Up at Cahoon Park

9:00 a.m. – 5K Run. 9:05 a.m. – 1 Mile Walk

Registration: Online/Mail Pre-Registration – \$20,  
Race-Day Registration – \$25.

Online registration will close Friday morning, October 16th, at 9 a.m.

## Twigg Makes Local News

By Cathy Leonard

The Plain Dealer recently ran an article on Cleveland-West member Mike Twigg, an Army reservist who recently completed the nursing program at Baldwin Wallace and took a nursing job at the Veterans Administration hospital on Cleveland's east side.

While we can't run the article here without permission, below is a teaser. To see the complete article, visit [www.cleveland.com/profiles-of-service/index.ssf/2015/08/service\\_in\\_iraq\\_prompts\\_army\\_m.html](http://www.cleveland.com/profiles-of-service/index.ssf/2015/08/service_in_iraq_prompts_army_m.html).



### Service in Iraq prompts Army medic to become VA nurse

By Brian Albrecht. *The Plain Dealer*, August 21st, 2015

"Mike Twigg joined the Army in 2007 when he was 38 years old, an age when most guys are settling down, raising kids and working on a beer gut.

His fellow boot camp recruits, in their late teens and 20s, predictably called him "Pops."

The Army was the only branch of the service that would take him at that age. "The Army was taking anybody up to (age) 42 at that time," said Twigg, of Westlake. "It was during one of the surges in Iraq, so they needed bodies."

His family supported his decision, including his father, a Navy vet. "Some of my friends thought I was crazy, but that's OK," Twigg said.

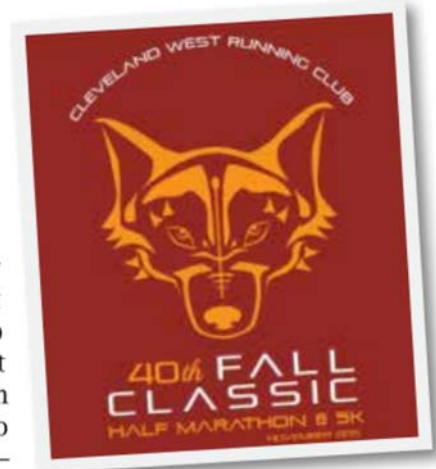
Some may regard Twigg's enlistment as a mid-life crisis reaction. ..."

## Sustaining The Fall Classic Tradition

By Mark Breudigam

People who know me know that I am big on tradition, especially when it involves the club. So when Dan Straitiff was searching for someone to take over as race director of the Fall Classic earlier this year I figured why not. My personal history with the race goes

back about 35 years when fellow Wacko George Klier was the race director. Back then the race was a 30K and started and finished at Scenic Park, the location of the club's Saturday morning run. I'm not sure who came up with that distance but it was a nice transition race for anybody who was thinking of moving up from the half marathon to the marathon. I ran the race twice back in those early days and have some very fond memories of running out to Cedar Point road and back.



At some point the growth in the race field necessitated a move to our current location at Bonnie Park in Strongsville and shortening the distance to a half marathon to accommodate the logistical restrictions posed by that section of the Metroparks. Over the years I witnessed many great races, including wins by National Marathon Champion and club member Debbi Kilpatrick, and Ohio State and Olympic steeplechaser Mark Croghan, the latter of whom made a surprise appearance to get a "workout" in and ran the race with a time of around 1:04.

In ensuing years fellow Wackos Dan Peplin and Lou Karl served as race directors. I spent many a Saturday afternoon at Second Sole working registration with Lou while trying to watch the Ohio State/Michigan game on Lou's tiny black-and-white TV. Fortunately the Big Ten schedule has changed and watching the game has not been an issue the past couple of years.

In looking back over my last 35 years with the club I can recall not participating in the race – either as a participant or volunteer – only once. This event has been very important to me and I would like it to go on far beyond the 40 years it has been in existence. I am looking forward to serving as race director on this the 40th anniversary of the race and I hope to see you on November 22nd.



**By Cathy Fischer**

It seems like yesterday I was hit with the news that I have lymphoma when, in fact, it was back in October of 2011. As I approach the four-year mark since my diagnosis, I once again will be participating in the Leukemia and Lymphoma Society's Light the Night Fundraiser on October 11, 2015, at Wade Park Oval. My team is the Lymphoma Crushers. I was captured in this photo with a couple of my team members who walked that night in October of 2013 with me, other survivors, and our families and friends.

The funds raised for this event go toward research in developing treatments and hopefully a cure for the men, women and children who are inflicted with any one of the many various types of leukemia and/or lymphoma.

This year I am looking for more team members to participate in this noteworthy event. I am seeking supporters that agree to donate by creating a "Virtual run, walk, bike, or whatever" your activity happens to be. For example, if you run five miles every Saturday you can establish a pledge to donate a dollar for every mile you run on Saturdays in September. The pledge can be donated to LLS and is tax deductible. If you wish to be a team member, you can also seek support from others to pledge an amount to your "Virtual activity."

