

## Club 40th Anniversary Challenge 2017 Quest for the 'Emerald Necklace'

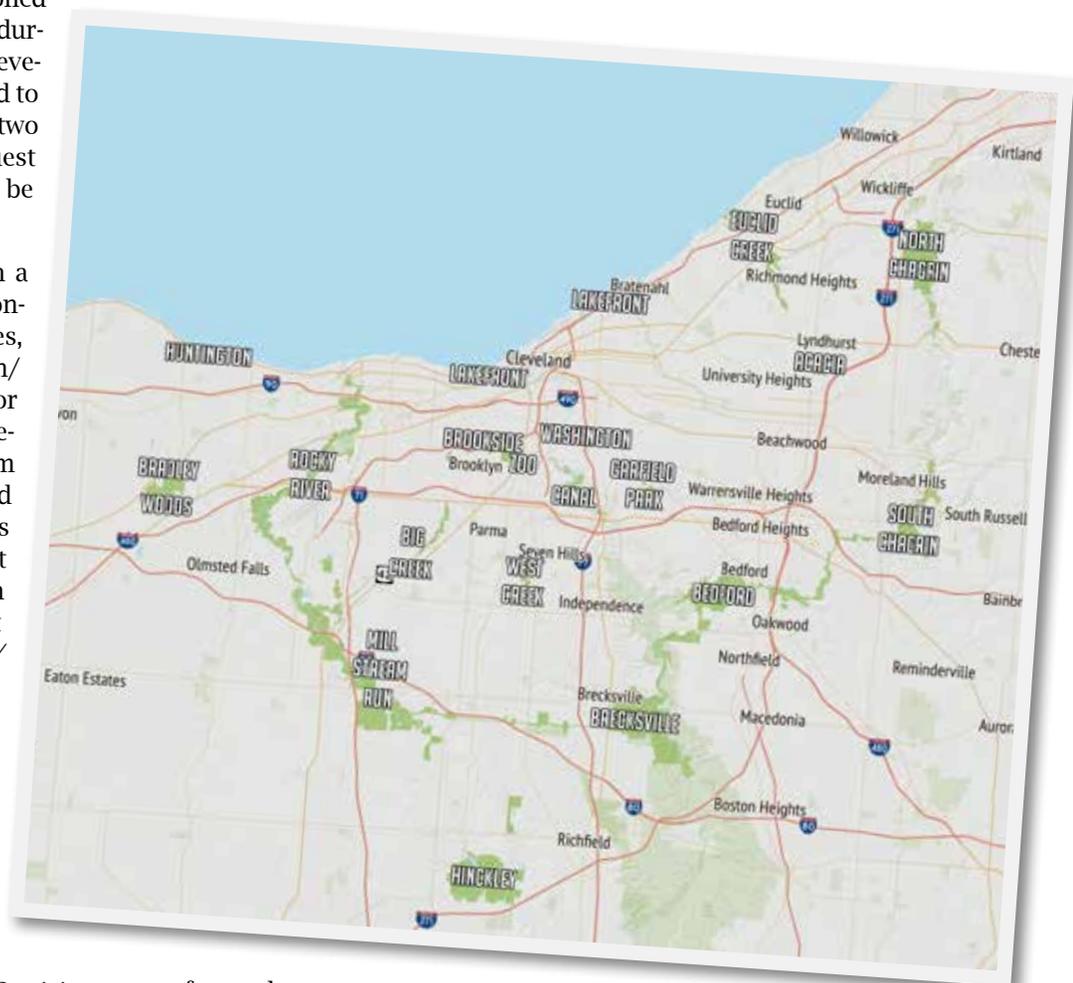
By Bob Budzilek

Happy New Year everyone! As I mentioned in the last newsletter, this is a big year during which CWRRRC turns 40 and the Cleveland Metroparks turns 100. I volunteered to organize something to celebrate these two big events - thus, the birth of the "Quest for the Emerald Necklace." (This should be said in a deep, arena-announcer voice.)

