

## Mixing Up My Rite Aid Training

**By Heather Kuch**

*Editor's note: Kuch's running blog, from which this was culled and lightly edited, can be found at <http://icantivegottarun.weebly.com/>.*

It's been a little cold in Cleveland for the start of my training.

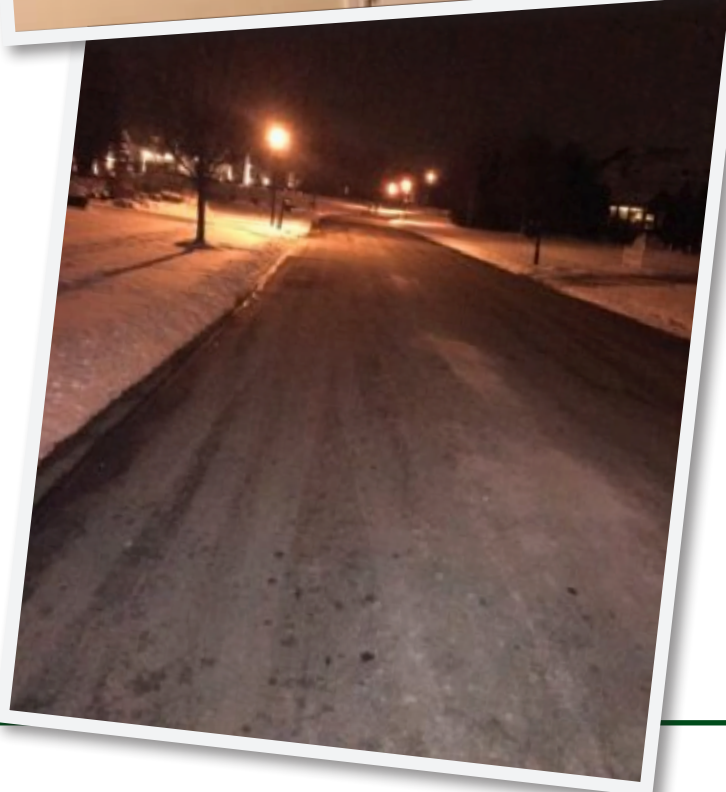
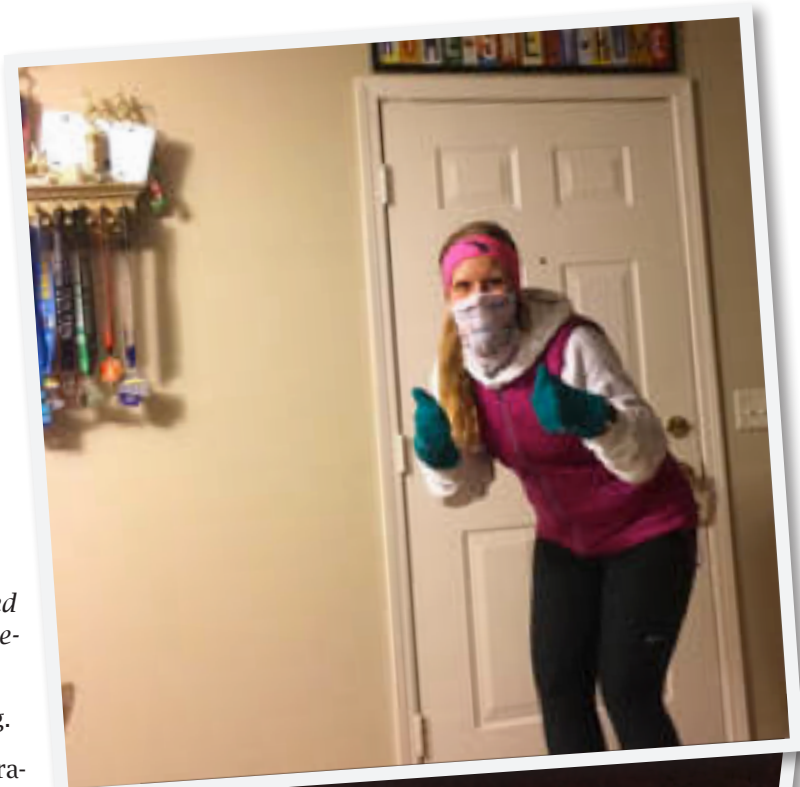
It's hard to believe, but two weeks of Rite Aid Cleveland Marathon training have come and gone already! Which means that I've survived my first two weeks of training under a coach! It also means there are fewer than 100 days until the Cleveland Marathon! Speaking of which, have you registered yet? The promo code HKCLE10 gets you 10 percent off of any registration!

The first two weeks actually went really well, although I'm definitely dealing with a learning curve of training differences, plus the overall change of having to completely give up control over my workouts. But I can already see differences from the physical training, and I'm noticing my speed and mental strength are back. So let's talk about how the first couple of weeks went, and what it's been like for me to train with a coach!

### **Week 1**

My first week of being coached was pretty basic. I started with learning what my coach considers base runs (i.e. conversational pace; not getting out of breath) and beginning to run for time (this is a big part of my coach's training). He allowed me to stick

*(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

### 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.

## 2018 CWRRRC Officers

President . . . . . Bob Myers

Vice-President . . . . . Kimberly Roach

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 . . . . .

