

Running Strong Since 1977

Cleveland Metroparks' COVID-19 Update

By Nancy Desmond

I hope you are all staying safe and well. Being part of a club means you seek the company of others by your very nature. For people like us, this is a big challenge. By now, you've no doubt noticed park use is up more than 100 percent. Trails are crowded and Cleveland Metroparks is doing all it can to encourage social distancing because we don't want to the governor to close parks across Ohio. Rocky River Reservation is the busiest in the entire system. It's a good time to travel to a less popular reservation and explore. In several locations we've closed roads to cars to give people lots of room: <https://www.clevelandmetroparks.com/parks/visit/alerts-closures>.

COVID-19 is proving especially challenging for Cleveland Metroparks' budget. The Park District receives about 65 percent of its budget through property taxes, with an annual cash infusion in July. This is expected to be much smaller or delayed due to people getting a grace period from paying mortgages and taxes on time.

The other 35 percent is in revenue, donations and grants. The revenue comes from park district restaurants, events, programs, retail, corporate sponsorships, rentals, golf and zoo. Only golf is operating, and with social distancing rules, it's not at full capacity and the clubhouses are closed. All events, programs and rentals are cancelled throughout the summer, including huge revenue generators such as Edgewater Live and Asian Lanterns.

To counter the loss, the park district has laid off, partially furloughed, and/or cut salaries for more than 600 employees. Almost no seasonals will be hired. When you use the parks and trails in the next few months, you might notice maintenance standards are not as high as they were, restrooms may be closed and water fountains turned off. Please know that this is temporary, and prepare before you leave home. Park management staff are few compared to our normal summer teams, and are doing the best they can.



Red trillium, Bedford Reservation. Photo taken by Mark Eberling.

Despite all this, I'm proud to report Cleveland Metroparks' leadership has done an excellent job to protect and retain as many of their employees as possible while trying to keep the agency afloat. I'm reminded again what a truly extraordinary privilege it is to work and play in our parks.

On a totally unrelated, but positive note, check out the livestream eagle-cam. It's a nice break from all those Zoom meetings and conference calls. The pair in Rocky River Reservation are raising an eaglet, and once you start tuning in, it becomes addictive! Visit <https://www.clevelandmetroparks.com/about/conservation/natural-resources/bald-eagle-nest-livestream>.

Thanks for all you do for Cleveland Metroparks. Your donations, good will and levy support are noticed. Hopefully when things calm down we can reschedule our run and breakfast with Cleveland Metroparks chief executive officer Brian Zimmerman. I know he'd like to thank you personally.

For all things Covid, look here before you go to the park:

<https://www.clevelandmetroparks.com/special-pages/cleveland-metroparks-covid-19-updates-closures-and>.

Cleveland West Road Runners Group Running Schedule

Saturdays: 7:30 a.m. ON HOLD

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: ON HOLD
www.clewestrunningclub.org

For more info email:
Clewestrunningclub@gmail.com

CWRRRC Membership Benefits

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

2020 CWRRRC Officers

President Mark Brinich
Vice-President Heather Kuch
Treasurer Bob Dlouhy
Secretary Michael Fry

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
. Bob Budzilek, Mark Shelton
RRCA Liaison Tim Furey
Race Trophies Maureen Scullin
Race Volunteer Coordinator Andrew Mangels
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

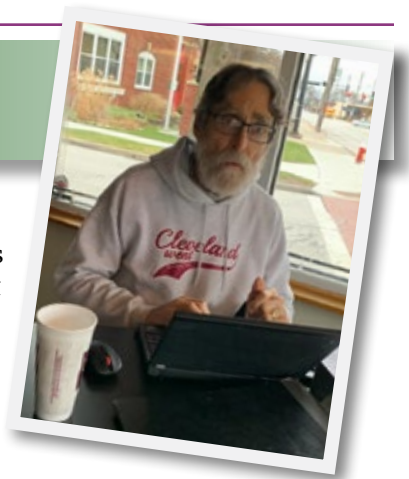
By Mark Brinich

In the past I've always looked at what the previous year's article was about, to give me a starting point for this year's article. Obviously, this year, due to the coronavirus pandemic, things are different. Hopefully next year we won't be using this article as a starting point. Unfortunately, we've shut down any activities that bring us in close physical proximity. Spring in the Park, and most likely (as of this writing) Bay Days are history for this year. We certainly cannot prevent members from physically getting together and doing their own thing, but that's at your own risk, and without the club's support or blessing. So that leaves us with the virtual world (and this newsletter) to fill in the gap. While none of these things are new to us, the importance of these avenues is nothing like we've seen in the past. What we'll look like when we come out of this is anyone's guess, but hopefully we'll come out stronger.

Our web site, Facebook page, Instagram, newsletter and emails will provide you with the latest in news and commentary. Additionally, we have set up Zoom conference calls for members to congregate at a safe distance, and we are open to additional sessions. Once again, Bob Budzilek has put together a Summer Quest contest (which is inherently social-distancing approved). We're also trying to increase the use of our Jog Blog (under the Members page) on our web site to get timely feedback on club issues.

The bottom line is, we aren't going to change the goals of the club, but how we get there will change both in the short and long run (pun intended). Financially, we're still viable. If we did nothing the rest of the year, and just kept the lights on we'd still have \$20k-plus in the bank going into 2021. So, hang in there, keep running, and we'll see where we're at in the next few weeks.

Happy trails!



Sunshine Corner

Please keep the following CWRRRC members in your thoughts and prayers:

- Christa Blum
- Dave Clinton
- Cindy Gapter
- Even Golder
- Leo Lightner

Farrell Foundation Challenge Update

By John Delzani

I am writing this on April 15th, which would typically be the filing deadline for taxes. What will you do with your refund check?

I can't remember the exact amount club treasurer Bob Dlouhy told me he'd forwarded to the Carolyn Farrell Foundation, something just under \$150 from members' on-line donations, coupled with \$400 from checks mailed directly. That brings us to just over halfway to our goal.

Just because you have to practice social distancing, that shouldn't stop you from sitting down at your desk/computer and participating in this challenge. And once you hit that "Submit" button you'll know you're off to a good spring day. In light of the pandemic we will keep the challenge open until we reach our \$1,000 goal. But please don't wait too long, we're only 225 days away from Black Friday! *[Editor's Note: At press time, donations totaled about \$750.]*

Thank you.

Planning Ahead

**Due to the COVID-19 pandemic, we are only listing virtual events. We will notify members when physical events resume.*

Friday Evening Virtual Happy Hour

Date: Every Friday (for the next few weeks)

Time: 7 p.m.

Join URL: <https://us02web.zoom.us/j/975145624?pwd=Wt4RW9GUjJjNGhkdUhjaG9sRUc3UT09>

Meeting ID: 975-145-624

Password: 014474

Saturday Virtual Morning Coffee/Post-Run Hour

Date: Every Saturday (for the next few weeks)

Time: 9 a.m.

