

Running Strong Since 1977

North Bass Island Trek Yields Running Retreat Idea

By Mike Twigg

As the Cleveland-West running club evolves, hiking is being added to, or sometimes replacing, running for many of our members. "You rest, you rust," I like to say. So hiking is: "All good, bro," as John Paull might say.

To this end, I recently finished a week's vacation a world away yet close to home. In mid-October, I flew up to Isle Saint George, aka North Bass Island, for two days of hiking, exploring and primitive camping.

It occurs to me many readers have been to Put-In-Bay on South Bass Island, Lonz Winery on Middle Bass or taken in the glacial grooves on Kelleys Island. In fact, years ago I organized a couple of cycling trips to Pelee Island, Ontario. But I had never been to Isle Saint George.

Here's a little geographical layout and history on ole North Bass: The northern-most island in Ottawa County, it's located 18 miles from the Ohio mainland and less than two miles from the Canadian border.

Back in the early 2000s, the State of Ohio purchased more than 80 percent of the island and converted it into a state park. Prior to that the island was largely owned by Cleveland's Paramount Distillers and used as a vineyard/orchard. All that remained (to my naked eye) were a few cottages, a chapel, Ohio's (I call it) last one-room schoolhouse and eight hearty, year-round residents who (I believe) are all retired vineyard workers.

But, in fact, the Ohio Department of Natural Resources (ODNR) also continues to lease 38 acres to Sandusky's Firelands Vineyard to "preserve North Bass Island's cultural fabric and history of vineyards and winemaking," according to the web site: <http://parks.ohiodnr.gov/northbassisland#history>.



(continued on page 6)

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

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.
- 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 CWRRC 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
. Open
Web Master Open
Newsletter Editor Cathy Leonard
Newsletter Graphic Designer Chip Cooper

A Note From The President

Mahalo!

By Bob Myers

Mahalo! Officers - members - race directors - newsletter editor - graphic designer and coordinators!

After three years of being your club president it is now time to step aside. The newly elected slate of officers led by president Mark Brinich is outstanding in all regards. Along with Mark Brinich, the new club officers for 2019 are: Heather Kuch as vice president; Paul Schlosser as treasurer; and Mike Fry as secretary. They will continue moving the club forward in positive and exciting ways. Please reach out to all the officers and give them your support.

In the past three years we set new goals to increase membership, retain existing members and increase participation. Some of the more notable accomplishments were: the clubhouse, an alliance with Dr. Charlie Farrell and his foundation. This provides us a great storage facility for our gear, wonderful meeting room and a place to call home. The community service programs have been both varied and rewarding. We have worked together as a team in gardening, river clean-up projects, Kids' Book Bank, Leukemia & Lymphoma Society fundraisers and much more! The social events, both new and renewed, have been very well attended. We have enjoyed an annual wine tasting party, breakfast in the park series, a fall clambake, upscale winter banquet, "Fort 4 Fitness" road trips and the awesome Quest/ Scavenger hunt series.

None of this could have happened without the hard work, loyalty and dedication of our core members. You are all such an important part of my life and I thank you for allowing me to serve.

Keep the faith
Bob Myers
Past President CWRRC

Catching Up With Cleveland-West Member In Switzerland

By Paul Schlosser

While planning a trip to Germany and Switzerland, I contacted Beate Koerfer, a member of Cleveland-West who now lives near Zurich, Switzerland, for some input and guidance. Beate lived and worked in the Cleveland area for about five years before returning to Germany, her birthplace, about 10 years ago. Beate now works for Siemens AG in their Home Automation Division.

Upon my wife Nancy's and my arrival in Luzern, I contacted Beate in hopes of getting together. Fortunately, she was free Saturday evening, September 22nd. We agreed to meet at 6:15 p.m. in front of hotel Schweizerhof Luzern, overlooking Lake Luzern. (No, Nancy and I weren't staying in said hotel as its least expensive room, if you can get it, starts around \$360/night.)

Since I arrived quite early to await Beate's arrival via train from Zurich, I entered a Swiss chocolate shop to do some browsing (unfortunately no free samples). While drooling over the chocolate, I heard a familiar voice call out my name, and there was Beate with her warm, inviting smile.

We walked to the restaurant where Nancy, Beate and I talked for three hours over a delectable dinner. As you can see from the photo, Beate looks as wonderful as ever and she sends her best regards to all her friends of CWRRC.



