



# FOOTNOTES

September/October 2021 Newsletter

*Running Strong Since 1977*

## Moved To Vegas And Loving It

*By Heather Kuch*

It's hard to believe that three months have passed since I sold my house in Northeast Ohio - where I had lived my entire life - packed up my things and my dog, drove across the country and moved to Las Vegas (Henderson), NV, but here we are!

Let's back up a bit, shall we? In 2020, COVID hit the company I worked for pretty hard and as a result, my position was eliminated in January of this year. That left me unemployed and searching for a new role - and obviously pretty scared about the future. But on the advice of friends and family, I believed that this was an opportunity for something better to come around and for me to try new things. So I did something I'd always wanted to do: I started applying to jobs around the country. First I looked in places I had always considered living, and then in places that sounded interesting to me. During my search, I received a message from a job board I was using that based on my skills, I was invited to apply to a role in Henderson (10 minutes from Vegas). I read up on the role and realized it was a huge opportunity to be a General Counsel for a company. On top of that, Vegas is a short, four-hour drive from some family in Phoenix, AZ, and meant that I would have near perfect weather year round (goodbye winter!). I applied, interviewed, and you can guess the rest. However, I never could have expected how much I was meant to live in a place like Vegas.



When I say that, I am definitely not talking about the Strip/gambling/drinking (although I have done the tiniest bit of that since moving). I am talking about the mountains, hiking, exploring, amazing food, art, live entertainment, and of course, having beautiful running scenery. I definitely underestimated just how much I would fall in love with the mountains

*(continued on page 8)*

## 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 a.m. Rocky River Metroparks, Little Met Golf Course

**CWRRRC Web Page:**  
[www.clewestrunningclub.org](http://www.clewestrunningclub.org)

**For more info email:**  
[Clewestrunningclub@gmail.com](mailto:Clewestrunningclub@gmail.com)

## CWRRRC Membership Benefits

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

## 2021 CWRRRC Officers

President: Mark Brinich

Vice-President: Heather Kuch

Secretary/Treasurer: 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

Newsletter Proofreader: Julie Gauvreau

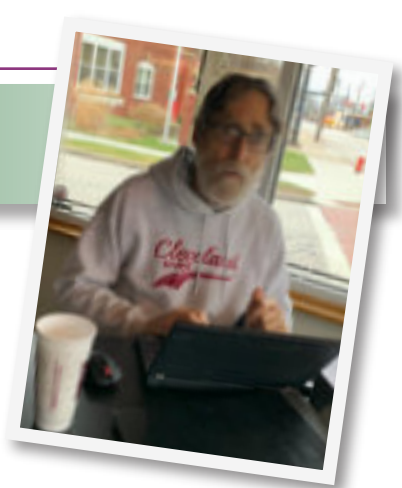
## A Note From The President

Just when we thought things were getting better with COVID-19, things are heading south again. We're hoping this is a blip, and are still planning to have an in-person Fall Classic, our clambake, and a Saturday morning picnic (see Planning Ahead section). Hopefully things will turn out better than the Classic at Mastick did earlier this year (see article).

At the September newsletter meeting (and informally before the meeting) we discussed some of the issues related to reorganizing the club. Over the years we've seen a slow decline in membership. We get new members, but it seems like they're leaving faster than they're coming in. The finances and basic structure of the club remain intact, but it's been the work of a dedicated core of members that have kept things going, and it's getting harder and harder each year.

This is an issue we've seen with other clubs like ours. The biggest change we are considering is dropping the three races we put on each year. It's a lot of work for a handful of members - in many cases it's consistently the same members - and it's not cheap (though unlike last year, our revenue is greater than the expenses). This is not shaming members who haven't volunteered; it's just a fact that not everyone can be a volunteer. How much of the rest of the club would stay intact (newsletter, special events and weekly runs) is also open for discussion. We'll be forming a committee to discuss the various options and come up with a plan to present at the October meeting. So, if you have some ideas, or are interested in being on the committee, please let us know and/or send an email to [sectres.cwrrc@gmail.com](mailto:sectres.cwrrc@gmail.com).

We'll be having elections at the November newsletter meeting so there's still plenty of time to throw your hat into the ring. If your pride can't take the sting of losing, this is one race that you don't have to worry about. It's sort of your dream race: "If you run you will win."



