

## 2018 Search For Summer Scavenger Hunt

**By Bob Budzilek**

As promised, the 2017 Metroparks Quest was such a success, we have come up with a new version for this year, the 2018 Search for Summer Scavenger Hunt. I had a totally lame name, but my partner Dan Straitiff stepped up and covered.

**The rules for the Search for Summer are as follows:**

1. You can earn 10 points for a run of two miles or more starting, finishing or otherwise incorporating one of 20 scavenger hunt items (list is on this page).
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. You may have multiple runs/entries per day.
5. Each specific scavenger 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.
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. I promise that creativity will be awarded.

8. This is totally an honors system.
9. Opening day is Saturday, May 26th. The last day is Monday, September 3rd.
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 is 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](mailto: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!

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Bakery         | <input type="checkbox"/> Pond/Lake/Marsh | <input type="checkbox"/> National Park  |
| <input type="checkbox"/> Covered Bridge | <input type="checkbox"/> Brewery         | <input type="checkbox"/> Waterfall      |
| <input type="checkbox"/> Ice Cream      | <input type="checkbox"/> Doughnut Shop   | <input type="checkbox"/> Cemetery       |
| <input type="checkbox"/> Pizza Shop     | <input type="checkbox"/> Museum          | <input type="checkbox"/> Hall of Fame   |
| <input type="checkbox"/> Beach          | <input type="checkbox"/> War Memorial    | <input type="checkbox"/> Outdoor Market |
| <input type="checkbox"/> Cow            | <input type="checkbox"/> Cave            | <input type="checkbox"/> Winery         |
| <input type="checkbox"/> Island         | <input type="checkbox"/> Fair/Festival   |   |

Note that the items are not specified to the area only. You do a run at the Grand Canyon, count it!

<https://www.clewestrunningclub.org/summer-scavenger-hunt.html>



## Cleveland West Road Runners Group Running Schedule

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

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

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

### CWRRRC Web Page:

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

### For more info email:

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

## CWRRRC Membership Benefits

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

## 2018 CWRRRC Officers

President . . . . . Bob Myers  
Vice-President . . . . . Kimberly Roach  
Treasurer-Secretary . . . . . Mark Brinich

## Committees & Coordinators

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

## A Note From The President Cleveland West Is On A Roll!

We have already completed the “Spring in The Park” race, hosted a super fun “wine tasting” social at the clubhouse, and the “Old Guys” breakfast in the park was, well, just awesome, if I say so myself!

We have many opportunities ahead for all to get plugged into this summer and fall. Please consider some of the following upcoming events listed in our “Planning Ahead” document found in the newsletter and on our web site. These events include club community service projects, our breakfast in the park series, the Whiskey Island run series, training with our “Springbok” track group, Bay Day race volunteering, Fall Classic race volunteering, the fall club clam bake, the holiday lights fun run and newsletter assemblies.

In just six months the Monday, October 15th business meeting has on the agenda: “election of 2019 officers.” Our club is in need of candidates that have passion, desire, time and talent to make a difference as we move forward.

Bay Day’s race director Rich Oldrieve and volunteer coordinator Joe Nainiger will be soon calling out for your help. Please consider getting involved - it’s both a blast and rewarding at the same time. There are volunteer positions available that still allow you time to run the race.

As I sit here typing this, the weather forecast calls for snow tonight and tomorrow. I hate winter!

*Keep the faith*

*Bob Myers*

## D&D To Host July Newsletter Assembly

*By Kathy Dugan*

John Delzani and I will host the Wednesday, July 11th newsletter assembly. Please stop over any time after 6 p.m. This meeting will be on the second Wednesday of the month instead of the first, due to Bay Days being on Wednesday, July 4th!

Our home address is 3541 Spencer Rd., Rocky River, south of Center Ridge Road. We’re about 12 houses south of the sign reading Christensen Estates on the east side of the street. Spencer Road is the same street at West 220th Street as you drive north from Brookpark and Lorain roads.

There’s plenty of parking in the driveway and on the street. Call if you have questions: 216-789-6750. The club will provide pizza; please bring your own beverages.

A giant thank you goes out to Liese and “Clipboard” Joe Nainiger for hosting the May NLA.