The goal was to combine running with a celebration of the Metroparks. The concept is simple. CWRRRC members (yes, members only) will be challenged to run/walk 140 miles in 2017; 40 miles for CWRRRC, and 100 miles for Cleveland Metroparks. The catch is that a minimum of three miles needs to be completed in each of the 19 Cleveland Metroparks reservations (including the zoo). A list of the reservations can be found on the Cleveland Metroparks website at [www.clevelandmetroparks.com/Main/Reservations-Partners.aspx](http://www.clevelandmetroparks.com/Main/Reservations-Partners.aspx). Get it, the "Emeralds" in the "Emerald Necklace"? Complete the challenge, and you will earn a customized t-shirt (yet to be customized, but I hope to have something by the next newsletter, now that we have a name).

A table tracking everyone that submits progress will be available on our website and through social media. Participants can forward their progress via email to [cwrrc.race.director@gmail.com](mailto:cwrrc.race.director@gmail.com), making sure to indicate the "Challenge" in the subject line. The table will be updated at a minimum every two weeks. Special awards and kudos will be given for the following:

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



Send us photos of your runs too, particularly if you are by a Metroparks sign. We will be posting those as part of the celebration.

Lastly, stay tuned for group runs in some of the remote parks - you know, the ones way out on the east side - starting in March when the weather starts breaking.

## Cleveland West Road Runners Group Running Schedule

### Saturdays: 7:30 a.m.

Rocky River Metroparks, Scenic Park at the foot of the Detroit Road park entrance

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

**Thursdays: 6:00 p.m.** Lakewood Park, Lakewood

### CWRRC Web Page:

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

### For more info email:

[Clewestrunningclub@gmail.com](mailto:Clewestrunningclub@gmail.com)

## CWRRC Membership Benefits

- Discounts on preregistered entry fees for all club road races.
- Cleveland West Road Runners Tech Shirt
- 15% discounts at Second Sole and Vertical Runner.
- Summer picnic:  
The club provides hot dogs, hamburgers, veggie burgers and beverages.
- A bi-monthly newsletter which provides race results, upcoming events, humor and a chance to offer your opinion.
- Access to the club library; a resource of running-related material.
- Opportunities to meet other people who share a commitment for running, from the recreational to the serious.

## 2017 CWRRC Officers

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

## Committees & Coordinators

Membership Coordinator . . . . . Mark Brinich  
New Member Coordinators . . . . .  
Joyce Prohaska / Kathy Dugan  
Race Committee Chair . . . . . Bob Budzilek  
Spring Race Director . . . . . Joanna Brell  
Bay Days Race Director . . . . . Rich Oldrieve  
Fall Classic Race Director . . . . . Mark Breudigam  
Equipment Managers Logistics . . . . .  
Mark Shelton / Kevin Arth  
RRCA Liaison . . . . . Tim Furey  
Race Trophies . . . . . Maureen Scullin  
Race Volunteer Coordinator . . . . . Joe Nainiger  
Race Results Coordinator . . . . . Mark Brinich  
Communication & Social Media Chair . . . . .  
Kathryn Metz  
Web Master . . . . . Open  
Newsletter Editor . . . . . Cathy Leonard  
Newsletter Graphic Designer . . . . . Chip Cooper

## A Note From The President

# We're Off And Running!

### By Bob Myers

As I sat to write this, it amazed me how fast the months of 2016 had passed. It was a good year for Cleveland West Road Runners. As the past co-president, or president-in-training, I was able to witness the behind-the-scenes planning and work of the most awesome group of people. The club finished the year in the black, added new members, donated more than \$8,000 and produced three great road races. This was only made possible by the dedicated work and leadership of past-president Mark Breudigam and his officers. Mark's passion and love for the club is most evident; all need to thank him and give him a hug!