## Sunshine Corner

Be sure to keep the following CWRRRC members in your thoughts and prayers:

Bob Blum

Dave Clinton

Charlie Farrell

Jim Van Horn

*If you would like to include anyone in Sunshine Corner, please forward the information to Kathy Dugan at [dugan56@hotmail.com](mailto:dugan56@hotmail.com).*

## Info For River Run Volunteers

To all people volunteering at the club's water stop at the Hermes **River Run** Water Stop on **Sunday, September 12th**: Our stop will be at the usual spot just north of the entrance to Big Met Golf Course on the Valley Parkway. We would like people to arrive at about 7:30 a.m. (race starts at 8 a.m.). You may park at Little Met Golf Course and walk just more than a half mile to the stop, or park at Big Met. The Valley Parkway may be blocked by park police starting at 7, but if you tell them you are a volunteer with the race they should allow you to drive through. Just keep in mind if you park at Big Met that it will be difficult to exit the parking lot while the race is in progress.

If you would like more information, please contact Mark Breudigam at [mbreudigam@yahoo.com](mailto:mbreudigam@yahoo.com). Thanks!



## D&D To Host November Newsletter Assembly

By Kathy Dugan

I will open with a disclaimer:

Provided the COVID-19 Delta variant behaves itself, Delzani & Dugan will host the Wednesday, November 3rd newsletter assembly beginning at 6:30 p.m. Our address is 3541 Spencer Rd., Rocky River, 44116. Our house is 12 houses south of the sign reading "Christensen Estates" as you travel south from Center Ridge Road. If you are traveling from Brookpark Road, turn north onto West 220th Street. The road remains the same; the name changes as you drive north from Fairview Park into Rocky River. We have parking in our driveway and on the street. Questions? Call Kathy at 216-789-5436.

Be sure to BYOB / bring your own adult beverage, and BYOM / bring your own mask. We will provide light appetizers, water, soda and hand sanitizer.

Thank you to Nancy and Paul Schlosser for hosting the July extravaganza, as well as to Joanna Brell, Mike Schipper and their four-legged friends for hosting the September gathering.



### Welcome New CWRRRC Members:

Kathy Aquier  
Yolanda Kennedy  
Peter Latkovic



# Happy Birthday

## September

Jamie Barbour  
Diane Brinich  
Bryan Dickens  
Rachael Duran  
Holly Higgs  
Jan Babbit  
Cyndi Lehman  
Karen Linden  
Jim Mackert  
Melissa Miller  
Gretty Myers  
Liese Nainiger  
John Nakel  
Peter Pachlhofer  
Barry Pawson  
Frank Petrik  
William M. Prebel  
Joyce Prohaska  
Deanna Rasch  
Andy Rattray  
Mike Twigg  
Melissa Vacca  
John Zangmeister  
Zenek Zapotocky

## October

Kristin Anderson  
Michelle Babson  
Andrew Bemer  
Mark Brinich  
Jonathan Buckland  
Charles Cooper  
Tom Cullen  
Carol Culley  
Beth Darmstadter  
Steve Fagerhaug  
Erin Farnlacher  
Craig Healey  
Joyce Kennedy  
Gerri Kornblut  
Renee Popovic  
Karen Powell  
Pamela Reed  
Dani Sheppa  
Karen Stross  
Jim Turpin  
Ellen Walker  
Paulina Williamson  
David Young

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

# Planning Ahead

*As things continue to roll out and we learn more about the COVID-19 Delta variant, we will let you know of new added events - via email and/or our Facebook group page. Stay tuned!*

## Monthly Events

### Hermes River Run Water Stop Volunteer Event

Date: Sunday, September 12th

Time: 7:30 a.m.

Where: Just north of the entrance to Big Met Golf Course on the Valley Parkway, Cleveland Metroparks Rocky River Reservation. Recommended parking at Little Met Golf Course, just more than a half-mile walk from the north. Race starts at 8 a.m.

### Whiskey Island Run – final of the season

Date: Wednesday, September 15th

Time: 6:15 p.m.

Where: Whiskey Island Still & Eatery parking lot  
2800 Whiskey Island, Cleveland

### Saturday Post-Run Picnic

Date: Saturday, September 25th

Time: 9 a.m.

