

Zero to 100 In Four Years

Part I

By John Herraghty

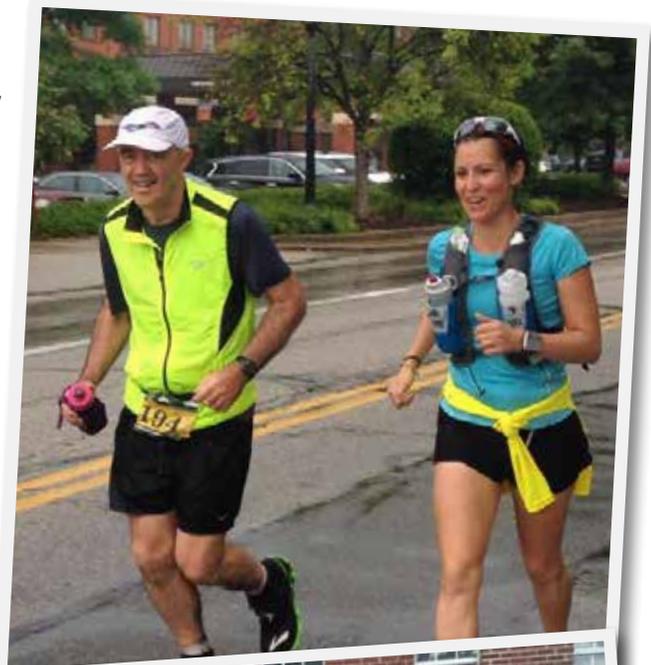
Editor's Note: This is the first in a two-part series on Herraghty's four-year progression to running the Burning River 100 Mile Endurance Run in August. The second part of the series will appear in the November/December issue of FootNotes.

Four years ago, I didn't run. Fast forward to today. I'm 58 years old, it's 4:50 a.m. on a hot, humid August day in Northern Ohio, and my first ever 100-mile start at the Burning River 100 Mile Endurance Run is 10 minutes away. I feel a little cold. It's very humid and the grass is so damp from dew, it's as though it has just stopped raining. I'm not nervous. I know the start will be slow, and I also know if I make it to the final 15 miles ahead of the cut-off times, I will complete 100 miles, even if it means I have to run on battered legs to the finish. I am prepared. I have trained. I am confident. Basically, I am at this point feeling, well, omnipotent. The trick for me is not to run so fast that the pace is unsustainable, but to run fast enough that I can make the cutoffs at the 20 aid stations along the way.

I'm often asked: "How do you plan to run 100 miles?" and the trite answer is to stay upright and keep moving forward. Another answer could be a little more complicated. You cannot wake up and decide to run 100 miles unless you have been training hard and have a lot of ultra-running experience or have a phenomenal pain threshold, or a combination of the two. I can often explain it by referencing the day I bought a \$100 bicycle on a whim, and had fun riding it. I made a vow that I would never, ever become one of those spandex/lycra/dayglo \$2,000 bike-pedaling exercise freaks whose existence on the streets pointed more to the balance in their wallet than any physical prowess they could possibly stuff inside dayglo lycra.

I started to ride my used bicycle wearing jeans and a t-shirt on a hopelessly large (for me) bicycle frame. This would have worked well if I had stayed within a two-mile radius of my home. After a while, the jeans rubbed my thighs, creating something close to first-degree burns, so, I conceded the jeans battle and went to an old pair of soccer shorts. My mileage slowly climbed beyond the 30-mile mark, and I began addressing chafing on my legs from the bike saddle. Making a huge leap, I broke down and bought lycra-padded bike shorts (but kept my cotton t-shirt and old tennis shoes).