Join URL: <https://us02web.zoom.us/j/570169185?pwd=YzI2amFGODdQdXpKdFZEeG5PMVZHUT09>

Meeting ID: 570-169-185

Password: Jogger!3Sa

May/June Virtual Business Meeting

Date: Monday, May 18th

Time: 6:30 p.m.

Join URL: <https://us02web.zoom.us/j/74166177322?pwd=ajh0bnZYdERCvHRHVEVSRFhya3N2Zz09>

Meeting ID: 741-6617-7322

Password: Jogger!3Ma

July/August Newsletter Assembly Meeting

Date: Wednesday, July 8th

Time: 6 p.m.

Location: TBD

Tips For Stay-At-Home Cuisine

By Amy Jamieson-Petonic

Here are a few suggestions for runners who are trying to eat well during these trying times.

1) Go Whole - Try to use whole grains from your pantry for breakfast, soups, stews and casseroles. Good options include slow-cook oatmeal, brown rice, whole wheat pasta, farro and barley.

2) Go Slow - Being home is the perfect time to use your crockpot or slow-cooker setting on your Insta Pot to make home-cooked meals with little prep.

I just made this recipe recently (at this link: <https://www.blessthisstressplease.com/5-ingredient-slow-cooker-chicken-legs/>) and it was fabulous! I used no-sugar-added peach jelly, as well as low-sodium soy sauce and a touch of ground ginger, and it was yummy!

3) Smoothies - Try homemade smoothies with frozen fruit which lasts longer than fresh. Great options: strawberries, blueberries, cherries and mango.

4) Veggies - Frozen veggies are a great alternative to fresh when you are cooped up inside - use them for soup, stews and blended dishes.

5) Power-packed protein - Canned protein (tuna, salmon or chicken) can be used for salads and sandwiches.

6) "Eggs" cellent - Eggs have the highest biological value of protein and keep well.

7) Heart-healthy oils - Extra virgin olive oil or canola oil can be used to marinate vegetables or mixed with other ingredients to create yummy homemade salad dressings.

8) Meal extenders - This is a great time to utilize those dried beans and peas in your pantry such as navy, pinto, kidney, garbanzo, and black-eyed peas to make soups, stews or awesome greens. Dried beans are a great source of protein and complex carbohydrates, and provide inexpensive, long-lasting energy.



Beaver Pond, Canalway Center. Photo taken by Mark Eberling.

Happy Birthday

May

Maggie Barrett
John Binder
Bob Budzilek
Rita Candito
Thomas Carlson
Ellen Chrisman
Tony Cresci
Beth Eaton
Emily Ferrall
Evan Golder
Malachi Golder
Tom Hayes
John Herraghty
Carl Homberg
Steve Lacko
Greg Lampert
Stephanie Mueller
Joan Papp
Matt Patton
Damon Pierce
Kimberly Roach
David Rosendale
Paul Schlosser
Dennis Schuler
Gloria Smith
Suzan Stiegelmeier
Tara Taylor
Cindy Wildman

June

Michelle Appel
Kevin Arth
Daniel Barnhart
Toby Barvincak
Larry Begue
Adam Belebczuk
Bob Blum
Jennifer Budzilek
Lindsey Carroll
Timothy Chrisman
Joe Digiacomio
Gary Easter
Thomas Fagan
Nate Ferrall
Cory Freadling
Jennifer Jutte
Tiffany Kral
Todd LeVeck
Kim Leverton
Tim McGinty
Sue Michos
Edward Oberhofer
John Roos
Ronald Ross
Nancy Schlosser
Robert Sharp
Joe Smith
Spiro Vamvakas
James B. Van Horn
Laurie Zahar
Marlene Zepkin

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



Race Results

Saturday, February 29th

Niceville High School Band on the Run 5K

Niceville, FL
Bob Collins, 35:30
1st Overall Power-walker

Sunday, March 1st

Centennial Olympic Park, Atlanta

Publix Atlanta 5K
Kimberly Roach, 38:30

Saturday, March 14th

Lucky Leprechaun 10K

Fort Walton Beach, FL
Bob Collins, 1:11:02
2nd Overall Power-walker
"Just wish local race promoters here would recognize Race and Power Walkers." - Collins

Saturday, May 2nd

Spring In The Park 5K & 10K Virtual Results from Various Locations

5K

Christine DeMattie, 28.07

10K

Joanna Brell, 01:06.5
Heather Kuch, 52:35
Bob Myers, 1:09
Kimberly Roach, 1:06:08
Mike Schipper, 53:44:00
Paul Schlosser, 1:00:34
Joseph Schnug, 57:00



Cherry Blossoms, Brookside Reservation. Photo taken by Kimberly Roach.



Spring In The Park Women's Race Diverted to 2021

Due to the ongoing concerns over COVID-19 and the need to avoid group gatherings, Cleveland-West canceled its 2020 Spring in the Park Women's Race, originally slated for Saturday, May 2nd.

Cleveland Metroparks revoked permits for park events scheduled through early May, according to race director Joanna Brell. Based on the uncertainty in the weeks leading up to the race of if and when those events could be re-scheduled, club officials deemed canceling its race the best course of action. "We are putting our energy into planning an even bigger and better event in 2021," says Brell.

She expressed disappointment, but says she hopes all Cleveland runners remain safe, healthy and active, and "the club looks forward to seeing participants at a future race."

Meanwhile, about 10 club members toed unofficial starting lines on May 2nd, to complete individual "virtual" Spring in the Park 10Ks and a 5K, in honor of the event.

Club member Kimberly Roach, who started her 10K at Scenic Park, Rocky River Reservation, said she was pleased with her time, despite no water stops, spectators or official finish line. "(I) ran my second fastest 10K ever, and (was) only 25 seconds off my best time, which was 14 years ago!" she says.



Run Over Rona 5K: My First Virtual Race

By Mark Shelton

Maybe most of us were introduced to virtual races on March 12th when the 40th St. Malachi 5-mile race turned virtual. Run five miles anywhere, post your picture on their web site, get your medal and your shirt. Financially it was a home run for St. Malachi, since they already had a no-refunds policy. Who would take money away from the church, anyway? This was before the lockdown, so it was impressive to see the many CWRRC runners starting at the marina at 7:30 a.m. on March 14th with their St. Malachi shirts and race numbers.

The Run Over Rona 5K is a virtual race. I read the web site: "Well it works just like a 5K run/walk, you register online ... except you do it whenever you want (before 11:59 p.m. on May 3rd) from the comfort and safety (properly socially distanced of course) of your neighborhood, backyard, treadmill, residential street, bike/hike path, etc. Then go back to the registration site www.RunOverRona5k.run, and you report your time online. Then ... sometime before the end of May we will send you a beautiful shirt, custom bib and any other goodies that you may have won!"