Where: Metroparks, Rocky River Reservation, Scenic Park Pavilion

### October Business Meeting (tentative)

Date: Monday, October 4th

Time: 6:30 p.m.

Where: Clubhouse  
26633 Detroit Rd., Westlake

### Fall Clambake

Date: Saturday, October 16th

Where: Stay tuned

### Newsletter Assembly

Date: Wednesday, November 3rd

Time: 6:30 p.m.

Where: Home of Kathy Dugan and John Delzani, 3541 Spencer Rd., Rocky River

## 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 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, at the bottom of Rockcliff Road hill, by the ball diamonds

### Thursday Night Group Run

Dates: Every Thursday throughout the year

Time: 6 p.m.

Where: Spring/ summer/ fall - Metroparks, Rocky River Reservation, Nature Center, overflow parking lot. (During Daylight Savings Time).

Where: Winter - Lakewood Park. (During Standard Time)

### Saturday Morning Group Run

Dates: Every Saturday throughout the year

Time: 7:30 a.m.

Where: Metroparks, Rocky River Reservation, Scenic Park Pavilion

# The UnClassic At Mastick

By Kathy Dugan

The Classic at Mastick 2-mile and 5K race events started off as "usual" on Wednesday, August 11th.

As scheduled, the packet pickup was Tuesday at Second Sole Lakewood, as well as race day at the Mastick Woods Picnic Area in the Rocky River Reservation on Wednesday. The school buses, students, parents, volunteers and Cleveland Metroparks police were all assembled as assigned. The CWRRRC volunteers took their positions, with Chip Cooper and Bob Myers as course marshals for the middle school 2-mile event, followed by Mark Breudigam, Brian Cleary, Gretty Myers, Paul Schlosser, Jeannie Sikorski and me for the 5K water stop and turnaround.

We had some uninvited and very aggressive "guests" show up. The first group comprised some monster mosquitoes biting all over and right through our clothing. The second visitor was Mother Nature, bringing harsh rain and predicted 80-mph winds. The skies turned dark, branches started falling and the 5K events were cancelled.

Volunteer Chip Cooper stated about the event after-the-fact: "Weather is always the wild card with races, and it was definitely wild. We were very fortunate that no one got hurt, the wind so was intense. The runners will have stories to tell and be able to boast that they survived the Classic at Mastick 2021. I look forward to next year."

To the best of my knowledge, we were all winners that day since we all arrived home safely.



## Recipe

# Nutrition In A COVID Kind Of World

By Amy Jamieson-Petonic, MBA, RDN, CSSD, LD

Being a registered dietitian, I have been directly connected to COVID-19 and its devastating effects. The virus has impacted my friends, family and patients. Good nutrition plays a large role in helping people stay healthy while the highly contagious Delta variant is still rampant. Here is a top-five list of the best nutritional guidelines for living in our "new" normal.

1. Maintain a healthy weight - Research studies have shown that obesity and uncontrolled conditions such as hypertension and diabetes can increase the severity of the disease. Choose a diet high in 100-percent whole grains, fruits, vegetables, lean protein and heart-healthy fats such as extra-virgin olive oil (cold pressed), avocados, and unsalted nuts and seeds.

2. Connect with others - I am very fortunate to have co-workers that love to garden (and share their harvest with others). A big shout-out to my colleague Joe who provided me with a box of fresh mint to replant, as well as home-grown tomatoes. Nothing tastes better than a fresh-from-the-garden tomato, which is high in lycopene. Studies have shown that consumption of at least 5 to 6 servings of lycopene-rich foods over time has reduced the incidence of prostate cancer in men. In addition, preliminary research has shown lycopene to help reduce the incidence of high blood pressure and improve bone health.

3. Get moving outside - This is a no-brainer for the bright folks in CWRRRC. Exercise can help promote immunity, as well as promote social distancing. The virus spreads in closed, poorly ventilated areas with larger numbers of people.

4. Meet your farmer - This is always a good idea! I love attending our local farmers markets and speaking with our farmers about their role in good health and nutrition. They are providing the best-of-the-best local produce, and it helps them stay financially afloat. To that end, yellow squash is a good source of beta carotene (Vitamin A) and lutein, which are both important for the prevention of macular degeneration. I had my first squatty yellow squash this week - pan-fried with a bit of extra-virgin olive oil and parmesan cheese - YUMBO!



