

Celebrating 40 Years



cleveland **West**  
**Road Runners**

1977 - 2017

# FOOTNOTES

May / June 2017 Newsletter

## Bay Days 5-Mile And 1-Mile Races

### Moo-ve On Over For The Chick-Fil-A Cow

By Rich Oldrieve

For more than 40 years the Bay Days 5-Mile Run has been one of northeast Ohio's premier races. Once again, at 8:30 a.m. on Tuesday, July 4th, quality runners and twice-a-week joggers will be taking the mid-summer challenge to go five miles instead of five kilometers.

Nonetheless, two years ago, it was the 1-mile kids' race that doubled in size when the 1-mile run began using the same starting line as the 5-mile race. This year's excitement is that Chick-Fil-A of North Olmsted has agreed to be the title sponsor of the kids' run. This means that each kid's run entrant will receive a \$5 gift card. More importantly, the Chick-Fil-A Cow will be greeting people at race-day registration, starting the kids' race, and welcoming runners at the finish line.

Another positive change for both races is that Mitchell's Ice Cream will be giving \$5 gift cards to overall and age-group award-ees in both the 5-mile and 1-mile races – plus the Masters (40 and over) and Grand-Masters (55 and over) in the 5-miler. This means that if you finish first, second or third in your age group, you will receive a \$5 gift card to Mitchell's Ice Cream. Though, in order to keep landfills and/or the race director's garage space from being filled with unclaimed age-group bling, only age-group winners will take home a shiny object of some sort

held at Second Sole Lakewood. (Please note that Second Sole of Lakewood has moved to 18636 Detroit Rd., Lakewood.) Pre-registration dates and times are:

- Saturday, July 1st, 11 a.m. to 4 p.m.
- Sunday, July 2nd, 1 to 4 p.m.
- Monday, July 3rd, 11 a.m. to 4 p.m.

The 5-mile race will begin at 8:30 a.m. and the 1-mile kids' run will start at 8:35. The starting line for both races will be 75 yards east of the entrance to Bay High School, and the finish line will be on the visiting stand side of Bay High's track. Chip timing will be provided by Greater Cleveland X-C.

As in past years, the first 500 five-mile race entrants will receive a Brooks high-tech t-shirt. Thank you to Brooks for once again supplying their profile shirts in both men's and women's fittings at a reduced cost, and to Second Sole Lakewood for once again contributing money to ensure the first 300 are free to CWRRC and the rest are below wholesale. Second Sole of Lakewood also will be supplying gift certificates to the overall, masters and grand-masters winners in the 5-miler.

Other sponsors include Bay Pediatric Dentistry, Nova Care Rehabilitation and Nooma. With the combination of Chick-Fil-A, Mitchell's Ice Cream and Nooma electrolyte hydration, strong finishers will be able to quench their thirst, eat chicken sandwiches and satisfy their sweet tooth. These treats will be in addition to our traditional popsicles, watermelon slices, water and sports drink. Thank you to the Bay Kiwanis for once again helping us publicize the race, and to the Bay High School Key Club for supplying volunteers to shepherd the 1-milers to the starting line and around crucial corners throughout the race.

## 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 Metroparks, Rocky River Nature Center

**CWRRC Web Page:**  
www.clewestrunningclub.org

**For more info email:**  
Clewestrunningclub@gmail.com

## CWRRC 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.
- Opportunities to meet other people who share a commitment for running, from the recreational to the serious.

## 2017 CWRRC Officers

President . . . . . Bob Myers  
Vice-President . . . . . Kathryn Metz  
Treasurer-Secretary . . . . . Mark Brinich

## Committees & Coordinators

Membership Coordinator . . . . . Mark Brinich  
New Member Coordinators . . . . .  
Joyce Prohaska / Kathy Dugan  
Race Committee Chair . . . . . Bob Budzilek  
Spring Race Director . . . . . Joanna Brell  
Bay Days Race Director . . . . . Rich Oldrieve  
Fall Classic Race Director . . . . . Mark Breudigam  
Equipment Managers Logistics . . . . .

## A Note From The President *One Down; Two To Go*

The Spring in The Park Women's 10K race is now completed and what an event! We have the Bay Day's 5-Miler Race on Tuesday, July 4th, and the Fall Classic Half Marathon & 5K on Sunday, November 19th, to complete our 2017 club race series.

