



cleveland **West**
ROAD RUNNERS

FOOTNOTES

November/December 2015 Newsletter

Rev3 Triathlon: A Volunteer's Perspective

By Glenn Dumonthier

Not much for spectator sports, I chose to give back to the sport I love and volunteered at the Challenge Cedar Point Rev3 triathlon events on September 12th and 13th in Sandusky. I signed up to work registration on Saturday. This was a fun and easy task, and I hoped I would see local athletes who would be competing, including none other than three-time Rev3 half ironman competitor and club member Beth Kalapos. Sure enough, I stuck around long enough to see her at registration, wish her luck and even snap a pre-race photo. I additionally planned to return to volunteer on Sunday, the day of the full and half distance events, to have ample opportunity to see incredible athletes perform in these grueling races.

I knew some people who were planning to compete, but was pleasantly surprised to see others who I didn't know had entered. One acquaintance, Lauren Indorf, who was fresh off completing the Mont Tremblant Full Ironman two weeks prior was competing in this half ironman, as well as another new friend, Adam Zimmerman, who I met this past summer at a Critical Mass Cycle event through a mutual friend and Ironman Katie Spatz. Lauren I had met some years ago at a Cuyahoga Valley National Park event or race.

When I originally signed up to volunteer, I did not realize Rev3 no longer ran or sponsored the event; Rev3 Ironman had been bought out by Challenge America-We Are Family. They were putting a family-friendly spin to the sport by offering a sprint triathlon that incidentally had to be modified on Saturday due to the heavy winds and waves. They also offered a kids' triathlon on Saturday, a Glow 5K race on Sunday night and other events. Fortunately for the full and half-Ironman distance races they were able to hold the swims in Cedar Point harbor, which made the swim a bit easier than last year's rough water experience in the lake. It didn't help much on the bike portion as participants reported that the wind on the bike section was horrendous.



On Sunday, I volunteered in the competitor exchange area's changing tent that was part of the course. They were short on male volunteers for this task so I was glad I could be of assistance. This stint also gave me the opportunity and credentials to snap some transition photos.

My duties were essentially complete after the full-distance racers headed out on the bike portion, so I headed out to see the newly renovated Breakers Hotel, grab a cup of coffee at Starbucks and meet up with Joanna Brell and John Paul for breakfast. I then hung around to watch the Ironman distance and see friends finish before heading home. I could have found other areas at which to volunteer, but decided that was enough for one weekend. Later that week, I was rewarded with a discount coupon for \$25 off either next year's race or another nationwide event, should I choose to do one.

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

For more info email:

Clewestrunningclub@gmail.com

CWRRRC Membership Benefits

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

2015 CWRRRC Officers

President Mark Breudigam
Co-President Bob Myers
Vice-President Kathryn Metz
Treasurer-Secretary Mark Brinich

Committees & Coordinators

Membership Coordinator Mark Brinich
Race Committee Chair Mark Breudigam
Spring Race Director Joanna Brell
Bay Days Race Director Rich Oldrieve
Fall Classic Race Director Mark Breudigam
Mohican 100 Liaison Chris Kaylor
RRCA Liaison Tim Fuery
Race Trophies Maureen Scullin
Race Volunteer Coordinator Joe Nainiger
Race Results Coordinator Mark Brinich
Comms & Social Media Chair Kathryn Metz
Web Master Open
Newsletter Editor Cathy Leonard
Newsletter Graphic Designer Chip Cooper

A Note From The President

Back in the Saddle Again

By Mark Breudigam

Those of you who grew up in the 1950s may be familiar with Gene Autry, “the singing cowboy,” whose TV show had the theme song “Back in the Saddle Again.” That song came to mind while thinking about the theme for this article. It was about four years ago at this time that I was preparing to turn over the reins (pun intended) of the club presidency to Heidi Finniff. At that point I thought I would be enjoying my retirement from the duties of a club officer while still being an active member. Circumstances changed recently when at the September club meeting Dan Straitiff expressed interest in planning his retirement to his own Mount Vernon outside of Punxsutawney, PA. At the time I reluctantly threw my hat in the ring but only if given some additional support (more about that later). The reason I decided to come back has a lot to do with my history with the club.