Sounded good. My friend Mickey Rzymek told me the Running2BWell organization is a good one and they were the sponsor. For \$27 I signed up.

Virtual race day arrives. It's 7:30 a.m., cloudy, 41 degrees and a little windy. I lace up my shoes and go to the starting line, which is the end of my driveway. There is no one else around. I start the Fitbit and take off, maybe a little slower than usual but I will pick it up. After one mile I still feel good, but it took me 12 minutes to get here! Not good because the next mile is a long uphill which will not allow me to pick up the pace. After two miles I still feel okay and try to pick it up a little. I am thinking back to the Great New Year's Eve 5K in Stow where I finished in 30:06. I figure I must be close. The finish line is also my driveway and there is no one there. I stop, check my watch and it says 41:15 and I ran 3.13 miles!

Two things I like about virtual races and a partial list of a dozen things I do not like. First, the race is at my home, so I do not have to drive anywhere. Second, I pick the course, the time and the weather. But there is no one else around, no intermediate water stops, no crowds cheering, no photographers, nobody to help me run faster, and most importantly, no good memories to discuss over coffee for the next 10 years. I mean, Bob Myers and I still talk about the 1993 Los Angeles Marathon when we have a few new people around!

Virtual races may be with us for a while yet. As Active.com says: "Keep your community active with virtual races." I will most likely register for a few more of these races, but I am looking forward to getting back with my fellow runners at a starting line of a non-virtual race.



The bad news on my Fitbit.

2020 Search For Summer Scavenger Hunt: The Final Chapter

By Bob Budzilek

I have to be honest. Last year's Search for Summer Scavenger Hunt results felt so-so. Participation was down from the previous year, and things looked to be getting stale. Plan A was to scrap the old format and come up with something new. I was heading down the path of doing something where participants were together at certain times and locations ... Okay, scrap that. Thinking that now y'all have nothing else to do, maybe the old format will work, with a few tweaks, like no fairs/festivals, etc. So here you go, the Search for Summer Scavenger Hunt - The Final Chapter.

The rules for this year's Search for Summer are as follows (changes denoted in BOLD):

1. You can earn 10 points for a run of three miles or more starting, finishing, or otherwise incorporating one of 20 scavenger hunt items. (See list).
2. You can earn a two-point bonus for providing a picture of the scavenger item.
3. Only one scavenger item can be counted per run. For instance, running between two breweries only counts as 10 points for a brewery.
4. **Only one (1) entry per day.**
5. Each specific location may only be used once, but you may use multiple locations for the same item. For instance, Huntington Beach can only be used as a beach run once, but you can run at Euclid Beach and Edgewater Beach and score 30 points in the beach category. **Maximum of three (3) entries per Search for Summer item. Sorry, no more 37 visits to the ice cream store.**

6. Entries must be submitted promptly! It is only fair for keeping score. So, entries must be submitted within 14 days of the run. Expired runs will not be counted.

7. Recognition and random awards will be made at the Fall Cookout (tentative). No WHINING! I do promise that creativity will be rewarded.

8. This is totally an honors system.

9. Opening day is Saturday, May 23rd, 2020. The last day is Monday, September 7th, 2020.

10. I will do everything I can to post updated stats weekly so you know where you stand.

11. A table tracking everyone that submits progress will be available on our web site at <https://www.clewestrunningclub.org/summer-scavenger-hunt.html> and through social media. Participants can submit their progress via email to cwrrc.race.director@gmail.com, making sure to indicate the "Scavenger Hunt" in the subject line. Alternately, you can use the form on the web site to fill in your progress. You must report Date, Scavenger Item (i.e., waterfall), Specific Location (i.e., Berea Falls), Miles Run, and Photo Attached, if applicable.

I think that covers the rules. Now the long awaited list. Note that there are some new ones and some holdovers from last year! There might be a few tweaks as the start approaches, so stay tuned!

- Bakery
- The "Cleveland" Sign
- National Park
- State Park
- Beach
- Fountain (not soda or drinking)
- Outdoor Market
- Sunset
- War Memorial
- Boat
- Hall of Fame
- Outside Bar (not seating)
- Brewery
- Ice Cream
- Pig
- Waterfall
- Bee
- Island
- Pizza Shop
- Winery

Note that the items are not specified to just the Greater Cleveland area. So, say you do a run at the Grand Canyon. Count it!

Start strategizing, and get ready for a fun summer!



Hemlock Trail, Independence. Photo taken by Kimberly Roach.

The Miler - A Book Review

This article previously ran in the January 2005 edition of FootNotes.

By Rich Medykowski

As runners, we all know that ours is a sport of patience. We do not improve with one great workout, or one great week of running. It is only through months and years of quiet dedication and devotion to the task at hand through which we reach our running goals, whatever they may be. We also know that while we usually have a specific goal in mind, our running journeys sometimes take us to unexpected destinations.

So it goes with "The Miler." The title alone conjures up glorious images ranging from Roger Bannister to Hicham El Guerrouj, and my first thought going in was that I was going to be treated to an onslaught of running inspiration comparable to that of perhaps the most famous fictional miler of all time - Quenton Cassidy from "Once a Runner." You can understand my disappointment, then, when running was scarcely mentioned in the first third of the book.

Instead, I was transported back to the town of Harlan, KY, in the mid-1950s - a coal mining town that was just starting to show the first glimpses of the economic downfall that was about to hit that industry and that region of the country.

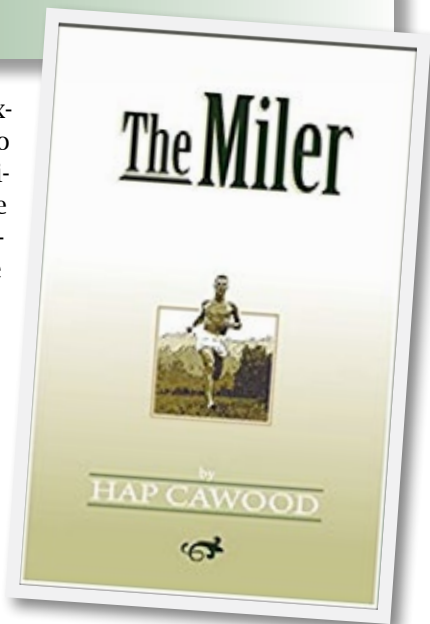
The hero of the book is Jeremiah James, J.J. for short. J.J. discovers distance running while going out for the high school football team as a junior. A broken leg in practice prevents him from playing football, so J.J. asks the coach about the track team. He is told that Harlan High does not have a track team, but that he could represent the school at the district meet if he wished. J.J. begins training in earnest for the mile.