Beate Koerfer

The K...C...K...C...athy Breakfast Report

By **Cathy Fischer**

Somehow, the traditional “C/Kathy” breakfast was rescheduled from our original November booking to a few weeks earlier, ending up on September 22nd. The “Cathy/Kathy’s” assumed this decision may have been made to possibly put us in a better spot with the old weatherman. This did not occur, as Channel 19 reported temperatures that day were the coldest since early June, along with a drastic drop from a high of 91 on September 21st.

The Metroparks’ decision to close the bridge at Scenic Park tossed another wrench into our plans. The run portion actually took place one-plus mile south of Scenic Park, and then runners had to detour to the breakfast start. But it was worth it for them, according to reports.

The morning began with the women gathering kindling, just like in Old World Colonial times, to prepare a fire to ward off the cold. Meanwhile, Mike Twigg assisted with gathering twigs.

We remained committed to our preparation of a Mexican breakfast buffet, despite the cold. Who ever heard such a thing, especially since we could not serve alcoholic margaritas in the Metroparks? We put all the Kathy, Cathy, Kathy, Kathryn, Cathy, Cath-Liese, Kath-Marleen’s to work and managed to serve, according to reviews received, a delish breakfast of strata, tortillas, fruit, salsa, and cinnamon cake, washed down by juices and coffee. If you missed the event, you missed a great morning!

The Arthur Moore family was invited to join us as we visited his memorial plaque at Scenic Park at the conclusion of the breakfast. Unfortunately they were unable to join us that morning. However, he was with us in spirit.

We are now passing the torch to either the “Bob’s,” the “Old Guys,” or whatever other group steps up to the plate for an upcoming CWRRRC breakfast.

D&D To Host January Assembly

By **Kathy Dugan**

Let’s get together to ring in the New Year and discuss events and activities for 2019.

The newsletter assembly on Wednesday, January 9th, will begin at 6 p.m., at the home of Kathy Dugan and John Delzani. The club will provide pizza; be sure to bring your own beverage of choice.

Kathy and John reside at 3541 Spencer Rd., in Rocky River, OH, 44116. Their home is south of Center Ridge Road, approximately 12 houses south of Addington Boulevard / Christensen Estates, on the east side of the street.

West 220th Street turns into Spencer Road as you travel north from Lorain or Brookpark roads. Once you arrive, there is plenty of parking in the driveway and on the street. If you get lost, contact John at 216-789-6750.

Thanks goes out to Mike Twigg for hosting the November gathering and for allowing all of us to check out his new abode!

Banking On Books To Inspire Kids

By **Kathy Rezek**

After our morning run Saturday, October 20th, a group of us traveled to the Cleveland Kids Book Bank near E. 37th St., to help put the 100-plus books donated by Cleveland-West members into the hands of Cleveland children in need.

Gretty Meyers, Marlene Zepkin, Paul Schlosser, Liese Nainiger and I made the trip to deliver the books and fulfill our service project mission. After a quick but thorough training involving learning what a Gaylord is (a large cardboard box), we got to work sorting and packing books. I’m happy to report that The Cleveland Kids’ Book Bank is well organized and determined that every Cleveland kid in need will have a book of his/her own. Thank you to all who donated!

We followed our service work with lunch at Li Wahs, and went home with a sense of accomplishment and full stomachs! We definitely felt the book bank’s mission to inspire kids’ imagination and help change their lives is making a local impact. If you’d like more information, please go to their web site, www.kidsbookbank.org.

Welcome New CWRRRC Members

Auni Haapalahti
Reijo Haapalahti
Patricia Himes
Shannon Joherl
Assad Khaishgi
Suzan Stiegelmeier
Jeff Vennetti
Ellen Walker
Pauline Williamson



Happy Birthday

November

Julie Bell
 Mark Breudigam
 Katherine Bruening
 Cristy Carlson
 Megan Coe
 David Cooper
 Jessie Cooper
 Chris Cowen
 Robert Cromley
 AnnMarie Davis
 Glenn Dumonthier
 Polly Furey
 Marion Good
 David Jablonowski
 Lou Karl
 Cathy Leonard
 Jim Lupton
 Toni Massa
 Madison Matisak
 Kathryn Metz
 Valerie Molinski
 Bob Myers
 Rachel Napolitano
 Susan Oldrieve
 Samantha Platek
 Angie Ridgel
 Kurt Seeger
 Fraser Sims
 Daniel Stock
 Mark Sukie
 James Taylor
 Laura Williamson
 Michelle Woidke