Mark Breudigam

My introduction to the club came in the fall of 1979 when a group of friends I had been running with at Cleveland State suggested going down to the “valley” to join the Saturday run. I had heard about the club in the local media, especially stories about Jess Bell, one of the club founders and a local and national running legend. My purpose for going to that run was pretty simple; I wanted to learn more about the sport and become a better runner. Well, okay, there was also a really cute girl involved in the decision. Anyhow, one of the things that struck me about the make-up of the group was the diversity of the club. And by that I mean male and female and young and old. Why, there were runners there that were pushing 50 (or older!) and were running 20-milers in preparation for fall marathons. They could also run me into the ground! I found this truly amazing as I was only in my late 20s and, though new to running, saw myself as a relatively fit person. The other thing that struck me about the group was how welcoming they were to newcomers and how helpful in giving training advice. It was less than a year from that first run that I ran my first marathon and less than four years later that I attained my goal of running a sub-three-hour marathon.

So within four years of joining Cleveland-West I had attained most of my running goals, which might beg the question why am I still a member 35 years later and long past the stage of running any PRs, and why did I decide to have another run at the presidency? The answer is simple - it’s the people. I have been involved with a number of organizations over the years but none have been as supportive as the people I have gotten to know in Cleveland-West. And that support has expanded well beyond running and into my personal and private life. I have made most of my closest and dearest friends through this organization and the personal benefits I have accrued extend well beyond my health and fitness to include my emotional well-being and happiness. That explains why I am still a member but not why I decided to become an officer again.

Now we get to the crux of the reason for my taking another shot at the presidency. It’s all about the dreaded “R” word. How does Cleveland-West stay relevant in a changing environment and with a new generation of runners that may have different goals and reasons for joining any organization? As many of you know, one of the greatest challenges for this club has been to attract new and younger members. Discussions at recent club meetings have brought up a number of possible answers: more and better advertised group runs with designated leaders; expanded social media with someone

to manage that effort; incentives to join the club; and some sort of outreach to new members. I know Dan Straitiff has tried to implement a lot of these initiatives on his own without a lot of support. For that reason I wanted to make sure I have the backing of both the membership and officers to take on these issues. I was encouraged by the response of the people at that September meeting willing to take on additional responsibilities and the team of officers that we put together. In that latter regard, a new position of co-president (that may not be in keeping with club by-laws) or "president-in-training" was created and Bob Myers has stepped into that role. Bob's chief responsibility will be to set the agenda for the monthly officer meetings and to run the meeting and keep everyone on task. Katherine Metz will be the new vice president and her primary duties will be managing club social activities and filling the new role of social media czar. Thankfully we will be maintaining some continuity at secretary/treasurer as Mark Brinich has agreed to stay on in that role. He brings a wealth of experience and stability to the group and I am very pleased he has agreed to stay on.

So with a team like that in place I figure we can start to deal with some of the more difficult challenges the club is facing - but only if we have the support, participation and feedback of the membership. This organization can only survive and thrive with the active involvement of all of you.

Finally, I would like to thank outgoing officers Dan Straitiff and Mike Hawe for their work last year. Dan especially went above the call of duty in taking on additional tasks and maintaining focus on managing our race series and expanding our presence in social media. Trying to lead a volunteer organization is a bit like herding cats and Dan is the type of cat herder that the old singing cowboy Gene Autry would be proud of.

Looking forward to seeing everyone at the Fall Classic on November 22nd, the club Holiday Party on December 12th, the Hangover Run on January 1st and the FA Fifty on January 2nd.

Hope to see you on the roads or trails.

Myers Accepts Co-President Post

Aloha!

I have been elected "president in training" for the 2016 club year. So what does that mean? Well I will be working closely with president Mark Breudigam to learn the ropes. I was requested to provide a little information about myself for the newsletter, so here goes.

I started running in 1984 at the request of my doctor. This was due to a weight of 194 and blood pressure issues. The doctor gave me two months to get down to 150! I did it to his amazement and have not stopped running since. I have finished more than 50 marathons and umpteen 10Ks and shorter races. I enjoyed running several marathons with the "Queen," my best bud!