We all pulled together under race director Joanna Brell for an outstanding Spring in the Park Women's 10K race. I have heard many compliments from participants, including such praise as "your club puts on a really classy race." The best part of the race, in my opinion, was being part of a group of volunteers that worked so well together while enjoying the moment. We did race planning, registration, logistics, packet preparation, packet pickup, awards and refreshments, etc. Bill Dieter from Second Sole Lakewood provided his store for registration and packet pickup, in addition to on-site race day support. I thank all for a job well done!

The club is looking for a few good men or women to work with our web site and marketing. Please get in touch with me so we can do a huddle. Contact me at [rdmyers2@sbcglobal.net](mailto:rdmyers2@sbcglobal.net).

We have many cool events planned (see the Planning Ahead section in this newsletter), so get plugged-in and enjoy the summer!



## Dugan/Delzani Host Next Assembly

*By Kathy Dugan*

The July/August newsletter assembly will be one week later than usual – moved to Wednesday, July 12th – due to the Bay Days Run on July 4th. We'd like to allow enough time for race director Rich Oldrieve, and all of the volunteers, to rest up! We'd also like to see stories, results and pictures, etc., from the race, in the July/August newsletter.

Everyone, including the Chick-Fil-A cow, is invited to the home of Kathy Dugan and John Delzani on Wednesday, July 12th, beginning at 6 p.m., for the newsletter assem-

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# Planning Ahead

## Cleveland West Road Runners Club

### **West Side Community House Community Service Project**

Date: Saturday, May 6th

Time: After the Saturday group run

Where: 9300 Lorain Rd., Cleveland

Project involves preparing and planting front and side flower beds.

Lunch will be provided.

### **Saturday Morning Breakfast/John Reagan and Matt Norris Memorial**

Date: Saturday, May 13th

Time: After the 7:30 a.m. group run

Where: Metroparks, Rocky River Reservation, Scenic Park Pavilion

Sponsors: The "Marks."

### **Rite Aid Kids' Run**

Date: Saturday, May 20th

Time: 10 to 11:30 a.m.

Where: TBA

Volunteer to assist in the kids races.

### **Bay Days 5-Mile Race**

Date: Tuesday, July 4th

Time: 8:30 a.m.

Location: Bay High School, 29230 Wolf Rd., Bay Village.

### **Saturday Morning Breakfast**

Date: Saturday, August 12th

Time: After the 7:30 a.m. group run

Where: Metroparks Rocky River Reservation, Scenic Park Pavilion

Sponsors: The "Others."

### **Fort Wayne Road Trip**

### **Fall Classic Half Marathon & 5K Race**

Date: Sunday, November 19th

Time: 9 a.m.

Where: Metroparks, Bonnie Park, Mill Stream Reservation, Strongsville.

### **Holiday Lights Run & Celebration**

Date: Thursday, December 14th

Time: 6:15 p.m.

Where: Lakewood Park Women's Pavilion

Party Afterward: Lakewood Village Tavern, 13437 Madison Ave., Lakewood.

### **Winter Banquet**

Date: Saturday, January 27th, 2018

Time: 6 p.m.

Where: TBD.

### **Sunday Morning Group Run**

Dates: Every Sunday throughout the year

Time: 8 a.m.

Where: Metroparks, Little Met Golf Course parking lot, down the hill from Fairview Hospital.

### **Tuesday Springbok Track Workouts**

Date: Every Tuesday spring through fall

Time: 6 p.m.

Where: Westlake High School Track, 27830 Hilliard Blvd., Westlake.

### **Thursday Night Group Run**

Dates: Every Thursday throughout the year

Time: 6 p.m.

