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West

ROAD RUNNERS

FOOD

Marc

Spring in
the Park
Women's
10K



CLEVELAND WEST
presents

clewestrunning

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: Starting 3/17 **6:00 p.m.** Rocky
River Nature Center, North Olmsted

CWRRRC Web Page:

www.clewestrunningclub.org

For more info email:

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.

A Note From The President

By Mark Breudigam

Well, it appears as if Punxsutawney Phil, for having an early spring, a rotund rodent's accurate found that he has got time. That's not a bad don't think Dick Goddard

I hope this nice weather on your training for the have plans for spring the club are planning Women's 10K. Race directors in promoting the race year. Consider taking at Second Sole on April runs for the race. For can go to our website location of the runs. Our made jewelry awards stylish arm warmers for up to volunteer for the asking for help. To volunteer helping out so we can

[UNDER CONSTRUCTION: NEW MEMBERS CORNER]

Putting A Name To A Face

By Joyce Prohaska

For those who do not know me, please let me introduce myself. I am Joyce Prohaska, a race walker, club member and now New Member Committee champion of Cleveland-West.

Have you even wondered who is running or walking next to you on your runs? We've added this "New Member" column to the newsletter to enhance your ability to put a name to a face, and to encourage everyone to try to get to know the membership.

Also new this year, first-time members are receiving a "Welcome" and "New Member" shirt. The shirts are being presented to new members following an introduction during a group run. If, for some reason, this process does not work out, another face-to-face arrangement will be made between the new member and a current member.

Group running schedules will be noted in the Welcome Letter and are currently published in each newsletter, as well on the club's web page at clewestrunningclub.org. Contact arrangements for shirts can be made through Kathy Dugan, (work) 440-930-3119 or (personal email) kathy.dugan@hotmail.com.

As well, we will profile new members in each newsletter issue going forward. If you would like to be one of the first featured new members, please contact me, Joyce, at japracewalker@aol.com.

WELCOME NEW MEMBERS!

Happy Birthday

March

Don Baun
Troy Bratz
Greg Chabmer
Robert Clark
Brian Cleary
Joan Ellis
Scott Ferrari
Liz Ferro
Michael Hawe
Debra Horn
Nick Hunter
Sarah Lampert
David McConoughey
Matt Norris
Igor J. Skalsky
Steve Smith
Tim Walsh
Cindi White
Curtis Wourms
Mark Yager

Running Jo

By Rich Oldrieve

It seems like just a c
an article for the Clev
experiences at the 199
my description was m
was having fun by run
Highway One as it hug

One reason I ran the
beginning stages of m
up to attend a math
Francisco one week an
ence in San Diego the
happened to be sched
end. Another reason w
and by reading past m
at winning the Master
country teammate fro
drive me down to Mon
step-daughter and ste
from Los Angeles and
the finish line down to
my step-kids because
camp out the night be

To me, the experience
cially after I "retired"

The... little...

So I had the crazy idea on the drive back from UNC that I should stop in Cadiz, OH, and run the route of the 14.9-mile Ultimate Run — a course with seven long hills of at least 200 feet and where I had been a three-time champ. I made it just past the Greenwood Cemetery at the five-mile mark, before my calf tightened up and I started walking all the way back to the start.

Argh, I figured my California Dream was over. But I walked and did core workouts for the next week, and realized I hadn't "pulled" the calf. In fact my muscles and joints were feeling good, and I might just be able to shoot for CWRRC's Fall Classic (1:35), a Turkey Trot 10K in Virginia (42:59), a Christmas Eve 10K romp at Lake Elsinore in California with Jon and Pepper (46:52), and finally the San Diego Holiday Half (1:35). My time in the latter race was nothing spectacular, but solid enough for the elite race director at Big Sur to let me into the race.

After arriving back in Ohio, the training began in earnest, because I wanted to at least be able to run with Jon. I figured this might be tough since in one year he had improved his half marathon time from 1:54 to 1:38, and if he kept the same rate of improvement he might be running close to 3:30 for Big Sur. Additionally, I wanted to justify my elite runner entry by at least finishing in the top three in the unofficial "grand masters" division.

So, unlike my failed marathon comeback three years ago, when my three longest runs were something like 15, 17 and 19 miles, I knew I needed a sustained series of long runs that would allow me to run strong through at least 20 miles. Thus, I knew there would be no time to rest after the San Diego Holiday Half, so I set out to up my mileage to the high teens through January and February, and then hit a few 20s in April. (On Saturday, March 5th,

Lake County's Sunset Surprise Leap Day 5K Recap

By Cathy Leonard

My dog Remy usually writes running-related editorials for this newsletter – at least in our household – but she’s having back issues, so the canine race recap could not occur. She did not accompany me to Lake County for Greater Cleveland XC’s Leap Day 5K on Monday, February 29th. She’d be happy to complain to you about that, if you’d give her the chance.