# Save The Date -- Upcoming Local Events

## West Side Catholic Center

Date: Saturday, June 2nd

Time: 9 a.m. start

Where: 3135 Lorain Rd., Cleveland, OH 44113

What: 5K run / 1-mile walk + pancake breakfast

Registration: [www.hermescleveland.com](http://www.hermescleveland.com)

## Beginners Yoga

Date: Sunday, June 10th

Time: 10 a.m. to noon

Location: Rivers Edge, 3430 Rocky River Dr., Cleveland, just north of St. Joseph Academy.

More information: This is a very, very "beginners' yoga" experience targeting runners - those who have run for 20-plus years, are very tight, don't stretch enough and are possibly intimidated by an invitation to a yoga class. This class is being designed with you in mind. Dress in comfortable clothing, bring a small towel and a water bottle. Yoga mats and stretch bands will be provided.

Price: \$30, includes coupon for first class.

Registration: [https://www.riversedgecleveland.com/index.php?option=com\\_civicrm&task=civicrm/event/info&reset=1&id=954](https://www.riversedgecleveland.com/index.php?option=com_civicrm&task=civicrm/event/info&reset=1&id=954)

Contact: Kathy Dugan, (work) 440-930-3119, or at [dugan56@hotmail.com](mailto:dugan56@hotmail.com).

## Our Lady Queen of Peace

Date: Saturday, August 4th

Time: 8:15 a.m. for run; 8:30 a.m. for 1.25 mile walk

Where: 708 Erie St., Grafton, OH 44044

What: Family Fest 5K race and 1.25-mile walk on local roads and the trails of the Lorain County Metroparks' Indian Hollow Reservation

Registration: <https://olqpgrafton.org/5k-race>

Contact: 440-926-2364

## Labor of Love

Date: Sunday, September 16th

Time: 8:30 a.m. start

Where: Rocky River High School, 20951 Detroit Rd.

What: Run 4 Our Lady of the Wayside - 4 Mile Run & 2 Mile Run / Walk

Registration: [www.GreaterClevelandXC.com](http://www.GreaterClevelandXC.com)

Contact: 440-290-0185

## New Members

Tony & Gail Cresci

Ashley Futo

Dennis Schuler

Wednesday

July 4

8:30 a.m.

Bay Village

High School

5 Miler &

1 Mile Kids Run

Bay Days



Sunday

November 18

9:00 a.m.

MetroParks -

Bonnie Park, Strongsville

Half marathon & 5K



more info & register at:

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

for all 2018 races



## Sunshine Committee Update

By Kathy Dugan

Please continue to keep the following CWRRC members and families in your thoughts and prayers as they strive to regain their health and strength. Thank you!

Christa Blum

Therese Corrigan

Cathy Fischer

Michelle Mead

Eleanor Royko

And a note of support in the passing of the following individuals:

Glenn Dumonthier's father Glenn

Joyce Prohaska's sister Paula

## Fall Road Trip to Ft. Wayne

By Chip Cooper

We had such a great time last year...we are going back. On September 28th and 29th, 2018, join us for 11th Annual Fort4Fitness Fall Festival marathon, half marathon, 10K and four-mile races.

It is less than a five-hour drive to Ft. Wayne. They have a great expo and the after party in the minor league baseball stadium is excellent. We will even get together with the Ft. Wayne running club to celebrate and share our stories.

More info at: <http://fort4fitness.org/fall-festival> or email me at [chascooper@roadrunner.com](mailto:chascooper@roadrunner.com).

# Happy Birthday

## May

John Binder  
Bob Budzilek  
Rita Candito  
Thomas Carlson  
Ellen Chrisman  
Tony Cresci  
Beth Eaton  
Emily Ferrall  
Evan 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  
Tara Taylor  
Cindy Wildman

## June

Michelle Appel  
Kevin Arth  
Toby Barvincak  
Larry Begue  
Adam Belebczuk  
Bob Blum  
Lindsey Carroll  
Timothy Chrisman  
Joe Digiacomio  
Thomas Fagan  
Cory Freadling  
Jennifer Jutte  
Tiffany Kral  
Todd LeVeck  
Kim Leverton  
Tim McGinty  
Sue Michos  
Edward Oberhofer  
John Roos  
Ronald Ross  
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](mailto:leonardc5711@yahoo.com).