. . . . . Mark Shelton / Kevin Arth

RRCA Liaison . . . . . Tim Furey

Race Trophies . . . . . Maureen Scullin

Race Volunteer Coordinator . . . . . Joe Nainiger

Race Results Coordinator . . . . . Mark Brinich

Communication & Social Media Chair

. . . . . Ashlee Ginter

Web Master . . . . . Open

Newsletter Editor . . . . . Cathy Leonard

Newsletter Graphic Designer . . . . . Chip Cooper

## A Note From The President

## Done With Winter!

### By Bob Myers

We have had to endure some pretty challenging group runs the past few months. I do not recall so many Sunday, Thursday and Saturday club runs with ice conditions and really cold temperatures in recent years. I really do not want to hear someone complain this summer that it's too hot to run!

Winter did, however, bring us a great event on January 27th - "The Winter Banquet." LaCentre Conference and Banquet Facility provided us with an upscale venue, awesome food and attentive staff. Thanks goes out to Paul and Nancy Schlosser, Dan Straitiff, Gretty Myers, Kathy Dugan and a host of others who worked so hard to make this a successful evening. The highlight of the evening was the award winners. We honored our amazing group of 46 volunteers, 22 Quest finishers and 14 legacy service awards. Wow! Check out our web site to view the event videos and list of awardees: <http://www.clewestrunningclub.org/index.html>.

Our Women's 10K & 5K "Spring in The Park" on Saturday, April 7th race blasts off at 8:30 a.m. This is the official start of spring and we need all hands on deck. Race director Joanna Brell needs your help spreading the word and promoting this unique and special race. See me for race flyers and postcards to distribute. Club volunteer coordinator Joe Nainiger has his clipboard in hand and is ready for volunteer sign-ups. Contact Joe at [jjnainiger@yahoo.com](mailto:jjnainiger@yahoo.com).

I am challenging the membership to identify a community service project for this spring/summer. Last year's West Side Community House landscaping project was a blast, thanks to Marlene Zepkin, Gretty Myers and a cast of 20 dedicated member worker bees. Please contact me with some interesting options, and let's make this happen again. Contact me at [rdmyers2@sbcglobal.net](mailto:rdmyers2@sbcglobal.net).

On the social front, we just had our "Wine Tasting Party" on Saturday night, February 27th, at the clubhouse. This event, a Gretty Myers and Joyce Prohaska production, helped support the "Carolyn L. Farrell Foundation." Next up on Saturday, March 31st, is the "Breakfast in the Park," following the group run. The Irish-themed breakfast will be provided by the "Old Guys" of the club, including the infamous "Oatmeal Milers" gang!

### Please join us for a Saturday "parkrun USA" Special Event

Date: Saturday, April 21st

Time: 9 a.m.

Where: North Lake Park, 270 Rae Ave., Mansfield, OH 44903

What: park run 5K

Wear your CWRRRC gear!

To register:

Visit <https://www.parkrun.us>

The event is free, but registration before your first parkrun participation is required for an official timing. Remember to bring your printed barcode to the event.

Enjoy the onset of spring and please let me know how I can help make the club better for you.



# Nainigers To Host Newsletter Assembly

By Kathy Dugan

Save the date of Wednesday, May 2nd, for the next CWRRC newsletter assembly/business meeting to be hosted by Liese and Joe Nainiger. Their home is located at 31017 Lake Rd., Bay Village, OH 44140, on the south side of Lake Road, west of Huntington Reservation. Parking is available in their long driveway, but not on Lake Road. Please stop in any time after 6 p.m. Be sure to bring along your favorite beverage; the club will provide pizza.

Thank you to Ms. "March" Kimberly Roach for hosting the March NLA extravaganza.

# Sunshine Committee Update

By Kathy Dugan

Please join us in offering support and prayers for some of our Cleveland-West family members. Apologies in advance for anyone mistakenly left off this list.

With love and support to those families grieving the loss of a loved one:

Bob Kuebler  
Bill Stross's mother

Prayers for the continued healing of those struggling with a medical condition:

Christa Blum  
Cathy Fischer  
Ashlee Ginter  
Michelle Mead  
Eleanor Royko

# West Side Catholic Center Hosts June 5K Walk/Run

By Kathy Dugan

Save the date of Saturday, June 2nd, for the 13th Annual West Side Catholic Center Walk and Run. It's a 5K (3.1 miles) over paved roads through historic Ohio City. The course is clearly marked with traffic control and protection.

There's a water station at midpoint. Registration begins at 8 a.m.; the walk and run begin at 9 a.m. There will be a pancake breakfast for all participants at the WSCC, located at 3135 Lorain Rd., Cleveland, OH 44113. Sign up at [www.hermescleveland.org](http://www.hermescleveland.org).

**Saturday**  
**April 7**  
**8:30 a.m.**  
MetroParks -  
South Mastick  
Picnic Area  
Women's only 10K  
& **NEW** 5K

**WOMEN'S 10K & 5K**  
**SPRING**  
IN THE PARK

**Wednesday**  
**July 4**  
**8:30 a.m.**  
Bay Village  
High School  
5 Miler &  
1 Mile Kids Run

**BAY DAYS**

**Sunday**  
**November 18**  
**9:00 a.m.**  
MetroParks -  
Bonnie Park, Strongsville  
Half marathon & 5K

**FALL CLASSIC**

more info & register at:  
**[www.clewestrunningclub.org](http://www.clewestrunningclub.org)**  
for all 2018 races

**Cleveland West**  
Road Runners

# 2018 CWRRC Scavenger Quest

By Bob Budzilek

Because the 2017 Metroparks Quest was such a success, I am working on a similar challenge for club members this year. The concept is in place, but details are being worked out and will be shared in the May/June newsletter.