(continued on page 4)



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

Mondays: 6:30 p.m. Rocky River Metroparks, South Mastick Picnic Area

Thursdays: 6:00 p.m. Rocky River Nature Center, North Olmsted, Ohio

CWRRC Web Page:
www.clevelandwestrunningclub.org

CWRRC Membership Benefits

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

2014 CWRRC Officers

President Heidi Finniff
Vice-President Greg Lampert
Treasurer Dan Straitiff
Secretary Mark Brinich

Committees & Coordinators

Race Equipment Manager Open
Race Trophies Maureen Scullin
Mohican 100 Race Director Ryan O'Dell
Mohican 100 Liaison Chris Kaylor
Spring Classic Race Directors
. Heidi Finniff & Joanna Brell
Bay Days Race Director Rich Oldrieve
Fall Classic Race Director Heidi Finniff
RRCA Liaison Open
Prediction Run Race Director Art Moore
Race Volunteer Coordinator Melissa Miller
Race Results Coordinator Mark Brinich
Postal Liaison Eleanor Royko
Membership Chairperson Mark Brinich
Newsletter Distribution Kathy Dugan
Club Archivist Therese Corrigan
Youth Coordinator Charles Farrell
Sponsor Coordinator Open
USA Track & Field Liaison Rich Oldrieve
Web Master Chip Cooper
Newsletter Editor Cathy Leonard
Newsletter Graphic Designer Chip Cooper

Standing In For The Prez

By Dan Straitiff

When the time came to write this column our president had “kited” off (literally and figuratively) on a much-deserved vacation. That is probably not the best term to use in reference to a banker. Regardless, we look forward to her return, all refreshed and soaring with new energy.

One of the possible origins of the word “autumn” is “auctumnus,” related to “auctus,” meaning “increase” and as a runner, I have that feeling of an increase of activity this time of year. A lot of vacations are complete (except our Pres’), school is back in session, and as the weather starts to crisp, a new season of races, events and outings are before us. September and October often present some of the best running conditions and our parks and trails transition to fantastic and colorful displays. For Cleveland-West Road Runners, our big event this time of year is the Fall Classic, to be held November 23rd at Bonnie Park. This is a half marathon and a 5K, and details can be found on our web site and on Facebook. Everyone please help to spread the word to promote the race. Volunteers are needed to assure this race continues to be a success, so please consider helping out.

As summer drew to a close, the annual club picnic was held at Mastick Woods and it was wonderful to connect with both long-time members and some newer participants. Thank you to Mark Brinich, John Delzani and many others for the organizing and culinary mastery on those burgers and dogs.

The process to nominate and affirm new officers for Cleveland-West progresses as this article is being written with a vote planned at the beginning of September. This club succeeds through the active involvement and support of all of its members whether that be by serving as an officer, leading a committee or a coordinator role, volunteering at a race or event, helping to promote the Club and its many activities, and by just showing up at or attending any of the many events. Over the next few months, I hope everyone reading this will make it their goal to invite at least one new person to come to any of our activities and promote the growth and dynamics of Cleveland-West.

The new social-media channel launches this summer, and *Meetup.com/Cleveland-West-Running-Club* continues to prove to be a big success. In just a few months since establishing the site, more than 50 runners have joined the site, most of whom are new to Cleveland-West Roadrunners. We are promoting all of our events on this site in parallel to Facebook and the original web site and have drawn quite a few new participants to recent events through this channel. Many thanks to Mike Hawe for proposing and implementing this new social media channel. If anyone else has ideas on new ways to communicate and promote the club, please let an officer know.

Since I opened with some loose Latin, I might as well close in the same way. “Non impediti ratione cogitationis,” which translates to “unencumbered by the thought process.



River Run Volunteers Needed

Okay, kinda last minute, but sometimes those are the best times to volunteer!

We need bodies to volunteer at the River Run on Sunday, September 7th. If you're not running and don't have plans, come on down! We're looking for people to work a water stop at the 10-mile mark. To be honest, this is a coup for the club as well; CWRRC earns money for manning the water stop. So come on out!

The location is about three-quarters of a mile south of Little Met Golf Course and about 200 yards north of the entrance to Big Met Golf Course. Arrive between 7:30 and 8 a.m. If you're there by 8, you can park by the water stop, at Big Met or at Little Met. After 8 you will probably only be able to park at Little Met. Cleanup typically runs to 10 or 10:30-ish. People are welcome to help out even if they have to leave early. Folks can direct their RSVPs to Mark Breudigam, at mbreudigam@yahoo.com. Thanks!