December

Pat Agnello
 Matthew Brady
 John Delzani
 Nancy Desmond
 Mary Dettmer
 Luise Easton
 Bob Ellis
 Sally Fell
 Patricia Habenicht
 Katie Hartman
 Robert Kaiden
 John Kernya
 Paul Lefelhocz
 Hamilton Lewis
 Charlie McNeeley
 John Miscik
 Anissa Peterson
 Jim Powers
 Laszlo Somogyi
 Daniel Straitiff
 John Syrowski
 Ben Whiting
 Katie Woos
 Judy Zangmeister
 Tim Zwick

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

Gear Up For The Fall Classic

By Mark Breudigam

The 43rd annual Fall Classic Half Marathon and 5K takes place on Sunday, November 18th, at the Bonnie Park Reservation of the Cleveland Metroparks. For those of you unfamiliar with the race, the Fall Classic is our biggest race of the year and generates more revenue for the club than any other event. We encourage all club members to participate in the race by either running it or volunteering. Club members wishing to run the race can get a \$5 discount off the registration fee by entering the discount code CWFC2018 when signing up. If you are not intending to run the race please consider volunteering by contacting Joe Nainiger, our volunteer coordinator. Hope to see all club members on the 18th.



Volunteers Still Needed For Fall Classic

By Joe Nainiger

We still need volunteers for the CWRRRC's traditional classic half-marathon and 5K race! It's on Sunday, November 18th. We're looking for volunteers for two water stops, a few course marshals, day of race packet pick-up, finish line, food and bag-drop. Let Joe Nainiger, our race volunteer coordinator, know how you would like to help - by email at jjnainiger@yahoo.com, or text or call (leave voice mail) at 440-759-9495.

Planning Ahead Cleveland West Road Runners

Fall Classic Half Marathon & 5K Races

Date: Saturday, November 18th

Time: 9 a.m.

Where: Bonnie Park Metroparks, Strongsville.

Holiday Lights Run & Celebration

Date: Thursday, December 13th

Time: 6:15 p.m.

Where: Lakewood Park Women's Pavilion. Post-run party: Lakewood Village Tavern, 13437 Madison Ave., Lakewood. Feel free to come, even if you can't make the run.

2019

President's New Year Day's Run

Date: Tuesday, January 1st

Time: 9 a.m.

Where: Metroparks, Rocky River Reservation, Scenic Park Pavilion

Post-run pastries and coffee at Kenilworth Tavern, 18204 Detroit Ave., Lakewood.

Great time to pay your 2019 club dues!

Business And Newsletter Assembly

Date: Wednesday, January 9th

Time: 6 p.m.

Where: Kathy Dugan and John Delzani's, 3451 Spencer Rd., Rocky River, 44116.

Winter Banquet

Date: Saturday, January 26th

Time: 6 p.m.

Where: LaCentre Conference & Banquet Facility, 25777 Detroit Rd., Westlake.

Weekly Year-Round Group Runs

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 Winterboks (Springbok) Workouts

Dates: Every Tuesday

Time: 6 p.m.

Where: Westlake Rec Center, meet by the gazebo.

Thursday Night Group Run

Dates: Every Thursday throughout the year

Time: 6 p.m.

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.

Tuesday And Thursday Morning Oatmealers

Dates: Every Tuesday and Thursday throughout the year.

Leisure walk, run or bike.

Time: 8 a.m.

Where: Metroparks Rocky River Reservation, Scenic Park Pavilion.