At this point, one might expect the book to take off into the gut wrenching but glorious world of training - the grueling workouts, the mileage, the times - but "The Miler" does no such thing. J.J.'s training is intertwined with his life as a high school student, his blossoming relationship with his girlfriend, his friends, his father's tragic stroke, and life in general in the town of Harlan. Workouts are only mentioned in the most cursory fashion, with few details and no times - not even in the races.

Then again, this is probably appropriate for a high schooler in the 1950s who ran alone. The workouts were not regimented and detail-oriented, and of course the portable timepieces of today were simply not available. Perhaps there is a lesson here for us all - just get out and run, baby!

After J.J. fails to advance in the district meet in his junior year, he receives some coaching from a most unexpected source - his sister's dance instructor. With her help, J.J. learns to harness the power of the mind in addition to the power of his legs, and spends his senior year honing this power to a fine point for that year's district meet.

While "The Miler" did not take me where I expected to go, I cannot say that I was completely disappointed by the experience. "The Miler" will not give you an adrenaline rush that will cause you to stand up and cheer, but it will quietly encourage you along your journey.



80s Flashback

By Tom Nowel

I was a member of Cleveland-West back in the 80s. I moved due to work and returned to the Cleveland area in 2010. I re-joined the club at that time although admittedly I am not active. I still run most every day. Back in the 80s, Cleveland West had a marathon team. We ran together a few evenings a week and went to marathons representing the club. Gary Easter was the main force behind the team. This photo is from the 1981 New York City Marathon where I ran a 2:49. It was my Boston qualifier (2:50 or under in those days for males under 40 years old). The photo was taken on the edge of Central Park around 24-plus miles. We of course had club singlets. Thought you might enjoy seeing this. I'll try to get active again after the virus issues subside. We live in Lakewood again.



*Tom Nowel, 1981
NYC Marathon.*

Strange Days, Strange Dream

By Mike Twigg

Running in a socially distant world: It's different, but we must adapt. As legendary UCLA basketball coach John Wooden said: "Things turn out best for the people who make the best of the way things turn out."

Truthfully I'm not doing much running these days. While millions are out of work some of us have plenty of work, like this critical care nurse. Disaster protocols are initiated, 12-hour shifts come and go. But patellar tendonitis and plantar fasciitis are here to stay, for me anyway. It hurts every time I try to run right now. I ran five miles for the virtual St. Malachi Run and have been paying for it since. So on my off days from work I'm walking three to six miles, by myself. It's what I can do.

I'm also day sleeping because I'm a nightshift nurse. Mix in being on the front line of a pandemic and it adds up to weird dreams. Had one recently where I was running at Hinckley with the usual Wacko crew of Lou Karl, Mark Bruedigam, Keith Douglas and George Klier.

Afterward we were drinking our typical B&B. Lou was being his normal self-indulgent self. George, well, that was a bit odd. He wasn't quite himself. He was sitting on a chair, leaning over and trying to articulate a point. I had trouble understanding. To be fair, I may have had one or two B&Bs in me at that point of the dream. Or it may be that even in the dream I knew George was no longer on this plane of existence.

But it's a dream. So all bets are off. When I woke up it took a minute to process. My conclusion was that when Lou Karl is the most normal part of a dream, that's (messed) up.

It's also a reminder to keep in touch, as Wackos continue to be with Irene Klier. As the old saying goes: "The race isn't always to the swift, but to those who keep on running." Hope to be logging some running miles soon. Just before things went haywire I bought a pair of road running shoes and a pair of trail running shoes at Second Sole. I still hope to get both of them muddy very soon.

And when we can get back to running as a group ... that will be a great day for running.



*Confederate violet,
freckled variety,
Brecksville Reservation.
Photo taken by
Mark Eberling.*

COVID-19 Precautions Stir Winds Of Change

By Bob Blum

It all happened on the wonderful Saturday, September 28th, 2019. Running south from Scenic Park, right away I spotted her. But because she was standing still, I had difficulty identifying the vivacious Cleveland-West member Joyce Prohaska! Joyce was talking with Ramona Metz. Ramona's mom Kathryn was also at this rendezvous! Ramona and Mom were gracious enough to let me run with them. Our threesome soon came upon one whom I equate with John D. Rockefeller: John Delzani. He called out "Three generations!" We figured it out as we ran! Ramona was third G, with her mom representing the second. That left me as first!

What a treasure to find Gretty Meyers and Rich Oldrieve. Then the two president Marks: Breudigam and current, Brinich! Another veteran, Larry Begue, greeted us, then Tim Furey on his bicycle. Next were Liese Nainiger and a couple who look so good together: Evan and Deborah Golder! They were married in 1960. Can you imagine the first 10 years of marriage being the turbulent 1960s?

I recollected on how splendid it is that Cleveland West Road Runners have been running together every Saturday morning since 1977. And I am sure all of us thought that we would never see this event stop, even pro temp. However, the precautions attending the COVID-19 pandemic have ended our streak. Certainly the cessation of activities of all organizations has been a blow. A phrase from Fats Waller's 1929 song "Ain't Misbehavin'" sums up everyone's current life style:

Like Jack Horner

In the corner

Don't go nowhere

What do I care?

Your kisses are worth

My waiting for!

Another consequence of the precautions: staying home, the safe place. Not a bad situation for those of us who like our dwelling. And just like those kisses, the Saturday morning run will be back. We will relish every moment of these social runs after resumption. Because of the COVID-19 precautions, I have taken time to learn how to use two communication apps: Google Duo and Zoom. What a blessing to be able to keep in touch by sight and sound with family and friends!

All of us have found that with so much time at home, we can improve skills in some of our activities. Christa and I have been learning to sing new songs together. Especially rewarding are songs written by George and Ira Gershwin and Cole Porter. For some songs we have written new verses. All of us may find that our lives are improved by this unforgettable time of the COVID-19 precautions.

U.S. Olympic Marathon Trials, Atlanta, 2020

By Mark Oster

Your 2021 U.S. Olympic marathon teams are set. Aliphine Tuliamuk, Molly Seidel, and Sally Kipyego will represent the American women in Tokyo, while Galen Rupp, Jacob Riley and Abdi Abdirahman make up the men's team.

It was a windy, chilly day in Atlanta on February 29th - with wind gusts of up to 20 mph. Runners pushed themselves to the limit on a brutally hilly course, which featured 1,389 feet of up-hill and 1,382 feet of downhill. How did it all unfold?

For me, I was surprised how engaged I was the entire time, including pre- and post-race. Four hundred-plus women runners and 200-plus men raced. The starts were staggered, with the men leading off, and then the women. The athletes came out of an enclosed area and walked single file to the start. You could feel the sense of expectation in the air, and the wind gusts I referred to earlier blew through the entire race, which contributed to some slower times.