As the new club president, I can tell you we are off and running with some great new opportunities this year. We're in the early stages of planning a 140-mile Cleveland Metroparks Challenge headed up by Bob Budzilek. This is in conjunction with our 40th anniversary and the Metroparks' 100-year anniversary. Yes, 40 + 100 = 140 miles! Chip Cooper is planning a club road trip this fall to a cool race within a four-hour drive. We are also looking into a mid-summer family picnic. Marlene Zepkin raised the possibility of the club working on a community volunteer project this year. My queen (wife) Gretty showed interest in being involved with that as well. We also plan to host a few club breakfasts after the Saturday group runs at Scenic Park pavilion – keep tuned in.

Planning has begun for our three races; we have signed a contract with Greater Cleveland XC (Mentor Second Sole) for our timing and registration. Our race directors are all busily planning their respective events. Our first race of the year, the Spring in the Park Women's 10K, is on April 9th. If you know of any potential race sponsors through your business or social contacts please let me know and I will follow up.

The Sunday, Tuesday, Thursday and Saturday group runs will continue in the tradition of the club. If you see a new face at a group run please introduce yourself and let them know about our post-run social gatherings.

For those interested in some track workouts with Coach Bill Stross, he runs the Springbok track club during the spring, summer and early fall. If interested, please talk with myself, Chip Cooper or Joe Nainiger for details.

So off I go as the rookie president! Please help me with any suggestions, criticisms or comments. Thanks!

## Roach Hosts Next Assembly

### By Kathy Dugan

Kimberly Roach and her four-legged friend Ruby will host the Wednesday, March 1st newsletter assembly. The festivities begin at 6 p.m.; feel free to bring a friend, neighbor or potential new member to a very casual and comfortable gathering. Something tells me Angelo's pizza will be an additional draw; please bring your own beverage of choice.

Kimberly lives at 1554 Rosewood Ave. in Lakewood, OH 44107. She is south of Detroit on the west side of the street. Park in her driveway or on the street.

You can access off I-90 West past Warren Road/W. 150th or I-480/Grayton to Riverside and head north. If lost contact SIRI, or Kimberly at 216-227-1185.

Thank you to Jennifer, Bob and Zak Budzilek for hosting the 2017 kickoff newsletter assembly on January 11th!

# Happy New Year



Hangover Run group start

## Save The Dates

### Business Meetings

Next meeting is Monday, February 13th,  
6:30 p.m., Bob & Gretty Myers' house.  
Dates: Mondays, April 17th, June 19th,  
August 21th, October 16th, and December 18th.  
Time: 6:30 p.m.  
Locations: Rotating between the Myers' home and interesting  
venues.

### Holiday Party

Date: Saturday, January 28th.  
Time: 6 p.m.  
Place: Beachcliff Tavern, 19245 Detroit Rd., Rocky River.

### Newsletter Assemblies

Dates: Wednesdays, January 11th, March 1st, May 3rd, July  
12th, September 6th and November 1st.  
Time: 6 p.m.  
Places: Rotating among members' homes. See newsletters or  
web site for locations.  
Club will provide pizza; bring your own beverages.

### 2017 Club Races

#### Spring in the Park Women's 10K

Date: Sunday, April 9th.  
Time: 8:30 a.m.  
Location: Cleveland Metroparks' South Mastick pavilion.

#### Bay Days Five Mile Race

Date: Tuesday, July 4th.  
Time: 8:30 a.m.  
Location: Bay High School, 29230 Wolf Rd., Westlake.



Polar Bear Plunge, Jan 1, 2017, Lake Erie

### Fall Classic Half Marathon & 5K

Date: Sunday, November 19th.  
Time: 9:00 a.m.  
Location: Cleveland Metroparks' Bonnie Park,  
Mill Stream Reservation, Strongsville.