# Venting On Pluto's Behalf (Yes, It's Running-Related (Sort Of))

By Mike Twigg

So there I was, helping out at the Spring in the Park Women's 5K/10K Run on April 7th, the only person not shivering because I was placed in charge of fire. As I told John Paull, I like a big fire! He concurred, and by the time runners came in we had a bonfire raging. It was a good thing, because ice was forming on nearby puddles.

I was glad to help out, but was feeling mildly left out of the race pack 'cuz I'm a dude and all. So the next day I went for a run to redeem myself, starting at Mastick Pavilion and heading upstream. As I plodded along, I realized I wasn't the only entity excluded on that path from a previously inclusive set: The solar system display that starts on the all-propose trail in front of Mastick Pavilion was now shorter! I made it all the way out past Neptune, and kept running, running, running. I thought, "I'll turn at ... hang on ... 'Matilda Visits Every Monday, Just Stays Until Noon ...' Pluto!" Except for one problem: Pluto was missing!



Now, I know some years ago a bunch of geeks (at the International Astronomical Union) demoted Pluto to a dwarf planet, whatever that is. But as long as the word "planet" is still in there, why kick Pluto to the curb? Well the Metroparks must have agreed with the geeks because there's just a plot of dirt where the Pluto sign was.

I thought of Interplanet Janet from ABC's Schoolhouse Rock. You remember the jingle? "Interplanet Janet she's a galaxy girl, a solar system Ms. from a future world ..."

And there's never been a planet Janet hasn't seen. No, there's never been a planet Janet hasn't seen. She said: "And Pluto, little Pluto, is the farthest planet from our Sun."

So as your long runs take you out past Uranus built on a funny tilt and Neptune, its twin, say a prayer for the dwarf Pluto\*. Let's get it back into the Metroparks' solar system! And then it will be a good day for running.

*\*This article is in no way intended to be a knock against, or exclusive of, the other dwarf planets in our solar system.*

# Planning Ahead Cleveland West Road Runners

## **Rite Aid Kids Run Volunteer Project**

Date: Saturday, May 19th  
Time: 9:30 to 11 a.m.  
Where: Cleveland Public Square  
Coordinators: Bob Budzilek and Mark Breudigam

## **Club House Landscaping Project**

Date: Saturday, May 19th  
Time: 11a.m. to 3 p.m.  
Where: 26633 Detroit Rd., Westlake  
Coordinator: Bob Myers

## **Lilly Weston "This House Matters" Project**

Date: Wednesday, May 23rd  
Time: 7 p.m.  
Where: 27946 Center Ridge Rd., Westlake  
This is a photo shoot and work project review  
Coordinator: Bob Myers

## **Rocky River Cleanup Project**

Date: Saturday, June 2nd  
Time: 9 a.m. to noon  
Where: Scenic Park Pavilion  
Coordinator: Tim Chrisman

## **Special Saturday Group Run**

Date: Saturday, June 9th  
Time: 7:30 a.m.  
Where: Scenic Park Pavilion  
Angela from the "Rock Hall Half Marathon" race and PNC bank employees will be joining us for a run

## **Whiskey Island Run**

Date: Wednesday, June 13th  
Time: 6 p.m.  
Where: Wendy Park, 2800 Whiskey Island Dr., Cleveland

## **Business Meeting**

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

## **Breakfast In The Park**

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

## **Bay Day's 5-Mile Race**

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

## **Whiskey Island Run**

Date: Tuesday, July 10th  
Time: 6 p.m.  
Where: Wendy Park, 2800 Whiskey Island Dr., Cleveland

## **Newsletter Assembly & Business Meeting**

Date: Wednesday, July 11th  
Time: 6 p.m.  
Where: The home of Kathy Dugan & John Delzani, 3541 Spencer Rd., Rocky River 44116

## **Whiskey Island Run**

Date: Wednesday, August 8th  
Time: 6 p.m.  
Where: Wendy Park, 2800 Whiskey Island Dr., Cleveland

## **Newsletter Assembly & Business Meeting**

Date: Wednesday, September 5th

Time: 6 p.m.  
Where: TBA

## **Whiskey Island Run**

Date: Wednesday, September 12th  
Time: 6 p.m.  
Where: Wendy Park, 2800 Whiskey Island Dr., Cleveland