5. Take time to enjoy friends and family - Nothing is better for mental and physical health than spending time with those who in your favorite social circles. If COVID has taught me anything, it is that life is short, and needs to be enjoyed with those who are most important to us. Life can change quickly.

I hope this information helps you find new ways to take care of you and others that may be at risk for COVID-19, or perhaps reduce the severity of the infection.

When all else fails, remember: eat like the rainbow - LOTS of bright, bold, vibrant colors. Enjoy!

# Fall Classic Races Set For November 21<sup>st</sup>

Registration is open for the 45th running of the Fall Classic 1/2 marathon and 5K at Bonnie Park Reservation in Strongsville on Sunday, November 21st. Walkers are welcome, with an early start time of 8:15 a.m. The half marathon kicks off at 9 a.m. and the 5K begins at 9:15 a.m.

If you don't want to run it - or even if you do - consider volunteering as well (for example, you can work packet pickup before the race, and then participate in the race). **Contact Andrew Mangels at [manglesandrew@gmail.com](mailto:manglesandrew@gmail.com) to volunteer.** Many volunteers are needed.

The half-marathon course is a double-loop, flat, fast course mostly on the scenic Valley Parkway road and is USATF certified. The race is capped at 1,000 runners. To keep the impact at a minimum to the Cleveland Metroparks we encourage everyone to carpool. Parking is at the RTA parking lot at the corner of Pearl Road and the Route 80 entrance.

**Packet pickup and in-person registration will be at Second Sole, 18636 Detroit, Lakewood,** at the following times:

Friday, November 19th, noon to 6 p.m.

Saturday November 20th, noon to 5:30 p.m.

There will be **no race day registration**, but you can pick up packets on race day if preregistered.

Race pricing varies, so check out our club web site, [www.clewestrunningclub.org/fall-classic.html#/](http://www.clewestrunningclub.org/fall-classic.html#/) for more information and to register. Or you can go to online registration at: [register.chronotrack.com/r/62827](http://register.chronotrack.com/r/62827).

Sunday, November 21, 2021



1/2 Marathon Finishers  
Laser Engraved Wood Coaster



Sport-Tec Quarter Zip Performance Long Sleeve Top

## 5K & Half Marathon

Sunday - November 21st,

Half marathon start: 9 a.m.

5K start: 9:15 a.m.

Metroparks, Bonnie Picnic Area,  
Strongsville

The 45th running of this great race.  
Run entirely in the beautiful  
Metroparks.

Be sure to take  
advantage of early registration.

Sponsored by:

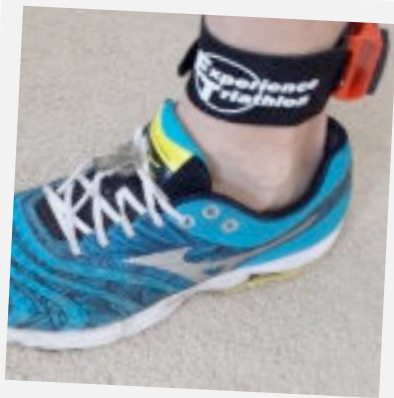


For Info & to Register:  
[www.clewestrunningclub.org/fall-classic.html](http://www.clewestrunningclub.org/fall-classic.html)

# My Brief History Of Electronic Race Timing

By Mark Brinich

It must have been about 1985 when I ran my first chip-timed race at the Twin Cities Marathon. I was amazed that they were going to have the results for the race (about 8,000 runners) in the paper the very next day (and it was a morning paper!). "Technology is a wonderful thing," I surmised. But unlike today's chips that are slapped on the back of the bib, the old-time chips were small disks runners had to attach to their shoe laces. The chips had to be on just right because the mats that detected the chips didn't have much of a range. So, if they were on wrong, runners' times could easily not get registered. At the end of the race (when I could hardly move), we had to untie them from our shoes and throw them in a bucket (or pay \$25 if we held onto it) so race organizers could use the chips for another race.



At first, chips were only for the big-time races because of the expense. When I started to get involved with CWRRC races (about 2004), we still had a system where we would tear off a tag on the runner's bib at the end of a race, and put it on a stringer. This gave us the place a particular runner finished.

We also had a timer on which we would push a button to mark each runner as they gave us their tag. So, if things went okay, we would have one (and only one) time for each tag as it was put on the stringer. The data from the timer could then be read into a computer, and we would match the tag numbers with each time entry, which would then attach the tag to a runner.