The 2018 challenge will be a scavenger hunt event. I haven't come up with a fancy name for it yet, but I will. The challenge will be over the summer, Memorial Day through Labor Day. Participants will include a minimum three-mile walk/run with their hunt for a scavenger item. For example, an item might (wink, wink) be a brewery, so runners will somehow have to incorporate a brewery into their runs. (Yes, of course I will have a brewery as an item!) Dan Straitiff and I will track progress and share via our web site as we did during the Quest. There probably will not be a shirt, but other "awards" are likely. Like I said, many details are yet to be finalized.

Consider this a teaser. Details for the "QUEST 2 - THE SEQUEL" will be finalized by the May newsletter. No, I do not like that name. I'll keep working on it.

# Happy Birthday

## March

Josh Basen  
Don Baun  
Greg Chabmer  
Robert Clark  
Brian Cleary  
Sandra Douglas  
Joan Ellis  
Scott Ferrari  
Liz Ferro  
Michael Hawe  
Mary Grace Herrington  
Nick Hunter  
Sarah Lampert  
David McConoughey  
Kelly Murray  
Igor J. Skalsky  
Steve Smith  
Tim Walsh  
Cind White  
Mark Yager

## April

Steve Anderson  
Christopher Bethel  
John Brutvan  
Pellegrino Ciccarello  
David Clinton  
Peggy Culligan  
Kathy Dugan  
David Eddy  
Marcia Eland  
Roger Gunter  
Amy Jamieson-Petonic  
Joe Jez  
Erika Kelley  
Benjamin Linowitz  
Michelle Mead  
Jane Mears  
Steven Morchak  
Jim O'Connor  
Mark Oster  
John Paull  
Cynthia Peck  
Melissa Pillari  
Jason Ridgel  
Melissa Ritterbeck  
Sandy Ryan  
Lisa Scheer  
Valerie Swartz  
Allen White  
Libby White  
Jason Yankowski

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

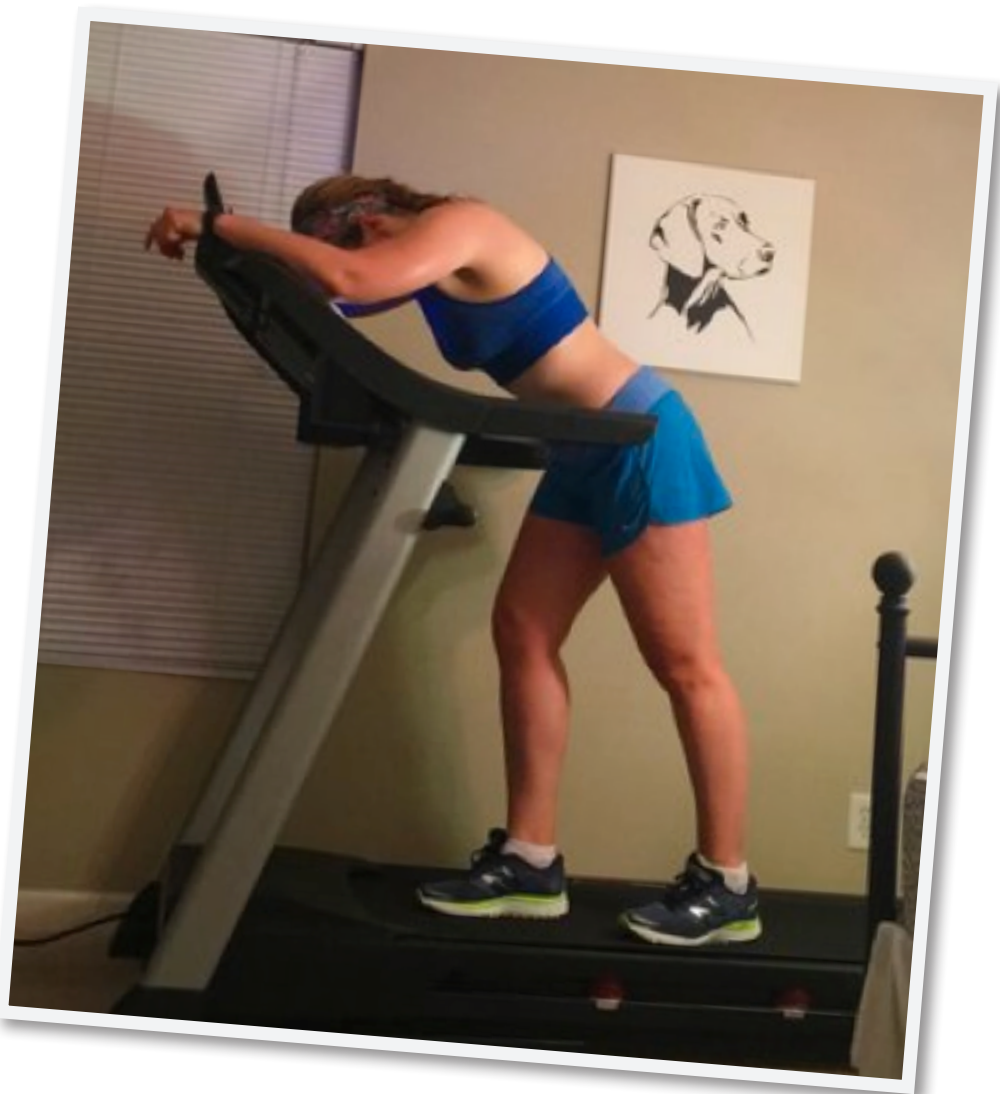
(continued from page 1)

to what I had been doing throughout January, which was a lot of tempo runs, followed by recovery runs, but had me doing everything for time rather than mileage. Additionally, he built in foam rolling. So a few days per week, usually after key workouts, I have to do 20 minutes of foam rolling. This is key, because honestly, if it wasn't on my list of workouts, I probably wouldn't do it.