## **Breakfast In The Park**

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

## **Business Meeting & Election of 2019 Officers**

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

## **Newsletter Assembly & Business Meeting**

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

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

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

## **Holiday Lights Run & Celebration**

Date: Thursday, December 13th  
Time: 6:15 p.m.  
Where: Lakewood Park Women's Pavilion. Party after run: Lakewood Village Tavern, 13437 Madison Ave., Lakewood

## **Business Meeting**

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

## **Weekly 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 Springbok Track Workouts**

Date: Every Tuesday, March through September  
Time: 6 p.m.  
Where: St. Joseph Academy, 3470 Rocky River Dr., Cleveland

### **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

# 4-16-2018 Meeting Minutes

Attendees: Mark Brinich, Bob Myers, Gretty Myers, John Delzani, Glenn Dumonthier, Bob Budzilek, Kathy Rezek, Kathy Dugan, Susan Mulhern, Paul Schlosser, Tony Cresci, Rita Candito, Dan Straitiff, Charlie Farrell, Cathy Fischer, Liese Nainiger, Joyce Prohaska, Joanna Brell, Maureen Scullin, and Richard Oldrieve.

## Approval of the 3-07-2018 meeting minutes:

- Minutes approved

## Club financial summary (Mark Brinich):

- \$31,318.91 current balance
- \$6,900 in SITP entrant fees
- \$200 in OROC donations
- \$5k in race costs
- SITP will be about \$1,500 in the black
- 5/2 appointment with accountant to complete 2017 taxes

## Spring in the Park race debriefing (Joanna Brell):

Comments/stats on this year's race

- 224 total finishers (53 in 5K & 133 in 10K)
- Despite the lousy weather, most everyone felt the race atmosphere was very positive.
- Bill Dieter had nothing but good comments on the race and looks forward to it getting bigger in the future.
- Runners appreciated the fire and yoga before the race.
- Are we giving sponsors enough exposure at the race?
- Good sponsor exposure before the race on social media.
- NovaCare didn't come with any equipment. Kathy Dugan will contact them to see what happened.
- Gretty will finish up with thank-you cards for sponsors and Metroparks within two weeks.

## Next year's race ideas:

- Next year we would like to register groups and/or teams, but not compete as a team.
- Maybe put cones at the top of hills for cars so they don't go down the hill to find out they have to turn around because the park road is closed.
- Need two sources of music at start line and pavilion.
- Give Franklin of Greater Cleveland XC a list of announcements before/during the race.
- Preselect the numbers next year for raffle to speed up the raffle (though we're not sure how much it really will speed things up).
- Eliminate bag drop unless we get too big. Runners are just putting their stuff in their cars since they can park so close.
- List raffle items so runners know to stay around for raffle.
- Dynamic chip assignment worked very well, and should be used for future races.
- 4/13/19 and 4/6/19 are possible race dates for next year. Joanna will look at conflicting races.
- Adding packet hot chocolate and tea using our two coffee makers with hot water.

## Social Media marketing summary update (Dan Straitiff):

- Dan talked with Kristen Roach for 90 minutes, and explained to her the club's goals for a social media coordinator. Need a proposal from her as to what she can do, and a time and dollar estimate as to what all this will cost.

- Focal Point Social Media (fclpnt.com) in Akron.
- Liese Nainiger has a nephew interested in this work.
- Dan is willing to work with these candidates to see what they can do.

## Bay Day race update (Rich Oldrieve):

- Rich has posters/flyers for race to pass out at races, libraries, etc.
- Not sure of track status because of construction, but will route out course accordingly. Also, possible issue with one-mile race because of construction.
- Need to work with baseball people about parking issue.
- T-shirts are okay with Bill Dieter.

## Community service projects (Bob Myers):

- Doan Brook Stream Sweep, to be held in Cleveland's historic Rockefeller Park on Saturday, April 21st, and throughout the Shaker parklands on Sunday, April 22nd. Both clean-up sessions will run from 1 to 3 p.m. Coordinator: Glenn Dumonthier. Contact him if interested, at gdumonthier65@yahoo.com, or 440-781-4481.
- Plogging. Pick up trash while you exercise. Coordinator: Chip Cooper.
- Kids Book Bank (kidsbookbank.org) has given away 1 million books in the Cleveland area. We can do a book drive and/or show up at their site to make a donation. Coordinator: Kathy Rezek.
- Carolyn L. Farrell Foundation yard work (eight to 10 people). Charlie will come up with a day, and we'll get the volunteers. Coordinator: Bob Myers.
- Lilly Weston 1844 "This Place Matters," May 23rd, at 6:30 p.m. Located at 27946 Center Ridge, Westlake. Coordinator: Bob Myers.
- Rocky River Cleanup June 2nd, 9 a.m. to 12 p.m. Coordinator: Tim Chrisman. Note: This is in conflict with West Side Catholic Center race.