You can find our team on the link noted below: <http://pages.lightthenight.org/noh/Cleveland15/LymphomaCrushers> and enter the amount you wish to donate, or wish to pledge under our team name. If this is too complicated, feel free to also just pledge/donate a flat amount to our team, the Lymphoma Crushers!

Your generosity in the past and future means the world to all battling leukemia or lymphoma. With deepest appreciation, Cathy

# Welcome New CWRRRC Members

Mitchell Haynes

Jen Jutte

Laura Williamson

Michelle Woidke





## Race Results

Saturday, September 5th

### Celebrate Westlake 5-mile run

Chris Banas, 46:02

## RR Stables Stampede

*By Kathy Dugan*

Rocky River Stables Stampede - the first annual ¼ marathon and 2-mile walk/ run event was held Saturday, August 29th, starting at the Rocky River stables on the edge of the Cleveland Metroparks in the Rocky River Reservation.

Approximately three miles were run on the bridle trail beginning at Cottonwood south to Shepherds Lane. At that point you crossed the Valley Parkway and headed back north on the all-purpose trail. The course was lush with rich colors, a small army of volunteers and four water stops.

The post-race refreshments were fit for any two- or four-legged critters. They included baby carrots, apple slices, cookies and water. The horse / human theme was prevalent, from the race logo to the Overall top finishers' multi-colored ribbons like you've seen at the Kentucky Derby and other top-notch events.

The bonus was the expanse of the award categories. See the stellar results below.

Female Overall . . . .	Angela Lilley.....	47:19
Master . . . . .	Gina O'Shea.....	54:37
Grand Master . . . .	Kathy Dugan.....	55:49
Gr Gr Master . . . .	Alice Hunt.....	1:04
Veteran . . . . .	Jeanne Sikorski.....	1:07
Male Overlall . . . .	Neil Dostal.....	45:12
Master . . . . .	Ycidro Torres.....	46:41
Grand Master . . . .	JR / Epifanio Carrasquillo.....	50:13
Gr Gr Master . . . .	Jerry Huber.....	1:00
Veteran . . . . .	Dale Sherry.....	1:03

Other smiling faces on Saturday, and names you will recognize:

Bob Collins. . . . .	AG 1.....	1:14
John Delzani . . . .	AG 2.....	1:38
Maura Dettmer . . .	AG 6.....	1:10
Mary Dettmer. . . .	AG 2.....	1:38
Mike Hawe . . . . .	AG 1.....	1:06

As I trotted back to the car I found myself singing, "The old grey mare she ain't what she used to be, ain't what she used to be." Then I stopped and thought, "Says who?"

I hope to see you all next year at the second annual Rocky River Stables Stampede as I gallop into the Grand Grand Master division.



# Here's The Skinny On Skin-Enhancing Foods

By Amy Jamieson-Petonic (Sports Dietitian)

Summer is waning, and fall is moving in as the new season! Daylight hours are shortening, but we're still outside running and should still be wearing protective eyewear and sunscreen. Nothing wrong with wanting a healthy body inside and out, right?

Along those same lines, did you know there are foods that are wonderful for your skin as well? Here is a list of foods that are good for your skin now and all year long.

or ate 2 and 1/2 tablespoons of tomato paste daily for 10 to 12 weeks had 50 percent less skin-reddening.

**3. Coffee:** Drinking a single cup of coffee daily may lower your risk of developing skin cancer. In one study of more than 93,000 women, published in the *European Journal of Cancer Prevention*, those who drank one cup of caffeinated coffee a day reduced their risk of developing non-melanoma skin cancer by about 10 percent. And the more they drank - up to about six cups or so per day - the lower their risk. Decaf didn't seem to offer the same protection.

**4. Edamame:** rich in isoflavones - and isoflavones act like antioxidants, ridding of harmful free radicals caused by sun exposure. Isoflavones may also help to preserve skin-firming collagen - which begins to decline starting in our 20s.



**1. Broccoli:** This veggie is high in Vitamin C, and a study from the *American Journal of Clinical Nutrition* showed that foods high in this vitamin keep skin smooth by soaking up free radicals created by ultraviolet rays.

**2. Carrots:** contain carotene and lycopene, a carotenoid that may help to keep your skin smooth and shield your skin from damage. In a study published in 2008 in the *European Journal of Pharmacology and Biopharmaceutics*, researchers found that of the 20 individuals studied, those who had higher skin concentrations of lycopene had smoother skin. In another study, participants who were exposed to UV light and drank 1 and 2/3 cups of carrot juice

**5. Tea:** Research suggests caffeine in tea may help to protect your skin against skin cancer. Caffeine basically kills precancerous and ultraviolet-damaged skin cells by blocking a protein that they need to divide. In a study where mice were exposed to harmful sunburn-causing ultraviolet B rays, caffeine inhibited the formation of skin tumors.