I had never spectated at a marathon myself. It was great fun to root my favorites on. With my iPhone, I could track individual athletes and see their pacing at any given moment. I found a great intersection where the men and women athletes passed three successive times. There was a brief lag between the men and the women on the first loop, but after that, it was a steady stream. "Oh, there is so and so. Here she comes!" Toward the end, I ran to the finish and got to see the sprint battles. The women's race was especially thrilling because the third- and fourth-place finishers were really close, with Desiree Linden of Boston Marathon fame just missing out.

One thing about this race that you likely did not hear about was the three women qualifiers who became pregnant between the time they qualified and the actual race date. They all competed. I asked a couple of the women next to me how many months was the one athlete who ran by that appeared really pregnant. They all agreed between five and seven months. She received massive cheering each time she made the loop. I didn't see her finish, so she likely did a good job of listening to her body.

After the race, there was an opportunity to speak with some of the athletes and to say a word to them about how inspiring they were. Also, there were plenty of running junkies to talk to about their marathon experiences. One older athlete I talked with said that he had run a marathon in every state once, and was 30 states through his second go-around.

In short, if you haven't been to the U.S. Olympic marathon trials, I highly recommend going next time around. Unlike the U.S. Track and Field trials that are pricey, the only expense you have is getting there and meals. I hope to go again in four years' time. Maybe a few others from Cleveland-West will join me.

Atlanta was a great host city also. Near the starting line was a grouping of museums that were thrilling, including the National Center for Civil and Human Rights and the World of Coca-Cola. Both were interactive and filled with impactful moments. The Human Rights museum tracked current oppressive regimes with updates about stemming abuse/violence. The Coca-Cola museum tour concluded with being able to sample 180-plus Coke products from all over the world. Try running after that!

Photos taken by Kimberly Roach.



The Rise Of Virtual Running: My Personal Journey

By Rich Oldrieve

On January 20th, Martin Luther King Jr. Day, I visited my dentist. My usual dental hygienist, a Fox News viewer who has always been willing to verbally spar with me on current issues (with her usually getting in the final word as my mouth becomes encumbered by a teeth-cleaning device), began the session by exclaiming, "Have you heard anything about this coronavirus? I can't believe no one is taking it seriously!"

I learned what I could from her. (I guess Fox didn't take long to change its position from "panic" to "no big deal.") Then I went home and started researching "coronavirus" because on March 22nd I had plans to run the King's Forest Marathon in Cologne, Germany. Though things looked slightly iffy, on February 6th, I took a chance and paid the whopping fee of 36 Euros / 40 bucks for the race. A couple of weeks later, I read an article saying that Cologne had its first community coronavirus transmission. This was pretty scary because the patient went to the hospital for an unrelated condition, only to be confirmed Covid-19 positive.

I held hope that Germany's Chancellor Angela Merkel and the country's health system would be able to contain the spread through "contact tracing" - at least long enough for my wife Susan to attend her German conference and for me to run my race. Meanwhile, with each passing day, the biology major/teacher in me lost faith the U.S. would handle COVID-19 correctly, since our only "on-demand" test screening was a liar's club questionnaire and a temperature check.

A second concern that could detract me from international travel was that, for more than a year my 91-year old mother had been in hospice care, first in the memory unit at Brookdale Westlake Village, and more recently at O'Neill Health Care in North Olmsted. I worried that even if COVID-19 was similar to the flu, a "nouveau" flu without a vaccine could be quite dangerous to older people. Thus, I was grappling with concerns and decisions about her care as well.

Track & Field Championships

Right about this time, one of my training partners, Mark Oster, invited me to go with him to the Olympic Marathon Trials in Atlanta, GA. It was a tough call for me not to go since it sounded like a good adventure (see Mark's article in this issue) for watching the trials and possibly running the open marathon the next day. But ultimately, I decided to head instead to Ithaca, NY, (located more than 200 miles from New York City, which has since become a U.S. coronavirus epicenter) for the quadrennial Cornell University Track and Field Reunion that coincides with the Ivy League Heptagonal (Heps) Track and Field Championships from February 29th to March 1st.

I attended for several reasons. Firstly, Rich Bowman, the field coach hired my senior year at Cornell, was being thrown a retirement fete. Secondly, Pete McConnell, my steeple-chasing



Cornell Track & Field alums running near North Campus.

teammate, had decided to attend for the first time. Thirdly, and perhaps in some ways most importantly, returning to Ithaca allowed me to run two beautiful "marathon training" routes. First a Saturday morning four-mile run with Cornell track and field alums around the campus and over the gorges, with me then tacking on an additional 16 solo miles to Buttermilk Falls, followed by our team's old "Near Varna" run through Forest Home, along Fall Creek, and through the Cornell Plantations and/or Orchard. Then on Sunday, a 12-mile run from downtown to the top of Snyder Hill Road, a route which boasts a 900-foot climb spread over 4.5 miles.

On my drive to Ithaca, I listened intently to the National Public Radio (NPR) for news about COVID-19. I heard a long segment on the need for hand-washing and social distancing. We hadn't quite yet learned about slip-streaming while running, but my fellow Cornell T&F alums and I ran in the middle of a minor blizzard on the Saturday after my arrival, near north campus - a few feet apart. Though most in the group were 20 years younger than I, they all humored me enough to allow me to talk to them for a few minutes individually.

Later on, I was handing out awards to the top six finishers in both the men's and women's mile runs, as part of the T&F Championships itinerary. I kind of wondered why Kate Walker Foster, the 1,500-meter star of the class on 1997, wasn't handing out the awards - but I didn't ask any questions.

I started my part of the ceremony with a couple of flubs. First, I was out of position and not quite listening when the announcer was introducing me before the women's one-mile awards. Then, I forgot to shake hands with the fifth- and sixth-place finishers, but I did put their medals on them as they leaned their heads down from the podium. I got my act together after that. I shook the hands and put the medals around the necks of the top four women finishers.

Next, for the men's one-mile awards, I actually stood and listened to my introduction as "the 1980 cross-country captain and sixth-place finisher in Heps indoor 5,000 meters." Finally, I correctly shook the hands and put the medals around the necks of each of the top six men's finishers. But as I was heading back to my seat, I thought, "Boy, that was stupid, coronavirus-wise." I had just shaken hands and breathed up at students (and was breathed down upon by said students) attending universities from up and down the eastern seaboard that had students and faculty members from around the world.

The near and far was exemplified by my sitting beside the New Jersey father of a Princeton runner. The dad was lamenting his son's inexplicable malaise in attacking his earlier races that year, but was pleased that in this race he not only was leading but was attacking with gusto. Meanwhile, just a few more seats to my right was the Chinese father of Harvard's 3,000-meter winner.