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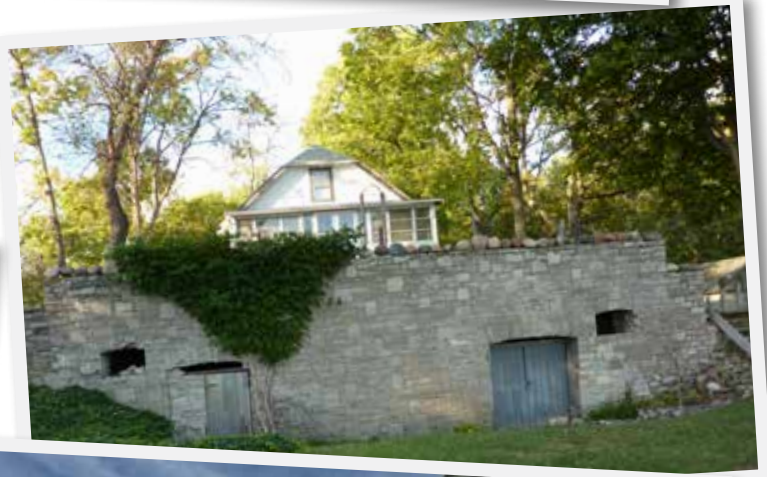
My story: I flew up on Griffing Airlines from Port Clinton. I arrived to good weather, soon hiking to the camping area and setting up. I then whiled away much of the time walking and exploring, logging about 10 miles each day. The only challenge was I needed to bring my own water, as the primitive sites had no well. There was a porta-john a short walk away at the state marina. Other than that, things were quite Spartan.

Due to its lack of human inhabitants nature is reclaiming the island. Vineyards were overgrown but I still found some late-season Concord grapes to snack on. Eagles and hawks soared overhead and the odd Lake Erie watersnake slithered across the road. Since the Watersnake is nonvenomous, harmless and an endangered species, I did not disturb them. It's their home. I was just a visitor. According to my new-found friend Bud, who represents 12.5 percent of the island's population, hiking all the way around the main roads makes a 2.5-mile loop.

This trip gave me an idea - scary I know. The state recently restored a cottage on the island's east side into a lodge that sleeps up to 12, and has all the modern amenities. Much too fancy for me, but for those who require indoor plumbing and a bed to sleep on this jewel in Lake Erie's western basin might make for a perfect running retreat next summer.

The caveat is that you have to rent the whole lodge (not just individual rooms), for \$350/night. It's meant for large retreats and gatherings. For seven people, say, that's roughly \$50/night (not sure about tax and what not), plus the cost of travel over. The roundtrip flight cost me about \$100, but there are boat slips as well.

This all does not daunt me, however. I will start the ball rolling with the powers that be. If we organize such a trip I promise it'll be a great day (or couple of days) for running!



Fort4Fitness Recaps

My Weekend In Fort Wayne

By Dolores Manhoff

When my friend Nancy Danisek asked me if I wanted to run a Fort4Fitness race in Fort Wayne, IN, in late September, with her and some members of your running club, I said sure. That would be fun, and fun it was.

I met three wonderful runners: Chip Cooper, Marilyn Olsen and Joanna Brell. I decided on the 10K race and loved it. The race was well organized and the baseball stadium where it ended was superb. To reach the finish line you had to run around the track, and huge screens showed everyone coming in. After the race there was a live band performing and there were numerous tables to sit at and enjoy the post-race food and entertainment.

It was a cool day, but oh so sunny. We ate at some good restaurants and went to a mystery dinner theater. All in all a great weekend. Also winning first place in my age group took it over the top!

The Ladies And Chip

By Marilyn Olsen

We were asked to write a little something about the race in Indiana, and what we thought of it. It was the most convenient race I've ever run - our hotel was one block from the start line and the finish line was in a beautiful stadium directly behind the hotel. The marathon started at 6:30 a.m., 10K at 7:30, half at 8:30 and four-mile at 10:30.

There were still marathoners and half marathoners out there with us when we ran the four-miler at 10:30. The races started with a shot from a huge cannon. The courses intertwined. I don't know how they do it without confusion.

I came in first out of seven ladies in the 80-plus age group. My time was 53:25. But I felt good about my slow time since the second lady was nine minutes behind me!

The city was beautiful and the restaurants were good, especially Friday night at an Italian restaurant called Casa. The Arena Dinner Theater on Saturday night was a great experience in a neighborhood similar to our Tremont/Ohio City/Franklin Avenue with old mansions, many being restored.

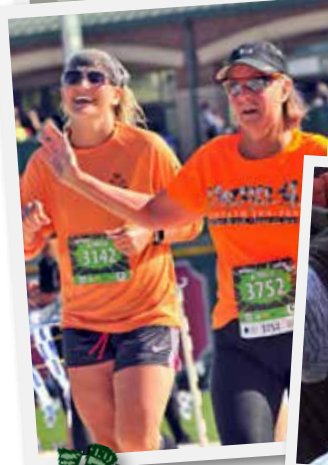
Chip kept us organized and suggested many interesting things to do. He is a real travel planner! The weather cooperated too. All the ladies placed in their age groups. We had five people from the club there - the ladies and Chip!