### Upcoming Area Races

#### 2017 Irish Jig & Jog 5K hosted by West Park Station

Saturday, March 25th.  
Time: 10 a.m. 5K Start & 1 Mile Fun Run.  
Registration: 8:15 - 9:15 a.m. Race-Day Registration @ West  
Park Station.  
Contact: 216-538-8748, or visit [www.peaceracing.com](http://www.peaceracing.com).

#### 3rd Annual CRO Run 5K & 1 Mile Fun Run

Saturday, April 22nd.  
Beautiful Chagrin River Park route.  
Time: 8 a.m. 5K & 1 Mile Fun Run Start.  
Location: Lake Metroparks, Chagrin River Park.  
Reeves Shelter, 3100 Reeves Rd., Eastlake.  
Contact: [www.peaceracing.com](http://www.peaceracing.com).

*If you would like to see Cleveland area running events listed  
here, please send information to [leonardc5711@yahoo.com](mailto:leonardc5711@yahoo.com).*

# Happy Birthday

## January

Harold Babbit  
Chef Bill Bailey  
Mary Brewer  
Danielle Brown  
Nancy Danisek  
Frederick Davis III  
Keith Douglas  
Gary Easter  
Jeff Eldridge  
Kathy English  
Tet Graham  
Jennifer Kahler  
Debra Kaiden  
Beth Kalapos  
Michele Keane  
Tom Keeper  
Carl Leonard  
Marianne Nemeth  
Mary Pool  
Eleanor Royko  
Steve Scheer  
Crystal Sherlock  
Bridget Smith  
Jim Wilhelm

## February

Christopher Banas  
Donna Bernazzoli  
Joanna Brell  
Bob Dlouhy  
Charlie Farrell  
Frank M. Hamman  
Mitchell Haynes  
Chris Kaylor  
Mike Kubb  
Paul Lombardi  
Christine Mangels  
Patty Mayer  
Sheri McDonald  
Jo-Ann McFearin  
Rich Oldrieve  
Maureen Scullin  
Les Tolt  
Deborah Wolk

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

# In Memory...

## Energizer Bunny, Running Mentor, Friend

By Marilyn Olsen (& Matt Norris)

Matt Norris passed away on September 12th at age 88. He was a charter member of CWRRC and Springboks, and helped train many of our members for their first marathons. He was well known in the running world for more than 35 years, while having completed 108 marathons and 10 Boston Marathons. His 100th marathon was the 2003 Rite Aid Cleveland Marathon, where he clocked 4:05 at age 75. The Cleveland Marathon was his favorite. He ran it 26 times, turning in his career-best time of 3:11:12 in 1982. His best Boston was 3:12 in 1983. Matt ran his last marathon in Boston for his 80th birthday. He did not qualify, but ran as a "bandit" and finished in 6:40.

Following is what he wrote regarding his last marathon. I found it among his running papers.

*My Last Marathon - Boston at 80.  
On to Boston I will go  
To run with friend and foe  
To finish is my goal  
It will tax my very soul  
This marathon is long and tough  
Is my experience enough?  
Topping Heartbreak Hill  
Will take my utmost skill  
Copley Square is at the finish  
May my strength never diminish  
This 80th birthday gift  
Will give my life a lift!*



Both Matt and his twin brother Mark (who passed away in June 2016) were Korean War veterans and their ashes will be interred in the Veteran's Cemetery in Rittman, Ohio.

The running community is remembering Matt by dedicating a bench in the Cleveland Metroparks South Mastic Picnic Area. The bench is engraved and reads "Matt Norris Runner and Friend." Stop by and say a prayer for Matt!

## Ode To Matt Norris

By Cathy Leonard

I remember meeting Matt Norris when I joined Cleveland-West in the mid-90s. He was the fast guy with white hair who ran with all the chicks (not to be confused with Dave Clinton; Matt had the slighter build). I never got to know Matt well, but he was notorious among club members, and back then seemed to write more race recap articles for this newsletter than anyone else.