This, of course, had problems. First, as runners were piling up at the finish line, one might punch the timer button too frequently or too few times, so there was almost never a perfect match with the number of time entries and the number of tags. Generally, this was not a big deal. What was really fun was when tabs were put on the stringer in the wrong order, or worse (and this happened at least two times in which I was personally involved) the stringer was dropped, and the tabs came off.

In addition to these problems, day-of-race registration was

always interesting. For the spring and fall races, the weather was inevitably cold, but not cold enough to discourage runners. The cold made the handwriting shaky, and the pens wouldn't work all that well. And, of course, all runners (myself included) seem to have horrible handwriting.

So, we were trying to interpret all the chicken scratch and input all these runners' times on the laptop before the race was over while trying to stay warm and before the laptop battery gave out. For the Bay Day's races we didn't have the cold to contend with, but always had tons of runners signing up day of race, and their handwriting still seemed horrible. It was an interesting era with many WTF moments trying to interpret entry forms.

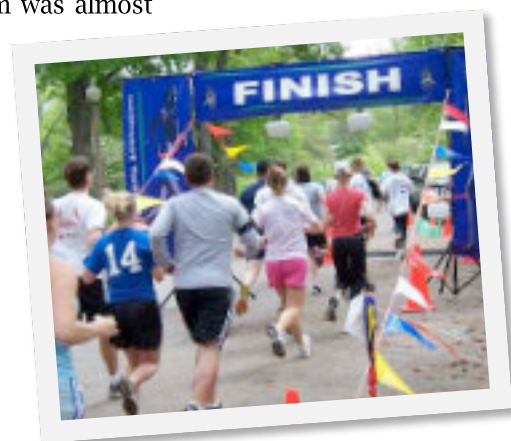
As chip timing became more popular and less expensive, we started to see the light (but not right away). Eventually, the market forced us to hire someone to do the timing for us. I don't remember all the iterations of chips we've been through, but today's chips are nothing like the ones we had to tie to our shoes. At first it felt like we were spending a ton of money just to have someone keep track of the timing. But with online registration, runners input their own data, and if it was wrong they only had themselves to blame. Day-of-race registration still had its problems, but things were more efficient, and we could have more than one person entering data at a time.

I don't miss the good old days, and I now sleep much better before races. Of course, the results are much better also. Now, instead of having to wait until the next day for the results, runners can interact with the timing system displays to see where they finished right after they finish (assuming a faster runner didn't start later than they did). For those runners that don't stay around after the race, they now can see their results online almost immediately and, if they're lucky, a picture or two of themselves during the race.

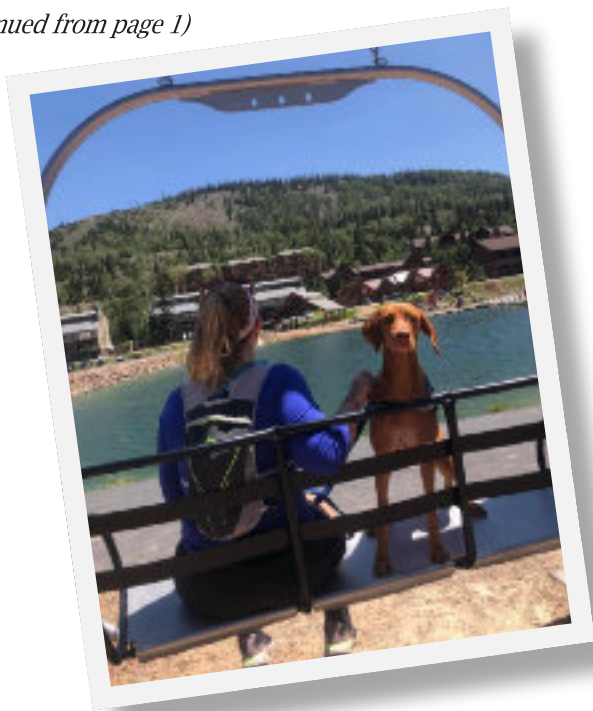
This is not to say there aren't any issues. At one of the first chipped Fall Classics we had runners that crossed the finish line come back and watch their friends come in after them. By virtue of the fact they were near the finish line their chips were registered by the timing system again (and again and again ...). Soon we had 10 times the number of times as we had runners. The issue was resolved, but it took some time. This even happened at the last Bay Day's (2021) race with the kids' race. The finish line was too close to where the runners were entering the stadium, and the system was picking up their times as they entered the stadium, and when they crossed the finish line. In this case the problem was almost

immediately detected, but once again there was some cleaning up to do.