My first week ended with around 35 miles, but with me feeling like I didn't do much at all. That's funny because, in the past, that's been only about five miles shy of where I usually peak. So that says a lot about what this style of training is doing for me already.

### Week 2

Week 2 was where my coach decided to give me a treat of what's to come. I got my workouts loaded on Sunday, so I knew what the week ahead looked like. And of course my eyes immediately jumped to Tuesday (hill repeats) and Thursday (1K) repeats. I was excited for Thursday, because I love half-mile repeats (1K is pretty close to that), and terrified of Tuesday, because, ugh, hills. But I was ready to commit, knowing that he knows what's best and how badly I want to hit my goal in the Cleveland.



I started the week off with a base run on Monday (8:15-9:00-minute goal) at 8:20/mile. Then came Tuesday's hill repeats. I had a 15-minute warmup, seven to eight hill repeats (7:00-ish) with 1:30 walk down, and then the remainder of my running time at 8:15-9:00. So I set out and did two warm up miles and headed over to a hill that seemed to meet the 6 percent to 10 percent grade goal.

I headed up the first time for 30 seconds at what felt like 7:00/mile, but it was dark so I couldn't really see. I stopped my watch and was surprised to see 6:15. I thought to myself that I would need to slow down if I wanted to survive all eight. So I tried to, but apparently, I'm faster than I thought. My uphill repeats were 6:15, 6:29, 6:05, 6:23, 6:21, 6:20, 6:13 and 6:26. And more importantly, I felt great the whole time and had enough energy to finish the workout. I was surprised because I was so afraid of this workout.

Thursday was a different story. Yes, I love half-mile repeats, but as my running partner later pointed out, the scheduled workout had me taking a significantly shorter rest period than usual. It was a 15-minute warmup, and then eight 1K repeats at 6:45/mile, with 1:30 walking in between. I made it through all eight at about a 6:43 average, but wow, were they hard. I made it through three and was in shock that I still had five to go. I dug them out and they took every ounce of mental and physical strength I had, but I got it done.

Friday was an easy run, at a 9:30 pace. My coach's training plan has me running the day before long runs to get used to running on tired legs, so I had close to five miles. Then Saturday, I had 1:20 at 8:20-9:00. Despite the fact that there was freezing rain, snow, ice and cold temperatures, somehow the run ended up great! I went out at a comfortable 9:15 and then dropped to 8:45 in the first 4.5 miles. Then, for the rest I ran at about an 8:25/mile for a total of 9.3 at 8:35/mile. I ended up with a pretty good negative split for the run and a great way to end the week. I capped off week two at about 35 miles, again, not feeling like I ran anywhere near that much.

### Getting Used To The New Workout

So like I said, physically I'm doing fine on my coach's plan but mentally, he's made some big changes for me.

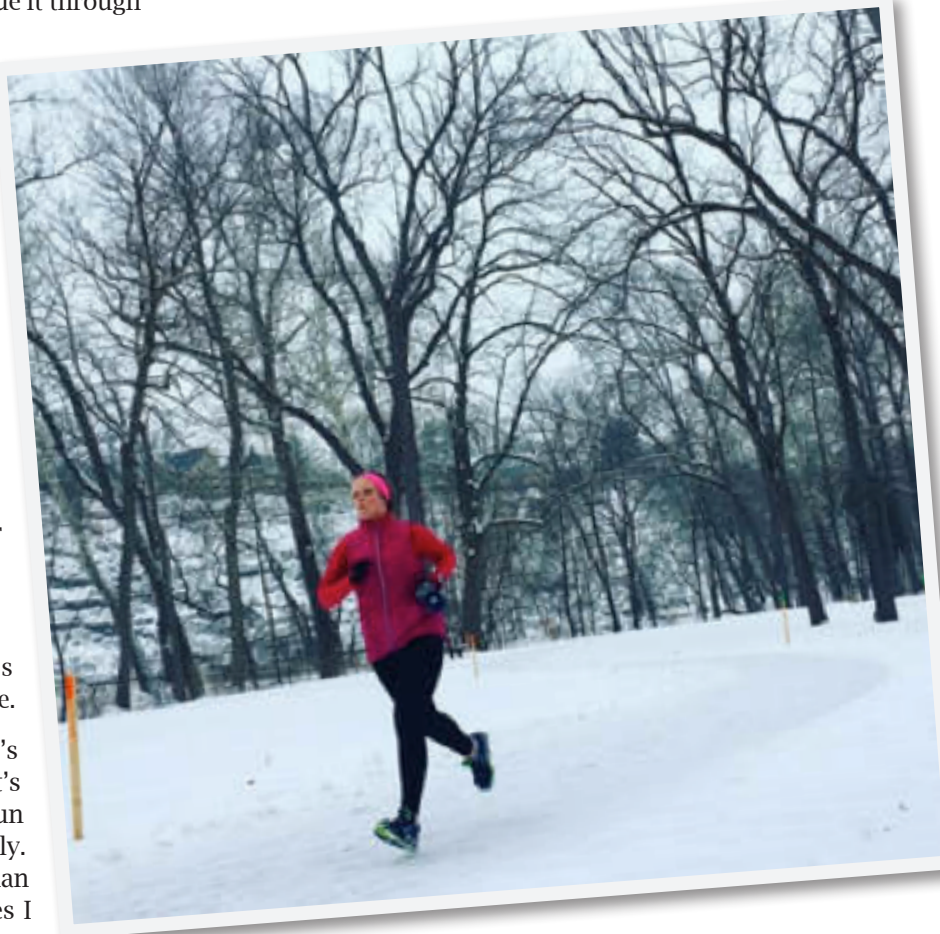
**1. Running for time.** This is number one because it's so different. I've almost always been the "Ok, let's go out and run five miles," type, not "Let's go run 45 minutes." So, it's different for two reasons, really. First, my OCD about the fact that I'm more often than not going to end on an uneven number. Sometimes I try to sprint at the end just to try to hit the even number. But after talking to my coach, I've learned it is okay to take some time over the scheduled number to round it out. For the most part, as long as I hit an even 10th, it doesn't drive me too nuts, although I also got permission to take a 0.9 to a whole mile, ha!