# Happy Birthday

## May

John Binder  
Bob Budzilek  
Rita Candito  
Ellen Chrisman  
Beth Eaton  
Emily Ferrall  
Evan Golder  
Tom Hayes  
John Herraghty  
Carl Homberg  
Steve Lacko  
Greg Lampert  
Stephanie Mueller  
Matt Patton  
Damon Pierce  
Kimberly Roach  
David Rosendale  
Paul Schlosser  
Gloria Smith  
Tara Taylor  
Cindy Wildman

## June

Kevin Arth  
Daniel Barnhart  
Toby Barvincak  
Larry Begue  
Adam Belebczuk  
Bob Blum  
Jennifer Budzilek  
Timothy Chrisman  
Joe Digiacomio  
Thomas Fagan  
Nate Ferrall  
Cory Freadling  
Jennifer Jutte  
Tiffany Kral  
Bob Kuebler  
Todd LeVeck  
Tim McGinty  
Sue Michos  
Edward Oberhofer  
John Roos



## Cleveland-West Quest For The Emerald Necklace

**By Bob Budzilek**

The Quest for the Emerald Necklace is now well underway. Three people have now accumulated and reported enough miles. Brian Cleary has two reservations yet to visit, and Bob and Gretty Myers each have four left. It is quite possible that we'll have our first completion before this newsletter goes to press.

To refresh your memory, or fill you in if you didn't read the January article, the goal is simple. CWRRC members (yes, members only) will be challenged to run/walk 140 miles in 2017; 40 miles for CWRRC, and 100 miles for Cleveland Metroparks. The catch is that a minimum of three miles needs to be completed in each of the 19 Cleveland Metroparks reservations (including the Zoo). A list of the reservations is below. More information can be found on the Cleveland Metroparks web site at [www.clevelandmetroparks.com/Main/Reservations-Partners.aspx](http://www.clevelandmetroparks.com/Main/Reservations-Partners.aspx). Complete the challenge, and you will earn a customized t-shirt (see below).

A table tracking everyone that submits progress is available on our web site and through social media. Participants can submit their progress via email to [cwrrc.race.director@gmail.com](mailto:cwrrc.race.director@gmail.com), making sure to indicate the "Challenge" in the subject line. Alternately, you can use the form on the web site to fill in your progress. The table is being updated weekly as we progress. Special awards and kudos will be given for the following:

- First to complete the Quest
- Most miles completed in each individual reservation
- Other awards to be made up as we go

Send photos of your runs too, particularly if you are by a Metroparks sign. Photos are posted on the web weekly.

Lastly, stay tuned for group runs in some of the remote parks – you know, the ones way out on the east side – starting soon. Check the web site for locations, dates and times.

# Log Your Miles; Join In The Fun

By Bob Myers

You still have time to partake in the club's Quest challenge, if you have not yet joined in.

Club member Bob Budzilek is spearheading this year-long event being held to celebrate CWRRC's 40th anniversary, as well as the Cleveland Metroparks' 100-year mark. The Quest rules are outlined in the "Cleveland-West Quest of the Emerald Necklace" article. Basically, club members must run or walk a total of 140 miles in the Cleveland Metroparks in calendar year 2017. They must also have completed at least three miles in all 19 reservations, including the zoo. (The zoo is free on Mondays for Cuyahoga county residents.) After each run or walk, log into the club's web site, [www.clewestrunningclub.org](http://www.clewestrunningclub.org), and go to the members' page. Click the Quest tab and follow the entry instructions. This is a members-only event, so if you have not paid dues this is a great time to join our club.

All Quest finishers will receive a special, limited-edition, high-tech, long-sleeve shirt. However, the most important reward is exploring firsthand some of the Cleveland Metroparks' most amazing areas, which you may not even have known existed. My wife Gretty and I have, for the first time, visited Euclid Creek, Brookside and Washington, to name a few. Oh my! We are so grateful to have seen what awesome and diverse natural resources Cleveland has to offer. I know we would have not explored these reservations had it not been for the Quest challenge!

## Quest Love (with apologies to Questlove\*)

By Kathy Rezek

The "quest" is a lot of fun and my husband and I are loving it. It has been a good excuse for us to do some mental and physical rehab after a long winter, plagued by too many hospital and doctor visits (my husband recently had back surgery). The last time I visited some of these parks was as a student at Cleveland State with my Natural History class to study flora and fauna in their natural environment, a long time ago. My husband and I are about half-way through the Quest, with nine parks visited. Here are a few highlights:

We began the Quest on the trails near the Rocky River Nature Center. This park is like a familiar, old friend, and we have accumulated most of our mileage on its trails. We also picked up some hard-copy maps of the parks (there aren't maps available for some of the smaller parks). We were told that eventually the

On a cold, gray winter day we went to Mill Stream Run Reservation and hiked the Yellow and Red trails. The bare trees enabled clear sight lines of the land's elevation changes near the stream. This was helpful, as navigating the trails requires some forethought and map consulting due to leaf coverage, snow and mud. At one point the sun came out, lighting up the forest, and we stopped for a moment. The snow-covered ground sparkled and through it patches of bright green moss glistened, while a mist started creeping over the forest floor. Another magical Metroparks moment!