We've come a long way baby.



(continued from page 1)



before I arrived. I also was surprised to find out how centrally located Vegas is to so many National Parks around the country – and how often I would be frequenting those parks. And, of course, I was surprised to learn of how many different types of outdoor activities there are to do here (kayaking the Colorado River, hiking on Mt. Charleston, skiing on Mt. Charleston in the winter months, boating on Lake Mead, exploring Red Rock Canyon ... to name a few). It only took me a few weeks to fall in love with the place, even with arriving during the hot summer months.

### **Low Humidity**

The heat was one of the few things I was concerned with when I chose to relocate. After all, I am a runner and summer training is crucial for fall marathons. I barely survived Ohio summer training in the past, so I was a little concerned about Vegas summers. But let me tell you, what they say about the lack of humidity is true. You would be surprised how good temperatures in the upper 90s and even low 100s feel when the humidity is at 5 percent to 10 percent. Without the humidity, you also acclimate much more quickly. I find myself often saying “Oh, it’s only 100, I can definitely log these miles outside.” I even have run a local evening trail race up a mountain in 117-degree heat, and finished Second Overall female!

The combination of acclimating to the heat, learning from locals to strategically place ice on my head and the back of my neck up until race start, buying and running with a hydration pack, and soaking myself with my water throughout long runs and race make the heat manageable.

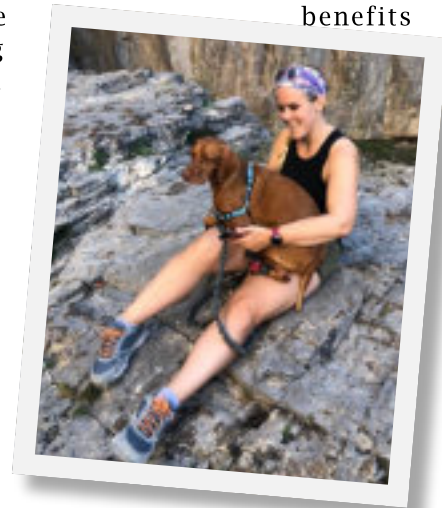
You also learn very quickly that temperatures feel very different based on where that sun is in the sky. Early mornings or evenings make toasty weather feel much more tolerable than the same temperature and direct sun. Obviously, some days are just too darn hot, no matter how you time it or prepare, so of course it’s good to have a backup plan, such as a treadmill. But for the most part, summer training has been much more

tolerable than expected – and we are finally to September and the crazy heat is pretty much behind us now!

Of course, if you need a break here from the heat and want some excellent cross-training, all you have to do is take a short drive up Mt. Charleston on the northwest side of the city. Temperatures on the mountain range from 25 to 35 degrees cooler than Vegas on any given day, the hikes range from easy to challenging, and the views are indescribable. I’ve taken to incorporating at least one hike a week into my marathon training program and the benefits are amazing – working different muscles and getting in some altitude work as well.

### **But Hilly**

One wrench that Vegas has thrown into my training that was completely unexpected, however, is all of the hills. I was very unaware of just how hilly the Las Vegas area is. Even on my shortest runs here, I tend to have more elevation gain than I would get on my 20 milers in the Metroparks back in Ohio! And don’t even get me started on the elevation gain in my long runs. It has definitely helped me to build fitness and developed a lot of core strength that I have never had before, but it can be frustrating on some days when you just want a nice flat and easy run – we don’t have those here. But one upside to all the hills is they do tend to bring some pretty scenic views of the mountains and the strip. And of course, once you make it to the top, you do eventually get to enjoy the run back down.



The only other adjustment to my running that I have really had to make since moving here is due to the lack of summer racing. As you can imagine, having a summer racing season here doesn’t make sense – so racing season tends to start in October and run through March or April when the weather is perfect. I usually like to run tune-up races and time trials and even just use races at easy pace as part of my long runs during summer marathon training. But with the longest summer races here being 10K distance, and only having two to three of them, it’s kind of hard to do that. Fortunately, our neighboring states sure have a lot to offer and are just a short drive away. I was able to take a trip to California for a half marathon speed test in July and headed to Utah in early August for a half marathon at altitude. And there were dozens more to choose from all summer long.