The other reason it's new to me is I need to get used to figuring out where to turn around on long runs. The first week I turned halfway through my time goal, but apparently I went out faster (so I covered more distance) and then hit my time goal about a quarter mile from the end and had to walk back. This will take practice.

**2. Running the day before long runs.** After the first week of training my coach asked how it went. I said the above changes

were an adjustment. His response? "Get used to it. You will almost always be doing this on my training plan." This change means I have to adjust my schedule and run in the morning on Friday because I don't think it's good to run the night before I do an early morning long run the next day. It's also different because ever since I started running, Fridays have always been a rest day. Like, ALWAYS. So this is very different. And of course there's the whole running the day before a long run thing.

**3. Warm-ups.** Shocking, I know. But usually just go right into my runs with no warm-up. So having to spend 15 minutes warming up before a run is new. But it's not really a bad thing because it allows me to warm up (obviously), but also to plan the workout and where I will do it. It also lets me mentally prep myself for the harder portion.



**4. Giving up control.** I only get my workouts one week at a time so that (1) I'm not obsessing over them (i.e. paces a few weeks out that I wonder if I can actually hit) and (2) so they don't have to be scheduled and then adjusted based on pace/schedule changes. But as someone who has always done my own schedule and plan, it's weird to not know what's coming next. In a way it's kind of relaxing to not have to worry, but also as someone who likes to control everything, it's hard for me to let go!

All in all, it's not too bad, especially since most changes are new and challenging mentally, not physically. I'm excited to see what the next week holds and to tackle some more training. One thing is for sure, I always feel very accomplished when I finish every workout my coach plans for me.

# Planning Ahead Cleveland West Road Runners

## **Breakfast In The Park**

Date: Saturday, March 31st  
Time: After the 7:30 a.m. run  
Where: Scenic Park Shelter  
Sponsors: "The Old Guys"

## **Women's 10K/5K Spring In The Park**

Date: Saturday, April 7th  
Time: 8:30 a.m.  
Where: Cleveland Metroparks, Rocky River Reservation, South Mastick Pavilion

## **Business Meeting**

Date: Monday, April 16th  
Time: 6:30 p.m.  
Where: Clubhouse, 26633 Detroit Rd., Westlake

## **CWRRC Saturday Special Event Run**

Date: April 21st  
Time: 9 a.m.  
Where: 270 Rae Ave., Mansfield, OH 44903  
What: Park Run 5K  
Wear your CWRRC gear!

## **Newsletter Assembly**

Date: Wednesday, May 2nd  
Time: 6 p.m.  
Where: Liese and Joe Nainiger's home, 31017 Lake Rd., Bay Village  
Cleveland-West will provide pizza; bring your own beverage of choice.

## **Business Meeting**

Date: Monday, June 18th  
Time: 6:30 p.m.  
Where: Clubhouse, 26633 Detroit Rd., Westlake

## **Breakfast In The Park**

Date: Saturday, June 23rd  
Time: After the 7:30 a.m. run  
Where: Scenic Park Shelter  
Sponsors: Springbok's South African theme

## **Bay Day's Race**

Date: Wednesday, July 4th  
Time: 8:30 a.m.  
Where: Bay Village High School, 29230 Wolf Rd., Bay Village

## **Newsletter Assembly**

Date: Wednesday, July 11th  
Time: 6 p.m.  
Where: TBA

## **Business Meeting**

Date: Monday, August 20th  
Time: 6:30 p.m.  
Where: Clubhouse, 26633 Detroit Rd., Westlake

## **Newsletter Assembly**

Date: Wednesday, September 5th  
Time: 6 p.m.  
Where: TBA

## **Breakfast In The Park**

Date: Saturday, September 22nd  
Time: After the 7:30 a.m. run  
Where: Scenic Park Shelter  
Sponsors: Kathy's/Cathy's Mexican theme

## **Business Meeting**

Date: Monday, October 15th  
Time: 6:30 p.m.  
Where: Clubhouse, 26633 Detroit Rd., Westlake

## **Newsletter Assembly**

Date: Wednesday, November 7th  
Time: 6 p.m.  
Where: TBA

## **Fall Classic Half Marathon and 5K**

Date: Sunday, November 18th  
Time: 9 a.m.  
Where: Metroparks, Bonnie Park, Strongsville

## **Holiday Lights Run & Celebration**

Date: Thursday, December 14th  
Time: 6:15 p.m.  
Where: Lakewood Park, Women's Pavilion  
Party after run: Lakewood Village Tavern, 13437 Madison Ave., Lakewood

## **Business Meeting**

Date: Monday, December 17th  
Time: 6:30 p.m.  
Where: Clubhouse, 26633 Detroit Rd., Westlake

## **Weekly**

### **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, March through September  
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.  
Where: Spring/summer/fall - Metroparks, Rocky River Reservation Nature Center overflow parking lot (During Daylight Savings Time)  
Where: Winter - Lakewood Park (During Standard Time)

### **Saturday Morning Group Run**

Dates: Every Saturday throughout the year  
Time: 7:30 a.m.  
Where: Metroparks Rocky River Reservation, Scenic Park Pavilion