Later in the spring, while on the Sagamore Creek Loop trail in the Bedford Reservation, the trees were budding and green ground cover was starting to blanket the forest floor. The chorus of birds rose above the squawking of bare tree branches. The stream was higher and moving faster after the snow melts

and spring rains; crossing it involved some wet shoes. This is another park with so many trails to choose from that we plan to return to it again this summer.

The West Creek Park is one of the most recent additions to the Metroparks, created after a long grassroots effort by Parma residents. It was the first time I had visited the creek since I was a kid. Back then we would walk it, starting in Brooklyn Heights, and follow it as it snaked its way through the valley, behind suburban backyards and below non-descript bridge overpasses. On our visit we took the multipurpose trail and came across horse-hoof prints which were a mystery as there is not a bridle trail nearby and horses are scarce in Parma. We followed the trail south and came to a gravel-covered hill near the Dentzler road entrance, which gave us a nice work out (Dentzler entrance is at the top of the hill, but there's not much parking there). We circled back on the trail and went to the West Creek Park watershed stewardship center which is dedicated to scientific research promoting sustainable action. Here we learned that the creek was probably very polluted when I was walking it as a kid. The water quality is much better now and it is a beautiful park.



## New Members

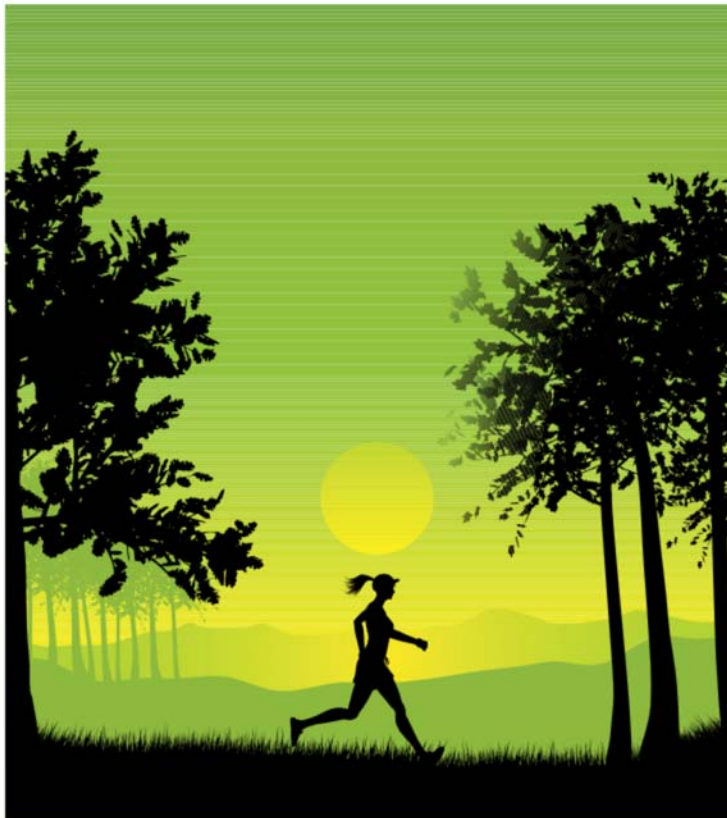
Jack Ford

Mark Oster

Cynthia Peck

Pamela Reed

*(Editor's Note: Any new club member interested in being profiled in an upcoming newsletter, please contact Joyce Prohaska at [japracewalker@aol.com](mailto:japracewalker@aol.com). She will forward you a basic questionnaire for you to fill out about how you got involved in running, etc., and ask if you want to include a photo. Easy breezy!)*