While I definitely miss seeing my friends and family in Ohio (and the smiling faces in the park on Saturday morning), I am quickly falling in love with my new hometown and all it has to offer. I hope to be able to come back for a visit before too long (or maybe I have persuaded you to come join me for Rock n’ Roll Vegas in February 2021?) but in the meantime, I look forward to more miles out here under the sun and in the mountains.





Presented by



Don't miss the biggest celebration of Irish culture in CLE in 2021, the **Halfway to St. Patrick's Day Malachi Run/Walk** on **Saturday, September 18<sup>th</sup>**! **Fox News 8's Kenny Crumpton** will be the MC for this year's event, which features downtown 2- and 5-mile courses, Cavalier's DJ Steph Floss, Irish bagpipers and dancers, a post-race party and more! Runners and walkers of all abilities are welcome to participate.

Runners receive a race shirt, finisher medal, chip-timing race bib, and a complimentary @greatlakesbrewingco craft beer at the Post Race Party at McCarthy's in the Flats!

Race proceeds benefit the **Malachi Ministries** which feed, clothe and shelter those in need on the near west side of CLE!

Take some steps to help CLE: sign up today at <https://stmalachichurchrun.enmotive.com/>. Enter the code **CWRR2021** at checkout for a \$5 discount.

# 1996 Women's Olympic Marathon Trials

By Lou Karl

*Editor's Note: This article is a pickup from a short-lived publication, Wackos Weekly, founded in the 1990s by then club member George Klier.*

The Carolinas Marathon, Columbia, S.C., February 10<sup>th</sup>, 1996: This morning at 9 a.m., Debbi Kilpatrick-Morris lined up at the starting line of the 1996 Women's Olympic Marathon Trials ...

On Friday, the day before the marathon, Mark Breudigam, Roger Wilder and I flew to Greenville, S.C., via Detroit where we had planned to meet up with John Delzani, Kathy Dugan and Debbi's physical therapist, Lisa. The uneventful trip became something of an adventure when we missed our connecting flight in Detroit and were forced to wait more than three hours for the next one. Although many rumors have circulated about how three veteran travelers such as ourselves could arrive in Detroit with more than an hour to spare and still miss our connecting flight (sober, no less) the truth makes even rumors appear benign. But that is the subject of another story.

By the time we reached Greenville it was 10:30 p.m. and we still had to pick up our rental van and drive the 100 miles to Columbia. In spite of Roger's snoring, Mark's navigating and my driving, we somehow successfully make it to our hotel in Columbia where we dined on Little Caesar's pizza and reached unanimous agreement that we were not going to get up early and run before the race.

Saturday dawned bright and chilly. Although it was only 38 degrees, it already had the feel of a warm day to come. At breakfast we finally caught up with Kathy, John and Lisa. Also, Pat and Brian Blue arrived. They had decided to take the scenic route to Florida and get to see Debbi race on the way down.

We piled into two vehicles with Roger, Mark, Pat, Brian and myself opting for our rental van. With several navigators and some fortuitous timing, we were able to get through just before the barriers were put up, and parked by the 7-mile marker (as the course was laid out, this put us about three blocks from the 1-½-mile marker and another two blocks from the start). As we started ambling toward the starting line it became clear that we were going to have to pick up the pace if we were to see the start. With Mark taking the lead (fastest I've seen him run in years), we managed to get to the start with about five minutes to spare. There, lined up in the first row,



Courtesy of Atlanta Track Club.

next to Anne-Marie Lauck and several other top contenders, was Debbi. Sporting what looked like arm warmers (actually socks with the ends cut off), she looked both intense and focused.

I found myself thinking back to Houston four years earlier when I had had the good fortune to see Debbi compete in her first trials, and how impressive a 12<sup>th</sup>-place finish seemed at the time. Now here she was ready to battle it out with the best women marathoners in the country and she was actually a contender for one of the top three spots.

As soon as the gun went off and the runners came by we hightailed it over to the 1-½-mile marker to catch the leaders. The lead pack contained at least 40 runners and Debbi was right in the front. The rest of the field was already surprisingly spread out. Runners continued to pass us for a good three minutes after the lead pack.