For a few years, I ran Springboks, and Matt was always there. He and Pati Habenicht seemed inseparable; they ran all the same races, etc. I can't remember what race it was - it might have been Youngstown Half Marathon - where I finally beat Matt. He was probably in his late 70s by then. Not a great coup for me (I was probably in my late 30s or early 40s), but a definite testament to Matt's seemingly endless energy and running ability that he didn't slow down until the age many people are walking with the support of a cane!

We'll miss you, Matt. Could you spare some of that energy and shoot it down to me from wherever your soul is resting for my next race? Maybe then I'll finish ahead of at least one of the grand master runners!

# In Memory Of John Regan

## Saying 'So Long,' But Not Goodbye

By Amy Jamieson-Petonic

It is with great sadness that I am writing to say so long to one of my dearest friends and Cleveland-West club member, John Regan. John passed from this life on November 21st, and moved on to a better place. I know in my head that's where he should be, but the selfish part of me would like just one more day of his famous hugs and one last run with him. For those of you who met John, you know how special he was. If you met John, you loved John - it was just that simple. When he spoke to you, you were the most important person in the world.



I met John back in the '90s on a professional level, when I learned he was port director for the United States Customs Service and a fellow runner. We would meet on a regular basis and, as time went by, I got to know him better and see how much he impacted the lives of so many people.

I had taken a break from running after an injury, and just never got back to it. He invited me to a Sunday morning club run, and once I met all the wonderful people, I was hooked. I have met so many good friends in the club (you know who you are!), and feel blessed every day to have been connected to such a great group.

John and I started running on a regular basis, and the subject of competing in races came up. I was, to say the least, quite resistant to racing, but John was very persuasive. First we did a 5K, and I vowed that would be the last one. Next came a 10K, and then the Buckeye half marathon in Akron. We ran the entire race together, side by side. John sang Irish show tunes and belted out Broadway hits the entire 13.1 miles, and did it with a smile on his face - that was John.

John had a large circle of friends through work, organizations, the theatre and the running community. His life experiences (and John had many), his storytelling, and his compassion for others, was evident every day. His nickname of Irish Rodeo Clown fit him perfectly, as he had such a wonderful way bringing joy to others. He was instrumental in bringing the play Flanagan's Wake to Cleveland, which turned out to be one of the longest running shows that played here. John was Father Damon Fitzgerald, telling the tale of the departed Flanagan, keeping audiences laughing and singing the entire show. He was one of the few people that could make me laugh so hard that tears would roll down my cheeks - and that seemed to make John's smile even brighter.

John made my life better in so many ways, including running. I cannot begin to say how many wonderful friends and experiences I've gained since our friendship began. Rest in peace, my friend, and I will see you at the finish line. I'll be the one singing when we meet again.