Unseen Enemy Continues Encroachment

When I got back to Ohio, I wondered how many people were grappling with my same concerns: Might I bring the coronavirus back to my work place, which for me is mid-Ohio Mansfield high school? Worse, would I be bringing it back to my mom in the memory care unit of O'Neill's Healthcare? For some reason it seemed that, despite the breakout in China, regardless of the scare in South Korea, and in spite of the overworked medical workers and dead bodies in Italy, Spain and New York City, some people still thought that it couldn't happen here ("here" being wherever they were, or where they called home). My personal fears and consternation I just mentioned were somewhat assuaged when Ohio Governor Mike DeWine locked relatives out of nursing homes and closed all schools.

Somewhere about this time, after I got back from New York, I was doing a rowing machine workout at the Westlake Rec Center. As I rowed, I watched one of the first and last coronavirus press conferences led by U.S. vice president Mike Pence. My worries about the long-term were allayed when he promised that within a week, millions of testing kits would be shipped and administered.

But then my worries came back a week later, when only tens of thousands of testing kits were shipped. Now, some two months later, the vaunted Cleveland Clinic and other hospitals still can't test everyone who thinks they may have been exposed and/or have mild symptoms, let alone conduct the randomized testing to discover outbreaks before they overrun hospitals.

Early in March, the King's Forest Marathon was cancelled and so was the St. Malachi 5-mile run. I ran St. Malachi virtually with a group of 10 Cleveland-West members. Nonetheless, I think I was the only one trying to run it fast, and I proceeded to run 36:51. Ominously for me, my hamstring "tweaked."

My hamstring strain might have been a forgotten problem, except Gov. DeWine closed all recreational centers, and suddenly my way of keeping up my cardio while taking a few days away from running was lost. This was compounded when my dog Oengus and I accelerated a little too quickly on the final lap of what was supposed to be a slow run around North Olmsted Park.

To get my hamstring better, I got cautious and smart by walking and jogging very slowly. Just as it was getting better, I noticed an invitation to run the Coronavirus Six-Pack Virtual Racing Series hosed by my other running club, The Seashore Striders in Delaware. The series, which raised money for a choice of 10 charities, included six distances of 1-mile, 5K, 5-mile, 10K, 10-mile and half marathon. Part of me questioned the smart factor related to the depth of my participation, but I pushed myself to the limit. I also entered our poodles - Oisin (O'Sheen) and Oengus as a relay team. Thus, I ultimately ran two six-packs, plus the virtual Cleveland marathon, in 25 days.

At the CWRRC business meeting in mid-April, several attendees suggested we immediately cancel the club's July 4th Bay Days 5-Mile Race and Kids Run. As race director, I preferred the middle of the road course of action - waiting until May 18th, by which time Gov. DeWine will probably cancel it for us. In contrast, as the immediate past president of the Bay Village Kiwanis Club, I got to listen to a current president who thought selling curly fries at the Bay Days Festival with a bunch of members ranging in age from 50 to 94 could be a swell idea.

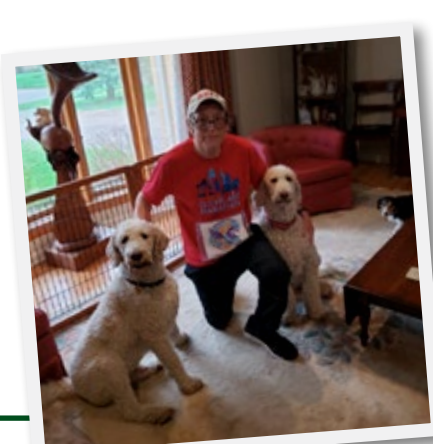
Virtual Life Beyond Running

Concurrent with the transformations to my running life, with schools closing, my virtual teaching began. That work mirrors how I paid for my first personal Apple IIe computer. Back then I tacked some tutoring hours onto my teaching day as a Cleveland Teachers' Union "Dial a Teacher." This time my online teaching has allowed me to buy new pads for the grandkids' GeoDome, and to save myself time and money by not having to drive all the way down to Mansfield St. Peter's to teach. Though, I am incurring some expenses by printing out math worksheets and mailing them to families who don't have Internet or perhaps printers.

Around press time, the focus for me turned back to a more personal nature - visiting my mom before she passed. In order to see whether it would make sense to bring my mom home, Susan and I got a recommendation from the Hospice team for a home health care company. But the owner was quite forthright, and it struck home to both Susan and I that 21 shifts a week wouldn't keep COVID-19 away from my mom, and it would probably bring it home to us.

The hospice nurse had already realized the absurdity of bringing my mom home, so the nurse convinced O'Neill's to let me and my family visit a few times. It turns out the final visit was on May 7th, the day she died. I got to pray, reminisce about good times, and tell her ways she helped me as a child, teacher, and now as a grandparent. Her obit can be found at <http://jenkins-funeralchapel.com/>.

As the true nature and breadth of COVID-19 continues to unfold, and drugs and tactics to combat the virus are developed, refined and implemented, our virtual lives and regular life flow will continue to intertwine. As Cleveland-West members, we'll likely continue to stay connected online and through this newsletter. It's a new life, for sure. I hope we stay strong and make it through to the other side together. I will keep you posted on my virtual race ventures!



Oengus, Rich, Oisin, and Baya after the poodle brothers and Rich finished their respective Seashore Strider Coronavirus 6-Pack races. Oisin held the fastest canine mile time, while Oengus took the fastest 5K and 5-mile. Oisin ran leadoff and Oengus anchored the 10K, 10-mile and half-marathon races.

A Peek At Pandemic Life

By Remy Leonard

Hey Humanoids, what's up?

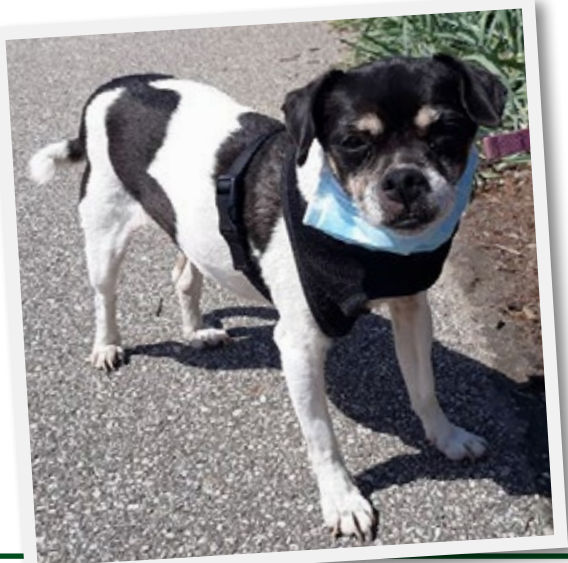
How's pandemic life going for you? I have a few thoughts on it, before I turn the floor over to a few friends I polled to see what they've been up to, since we can't spend time together in person or canine, if you know what I mean.