Chip And The Ladies

By Chip Cooper

Fit4Fort is a great set of races, well organized, nice expo, hotel 150 meters from the start and you finish in a stadium. I am starting plans for next year, I hope you can join us.

What more can I say...a weekend with four lovely ladies. Life does not get any better than that.



Race Results

September 9th

Erie Marathon At Presque Isle, Erie, PA

Toni Cresci 3:33:24
Happy to say I BQ'd!

September 29th

Fort4Fitness 4-Miler, Fort Wayne, IN

Nancy Danisek 43:09 AG3
Marilyn Olsen 53:25 AG1

Fort4Fitness 10K, Fort Wayne, IN

Joanna Brell 54:56 AG1
Chip Cooper 51:16 AG4
Dolores Manhoff 1:05:46 AG1

October 7th

Towpath 10K, CVNP

Joanna Brell 54:58 AG1
Mike Schipper 48:37 AG3

November 4th

Buckeye Half Marathon, Cuyahoga Falls

Cathy Leonard 2:11:04

Light the Night Ignites Gratitude In Survivor's Heart

By Cathy Fischer

It feels like the Cleveland-West Winter banquet was just yesterday. However, it was 10 months ago in January of 2018 when I was in the holding pattern awaiting tests and approval to undergo a new Car T Cell immunotherapy to battle the recurrence of my non-Hodgkin's lymphoma. My Light the Night team, the Lymphoma Crushers, was in the midst of fundraising for the Leukemia and Lymphoma Society's Light the Night event held in October 2018. It was overwhelming to receive the club's generous donation to the society, giving us a jumpstart in our 2018 efforts.

After undergoing the immunotherapy in February at the OSU James Cancer Center, I am currently in remission. During the Light the Night event on October 7th, I was asked to be the honorary "survivor" during the ceremony. What an experience looking out from the stage to the sea of thousands of attendees who raised their gold lanterns, in memory of those lost; red lanterns in support of family and friends struck with various blood cancers; and white lanterns, held by all survivors. Following the ceremony, those lanterns were held high as the masses did a mile walk around the Wade Oval area, culminated with a fireworks display.

I was moved more than ever to be part of the event after my immunotherapy. Due to the fundraising efforts of the Leukemia and Lymphoma Society - allowing further research and progress made for the treatment of my disease - I am here today. I sincerely appreciate CWRRC's generosity, along with the support and prayers of the club members. Now if I can only get back to running those eight-minute miles!



Nike Vaporfly: What Difference Does A Shoe Make?

By Rich Oldrieve

Between 1977 and 1982 I ran track and cross country at Cornell University, serving as the captain of the 1980 team. Three of my teammates were All Americans in the steeplechase, and another was the top American in the 1984 and 1988 Olympic marathons. Before that, my high-school cross-country team won Ohio's cross-country championships, with three of us running between 9:18 and 9:21 in the outdoor track two-mile - me being the 9:21 and eighth in the state.

In essence I was very, very good, but never the best man on my high school or college teams. I was pulled along by greats and helped push the greats to be better. My guess is that I pushed Pete Pfitzinger to ponder the science of distance running. :)

My collegiate specialties were the indoor 5,000-meter and outdoor 10,000-meter. Yet, it was a photo of me kicking toward the finish of a J.V. cross-country meet at New York City's Van Cortlandt Park that helped me realize - before the term was invented - that I was a forefoot runner. My best collegiate 10,000 was 30:27 and my worst (when I wasn't coming off injury) was 30:56 (9x10,000m races in all, over three seasons).

A quick off-tangent point: My second fastest 10,000 was in the "Olympic Developmental" heat at the Penn Relays when I was a grad student at the University of North Carolina. Both my Cornell and UNC coaches walked out with their teams after one mile because I was a full 100 meters back of 41st place, even though my split was 4:48. Obviously, the other 41 runners either were chasing the American record or had no sense of pace. Since I ended up in 13th with a time of 30:36, it seems most American distance runners start too fast.

Anyway, as I transitioned to the marathon after college, my reckoning, when comparing my top 10,000 to the world records in the 10,000 and my top marathon times to the world-record marathon times, was that I should be able to beat the U.S. Olympic trial standard of 2:22.