# Yoga Boosts Strength, Energy And Spirits During Running Hiatus

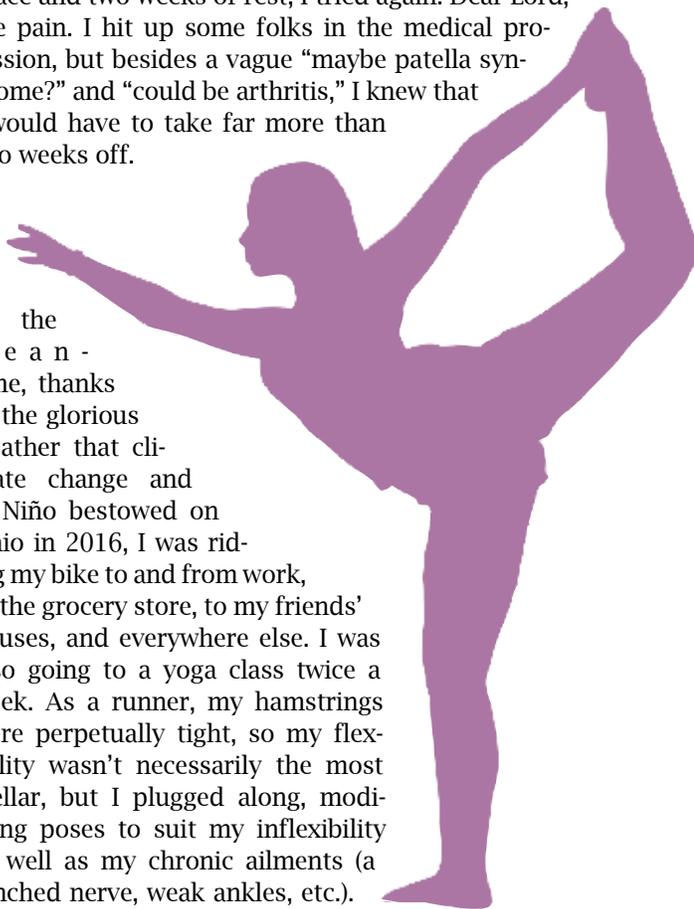
(AKA How Not Running Didn't Kill Me)

By Kathryn Metz

I was out for a casual run at lunch in May and my knee started to feel a little funny. By the time I finished my slow four miles, it was hurting. A lot. After ice, ibuprofen, a knee brace and two weeks of rest, I tried again. Dear Lord, the pain. I hit up some folks in the medical profession, but besides a vague "maybe patella syndrome?" and "could be arthritis," I knew that I would have to take far more than two weeks off.

In the mean-time, thanks to the glorious weather that climate change and El Niño bestowed on Ohio in 2016, I was riding my bike to and from work, to the grocery store, to my friends' houses, and everywhere else. I was also going to a yoga class twice a week. As a runner, my hamstrings were perpetually tight, so my flexibility wasn't necessarily the most stellar, but I plugged along, modifying poses to suit my inflexibility as well as my chronic ailments (a pinched nerve, weak ankles, etc.). After a few months, I noticed that my upper back hadn't gone out in, well, a few months. I also noticed that I could do push-ups. Like, a lot of them. In a row. All of the sudden I found myself doing headstands easily. I also noticed that I was getting faster on my bike commute on the way to work. I was getting faster swimming in the pool and lake. I had boundless energy while on my out-of-town adventures. I was less stiff spending 15-plus hours on an airplane.

I never could have imagined how I would survive without running. I miss it, and am working slowly but surely back up to it, but I have made it. I haven't gone (too) crazy. It's been one helluva yogtastic adventure, but it has been worth discovering a new type of strength. And the great thing about yoga is that it's a lot like running in the sense that you can do what you want when you want - go your speed, your pace, your distance. It's not the same, and I definitely know it, but it has played the role of substitute teacher quite well.



# Fall Classic Review

*This note was sent via email to John Delzani. Jon K. is a long-time Cleveland-West club member.*

**By Jon Kolozvary**

Fall Classic, I wanted to participate in the 5K, with my Trike. My goal was not to be last. My three-wheel Trike and I started last and I wanted to pick off a few people, so as not to be last. I picked off nine, and was not last.

CWRRC does a great job. The runners say how comfortable they are on a closed-traffic course. It's well-marked, has a great support staff, and every detail is thought out. The coordination with the Metroparks people is good.

But most of all it's the people working the race - their knowledge, support and longevity. You're all special, and it shows. Thanks for putting on great events. You all deserve a big pat on the back, and more.

Run safe, be well and don't forget to say thank you to those close to you.