# Saturday April 7 - 8:30 a.m.

## MetroParks - South Mastick Picnic Area

### Women's only 10K & **NEW** 5K

# WOMEN'S 10K & 5K SPRING IN THE PARK



## CLEVELAND WEST ROAD RUNNERS



*The first 300 registrants receive custom sports bags.*

*Zippered side pocket, padded adjustable shoulder straps on back of bag, and a nylon handle on top. Cinches shut with drawstring.  
16-1/2" x 17" x 12".*

### Join Us for a Weekly Group Run

**Saturdays:** 7:30 a.m.  
Rocky River Metroparks, Scenic Park

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

**Thursdays:** 6:00 p.m.  
Please check web site for location

**Saturday - April 7, 8:30 a.m.**

Metroparks, Mastick Picnic Area  
Fairview Park, OH 44126

*The course is flat and fast in the beautiful Cleveland Metroparks. The Overall winner, first Master and first Grand Master receive handmade necklaces.*

*Please support our Sponsors:*

 Chick-fil-A® North Olmsted

**Second Sole** Lakewood

**Sacred Hour Wellness Spa** Lakewood

**Bella Capelli Sanctuario** Westlake

NovaCare Rehab

Humble Wine Bar

Forest City Brewery

Nooma Organic Electrolyte Drink

more info & register at:

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



# February 19<sup>th</sup>, 2018

## CWRRC Meeting Minutes

**Attendees:** Bob Myers, Gretty Myers, Mark Breudigam, Chip Cooper, Joe Nainiger, Bob Budzilek, Kimberly Roach, Glenn Dumonthier, Joanna Brell, Amy Jamieson-Petonic, Dan Straitiff. [Others were in attendance that either did not sign in or the hand writing was not legible.]

### **Approval of 1/10/2018 Minutes**

Minutes approved

Club Financial Updates (Mark Brinich):

\$28,654 in the bank.

Only one outstanding bill from ABC Trophy needs to be reconciled, so we're doing well.

Food for this year's banquet was about \$1,000 more than last year.

Letters from Cleveland Metroparks and Girls With Sole (Bob Myers):

Received letters of thanks from Cleveland Metroparks & GWS for our 2017 donations.

Liz Ferro (GWS) tentatively will be at a future meeting to talk about GWS.

### **Plans for 2018 club community service event(s).**

We will be challenging club members to come up with an idea for 2018.

### **Spring in the Park Update (Joanna Brell):**

1/30 email from Dan has list of vendors and status.

Bob Myers working with Southwest General Hospital to finalize their sponsorship for the race.

Mark Breudigam working with Sibling Revelry to provide beer at packet pickup.

Packet pickup will go until 8:30 p.m. on Thursday and 7:30 p.m. on Friday. Race day registration starts at 7:30 a.m.

Chip Cooper will handle signs for road closures.

Mike Schipper will be in charge of marking off the course, and will mark sites for water stops.

Working with Amanda at Cleveland XC on whether or not we'll have different colored bibs for 5K runners. If that doesn't work out, we'll need an alternative method of marking those bibs.

Bob Budzilek and Mark Sheldon will handle equipment for the race.

Still working with Bella Capelli Sanctuario and other vendors on donations for race.

Possibly give other local running clubs discount codes for race.

### **2019 Winter Banquet Committee**

Kimberly Roach will spearhead 2019 winter banquet.

### **Cleveland XC Race Ads And Contracts:**

Contracts for 2018 are completed and down payments are paid.

Saturday "parkrun USA Field Trip (Bob Myers):

Bob will go to parkrun in Mansfield (<http://www.parkrun.us/mansfieldoh/>) with Nancy Desmond in the hope of bringing that to Cleveland, with CWRRC spearheading the effort.

Rite Aid Marathon Kid's Run (Bob Budzilek):

Bob received an email from the Cleveland Marathon organization requesting us to help with the Kid's Run. Bob will not be there on that day, but Mark Breudigam volunteered to be the point person on race day (need 10 people). This event will count toward volunteer events/awards.

New Quest Event (Memorial Day to Labor Day, Bob Budzilek):

Bob will be working on a new Quest, which will run from Memorial Day through Labor Day (possibly some form of scavenger hunt).

Awards at fall clam bake.

### **Fall clam/chicken/steak/tofu bake:**

Kimberly volunteered as chairperson for event.

Need to work with Farrell Foundation on availability.

### **2018 University Hospital Running Program At Avon Campus 3/10 (Amy Jamieson-Petonic):**

Three programs available:

Running 101 for new runners

Running 210 for advanced runners

Video analysis only

See <https://www.facebook.com/UHAVonFitness/> for more info.

Amy will have SITP info available at UH event.

### **Communication Consultant:**

No progress to report.

Chip is willing to continue his support with any printing/design issues.

Still need a social media coordinator.

How and why should we promote the club? Can we get a college intern for support?

Dan Straitiff is willing to continue limited support for web page.

Bob Myers and Mark Breudigam are willing to work with other local running clubs officers to see what they are doing to promote their clubs.

### **Miscellaneous:**

Erie Shore CrossFit - specialized for runners. Bob Myers will see about getting them here for a talk on core training for running.

Ohio Guidestone "Promise Run" (<https://ohioguidestone.org/community-service/community-service-events/promise-run/>) needs volunteers. Gretty Myers will work with club to get volunteers for event.

Next Business/NLA Meeting (3/7/2018):

At the home of Kimberly Roach, 1554 Rosewood St., Lakewood, OH. 44107.