Nonetheless, through some six spring marathons and six fall marathons, I would keep the 2:22 pace through 16 miles and fade to 2:32. As I approached age 30, I knew I'd soon lose my top-end speed. Consequently, I decided to switch strategies, and accept that my best time was really somewhere between 2:22 and 2:32. (I had followed up my 1984 Boston in 2:32 with a 2:29 at Cleveland some five weeks later, when my muscles were so tight I couldn't have run the faster 2:22 pace for more than a couple of miles.)

So, as the 1988 Boston approached and the U. S. Olympic Trials were a mere two weeks after Boston, I figured there was zero point in shooting for 2:22 since, even if I qualified, with only two weeks' rest, I would be lucky to break 2:32 at the

Trials. Instead I decided I should go for whatever my God-given talent pace was on that day - whatever that might be.

Meanwhile, since it was apparent that my 30:27 10,000-meter pace was closer to the then world record than my marathon PR was to the marathon world record, and I was failing to reach what math suggested was an attainable goal, I figured that my track form and shoes were the key missing links to getting closer to 2:22 than 2:29.

In regard to the shoes, what do track spikes have? A plastic plate in front to hold the spikes. They also have slip last construction, which means that the upper is form fitted to the runner's foot. This slip lasting supported my very, very flat feet without additional orthotics - which seems like the basic construction design of the Nike Vaporfly.

For me, Asics Shoes have always fit my foot best. And Asics made a cross-country spike that had a rubberized covering over the plate, which made them wearable on the road - though with little cushioning. Nonetheless, for the 1987 Columbus and 1988 Boston, I'm pretty sure that I chose the Nike version because it allowed me to fit my plastic orthotics in them - which is even closer to the Vaporfly construction.

So, in the fall of 1987, I headed to the Columbus Marathon to qualify for Boston (which actually set up much like a track). I used my new race strategy of going with whatever God gave me on that day, and not starting to race to keep splits until I had determined what my splits were for the first eight miles. Using this strategy, I proceeded to run 2:30 at Columbus.

As a result, at Boston, I was seeded in the second wave of 251-500 runners. The cannon boomed. Kenyans, Ethiopians, Moroccans, etc., took off. There were few Americans racing because they qualified for the U.S. Olympic Trials to be held two weeks later.

I was passed by hundreds of runners for the next eight miles. I was chuckling because my five-mile split was 27:30. Not exactly a 2:22 pace, but pretty close - and I was pretty sure most of those passing me were less likely to run 2:22 than I was.

At the eight-mile split of Boston 1988, I knew I was going to PR by several minutes. I expected to fade a little at Heartbreak Hill. I didn't, and hit 2:25:13.

So, I didn't hit 2:22, but I do believe the shoes' slip last construction made, and do make, a big difference (see the end of this article for links to two New York Times articles on the Nike Vaporfly).

Coming back to today, and looking at some of the top-rated shoes, I've noticed my recent half-marathon favorites of New Balance 1500s and Asics DS racers are doing well.

Why did I stop racing marathons at age 45 with a 2:52 at Cleveland? Because I couldn't hold my forefoot form past a half. (I've run/jogged a few marathons recently when my stepson asked me to ...)

Why did I stop wearing track spikes in my mid-30s? Because I kept pulling/tearing my calf - though I still wear them in a

local 10,000-meter Turkey Day cross-country race.

This article was spawned from a discussion I had with fellow Cleveland-West runner Bob Ashmun. We spent much of our 14-mile run talking about Nike Vaporfly shoes. Bob brought up the topic after reading an article in the New York Times. I had also seen an earlier article in the NYT on the Vaporfly.

To me, it looks like the Vaporfly has a bit more padding than track spikes - and thereby cushions the impact pressure like the grass does in cross country or the slightly slower Asic DS racers or New Balance 1500s.

So, is the "plate" in Vaporflys illegal? Not anymore than track spikes.

What data should runners look for in the Vaporflys?

- 1.) How many runners wearing them are DNFing due to calf pulls?
- 2.) What are the ages of the runners who use them?
- 3.) Are those who are succeeding past their 50s former 1,500 runners and 3,000-meter steeplechasers, and thus stronger, and more powerful runners than us natural 10,000 meter runners?