I agreed to this new position because of the strong feelings I have for the club. The club has given me the best friends one could ever ask for. I needed to give back! So moving forward let me know how I can improve the club and also let me know when I fall short.

Mahalolo!

Bob Myers, aka Maui Bob

Myers' Host Next Assembly

What a great way to start off the New Year! Please join your fellow CWRRRC members at the Wednesday, January 13th, 2016 newsletter assembly at the home of Gretty and Bob Myers.

Stop by anytime after 6 p.m. and feel free to bring a friend and potential new member. The club will provide pizza; please bring your own beverage.

Address is 24819 Westwood Ave., Westlake. There's plenty of parking in the church lot across the street. Need directions? Call Bob at 216-701-2064.

Thank you to Diane and Mark Brinich for hosting the November 2015 assembly.

Fall Classic Volunteers Needed

By Joe Nainiger

We're calling for volunteers for the Cleveland West Fall Classic Half Marathon and 5K on Sunday, November 22nd. We're looking specifically for volunteers to help with food and course marshaling. Can't help on the day of the race? No problem. We're also looking for volunteers during the day on Friday, November 20th, and Saturday, November 21st, to help with package pickup at Second Sole in Rocky River. If you would like to volunteer, contact me at jjnainiger@yahoo.com, or call or text me at 440-759-9495.

Carolyn L. Farrell Foundation For Brain Health

Join us on Friday, November 6th, 2015 for an Open House and Grand Opening of our New Studio 

Regency Center
26040 Detroit Rd.
Westlake, Ohio

From 4 to 7 p.m.

Tour the studio and view our student's artwork. Take advantage of our art sale and Holiday gifts.

Light hors d'oeuvres and refreshments will be served.

Hope to see you there!

Charlie Farrell

Happy Birthday

November

Don Ashmun
Julie Bell
Mark Breudigam
Cristy Carlson
Megan Coe
Jessie Cooper
Chris Cowen
Robert Cromley
Glenn Dumonthier
Polly Furey
Marion Good
David Jablonowski
Lou Karl
Cathy Leonard
Jim Lupton
Toni Massa
Kathryn Metz
Valerie Molinski
Bob Myers
Rachel Napolitano
Susan Oldrieve
Angie Ridgel
Fraser Sims
Kurt Seeger
Daniel Stock
Mark Sukie
James Taylor

December

Pat Agnello
Michael Albanese
Matthew Brady
John Delzani
Nancy Desmond
Mary Dettmer
Bob Ellis
Sally Fell
Patricia Habenicht
Robert Kaiden
John Kernya
Paul Lefelhocz
Hamilton Lewis
John Miscik
Charlie McNeeley
Jim Powers
Laszlo Somogyi
Daniel Straitiff
John Syrowski
David Watters Sherlock
Ben Whiting
Judy Zangmeister
Tim Zwick

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

Upcoming Races

St. Luke Church Pilgrim Run 5K & Michalko Mile

<http://peaceracing.com/pilgrim-run-2015>

SATURDAY NOVEMBER 14TH

8:00 – 9:15 am Race Day Registration

9:00 am – Michalko Mile Youth Run

9:30 am – 5K Race

LAKEWOOD PARK

14532 Lake Ave. Lakewood, Ohio

PRE-REGISTRATION FEES

Individual 5K and 1 Mile – \$20

(one form for each runner)

Family of 4 (5K) – \$60 (Mail-in only)

(\$15 each additional runner)

47th annual Penton Memorial 10K Cross Country Turkey Trot

THURSDAY, NOVEMBER 26TH

9:00 am Thanksgiving morning at Lorain County Community College

Come out to the most challenging and fun Thanksgiving Day run!

Stay for the post race raffle!