CWRRC Merchandise Available

By Kathy Dugan

Back to School / Fall clearance sale. We have the following CWRRC merchandise for sale. Feel free to contact me about a point-of-purchase handoff location. You can reach me at dugan56@hotmail.com, or H 440-333-1743 / W 440-930-3119.

Light Gray Hoodie with classic Cleveland West Running Club logo - Unisex sizing, \$20 each. XS * marked Small, but 100% cotton and runs small, Med, X- Large and X XL cotton / poly blend. (No Large) [For reference, I own size Med.]

Green, "Race Ready" shorts with CWRRC logo, plenty of pockets for GU, etc. Quick dry blend with brief. \$30 each. Ladies Small, Large and XL. Men's Med and Large. [For reference, I own Ladies Small.]

Light Gray short sleeve, crew neck dri fit / cotton poly blend running shirt with CWRRC logo mid-chest. \$15 each. Ladies XS and Small. Men's XS, Small, Large, XL and XXL - no Medium. [For reference, I own Ladies Med.]



At an August Saturday morning run, there was a Kathy convergence. One run, six Kath/Caths.

Briniches Host Assembly/Club Officer Elections

By Kathy Dugan

Diane and Mark Brinich will host the Wednesday, November 5th newsletter assembly and CWRRC officer elections. Be sure to join us at 6 p.m.

Their home is located at 1456 Waterbury Ave., Lakewood 44107, right up the street from St. Edward High School. Parking is available on the street and in their driveway. Call 216-521-1360 with questions.

The club will provide pizza. Please bring your own beverage as well as a friend and potential new member.

A shout out to Joanna Brell and Mike Schipper for hosting the September event. There is a movement underfoot to make their Edgewater Drive home our official clubhouse.

Towpath Expo Volunteers Needed

By Kathy Dugan

Save the dates: Friday, October 10th — Sunday, October 12th, for the Towpath Marathon weekend of events.

EXPO and packet pick up will be held at: Boston Mills Ski Resort, 7100 Riverview Rd., Peninsula, OH 44264.

Friday, October 10th, 3-7 p.m.

Saturday, October 11th, 9 a.m.-5 p.m.

Marathon, Half Marathon and 10K to be held Sunday, October 12th.

Visit www.towpathtriology.net for all the details.



Race Report & Results

August 23rd

Moebius Green Monster 50K

Sunny Lake Park, Aurora

Glenn Dumonthier, 6:40

Mike Epp, 5:35, 1st overall

Happy Birthday

September

Pat Ashmun
Jan Babbit
Christa Blum
Kelly Fargo
Jackie Czarnola
Holly Higgs
Leo Lightner
Jim Mackert
Melissa Miller
Gretty Myers
John Nakel
Barry Pawson
Frank Petrik
William M. Prebel
Joyce Prohaska
Andy Rattray
Vagn Steen
Mike Twigg
Melissa Vacca
John Zangmeister
Zenek Zapotocky

October

Andrew Bemmer
Mark Brinich
Charles Cooper
Tom Cullen
Carol Culley
Beth Darmstadter
Tamie Digman
Steve Fagerhaug
Amy Kaylor
Gerri Kornblut
Tom Nowel
Karen Powell
William Reidy
Dani Sheppa
Jim Turpin
David Young

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

After 18 months of enthusiastic cycling, I had become a spandex/lycra/dayglo \$1,000 bike-pedaling exercise freak - one small purchase at a time. I had progressed to riding 100 miles on a Saturday morning, arriving back home in time for a late lunch. The bicycle riding taught me how to address each weakness I encountered as the distance progressed.

I approached training for my first 100-mile run the same way: keep going, find out what breaks and what conditions contribute to it breaking. Fix it, and then find the next set of conditions contributing to the next breakage. Fix that until there is nothing left to fix in my target distance.