Editor's Note: The New York Times articles that prompted this Oldrieve rumination can be found at: <https://www.nytimes.com/interactive/2018/07/18/upshot/nike-vaporfly-shoe-stra-va.html>

<https://www.nytimes.com/2017/03/08/sports/nikes-vivid-shoes-and-the-gray-area-of-performance-enhancement.html>

Come Use LOCC's Indoor Track

By Jim Powers

If you are looking for an indoor track to use during those tough winter days, come check out the Lorain County Community College indoor track! You can try it out by purchasing a one-time guest pass for \$5. You can also register to use the track monthly for \$15 or three months for \$45.

The track is eight laps to the mile, slightly banked at the turns, with three lanes. Your recreation pass also allows access to the indoor tennis courts and basketball courts! While you are out here, look into our spinning and yoga classes, as well as our Fitness Center (there's an additional cost for those). We also have personal training and fitness evaluations, including Bod Pod and Seca body composition evaluations, available for a low fee.

Track/Informal Recreation access is available by registering for a non-credit course NPER 189 (Informal Recreation). The NPER 189 course number is the course number for the informal recreation pass, which gets you access to the track. There are several options to choose from. Please contact Jim Powers, 440-366-7652, or jpowers@lorainccc.edu, at Lorain County Community College for more information on all our winter fitness options!

PT Shorts: A Training Strategy Trilogy

By Ryan Summers

1) The Number One Key To Recovery

In the world of rehab and performance, the topic of recovery is always at the forefront. Everyone wants to know the latest hack or advancement in technology that will allow him or her to recover more quickly and effectively. However, it's often the less glamorous facets of recovery (and training) that are most effective.

So what's the number one key to effective recovery? Listening to your body.

When we work with athletes who are combating injuries, what we often see is that their current issues aren't related to over-training, but rather a result of complex and multi-factorial under-recovering.

On top of that, they've lost all sense of body awareness and have instead replaced it with numbers from their Whoop bracelets. You can only get better from a training stimulus that you can recover from.

It's our responsibility as autonomous human beings to identify when training is driving our bodies into the ground beyond the ability of repair and recovery. It starts with taking a look in the mirror (cue the MJ music) to identify and reflect on what our bodies need, and don't need. Every. Single. Day.

2) Are You Adapting Or Optimizing? It Can't Be Both.

There's currently millions of dollars being pumped into the fitness world in an attempt to help athletes recover faster, heal more efficiently and train even harder.

Recovery is a very hot industry, with companies claiming that all aspects of injury and poor performance are related to recovery. Some would go so far as to say there is no such thing as over-training; there is only under-recovery. I disagree with this.

We can most definitely over-train, but not only because we're under-recovered. In fact, heavy loads of training with certain recovery hacks (icing, sleep, compressions boots, etc.) can even be detrimental to our performance.

For example, a recent study looked at the performance-enhancing effects of caffeine. In the study, one group of exercisers was able to supplement caffeine with exercise, while a second group was not.

Researchers found that caffeine (which significantly improves performance) may have inhibited high-intensity, exercise-induced adaptations. The exercise group who did not supplement with caffeine saw the typical benefits of high-intensity interval training (HIIT), but the HIIT+caffeine group did not.

This is true for the same reason it doesn't make sense for a body-builder to lift heavy weights (break muscle down -> to build muscle back stronger) and then follow the session up with an ice bath. The

ice bath will inhibit the inflammatory cascade that is essential for him/her to stimulate hypertrophy and build larger muscles.

When exercising or training, our goal is to stress the body and force it to adapt. Exercise disrupts our normal homeostatic state and induces a variety of physiological adaptations that are beneficial to both health and performance. However, if we're in a constant search for ways to remove these stressors that are optimal for function and growth, then ultimately we'll stunt this process of adaptation. My advice is to shift away from the common mindset of "train really hard, recover really hard, 365 days a year." Again, we can't adapt and optimize simultaneously.

Instead, we should focus on adapting in the off-season, when recovery is less important, and optimize the body when the goal is to bounce back as soon as possible after a competition or race. This way we can continue to improve, without the added risk of injury and poor performance - of which none of us are fans, and which constitutes neither optimizing nor adapting.

3) How To Effectively Make A Change

My partner Matt Stevens and I recently traveled to Dayton, OH, to present our "Train Smarter, Not Harder" workshop.

One of the goals of the workshop was to identify weaknesses and imbalances common among fitness athletes. However, once the attending athletes identified areas that needed to be addressed, their next question, as always, was: "What do I do now?" Matt concluded the workshop by offering the advice of trying to focus on changing one thing at a time.