So, in no particular order, these are my thoughts:

1. Six feet apart, three-foot leash. Really??
2. The six-feet apart rule is great for distancing from my canine brother Scooter's really bad breath. Between 12 feet and two substantially sized buildings is the best distancing measure for outdistancing Scooter's farts.
3. Snoring is acceptable behavior, even one foot apart, on account of I am the family snorer. Don't judge me.
4. Slip-streaming, is it really a thing? Because if it is, I don't want to run behind you.
5. To mask, or not to mask, that is the humans' question. Good luck with it!

Thanks for letting me get that off my chest!

So, here's what we've been up to. My human is sleeping more, doing some stuff online, and generally not going out walking with me nearly enough. I lay (lie?) right near her feet when she's on the computer to let her know that I'm ready for a walk ... any second now! Oh, one morning she did a sort-of virtual race thing. Scooter and I have set up a race track in our home - down the hallway, around the dining table, through the kitchen, and back around the dining room table and down the hallway again. Such amazing fun!!!



Remy Leonard..

Okay, here's what some of you reported:

Cathy (*Remy's Note: Rita, I won't take offense that you can't believe I'm the one writing this editorial. Humans are not known in the canine world for their rambunctious imaginations.*)

I had gotten injured and could not run for six weeks just prior to the stay-at-home order. Obviously, I needed to do something quickly before I gained weight and/or lost my mind.

Therefore, I cleaned out my whole basement and turned it into a gym. I added the Total Gym to my exercise equipment collection and have been working out every other day. I power walked at least five miles around the neighborhood until I could finally start to run. I started up running three weeks ago (well, jogging two to three miles) Gradually, I have moved up to jogging four to five miles at least five times a week on various trails between Lorain and Cuyahoga counties. This way I can snack as much as I want without feeling guilty or growing out of my clothes.

Rita Candito

Dear Remy (*Remy's Note: Thanks for the personal salutation, Chris. I feel validated.*),

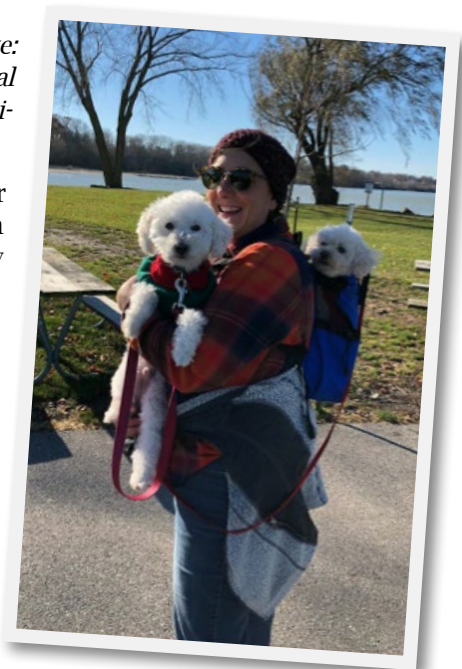
I am glad to hear your tail is wagging, pal! I am spending time with my two four-legged friends, Shaggy and Chance. Now, Chance is getting up there in age and is considered an elder, so he usually rides on my back or in the stroller, as his walks are to the food bowl and back these days.

I am working a lot in the garden, putting in a drain for the flooding back there and a new lawn. Just installed a new package of bees. Shaggy ran right up to the front of the hive a couple of years ago and got a sting right on his nose! (*Remy's Note: Oh Shaggy!*) That's how he learned the bee's boundaries. Walking around the neighborhood, to the butcher shop (the dogs like that one) and in the park has been the main form of exercise, with a little Zoom yoga mixed in.

Take care Remy and Cathy!

Chris, Shaggy and Chance Cowen

(continued on page 13)



Hello Remy (*Remy's Note: Hiya, Chris!*),

It's good to hear from my old furniture-chewing canine friend! Haven't heard from you in a coon's age. I wasn't sure if your tail was still wagging. I feel better now.

I've been taking walks in the neighborhood and getting on my bike and riding twice a week in the Metroparks for 10 or 12 miles, even though most days it has been in the 40s, and I've had to layer up. Looking forward to warmer days and longer rides once it warms up.

Keep in mind, Remy, that humanoids are not always the sharpest knives in the drawer, so maybe yours just needs a bigger hint that you want to go out. Just leave a gift in a nice neat pile by the door, and I'm sure this will awaken your snoozing humanoid! Happy trails!

Chris Banas

Remy's Note: No salutation. Interpreted as, "Yeah, I'm talking to you, dog!",

I obviously, with my two Coronavirus six-packs (12 virtual races) and the virtual Cleveland Marathon, I did my fair share of exercising, and so did the dogs (Oengus and Oisin) for the first two-and-a-half weeks. They've been highly disappointed ever since I started tapering for and then ran the virtual Cleveland marathon. They should be happier when I get back to a regular schedule.



Furnace Run Trail, Peninsula, OH. Photo taken by Kimberly Roach.

Other activities:

1. Playing with grandchildren. Hide and seek. Tag. Pushing the kids on the swings.
2. My wife Susan has been walking, but again the dogs are disappointed as the walking is not enough to make up for my non-running - mainly because they're highly reactive to other dogs, and so on weekends Susan doesn't like walking them on the very day I do long runs with Mark Oster and Bill Robb.
3. Way too much grading of papers - which takes longer when you grade them electronically.
4. We've had my step-daughter, Susan and myself all doing virtual Zoom meetings with students at the same time.

Rich Oldrieve

(Remy's Note: Mark, you're my second human of which I am in command, when my first humanoid is not available. So, no salutation needed!)

Well, one way I'm getting more exercise is that I'm washing clothes more often. The loads are usually smaller but at least I'm getting more exercise going up and down the stairs to the basement.

Mark Bruedigam

Remy, thanks for asking.

With the extra time I've been actually running the neighborhood three times a week. Dusted off the old free weights in the basement and hit them three times a week. Then sprinkle in two disc golf outings per week.

Tell your owner when she wakes up to throw you a bone!

Bob Budzilek

(Remy's Note: Bob, you're welcome. I love disc golf! I play by my own rules, of course. Also love the bone idea!)

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Remy's World

Hello!

My brother Cooper and I are keeping each other busy with lots of wrestling matches, toy tugs and walks. We also go for car rides about once a day. We love the wind in our hair.

Finn English (canine member of Kathy English' family)

(Remy's Note: Hello, Finn. Nice to meet you! Also, I love Cooper's hair-do! What groomer does he go to?)



I'm running every day...around my little development. (It's a one-mile loop.) Mowing, planting scrubs and flowers, and hiding from the virus. (Miss running and having coffee...with friends.)