## Local Running Events

June 19th-23rd

Learning Center Community College Running Series

# Spring In The Park Women's 10K Recap

**By Joanna Brell**

The second Sunday in April this year had a different feel to it. First of all, there were no patches of ice on the road like last year. Secondly, there was excitement in the air – the runners had perfect racing weather and were ready to run the third annual Spring in the Park Women's 10K on Sunday, April 9th. The pre-race yoga added to the enthusiasm. Centered and focused, the field for the Women's 10K was spectacular. Jillian Snyder of Lakewood crossed the finish line first in 42:33. The Masters winner was Carrie Albert of Cortland, who ran a 45:10, immediately followed by Grand Master Pam Semanick from Bedford, who finished in 45:18. These three women were awarded with delicate necklaces representing inspirational messages to keep them running and living strong. The first four women in each of the age groups received bracelets, wearable reminders of their outstanding finishes.

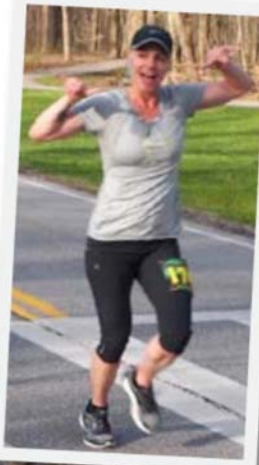
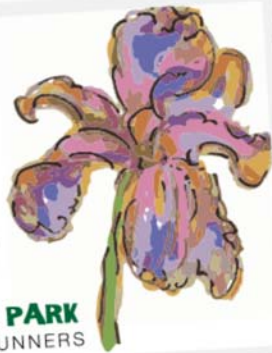
All registrants received custom-designed (by Chip Cooper and Cathy Fischer) HooRags®, with the Spring in the Park Iris. These versatile headbands were modeled by many runners. They nicely complimented the Second Sole running store inventory; Bill Dieter had opened his doors for the Friday evening packet pickup Happy Hour with discounts on clothing and shoes for the registered runners. All runner fashionistas must add this race to their annual schedule!

Not only was it a fabulous day for racing, the excitement continued afterward, with the addition of a hint of suspense. Our generous sponsors supplied us with awesome gifts, raffled by bib number. Anticipation was suddenly high as the numbers were called out. The raffled gifts were highly prized, judging by the runners' reactions. Who wouldn't want a \$75 gift card to Second Sole, a manicure and hair cut from Dante Lucci, or a Humble wine basket, to name a few? All of the sponsors are local businesses and we hope they have everyone's support. Please see our web site for the complete list of our sponsors, whom we hope you thank.

Of course there were some minor issues along the way, including a recently deceased animal and tree on the course, which had been the subject of a recent article in the *SHRUG*!

# WOMEN'S 10K SPRING

IN THE PARK  
CLEVELAND WEST ROAD RUNNERS



## Club Plans Ft. Wayne Road/Race Trip

*By Chip Cooper*

In case you have not heard, we are planning a group road trip to Ft. Wayne, IN, for the 'Fort4Fitness' Fall Festival on Saturday, September 30th. There are several race distances to choose from:

- Marathon (\$65 before June 1st)
- Half-Marathon (\$50 before June 1st)
- 10K (\$35 before June 1st)
- 4-Mile Run (\$25 before June 1st)

Please email me at [chascooper@road-runner.com](mailto:chascooper@road-runner.com), if you are even thinking about going. I am making travel plans and a rough nose count will help determine what type vehicle(s) will work best.

### FORT4FITNESS

This is an affordable race. There is a price break for registering before June 1st (see the above list). Here is a link to register:

[https://secure.getmeregistered.com/get\\_information.php?event\\_id=125576](https://secure.getmeregistered.com/get_information.php?event_id=125576)

Since this is a Saturday race, we will leave on Friday, September 29th, run/walk/spectate on Saturday, and return on Sunday, October 1st. We will determine the departure times that fit everyone's schedule. One idea is to take several rented mini-vans, which could allow an "early bus" and a later one. Or, we might charter a bus. The drive is under four hours, so we have options.

## Please Note

Articles for the July/August *FootNotes* must be submitted by Friday, June 23rd.

Material received after the 23rd 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).

### 2017 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.