## Business meeting review (Bob Myers):

- We decided the 6:30 start time is ok.
  - Club will provide food in the future for these meetings.
- "Look what I ran into" / Quest 2018 rules (Bob Budzilek):  
*[Editor's Note: The most up-to-date details for this scavenger hunt are relayed in an article in this newsletter.]*

- 20 to 25 items
- You earn 10 points for each scavenger item incorporated into a run (example, a run where you start or finish at a brewery, 10 pts.)
- Maximum 10 pts. per run (example, run starts at brewery #1 and ends at brewery #2, still only 10 pts., not 20 pts.).
- Can repeat items, but not location (find different brewery).
- Starts Saturday, May 26th, and ends Monday, September 3rd.
- Reporting same as last year's Quest. Updated weekly online. Provide date, location, and item included.
- Bonus 2 points if picture included.
- No t-shirt awards.

## Miscellaneous

- Mark Breudigam will be race-day coordinator for Rite Aid Kids Run (5/19). We'll need 10 volunteers for the noon race. Email blast will go out to recruit volunteers.
- Next Business meeting will be during the newsletter assembly: May 2nd, 6 p.m., at Joe and Liese Nainiger's: 31017 Lake Rd., Bay Village. Club will provide pizza; bring your own beverage.

# I'm Baaaack - Towpath Half Marathon Recap

By Heather Kuch

Finally. This was the race I've been chasing for a little under two years now. This is how racing is supposed to feel, and how it used to feel for me. No, it was not a PR, but I was not aiming to PR in this race; I was looking to run smart, get in a great training run, and stay mentally strong. I did all three, and then some! I finished in 1:46:25, I negative split the race, I didn't go out too fast, I never got in my own head, and I had fun! It was the confidence boost I needed with six weeks to go before the Cleveland marathon.

I signed up for the Towpath Half Marathon early in the week leading up to the half on April 8th, when I received my training schedule and saw that I was supposed to do a little over 14 miles that weekend. Once I received the okay from my coach, I registered and prepared to run my 15th half, and my first race of the year! I had a volume week that week, so it was mostly about mileage without a lot of killer workouts. My only bigish workout was a goal marathon-paced hour run on Tuesday, and then some easier five- to seven-mile runs during the week. On Saturday I did a four-mile shakeout, something I rarely do pre-race, but my coach scheduled it so I got it done.

The half started at 8 a.m. Sunday morning, but between needing to get my bib and to get in a 20- to 30-minute warmup, I decided to arrive early, around 6:40 a.m. The air temperature had a real feel of 18 degrees, and there was light snow and decent wind. Parking was scarce so I was a solid three-tenths of a mile away from the packet pickup and starting line, and at the base of a hill. My running partner and I walked to the top, grabbed my bib, and then headed back to our cars for about 15 more minutes of warmth. Then we trekked back to the top of the hill, hit up the porta-potties and began our warmup.

I've honestly never warmed up for a race before, but I can understand why I should now. We did about 2.2 miles of easy running and it was great because I was comfortable in the cold after the warmup and I felt really loose. With a little under 10 minutes to go, we headed over to the starting line and got into the pack.

The game plan was to run the first 10K at 8:30ish and then start dropping the pace every five minutes for the rest. The first mile was almost all downhill so we worked to hold back but still stay relaxed. We clocked in at 8:10, which wasn't too speedy given the downhill. After that it was pretty flat other than two suspension bridges, which we crossed twice due to the out-and-back in the beginning of the race. It's funny though, when I ran these bridges last summer in the 10-mile race, I swear they were twice as big. Guess I was in better shape this time around because they felt like no big deal.