Too often we try to make several changes simultaneously, whether in diet, lifestyle or productivity, and end up getting nowhere at all. The problem with trying to change several things at once is that the attempt to change is so overwhelming, we end up not changing anything at all. After all, our willpower is finite.

Furthermore, most of the areas that need to be addressed in athletes, such as weakness or range of motion, can't be improved without a commitment to the long-term process. Quick fixes don't exist.

In our heads, we all have an ideal version of ourselves, but lack the understanding on how to create that ideal version. Step 1 of the solution: Identify one change you want to make and create a plan.

Research has shown that you are two to three times more likely to stick with your new habits if you make a specific plan for when, where and how you will perform the behavior that will result in change. Psychologists call these specific plans "implementation intentions" because they state when, where and how you intend to implement a particular behavior.

However, research has discovered implementation intentions only work when you focus on one goal at a time. Create a plan on how you'll address that one thing you want to focus on changing, follow through with it and take the first step toward creating the ideal version of yourself. It's just implementing implementation intentions with intent.

Dr. Ryan Summers is a physical therapist and Certified Strength and Conditioning Specialist at Pure Physio, a functional-based rehabilitation facility in Strongsville.

Lorain County Community College presents.....

Penton Memorial 10K Cross Country Turkey Trot

“Over The River (and Hill!) and Through the Woods....”

Sponsored by LCCC Health, Physical Education & Recreation
Held on Lorain County Community College's Cross Country Course
Elyria, Ohio

Thanksgiving Morning

Thursday, November 22, 2018 9:00 a.m.

OUR 50TH YEAR! Special golden anniversary prize to 1st 300 finishers

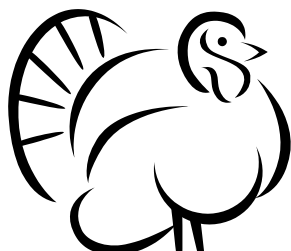
For more information contact Jim Powers at the LCCC H.P.E.R. office
440- 366-7652 jpowers@lorainccc.edu

Registration \$25.00 with long sleeve t-shirt Pay by check or MO & mail
to: \$15.00 without t-shirt

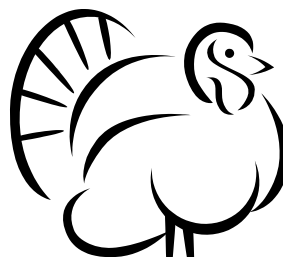
LCCC HPER dept.
Attention: Jim Powers
1005 N. Abbe Road
Elyria, OH 44035

REGISTER ONLINE AT www.lorainccc.edu or

www.peaceracing.com



Age Divisions
13 and under
14-18
19-24, 25-29
30-34, 35-39
40-44, 45-49
50-54, 55-59
60-64, 65 & over



Awards

Awards to top 5 Male & Female overall & top three in each age group.

Awards to “youngest turkey”, “oldest turkey”, “longest migration”, “last turkey into the barn”
NEW AWARD – BIGGEST FLOCK (most family members entered into the race!)

Awards & drawings will be conducted indoors in the Gymnasium.

Stay for the raffle~great prizes!!!

Door prize winners must be present!

Entry Form

Name _____ Sex _____ Phone _____
Address _____ City _____ State _____ Zip _____
Age on Nov 22 _____ T-Shirt Size S _____ M _____ Lg _____ XL _____

E mail address _____

Waiver (application will be rejected if not signed)

In consideration of acceptance of this entry, I, for myself and my heirs, personal representatives, successors, and assigns, release the LCCC HPER PROGRAM & their representatives from any & all claims and rights of action of any kind for personal injury, property damage or other loss which I may incur as a result of my participation in the Penton Memorial Turkey Trot. In the event that the participant named herein is a minor, the person signing does hereby certify that he or she is the parent or legal custodian of said minor & signs this Waiver on behalf of said minor.

Signature _____

Date _____

The Most Challenging and Fun Thanksgiving Day Run!!!

Office use only: Regis. # _____ Date Rec'd. _____ Rec'd. By _____ Amt. Rec'd _____ a:rares/penton99

Please Note

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

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

Anyone wishing to contribute articles, photos and/or race results, please send them to Cathy Leonard at leonardc5711@yahoo.com.

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.

2018 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