Thanks again,

Jon & Karen Kolozvary

## Fun Facts!

### How well do you know your fellow running club members?

Here's a list gathered at the Brell/Schipper New Year's Eve party

- A. Used to be a firefighter
- B. Used to milk goats
- C. Has more than 50 cousins
- D. Was on my high school wrestling team (for six months)
- E. Two-time national decathlon qualifier in high school
- F. In St. Edwards Hall of Fame
- G. Warmed up in the bullpen in the old Municipal Stadium in front of a Baseball Hall of Famer
- H. Was a "secret shopper" for the Whataburger fast food chain
- I. I meet celebrities shortly before they die - Billy Mays (Oxyclean) and Larry Hagman (J.R.)
- J. Only person in first grade with glasses
- K. Was an altar boy
- L. Used to play the violin
- M. Spoke Russian as a second language as a child
- N. My heritage is Manx, just like the Brell cats
- O. I shook hands with Salvador Dali in Manhattan
- P. I wrote a letter to President Obama and he "personally" responded
- Q. My mother burned my paper doll collection when I was 12 (too old for paper dolls)
- R. I singlehandedly beat the boys team in a "history" spelling bee
- S. The first time I was in a plane I jumped out
- T. I ran the Peachtree half marathon in Atlanta in the 90s
- U. I once lived in Liverpool, England (not a Beatle)
- V. First job was selling \$10,000 fur coats
- W. I was once in a bank when it was robbed

*Write the letter of the Fun Fact next to the name that you think matches*

- \_\_\_ Andrew Ginter
- \_\_\_ Ann Straitiff
- \_\_\_ Ashlee Ginter
- \_\_\_ Beth Kalapos
- \_\_\_ Cathy Fischer
- \_\_\_ Cathy Leonard
- \_\_\_ Chip Cooper
- \_\_\_ Chris Banas
- \_\_\_ Dan Barnhart
- \_\_\_ Dan Straitiff
- \_\_\_ Diane Brinich
- \_\_\_ Heather Kuch
- \_\_\_ Joanna Brell
- \_\_\_ John Paull
- \_\_\_ Karen Powell
- \_\_\_ Kevin Arth
- \_\_\_ Kimberly Roach
- \_\_\_ Mark Breudigam
- \_\_\_ Mark Brinich
- \_\_\_ Marlene Zeplin
- \_\_\_ Maureen Scullin
- \_\_\_ Mike Schipper
- \_\_\_ Terry Toporowski

*Answers on next page*

# CWRRC Business Meeting Notes, 12/16/16

- 1. Finances
  - a. Right now we are in the black after paying all Fall Classic costs, and next year's insurance and down payments to Cleveland XC.
  - b. Talked about new donation possibilities, such as to We Run This City (WRTC), and/or upping our current contributions. It was decided we will donate \$500 to OutRun Ovarian Cancer (OROC), in addition to the \$185 we collected for the Spring in the Park race (SITP), and upping donations to the Metroparks, the Carolyn Farrell Foundation, and Girls With Sole to \$2,500 each.
  - c. The club also will match race contributions for next year's SITP or OROC.
- 2. Fall Classic
  - a. No major hiccups.
  - b. Everyone loved the chili from Applebee's, which will be supplied again next year.
  - c. Talked about tweaking food quantities for next year, but felt that the weather was the major factor in having so much extra.
  - d. Left-over shirts are at Second Sole for any runners that didn't get one.
  - e. Some 5K people wanted medals, but the consensus was to not move forward.
  - f. Kathy Dugan will send out thank-you notes to our sponsors.
  - g. Need to better coordinate sponsor exposure on shirts, web site, and other advertising.