Turtle Tracks

The transition to running came largely due to my partner Gerri. Frankly, I was jealous of Gerri and her friends who so effortlessly moved under their own power for miles at a time in a most pure and graceful expression of movement. Gerri ignited the running spark in me initially by luring me onto a six-mile trail loop (Ironically, it's all part of the trail that made up my first 100-mile run). We traversed a six-mile loop every night. She encouraged me to run whatever I could, which was about 100 yards the first night. The other 5.95 miles was walking.

Thanks to her patience, and willingness to spend time with a turtle, my run/walk ratio increased and after two relentless months, I slowly shuffled the entire six miles. I listened to the tales of other runners. I watched, I joined running clubs, I even tried to run on club runs. On every club run, we gathered, we talked, we joked, and then started running. Forty-five seconds later, all I could see was the back sides of my running companions, who were already out of talking range.

So, I stopped attending club runs. Solo runs became my refuge. I found I could put my tunes on, disappear into the tunes and wake up seven miles later. Perfect. Slowly, my endurance increased. One day, I almost ran 10 miles, and it was obviously time to sign up for a half marathon.

And that's how I entered my first half. Yes, I was under trained. Yes, I knew I could get through it. No, I wasn't going to run fast. Yes, I went with 40 ounces of water, and half a dozen gels, two MP3 players, a smartphone mapping the run, my special sweat rag and a feeling that I was about to run from California to New York, via Tierra Del Fuego. I struggled. In the last six miles my legs ached more with each yard. I turned the music louder. It inspired me in five-second batches before pain flooded back through me. Eventually I finished in something like two hours and 25 minutes.

I felt really proud of myself for about 11 seconds, or until I crossed the finish line and saw all the other runners from the club who had finished an hour before me, were looking horribly relaxed and were already on their third beers. It took me three days to recover. Clearly, I still had some work to do.

Cranking Up The Mileage

A few weeks after the half, Gerri was going to run a local marathon. I decided to sign up for the half marathon; we could at least run it together. When I logged onto the race web site, I saw the price of the full marathon was only \$10 more than the half marathon. Running that half marathon sounded like a rip-off to me, so I signed up for the full marathon. I'm not stupid; I know the value of a dollar and how to get the most out of it.



I may have had a long run of perhaps 13.1 miles (my half marathon) before my best long training run came along. It was pouring rain, and Gerri and I ran our original six-mile trail, three times. As Gerri pointed out, I needed to know what pain actually felt like so I could overcome it during the race. I completed 18 miles of wet purgatory, in pain of course. Excellent, I thought. If I can do 18, I can do 26.2 no problem. Any chump can gut it out for eight miles. I was good to go.



We drove to the race the night before, went to a delightful place for dinner just around the corner from the hotel, and I discovered the wonderful local microbrews.

Yummy. I got back to the hotel late, laid out my gear for the morning, and had (thank you wonderful microbrews) no problem falling asleep.

In the early morning, feeling cold and nervous, I had just one more cup of coffee. I found a porta-potty, stood in line, left the line, peed in bushes, headed back to the corral, wished I had more coffee, thought of GU, got pavlovian, thought of hurling. I stopped thinking about GU.

I second-guessed the prudence relating to the previous night's yummy microbrew consumption. The starting line band (I was so far back it was hard to hear) belted out "The highway's jammed with broken heroes on a last chance power drive. Everybody's out on the run tonight, but there's no place left to hide ... Baby we were born to run ..." I adjusted the MP3 player, started walking, at an ever-increasing rate, and eventually began a slow jog. I was surrounded for miles by jogging humans. I spotted experienced runners, and picked out those I thought were running their first half or full marathon. Was I transparent too, I wondered? Was I being viewed by other race participants as a grizzled veteran of dozens of marathons, or an undertrained, under-qualified, completely-out-of-his-depth old fart runner wannabe?

My musing waned as, at the six-mile mark, pain started creeping in. I relaxed into the suck (a military term). Suck equals pain — quads, calves, back, chafing. If I was going to finish my first marathon, I was going to have to suck it up.

To be continued ... in the November/December issue of FootNotes.