\$20 with long sleeve t shirt, \$10 without

Register online at www.lorainccc.edu

For more information, please contact Jim Powers at LCCC

440.366.7652

jpowers@lorainccc.edu



CWRRC, Athleta Host Running Clinic

The just-opened Athleta apparel store at Crocker Park has asked Cleveland West to lead a running clinic Saturday, November 7th, from 9 to 11 a.m. Anyone may attend without charge; the store is promoting its outdoor winter running clothes for women. Joanna Brell, Kathy Dugan and Heather Kuch will give a 45-minute talk on winter running and lead a fun run from the store. The store will have post-run snacks and discounts on their winter running clothes for participants. Invite your friends. Look for future activities with the Crocker Park store and CWRRC. To learn more about Athleta, visit <http://stores.athleta.net/store-7590>.



Preregistration & Packet Pick-Up:

Second Sole, 19341 Detroit Ave., Rocky River, OH 44116

**Fri, Nov 20th,
noon to 6:00 p.m.**

**Saturday, Nov 21st,
noon to 5:30 p.m.**

**also day of race
beginning at 7:30 a.m.**

40TH Annual Fall Classic Half Marathon & 5K

SUNDAY, NOVEMBER 22ND

Cleveland West Road Runners Club

Bonnie Park Reservation inside the Cleveland Metroparks

Full details and registration through the Cleveland West Road Runners website:
www.clewestrunningclub.org.

1st 700 registrants receive long sleeve tech shirt featuring Fox race logo (see "JACK" sporting the look above). Register ASAP to assure your shirt. They are going fast - just like you will on this flat fast course!

"Like" the Fall Classic Event on Facebook Fall Classic Half Marathon & 5K Event and then register for either the Half Marathon or 5K and be entered into a drawing to win family membership to the Rock n Roll Hall of Fame and Museum. One winner chosen from the preregistered racers for the Half and another winner chosen from the 5K preregistered racers

Great spread of food & drinks on race day to restore your energy and fill you up. Pasta sponsored by Welcome House; Nooma will be there to rehydrate you; fresh fruit from Whole Foods; hot chocolate and more.

All Half Marathon finishers receive cool fox logo medal. All kids 14 & under finishing the 5K receive a medal.

Age group awards plus awards for Overall, Master and Grandmaster in both races.

As a CWRRC club dues-paying member, you get  discount on race entry. Just enter the code "CWRRC" during the registration checkout process online. Also, invite a friend to join the club. First time joiners to Cle West Running Club can become a member now through the club website and have membership apply now through end of 2016 and receive Discount Code to use for this race! Join Cle West now on the Contact/Join page of our website!

Race is chip timed and live streaming and texting of results available.

**Thank you
to our sponsors**

**The Rock and Roll
Hall of Fame and Museum**
<http://rockhall.com>

Welcome House
<http://www.welcomehouseinc.org>

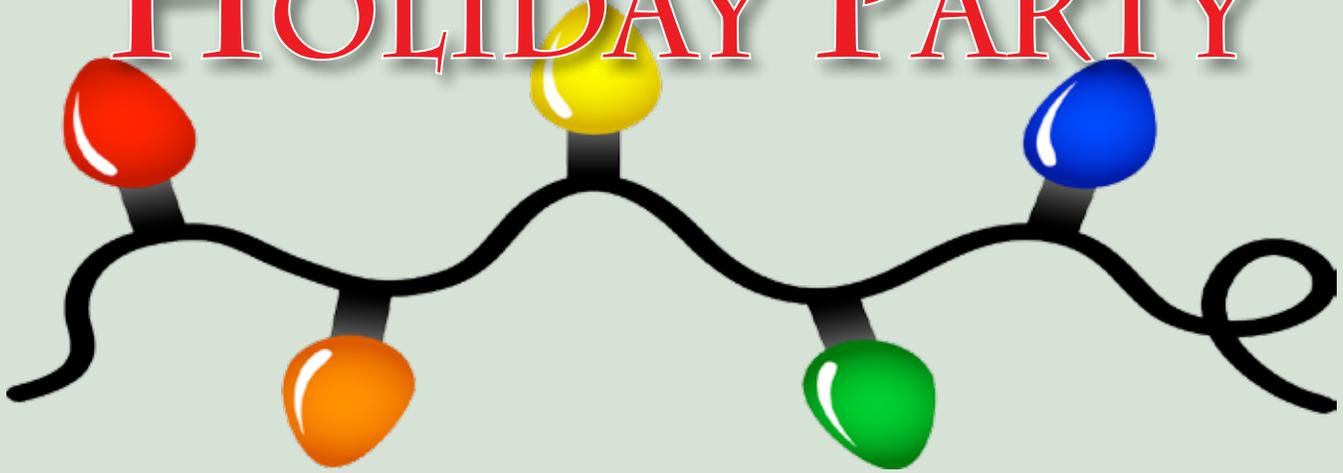
Liberty Ford
<http://www.welcomehouseinc.org>