I decided to run the race on a lark, one recent Monday morning. As I sat at my computer pondering what to run (print) in the newsletter, I thought to myself: “Too bad it’s a Monday. It would be funny to jump in a race today, just to have something to write about.” I Googled Ohio running races and, low and behold, a race popped up that was being put on that evening in greater Cleveland! Well, if that wasn’t providence, then I wouldn’t know it if I tripped over it!

Having already run four miles that morning with Larry Begue down would I enter a race later that evening? Good question; thanks for a

Here’s why: It amused me. It was a Leap Day, not-gonna-happen-for-a inaugural race. The stars were aligned. I was newly itching to do my my first new age-group race – if you don’t count the Reindeer Run Rember at Lakewood Park that became more of a peeing and sniffing

So off I went in late afternoon, driving to Kirtland’s Lake Metrop

Flatlands Cradle Indoor Marathon Site Polar Bear Recap

By Robert Blum

If I were asked to describe landscape beauty, like many others, I would name snow-covered mountains, rushing streams and tall forests. The land surrounding Ada, OH, has none of these. For a considerable distance, prosperous agricultural holdings surround the town. There are no changes in elevation. A moderate wind blows constantly. I have never seen the campus of North Dakota State University, but my guess is that it looks similar to that of Ada's Ohio Northern University. The buildings surround an expanse of closely cut grass. Trees on campus are short and no shrubbery outlines the buildings. The one structure that towers over all is a grain elevator.

I was driving to Ohio Northern University (ONU) to race a January marathon. My first thought as I approached the area was, "This is the beginning of the Great Plains." The word "sterile" came to mind. Then, when I got on campus and started meeting people, everything changed. Automobiles were not visible as I walked on campus. Autos used the back doors of structures. And pedestrians moved



Spring in the Park Women's 10K



Cleveland West Road Runners

Join the Cleveland West Road Runners for
the 2nd Annual running of the Spring in the Park Women's-only 10K
Flat fast course in the beautiful Cleveland Metroparks - Overall winner & first Master
and first Grand Master receive commissioned handmade bracelets
Age Group awards & bracelets places 1st - 4th
Arm sleeves for the first 300 registrants

Fees:

Early bird fee of \$25 through January 15th
\$30 from January 16th through February 14th
\$35 from February 15th to March 17th
\$40 after March 17th and \$45 day of race

Girls age 14 & under free without swag
 RRC members receive registration discount
Charity donation to OROC - Our Run Ovarian Cancer

Preregistration & Packet Pick-Up:

Second Sole, 19341 De Troi Ave. Rocky River, OH 44116

Friday April 1 from 12:00 pm to 8:00 pm

Happy hour from 5:30 pm to 8:00 pm

Saturday April 2 from 10:00 am to 6:00 pm

Sunday April 3 starting at 7:30 am
at the Mastick Woods Pavilion

More info and online registration at <http://www.cwestrunningclub.org> or
FaceBook/ Cleveland West Road Runners

First Name: _____ Last Name: _____ Race Age: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Check here if CWRRRC 2016 Member: Yes

Mail form to: Cleveland West Road Runners Club, Attn: Women's 10K
P.O. Box 771011, Lakewood, OH 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.

Signature: _____



Reindeer Run 5K: New Memories Made

By Remy Leonard

Hey humans! What's up?! How have you been? Happy New Year! Yo!

So, I've taken a break from editorializing here in this human media days of traipsing around the Middle East after that Twigg fella (see World in FootNotes, a few years ago). I took an honorable discharge from the U.S. Army and have been lying low. I also inherited an adopted dog named Scooter. If you've ever had a brother, you know how exhausting that is. He's a pain in my back - literally!

So, I guess I should focus on the fact that I actually ran a race with my human Cathy back in December. We ran the Reindeer Run at Lakeview. We went into a building beforehand where they let you in out of the cold where people fill out forms, get their human tags (race bibs), and put on their gear. It was nice to be able to get warm, but I had to dodge a lot of human feet. Some appeared more menacing than others.

After a while, we went back outside INTO the cold on purpose, for no reason I cannot even fathom - oh yeah, to run a race - and there were other canines with humans. Sage brought out her human Karen Powell. She scares me. Luna, who brought her human Nancy Desmond, wanted to run. I'm pretty sure. So, we stood in a pack until a noise sounded and



Bring-On- Spring Smoothie

By Amy Jamieson-Petonic

Go green this spring with a super fabulous smoothie!

Happy March everyone! After being bundled up in multiple layers for months (Has anyone else missed seeing their toes?), I am excited about the possibility of ... may I say it? Spring! What does spring mean to you? To me, it means the snow melting (Can I get an amen?!), the birds coming back, and the rebirth of all things living.