Larry Begue

Hello Remy or Cathy, take your pick,

Great email you issued - thanks. So, for those in confinement, whether by choice or because of the ankle bracelet you're wearing, below is an update from this CWRRRC member:

A. After many hours of prep work together with my three local siblings, we succeeded in getting my soon-to-be 97-year-old mother moved into an apartment in her retirement community located in Copley, OH. Take note this is still independent living. My mother immigrated to the U.S. through Ellis Island - from a small, poor Italian town - Carovilli - when she was six years old. She's quite a woman!

B. With the above move behind me, I have continued to run, albeit, not at the pace I relish. But, I try to improve nonetheless. I would truly appreciate some lasting sunshine and warmth, as wearing tights/gloves/hat for every run is getting a bit monotonous. However, it's better than not being able to get out to exercise at all, like those in Spain and Italy, etc.

C. My wife Nancy and I have a long list of painting projects that need to be accomplished, but my Michelangelo talent is

non-existent; it's not in my DNA. So, when this lockdown is finally lifted, the smell of water-based paint will hopefully waft throughout my home.

D. I recently finished the "Moment of Lift" by Melinda Gates. I highly recommend it. Now I'm finally reading "The Diary of Anne Frank," a book everyone else no doubt read while in high school. I enjoy reading The Wall Street Journal, BBC News and Swiss News, to keep abreast of how the rest of the world is approaching the pandemic.

E. Nancy surprised me by organizing a drive-by surprise birthday celebration! Needless to say, this individual was surprised by friendship and much laughter - including a few water balloons tossed at me by my neighbors!

Hope everyone is staying safe, keeping social distance, wearing their masks, having fun, and remaining confident that better times are sure to follow!

All the best to you!

Paul Schlosser

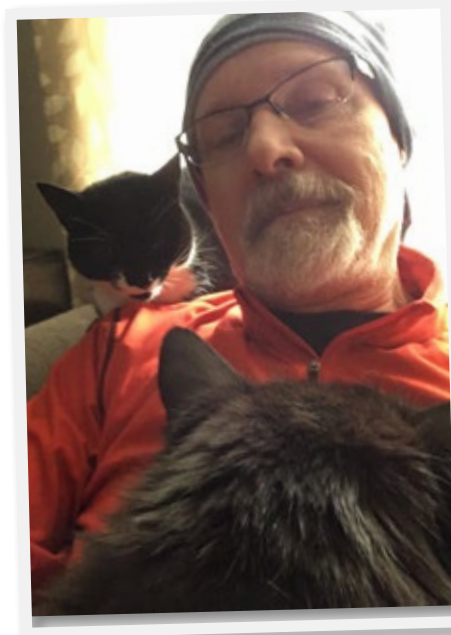
Remy,

Please !!! Help !!!
I am being held prisoner. Every time I change into running clothes they hold me down and prevent me from going out. It's been weeks without any running or human contact. They glare at me and block the doorway. It's terrible. One will grab a shoe lace and trip me and the others jump on me. They follow me everywhere in the condo, they join my Zoom calls to make sure that I don't talk too much. They are napping now and don't know that I am sneaking this call for help into the newsletter. Remy, can you organize a "Seal" rescue team of your canine buddies to liberate me? Don't be fooled by their cuteness; they are controlling monsters.

Chip Cooper

"(Remy's Note: Humanoid, you chose cats over dogs. I can't help you!!!)

(continued on page 15)



Remy's World



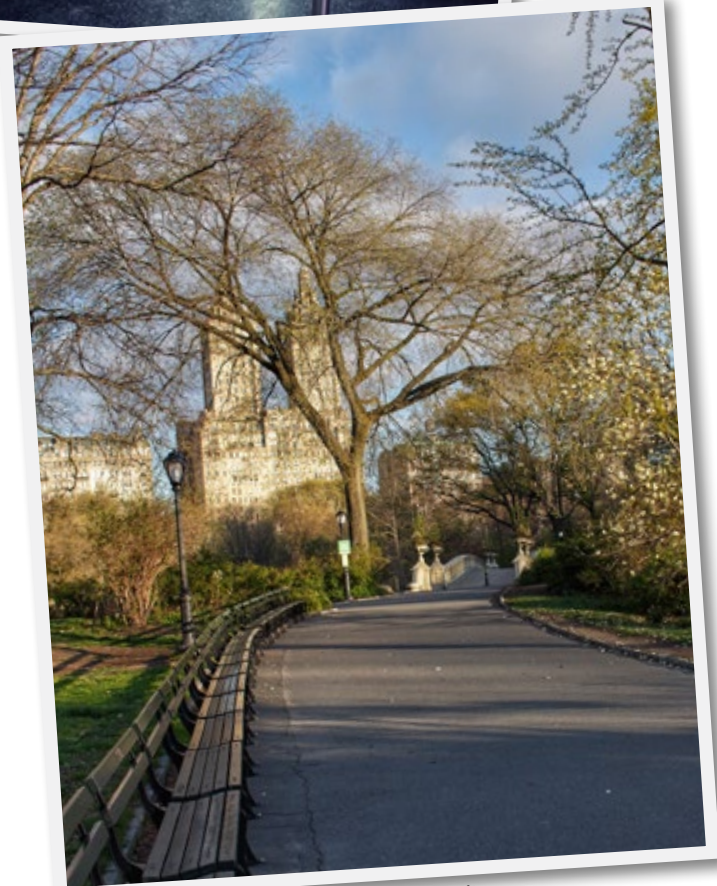
My humanoid adopted me on St. Patrick's Day right as this strange lockdown started, and he decided I should be called Reuben. I have been spending the lockdown making sure the human knows who should be in charge and how I should be included in every activity. After I have convinced the human to take me for a walk, he then seems to indulge in some crazy virtual exercise routines he gets off the Interweb which involve lots of jumping and bouncing and sometimes doing some embarrassing dancing. I make sure I keep him moving by sticking my nose in as much as possible. I expect to come out of the lockdown with my humanoid well-trained.

Reuben Straitiff

(Remy's Note: Dear Reuben, that training can be so challenging, can't it? But keep it up! It's so necessary!)

I haven't ventured out all that much, trying to adhere to the quarantine guidelines, and keep my sanity. I've been doing tons of yoga, reading, puzzles, and tv watching. Unfortunately, running has fallen by the way side as I think I'm growing fearful of being around people.

Ashlee Ginter



*NYC photos depicting the emptiness of the city.
Photos courtesy of Ashlee Ginter..*

I haven't missed any workouts. I'm doing almost all walking, but 35 to 40 miles per week.

Dan Peters



Please Note

Articles for the July/August *FootNotes* must be submitted by Friday, June 19th.

Material received after June 19th 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.

2020 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