Nooma
<http://www.drinknooma.com>

Whole Foods Market
<http://www.wholefoodsmarket.com>

NovaCare Rehabilitation
<http://www.novacare.com>

COME TO THE HOLIDAY PARTY



Cleveland West Road Runners 2015 Holiday Banquet

SATURDAY, DECEMBER 12TH

Cost: • \$25 per person (includes two drink tickets)

• \$15 for members who have volunteered at three or more of the events listed below.

Location: Beachcliff Tavern

19245 Detroit Road, Rocky River, Ohio 44116

**Limited Seating! PLEASE RSVP by Saturday, November 28th
6:00 p.m. to Midnight (Dinner at 6:30 p.m.)**

Member's Name: _____

Number of Guests Having Dinner: _____

Events worked in 2015: (please mark with an X)

- Spring in the Park - Women's 10K Bay Days 5-Miler Fall Classic
 River Run Half Marathon Towpath Expo Hosted a Newsletter Assembly



Please make checks payable to:

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

JOIN US ON SUNDAY NOVEMBER 8th

15th Annual GALlop for Children

5K Road Race/Walk - 1/2 Mile Kids Fun Run



Proceeds help purchase gifts, toys, books, winter-wear, shoes, and other wishes and necessities for abused, neglected and needy children in the Greater Cleveland area.

SUNDAY, NOVEMBER 8, 2015

Registration: 7:30 - 9:00 a.m.

1/2 Mile Kids' Fun Run: 9:00 a.m.

5k Road Race/Walk: 9:15 a.m.

YOUR PAID REGISTRATION INCLUDES:

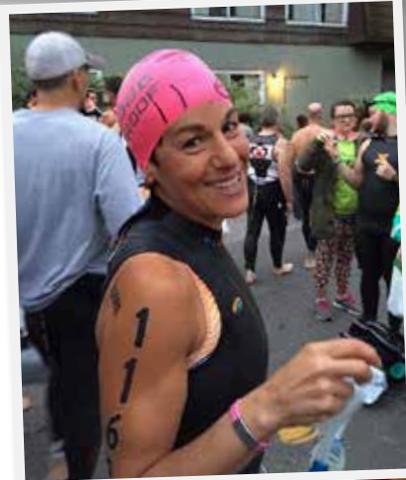
- FREE Zoo admission for the entire day and a special discounted rate for your family and fans!
- A really cool, long sleeve tech shirt!
- A shot at CASH PRIZES (\$250 - \$150 - \$100) Overall Top 3 Male and Top 3 Female! \$50 to select mid-pack participants!
- 1/2 mile participants age 14 and under are awarded a ribbon, t-shirt, and goodies.
- Healthy refreshments along with coffee, hot chocolate, and homemade cookies provided after the race! Participants vote for their favorite cookie in the Runners' Favorite Cookie Contest

CLEVELAND METROPARKS ZOO

3900 Wildlife Way
Cleveland, OH 44109



Race Results



July 5th

Ironman Muskoka, Ontario

Beth Darmstadter, 13:54, AG12

September 12th

Rev3 Half Ironman, Sandusky

Beth Kalapo, 6:30:23

September 13th

River Run Half Marathon, Cleveland

Mike Schipper, 1:37:42

October 11th

Towpath Marathon, Peninsula

Mike Schipper, 3:35:35 BQ

October 11th

Towpath 10K, Peninsula

Joanna Brell, 51:10 AG3

October 18th

Detroit Free Press Marathon

Heather Kuch, 3:55:17 PR

Please Note

Articles for the January/February *FootNotes* must be submitted by Sunday, December 20th.

Material received after the 20th may be published in the following issue.

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

Join Us

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

2016 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