We had a fairly leisurely walk over to the 7-mile marker. Already, it was becoming clear that there were very few flat spots on this course. We stood at the top of a very long hill as we waited for the lead pack to come by. As they passed there was Debbi, only 25 yards behind the leaders. I estimated that they were on about a 2:29 pace. Although it was too early to get overly concerned, with Debbi's 2:34 PR, the hills, and the rapidly warming day, the pace seemed a tad aggressive.

While we were at the 7-mile marker we met a woman physician out of Lafayette, LA, and invited her to join us. For the rest of the race Belinda became our photographer (photos on display at next club meeting). This was fortunate because I had the camcorder and, as those of you who have seen my previous work can attest, I'm better at getting footage of sidewalks and feet than I am of photographing the race.

As we headed to the next checkpoint we had to hustle. Our goal was to get over to the 12-mile mark before it got too crowded. Shortly after this point in the race the runners would enter the army base and that was closed off to civilian traffic. Once there and waiting for the lead pack, we met up with John, Kathy, Lisa, John Morris, and some of Debbi's family. For the rest of the race we traveled as a convoy with John Morris taking the lead and potentially breaking every traffic law known to man.

As we watched the leaders come through, Debbi had finally backed off a bit and was about 1 ½ minutes back from the leaders, solidly in sixth place. This was where I had expected Debbi to be earlier. In my mind Debbi's best chance was to let the leaders burn each other out dueling it out and rely on her strength to pick off competitors late in the race.

Once again we had to hustle. Our three-vehicle convoy toiled down the interstate at about 85 mph until John found our exit. As we pulled off there was a State Patrol car blocking the exit ramp and a trooper shaking his head and making rather emphatic gestures. As we watched from our vehicle, John engaged in animated discussion with the trooper as he just continued to shake his head no. After about a minute of this the trooper suddenly stepped back and waved John through. He also waved through the second vehicle (driven by Debbi's brother), and then proceeded to stop us. As we frantically looked for the window control (the car being a rental, none of



*Trials winner, Jenny Spangler. Courtesy of Outside Magazine.*

us knew where it was), our convoy was pulling away. We finally found the control and I yelled out "we're with them" and hit the gas. Fortunately the trooper had other cars to stop or your author may have had some big problems.

We arrived at the 20-mile marker with a good 15 minutes to spare and stationed ourselves next to the clock. This was an uphill portion of the race and all of the contenders looked to be straining a bit. Debbi was still in sixth place and about three minutes back from the leader, but in my estimation she looked better than some of the front runners. This last 10K could prove interesting.

This time we really had to fly as our next checkpoint was at 23 miles. It was close, but we got there in time. Although Debbi still had a solid hold on sixth, none of the front runners looked to be fading and our hopes diminished a bit.

Once again we had no time to dwell on it as we knew it was going to be nip and tuck trying to get to the finish before the leaders. We parked a couple of blocks away and headed out of the van at a dead sprint. We reached the course just before the 26-mile marker and just after the eventual winner (Julie Spangler) passed. As Debbi came by (with a lock on sixth) I shouted some encouragement to her. For the first time since the start of the race she dropped her game face and smiled on the way past. It had the look of a smile of relief.

We stood outside the first-aid tent after the race while waiting for Debbi to come out from getting a massage, and watched the walking wounded come in. By now it was close to 70 degrees, and bright sunshine. When we finally got to see her she appeared somewhat disappointed at not making the team and running such a pedestrian time (2:34:52 - 10 whole seconds off a PR!). All I could think was how far she had come in those four years since Houston and what the world was going to be in for in four more years.

## Please Note

Articles for the November/December *FootNotes* must be submitted by Friday, October 22nd.

Material received after October 22nd may be published in the following issue.

Anyone wishing to contribute articles, photos and/or race results, please send them to Cathy Leonard at [leonardc5711@yahoo.com](mailto:leonardc5711@yahoo.com).

## Join Us

We are a group of runners, joggers, walkers and racers who enjoy getting moving in the great outdoors. All ages and abilities are welcome. Join us at a group run (see schedule on page 2). For more info: [www.clewestrunningclub.org](http://www.clewestrunningclub.org).

### 2022 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