Trek To Film: Camino de Santiago

By Gretty Myers

Many of you have asked about an early June trek a few members of CWRRC made in Spain. Here's an opportunity to find out more about the Camino de Santiago. A documentary will be showing at the Cleveland Cinematheque in early October. The documentary, titled "Walking The Camino: Six Ways To Santiago," illustrates the journey many undertake to visit the Santiago de Compostela.

The film will be shown at Cleveland Cinematheque, 11141 East Blvd., at the corner of East Boulevard and Bellflower Road in Cleveland, 44106. Phone is 216-421-7450.

Free parking is available in the Cleveland Institute of Art lots adjacent to the theatre.

Screenings are currently listed on October 4th, at 6:45 p.m., and October 5th, at 4:15 p.m.

Please Join Carol And Charlie Farrell For Dinner

At the

Carolyn L Farrell
Foundation Art Show & Sale

October 11, 2014, 5 p.m.,
Rocky River Memorial Hall
\$30 per plate

Bring an elder friend, enjoy the entertainment, and learn about our innovative art program, Creative Connections, designed to bring meaning, purpose and joy into the lives of elders.

For more information, contact Charlie Farrell at drcjf1@gmail.com.





Thank You, Cleveland-West!

By Tara Taylor

We'd like to extend our gratitude to CWRRC for the club's support of the 500 We Run This City (WRTC) students that crossed the finish line of the 2014 Rite Aid Cleveland Marathon.

As runners, you will have another opportunity to help the WRTC organization. When registering for the Rite Aid Cleveland Marathon, to be held on May 16th, 2015, please use the code Run4WRTC. For each runner using the code, WRTC will receive funds from Cleveland Marathon Charities.



Wandering Wonderland for the Westside

By Maureen Scullin

I usually don't notice my surroundings with great detail when I run. While it's good to pay attention for safety reasons, I am assuming that, along with many other runners or power walkers, I tend to look more downward. Yes, I've found money on the road and, during the Rite-Aid (or whatever name applied) half marathon about eight years ago, I found a bag of pot sitting in the gutter near the Harp Restaurant. That's a different tale to tell, however, and no I didn't partake.

But I found myself looking upward and outward when I ran with the Westside Wanderers on August 27th. This is a new group

that meets on the last Wednesday of the month. The first outing was in Bay Village, the second in Lakewood. Gordon Square was the chosen location for the third month.

This wasn't a race or a power run workout but it was fun. Dan Straitiff was the host runner. About 15 runners met at the Stone Mad Restaurant on West 65th. After some casual introductions, Dan led us on a four-mile running and stopping excursion through the neighborhood. I am familiar with many areas of Cleveland. Tremont, Ohio City, West Park, Old Brooklyn and the Flats are a few areas that I have spent more than a little bit of time in. And the western suburbs are well travelled. I've even crossed the Cuyahoga and have some familiarity with the eastside neighborhoods.

As a running tourist of the Gordon Square, I learned which buildings were speakeasies during prohibition. Notable houses of famous local celebrities were pointed out. Regardless of one's religious convictions, churches were showcased for their historical impact on the neighborhood and beautiful architectural designs. But the best part was running through the vibrancy of the neighborhood streets and seeing the homes of people like you or me. Community gardens of various sizes stood out in open lots. The newly built, eco-friendly condominiums butted up against the older traditional homes that boast porches with wooden railings.

The outstanding late summer weather brought out lots of locals and it was fun to see everyone about town. After our run, the group ended up at Stone Mad for some refreshments. Several people who couldn't take part in the run met us on the outdoor patio.

I'm not certain about the location of the next neighborhood wandering but it was fun to learn about new parts of north-east Ohio. Every neighborhood and every town and suburb has plenty of secrets and trivia-inspiring facts that make what might seem a boring place to live quite exciting.