We hit the turnaround which was about four miles out and I was feeling amazing. We were a hair over 8:20s and I was chatting it up with my running partner, telling stories, and mainly just being amazed at how good I felt. After the turn there was a pretty intense head wind because we were out in the open, and the snow was picking up. But for some reason I didn't care. I charged over the bridges again, feeling strong and fighting the urge to pick up the pace too early. Once I came down the second (and final bridge), I noticed my training partner had fallen pretty far behind me. I knew his plan was to hang on to 8:30s as long as he could, and that he intended to stay with me until the 10K, and we were only at about 5.8 miles. So I looked back for him and he waved me on. I said "go?" and he said "yes." So I kept pushing on at 8:20s. Around six miles I caught fellow

Healthsource of Avon Athlete Ambassador Jesse and we chatted for a bit. Then we hit the 10K and I took off. It was time for my race to really start.

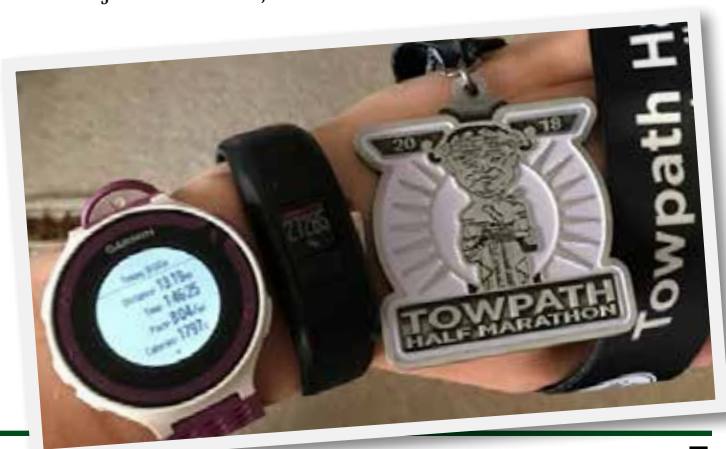
I began dropping the pace (probably too much initially) and was running just over an eight for 6.2 to the seven-mile mark. I continued dropping the pace and as a result, I was picking off runners like crazy. Just before eight miles and until about mile 9, I ended up in no man's land - meaning I was completely alone with no runners with me. I looked back and saw no one, and I couldn't even see runners ahead of me other than the leaders who would come by in the opposite direction every so often. The wind and snow were also just wonderful at that point. Luckily I started catching more people by mile 10 and in trying to catch up to those runners I managed a 7:30. Easily the fastest mile 10 in my running career to date!

At that point we were heading backwards, away from the finish, because we needed to complete the extra loop to get the mileage in. That part was mentally tough because we were about 3/4 of a mile from the finish and then had to turn away and run 1.5 miles in the other direction. But I focused in on pace and on trying to catch more runners ahead of me. I caught up to a group of women running my pace around 11 miles and I was hoping to use them for drafting and pacing. But unfortunately, they decided to significantly drop off the pace so I went ahead with the lone guy in the group. Soon after, he dropped off too, and I was in no man's land again.

Fortunately that only lasted until about 11.5 miles when I caught another female runner and she and I worked our way through the back of the pack runners who were on their first loop out. That part was frustrating because we had runners coming toward us and we were trying to pass. Finally, it started to thin out at 12 miles. At 12.2 we had a slight hill to climb and at that point, I left my "running partner" behind and never saw her again.

I caught up to a guy and tailed him for a while until there was under a half mile left. There was a nice big hill at that point and I figured I'd kinda take it easy up the hill. But as we started to climb, he looked over at me and said, "you're running a great pace, go crush this hill." And I just went "Ok! Thanks!" and took off. He didn't come with, but for whatever reason, his little pep talk was what I needed. After the hill, there was a flat/slight uphill stretch, and then about a 10th up a hill, with the last probably .05 down into the finish.

I crossed and felt so many emotions. I had just executed the smartest race of my entire running career. I also had run mentally strong for the first time in a couple of years, and I don't think I ever doubted myself. My goal was to finish the race around 1:46 and I nailed it. The best part was I definitely had gas left in the tank and I wasn't even sore afterward. I'm getting excited for the Cleveland Rite Aid Marathon, and honestly for the next time I actually race a half, because I know my PR will be broken. The runner that I was in 2016 finally showed back up after a two-year hiatus. I got my confidence back. With just weeks left, let's do this!



## Please Note

Articles for the May/June *FootNotes* must be submitted by Friday, June 29th.

Material received after June 29th 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).

### 2018 Membership Application

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

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

Shirt size:  Small  Medium  Large  Extra Large

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

Type of membership:  New  Renewal

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

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

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

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



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