**6. Tuna:** and other omega-3-rich fish - may help keep your skin looking youthful and prevent skin cancer. EPA (eicosapentaenoic acid), one of the omega-3 fats in fatty fish, has been shown to preserve collagen, a fibrous protein that keeps skin firm. And EPA in combination with the other omega-3 in fish, DHA (docosahexaenoic acid), helps to prevent skin cancer by reducing inflammatory compounds that can promote tumor growth. Aim to



eat two servings of fatty fish each week: not only are the omega-3s good for your skin, they're good for your heart too.

**7. Spinach:** boasts lutein, a carotenoid that protects your skin from UV damage. When buying spinach, pick the one in the produce section that is right up in the light. New research, published in the *Journal of Agricultural and Food Chemistry*, shows that spinach stored continuously under the light for as little as three days boasted higher levels of vitamin C and preserved levels of K, E, folate and the carotenoids lutein and zeaxanthin.

**8. Cocoa:** (as well as tea and red wine) contain a type of flavonoid called epicatechin. In a study of 24 women, published in the *Journal of Nutrition*, drinking an epicatechin-rich cocoa beverage daily for 12 weeks improved skin texture. The authors explained that epicatechin increased blood flow to the skin, boosting nutrient and oxygen supply - both factors essential for keeping skin healthy.

## Recipe

Want to try a fabulous recipe for a dish that is great for your skin? Try this Quinoa and Broccoli Slaw with Honey Mustard Dressing. It's fabulous! It's from the blog Cookie and Kate.

Quinoa Broccoli Slaw with Honey-Mustard Dressing

**Prep time: 20 mins**

**Cook time: 20 mins**

**Total time: 40 mins**

Healthy, mayo-free broccoli slaw with quinoa, toasted almonds and basil tossed in a tangy honey-mustard dressing! This gluten-free slaw will be a hit at potlucks and packs well for lunch, too. For best flavor, plan on letting the slaw rest for 20 minutes or more before serving. Recipe yields about four servings.

Author: Cookie and Kate

Recipe type: Salad

Serves: 4 servings

## Ingredients

Slaw

1 pound broccoli or  
16 ounces shredded  
broccoli slaw

1/2 cup uncooked  
quinoa

1/2 cup slivered  
almonds

1/4 cup chopped  
fresh basil

Honey-mustard  
dressing

1/2 cup olive oil

2 tablespoons  
lemon juice

2 tablespoons smooth Dijon mustard



1 tablespoon apple cider vinegar or more lemon juice, to taste

1 tablespoon honey, more to taste

2 cloves garlic, pressed or minced

1/2 teaspoon sea salt

Freshly ground pepper, to taste

## Instructions

To cook the quinoa: First, rinse the quinoa in a fine mesh colander under running water for a minute or two. In a medium-sized pot, combine the rinsed quinoa and 1 cup water. Bring the mixture to a gentle boil, then cover the pot, reduce heat to a simmer and cook for 15 minutes. Remove the quinoa from heat and let the pot rest, still covered, for five minutes. Uncover the pot, drain off any excess water and fluff the quinoa with a fork. Set it aside to cool.

Meanwhile, toast the almonds: In a small skillet over medium heat, toast the almonds, stirring frequently, until they are fragrant and starting to turn golden on the edges, about five minutes. Transfer to a large serving bowl to cool.

To prepare the broccoli (if you're not using prepared broccoli slaw), trim off any brown bits from the florets and stems, then slice the florets off the stems into manageable pieces. Use a paring knife to peel off the tough, woody perimeter of the broccoli stems and then discard those pieces. Now you can feed the broccoli florets through your food processor using the slicing blade, then switch to the grating blade to shred the stems. Alternatively, you can shred the broccoli with a mandoline or by hand with a sharp knife.

Prepare the dressing in a liquid measuring cup: combine the olive oil, lemon juice, mustard, vinegar, honey, garlic, sea salt and freshly ground pepper. Whisk until emulsified. The dressing should be pleasantly tangy but not overwhelmingly acidic, so taste and add a little more honey to balance out the flavors if necessary.

In a large serving bowl, combine the broccoli slaw, cooked quinoa and toasted almonds. Pour the dressing over the mixture, top with the chopped basil and toss until well mixed. Let the slaw rest for about 20 minutes to let the flavors mellow out a bit.

## Notes

Make it vegan: Substitute maple syrup for the honey.

Make it nut-free: I bet sunflower seeds would be a great alternative to the almonds.

Storage suggestions: This salad keeps well overnight. Brighten up leftovers with a squeeze of lemon juice and maybe an extra drizzle of olive oil and dash of salt, too.

Recipe source: <http://cookieandkate.com/2015/quinoa-broccoli-slaw-recipe/>

Got a nutrition question? Email me at [amyjtoday@gmail.com](mailto:amyjtoday@gmail.com). Also check out my new website at [www.amyjtoday.org](http://www.amyjtoday.org). Here's to a happy and healthy autumn!

## Please Note

Articles for the November/December *FootNotes* must be submitted by Sunday, October 18th.

Material received after the 18th 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.clewestrunningclub.org](http://www.clewestrunningclub.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

Newsletter will be sent via Email unless noted here:

Type of membership:  New  Renewal

Individual \$20.00  Family \$30.00  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