# Medina Half Marathon and 5K

Information from the race website: [www.runmedina.org](http://www.runmedina.org)

**Race Day: Saturday, May 26th, 6:45 A.M.**

Last year several Cleveland-West members ran this race and gave it two thumbs up. So this year, let's get an even bigger group together and join our Medina friends for a great race.

**NEW FOR 2018, TWO-PERSON RELAY! Limited to 100 teams.**

Join the fun with a partner! Not up for a half marathon? No problem...grab a friend and run the two-person relay.

Half Marathon Run/Walk/Relay: 6:45 a.m. start time. The race starts and finishes at the Medina Square. (GPS: 93 Public Square, Medina, OH 44256)

The 5K will start at 7 a.m.

Pacers will be provided at 1:30, 1:40, 1:50, 2:00, 2:10, 2:20, 2:30, 2:40, 3:00 and 3:10. Runners must finish within 3:20. Runners taking longer must use the sidewalk and cross streets on their own. No worries, the course is very residential.

## Registration:

<https://ohiochallengeseries.enmotive.com/events/register/medina-half-marathon-5k>

Use code CLEwest for 10% off during the month of March.

## History....

We have been blessed with the kindest runners as we have navigated our way into putting on a top-notch race. We try our best to provide a quality event for every type of runner. We are so



thankful for the support we have received and continue to receive from both near and far. Our runners, volunteers, local police departments, City of Medina, the Mayor and more make this possible. In our four years of the event, we have donated back more than \$100,000 to local charitable organizations. You will see our charitable groups at most of the water stops, finish line and the after party too.

Goal: Cater to the needs of EVERY runner! We welcome our first timers, we welcome the weekend warriors, we welcome the best in the area and beyond. Everyone has a place in our race. Join us for an event which runs through our beautiful city and surrounding townships. The Medina Half Marathon & 5K will have feature quality SWAG of the larger races, but will have the small-town feel that we hope makes you feel like more than a bib number.



# Spring Running: Five Ways To Run Healthy And Injury-Free

By Dr. Ryan Summers

Fire up the grills and clean up the clutter, spring is almost here! While it's still a bit chilly, around this time of year is when you typically start to see more and more runners spilling out onto the roads like bears awakening from a good winter's slumber. However, an increase in running goes hand-in-hand with an increase in the prevalence of injuries.

Remaining injury-free as a runner requires a balance between training, recovery and proper programming. This article discusses five ways to run injury-free this spring.

## Ease Back Into It

This is my #1 tip and for good reason. Unless you're one of the lucky few who lives in a southern state, the rest of us have had to deal with the cold and dreary winter months. As a result, we make more excuses to skip the morning run and we tend to cut back on the weekly training plan.

Now that the sun is shining and the temperatures are rising, finding that motivation is a bit easier. Typically, this is where the problems start.

When discussing the topic of injury prevention, acute:chronic workload ratios should always be considered. Essentially, the more total volume of training completed in a shorter timeframe, or the higher the acute training load in comparison to what we normally do training wise, the more likely we are to become injured. That's why it's so important to ease back into training after long periods of de-training.

Most runners and coaches have heard of the 10 percent rule, which simply says that you should add no more than 10 percent per week to your total weekly mileage. I believe most training plans should be specifically tailored to each individual, and that if you're starting at single-digit weekly mileage after a layoff, you can add more than 10 percent per week until you're close to your normal training load. However, the 10 percent formula is simple and effective for most runners to use, especially when transitioning back into running.

Altering training can be a sticky process, and without structure and constant monitoring, it can be difficult to implement changes when needed. This brings me to my next point.

## Start A Training Log

As mentioned earlier, gradually increasing mileage and intensity is one of the most important factors to consider in terms of both performance and injury prevention. Keeping track of your daily/weekly/monthly volume, nutritional recordings and subjective information - such as how you're feeling day-to-day

- will allow you to take a step back and accurately assess your training. Essentially, what gets measured, gets managed.

By looking back over the past information in your running journal or training log, you can determine where changes need to be made for the future. For example, say you find yourself struggling to improve your 5K times from race to race. Look back to a couple of years ago when you were improving on a weekly basis. What were you doing then that was different? Is your knee flaring up at the end of long runs as a result of too much intensity or mileage? You'll only know if you have a log.

Keeping a detailed recording of your daily training will help track daily, weekly and monthly patterns, and allow us to look back to find trends or spikes in training volume. This is essential when planning training for the future, or when monitoring for signs of overtraining.

An accurate and up-to-date journal also helps keep you accountable. Finding the motivation can be tough at times. Knowing that you'll have to log "Netflix and chilled all day..." instead of your daily workout can sometimes be all the push you need to get out the door.

## Utilize The Warm-Up/Cool-Down

A majority of the running injuries that I see and work with are a result of not adequately priming and/or down-regulating our systems.

We know that a warm-up is important when completing any other sport such as weightlifting, CrossFit, basketball, etc. However, for whatever reason, running is always the exception and we tend to just jump right into it without taking the time to prep our bodies for the task at hand.

### • Warm-Up:

Before going for a run, our bodies need to be prepared for the toll that running will take. The muscles that need to be awake (glutes, core, calves, shoulders, etc.) are often "sleepy," and need to be jump-started in order to perform effectively while running. In addition, our nervous system should be excited, which is often not the case when popping out of bed for the 5 a.m. training run.

A diligent warm-up should get the blood flowing, heat up soft tissue around the calves and feet, activate the stabilizing musculature and prime the nervous system.

### • Cool-Down:

Post-run, the body is still in a heightened state of "come at me bro."

The last thing you want to do is go straight from your run, take a quick shower, and sit the rest of the day without any sort of transition period.