- 3. Membership Update
  - a. 2017 membership will include 40th anniversary item.
  - b. Volunteer awards TBD by/at next meeting.
- 4. 140-mile Cleveland Metro Parks Challenge
  - a. Participants need to walk/run at least three miles at each of the 19 park reservations.
  - b. Bob Budzilek offered to coordinate each walker/runner's miles.
  - c. Chip/Bob will work on logo and name for challenge.
  - d. Walks/runs will be alternates to Saturday morning walks/runs, or can be done any time.
  - e. Shirts to be given for finishers.
- 5. Chip Cooper will look at a club trip in the fall timeframe next year. Fort Wayne looks like a possibility, but any race within about a four-hour drive can be considered.
- 6. The club (has purchased) juice, Einstein bagels, and Blackbird pastries for the January 1st Hang Over Run.
- 7. Proposed installing an overall race director, in addition to individual race directors. Mark Breudigam and Bob Budzilek both expressed interest.
- 8. Spring In The Park Women's 10K
  - a. Registration needs to open ASAP. Waiting for logo, and need to send to Cleveland XC.
  - b. Bob Myers will check with Applebee's for possible participation.
  - c. Pushing for same sponsors.
  - d. Joanna is going shopping for race apparel and looking at head bands. [Editor's Note: Update - Registration is now open for the CWRRC Women's Spring in the Park 10K race on Sunday April 9th, at Mastick Woods. Colorful headbands are available for the first 300 entrants and all awards are jewelry. Register now at discounted prices, at [www.clewestrunningclub.org](http://www.clewestrunningclub.org).]
  - e. Need to talk with Bill at Second Sole, Rocky River, about 2017 race pickup and happy hour. Look at involving other merchants for dinner.
- 9. Go to locker and determine needs and get rid of what we don't

- need. Bob Myers will see if he can get old five-gallon Gatorade containers from the Browns.
- 10. 1/28 Winter Party
  - a. Bob Myers will head up party committee and draft volunteers.
  - b. Need to finalize costs and discounts for volunteers.
  - c. Will provide gift cards in addition to plaques for volunteer award winners.
- 11. Community service project.
  - a. Discussion on a possible community service project at West Side Community House.
- 12. 2/13 Next business meeting at the Myers' residence.
- Attendees for the December business meeting included Bob Budzilek, Bob Myers, Kathy Dugan, John Delzani, Mark Brinich, Rich Oldrieve, Marlene Zepkin, Mark Breudigam, Joanna Brell, Dan Straitiff, Joe and Liese Nainiger, and Chip Cooper.

## Answer Key

- A. Kevin Arth
- B. Mike Schipper
- C. Kimberly Roach
- D. Beth Kalapos
- E. Andrew Ginter
- F. John Paull
- G. Mark Breudigam
- H. Joanna Brell
- I. Ashlee Ginter
- J. Mark Brinich
- K. Dan Barnhart
- L. Marlene Zepkin
- M. Terry Toporowski
- N. Diane Brinich
- O. Chip Cooper
- P. Karen Powell
- Q. Cathy Fischer
- R. Maureen Scullin
- S. Dan Straitiff
- T. Cathy Leonard
- U. Ann Straitiff
- V. Chris Banas
- W. Heather Kuch



## Please Note

Articles for the March/  
April *FootNotes* must  
be submitted by Friday, Feb-  
ruary 17th.

Material received after the  
17th may be published in  
the following issue.

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

## Join Us

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

### 2017 Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_ Occupation \_\_\_\_\_

Email \_\_\_\_\_ Date \_\_\_\_\_

Shirt size:  Small  Medium  Large  Extra Large

Newsletter will be sent via Email unless noted here: \_\_\_\_\_

Type of membership:  New  Renewal

Individual \$20.00  Family \$30.00  Full-Time Students \$15.00

Please list all names and birthdays of family members living at the above address, if applying for a family membership.

Mail to: Cleveland West Road Runners Club  
Attn: Membership Chairperson  
P.O. Box 771011, Lakewood, Ohio 44107-0044

I know that running and volunteering to work in club races are potentially hazardous activities. I shouldn't enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decisions of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my application for membership, I for myself and anyone entitled to act in my behalf, waive and release the Road Runners Club of America, Cleveland West Road Runners Club and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities, even though that liability may arise out of negligence or carelessness on the persons named in this waiver.



Cleveland West Road Runners Club  
P.O. Box 771011  
Lakewood, Ohio 44107-0044