Three Upcoming Peace Racing Events

3rd Annual Friends of Mothers & Infants Stroll & Roll 5K & 1 Mile

Saturday, October 4th

West Park Station Restaurant and Bar, 17015 Lorain Ave., Cleveland, 44111

<http://peaceracing.com/stroll-roll-2014/>

8:30-9:15 a.m. - Race-Day Registration

9:30 a.m. - 1 mile Fun Run

10:00 a.m. - 5K Race

LUMC Mission in Action 5K & Family Walk/Run

Sunday, October 19th

Edgewater Park

<http://peaceracing.com/lumc-mission-in-action-5k-1-mile-family-runwalk/>

12:30-2:15 p.m. - Race Day Registration

2:00 p.m. - 1 Mile Start

2:30 p.m. - 5K Start

10th Annual Michalko Mile & St. Luke Pilgrim 5K

Saturday, November 15th

Lakewood Park

<http://peaceracing.com/st-luke-church-pilgrim-run-5k-michalko-mile/>

8:00 - 9:15 a.m. Race Day Registration

9:00 a.m. - Michalko Mile Youth Run

9:30 a.m. - 5K Race



SUNDAY, OCTOBER 12th - www.towpathtrilogy.net

First Name _____ Last Name _____

Street _____ City _____ State _____ Zip _____

Day Phone _____ Evening Phone _____ Email _____

Signature _____ Date _____ Sex _____ Age _____

Shirt Size: **circle** : (Men's) S M L XL XXL (**add \$2 for XXL**) (Women's) S M L XL

Date of Birth _____ Age on Race Day _____ WALKER _____

Parent/Guardian must sign if participant is under 18 on race day. We do not accept entries for persons under the age of 16 for the full, 14 for the half and 13 for the 10K.

Parent Signature _____ Date _____

RACE LENGTH AND ENTRY FEE: (please circle amount of payment)

Full Marathon \$70 before 2/1 \$75 before 4/1 \$80 before 9/1 \$85 before 10/10 \$95 expo

Half Marathon \$50 before 2/1 \$60 before 4/1 \$65 before 9/1 \$70 before 10/10 \$85 expo

10K \$35 before 2/1 \$40 before 4/1 \$45 before 10/10 \$55 expo

Mail my Bib: _____ Yes (add \$10) **BIB MAIL OUT DEADLINE 9/22/2014-No "day of" race packet pick-up.**

Total Cost - race fee + D-Tag (\$10) if used + credit card fee (\$2) if credit card used = _____

PAYMENT: (check one) ___Check ___*MasterCard ___*Visa ___*AmEx ___*Discover ___Cash

Credit Card Number _____ Exp Date _____

Print Name on Account _____

Signature _____

Please make checks payable to Ohio Canal Corridor and mail to:

Ohio Canal Corridor / PO Box 609420, Cleveland, Ohio 44109 Phone: 216-520-1825 Fax: 216-520-1833

***Note that credit card orders will be charged an additional \$2 per transaction**

Release: In consideration of your acceptance of this entry, I/we hereby, for myself, my heirs, executors, and administrators, waive, release and discharge Ohio Canal Corridor, Cuyahoga Valley National Park and any additional hosts or sponsors of the Towpath Marathon and any agent, representative, or employee of the preceding, from any and all claims, demands or causes of action. I/we agree to indemnify and hold each of them harmless for any and all injuries suffered or alleged to be suffered in connection with such event. I/we acknowledge the awareness of the complete assumption of responsibility for the risks involved in this event, and I/we understand the terms of this release. I/we am/are physically fit and have trained sufficiently to compete in this event. I hereby grant full permission to any or all of the foregoing to use any photographs, videotapes, motion pictures, recordings and/or other record of this event for any legitimate purpose. All race entries are non-refundable. The race director reserves the right to refuse entries. I also provide permission to Ohio Canal Corridor to use photographs and videos of me as a race participant to promote their races and organization. As a result of signing this mail in registration you are obligated to be aware of all race rules and regulations listed under the FAQ section of our website www.towpathtrilogy.net.

Please Note

Articles for the November/December *FootNotes* must be submitted by Sunday, October 19th.

Material received after the 19th may be published in the following issue.

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

Join Us

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

2014 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

Send my newsletter via: Email U.S. Postal Service Mail

Type of membership: New Renewal

Individual \$20.00 Family \$25.00 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