Instead, perform a post-run cool-down consisting of five to 10 minutes of walking/jogging, with a focus on breathing to help down-regulate your systems. Follow that up with some mobility work and light stretching, again with a focus on breathing and "throttling down." Hydrate and refuel with a combination carbohydrate-protein food to polish it all off.

A simple way to think about it is by following the 10-minute rule. Start every run with 10 minutes of walking and slow running, and do the same to cool down. This is simple, effective and easy to implement.

### Basic Maintenance

Running is great for the body, until it isn't. It's inevitable that over time, a runner will develop tightness, aches and pains. However, these can often be alleviated and treated without running to an M.D. or popping pain meds.

By listening to your body and addressing its needs, we create a system of maintenance and prevention rather than treatment and rehab.

Heel cords feeling super tight after yesterday's long run? It's probably a good idea to spend a few extra minutes mobilizing and foam rolling while you watch re-runs of "How I Met Your Mother."

It doesn't take an hour-long session of yoga to be considered basic maintenance and for you to continue to perform at your best. Five to 10 minutes daily, with intent and focus, rather than what you saw Tina Tight Abs doing at the gym this morning. That's all it takes.

Basic maintenance is a huge piece of the puzzle of "pain-free running" and therefore needs to be a daily practice.

### Continue With Strength/Cross-Training

If you've ever had the pleasure of working with a trainer, then you understand the importance of strength, stability, power and balance. Without these, runners will continue to break down under high volumes of training, and never tap into the wells of high-level performance they're constantly searching for.

The specificity rule of training tells us that in order to be better

at our given sports, we need to train at that sport. So yes, the surest way to run better is to run, and if your time is limited, devote most of it to running. However, the fastest and most robust runners are the ones who are better overall athletes, and not just runners.

We know that things such as running with poor form increases stress on the body and that running with a poorly prepared body means you'll never be able to improve your form.

Poor preparation -> poor form -> increased stress -> potential for injury.

Inability to control dynamic alignment under load and fatigue is another building block of injury and overtraining. People come in weak and unstable when completing even the most basic movements and we know that weak runners break down in form with fatigue.

To quote Gray Cook, from his book *Movement*, "Runners insist they cannot take time off from running to work on these patterns because they believe endurance will decline, but in fact, reduced efficiency is guaranteed when continuing to train and practice sub-optimal patterns with high training volume. The enhanced efficiency gained by two weeks of mobility and stability corrective exercises and calisthenics targeting weak links will far outweigh any microscopic loss in metabolic efficiency."

This is why it's so essential to incorporate strength training and cross-training into running programs. The goal is to build stronger and more injury-resistant runners that are able to tap into power when it's needed for performance. The only way to build these runners is through strength training. It's not possible to get stronger through just running.

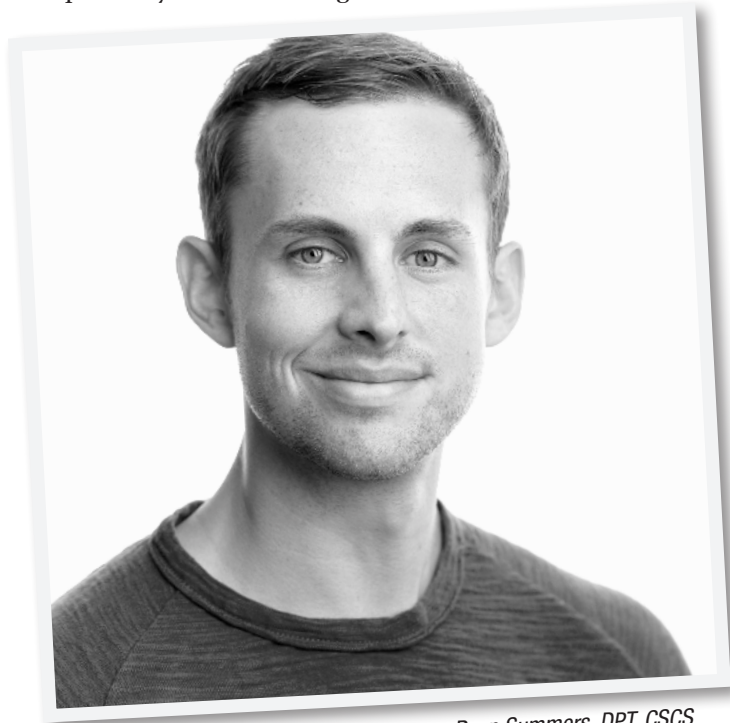
However, without the proper planning and programming, we can find ourselves battling what is known as the interference effect. When concurrently training both the capacities of endurance and strength, interference may occur, and we may begin to hinder the development of either strength or endurance when compared to training them independently.

While we often see this in the form of lost power/strength in those training for ultras or marathons, we know that endurance is typically less affected by the introduction of concurrent strength training. Through program periodization and allowing sufficient recovery between training sessions, we can minimize the side effects of concurrent training while continuing to build stronger and more efficient runners.

Overall, running should be thought of as a skill and appreciated for the high-level sport that it truly is. In order to continue to participate in this sport without the unwanted side-effects of injury and overtraining, we must blend the aforementioned tips into our programs and training protocols.

Take these tips, apply them, and enjoy your running!

*Summers is a physical therapist and Certified Strength and Conditioning Specialist at Pure Physio, a physical therapy clinic in Strongsville. His blog can be found at <https://pure-physio.com/5-tips-to-run-injury-free-this-spring/>.*



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## Please Note

Articles for the May/June *FootNotes* must be submitted by Friday, April 20th.

Material received after the 20th 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).

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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  
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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.



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