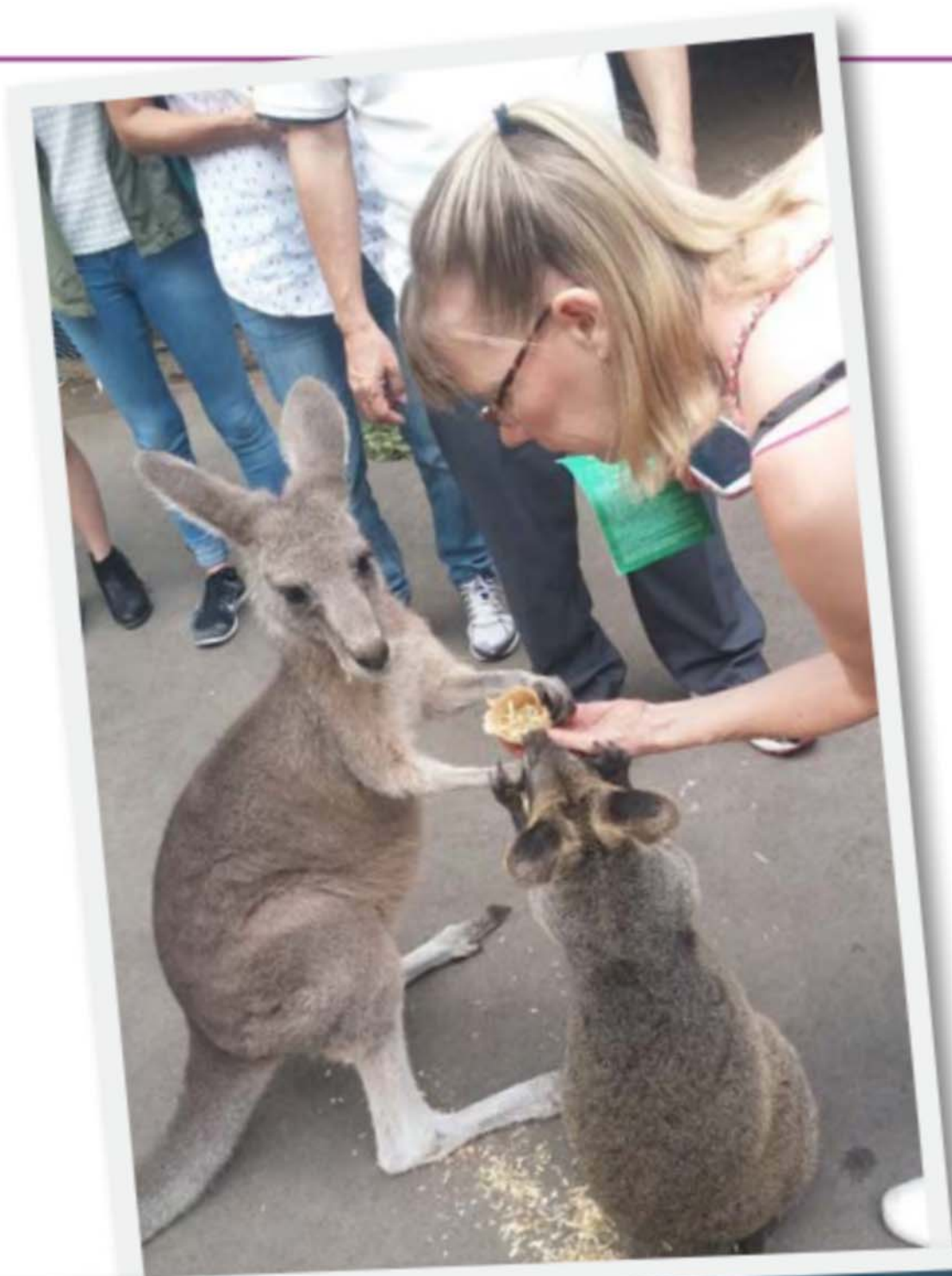
We have much to celebrate in March, including St. Patrick's Day, spring and the leading into what I hope will be a long, warm summer. What better way to begin this "green" season than with a super yummy green smoothie. (Tip: Don't tell people it's healthy; just call it a Shrek smoothie or an Incredible Hulk smoothie!)

Prep time:

Servings:

Ingredient

1 cup ban



MANLY SCENIC WA



Please Note

Articles for the May/June *FootNotes* must be submitted by Sunday, April 17th.

Material received after the 17th 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.

Join Us

We are a group of runners, indoors and outdoors. All ages and abilities welcome. For more info: www.clewes.com

2016 Membership Application

Name

Address

City

Home Phone

Date of Birth

Email

Shirt size: Small Medium

Newsletter will be sent via Email Yes No

Type of membership: New Renewal

Individual \$20.00 Family \$40.00

Please list all names and birth dates of family members applying for a family membership.

Mail to: Cleveland West Road
Attn: Membership Chairpersons
P.O. Box 771011, Lakewood, OH 44122

I know that running and volunteering to work for the club is a physically demanding activity. I am medically able and properly trained. I agree to assume all risks associated with running and volunteering. My participation is appreciated by me. Having read this waiver, I understand the risks myself and anyone entitled to act in my behalf.