

## MANSFIELD AREA RUNNERS,

HERE IS YOUR 43rd 2008 LOCAL RUNNERS WEEKLY NEWSLETTER!

**WHAT'S IN IT FOR YOU? CLUB RUNS** Mornings + Tuesday Evenings + Weekends  
**CLUB OFFERS** Y Running Caps + Run Wild Racing Entry Fee Discount + Columbus Running Company Merchandise Discount  
**RACES AND EVENTS** Wild Run 5K + Wechter 5K + Ohio Club Team Challenge + Turkey Trot + Snowflake Run + Tour De Ashland  
**CLUB RUN REPORTS** Seventeen ran last Tuesday + Fourteen ran last Sunday +  
**REPORTS AND REPLIES** How can I reset an Edge or Forerunner? + Another race to add to your list + all of the proceeds will be donated to Toy Time + the only runners that are too slow are those who don't show up for a run + Boomerang 5K reports + Columbus reports +  
**CLUB MEMBERSHIP** Participation and Association **CLUB MEMBER GOALS** start some new running friendships **CLUB MEMBER PR'S** A list of Personal Records "New one added"  
**CLUB LINKS** To races and other running info **QUOTES** "Crossing the marathon finish line"

+++ CLUB RUNS +++

**WEEKDAY MORNING RUNS:** Anyone who wants to run in the mornings during the week please call me the night before. Phone # 419-512-6761 Thanks, Eric Two to three times a week Eric, Mark O, Scott, Ellen, Annette, Vanessa, Leslie and Michelle and others have been having some great morning runs!!!

**TUESDAY EVENING CLUB RUNS:** Every Tuesday we meet at 6:30pm at the main entrance to the Mansfield Area Y for a 3.8 mile run (some run it twice) through the Woodlands. Tuesday evening route: <http://www.mapmyrun.com/run/united-states/oh/mansfield/498997656>

Afterwards we go to Rancho Fiesta for a Post Run Endorphin Rush!

**WEEKEND CLUB RUNS:** We will be meeting this Sunday morning, November 2nd at 8:00am at the Y.

**Host a Weekend Run!** YOU Pick the date, SATURDAY or SUNDAY, pick the place, pick the time and map the route. Contact Bob 419-589-7466 or reply to this e-mail. Hosting a run is absolutely the best way to contribute to our running club!

+++ CLUB OFFERS +++

**YMCA RUNNING CAPS:** The Y has running hats for sale. Nice ones that will keep the rain out of your face and sun off your head. They are discounted for Club Members. All you have to do is tell a person at the main desk that you are with the Mansfield Area Running Club and that you would like to see a running hat. Fork over \$11.50 and "Ta-Da!" it's yours!

**RUN WILD RACING:** Run Wild Racing has offered our club a standing \$5.00 discount off entry fees throughout 2008. Go to [www.runwildracing.com](http://www.runwildracing.com) to register. Your discount code for online registration is MARC. Contact: Jennifer Smith, Marketing Coordinator, Victory Man Racing, LLC. dba Run Wild Racing, 614-207-7893 or [jsmith@victorymanracing.com](mailto:jsmith@victorymanracing.com)

**COLUMBUS RUNNING COMPANY:** Matt Deleon of Columbus Running Company is happy to offer club members a club discount on items purchased. <http://www.columbusrunning.com/>

## + + + RACES AND EVENTS + + +

The following Races and Events are listed for your awareness to let you know who is running what and what races or events there are to participate in. If you are running a race that isn't listed or are not listed with a race that is listed please let the newsletter guy know so info can be updated. It is really neat to see who is doing what!!! This also inspires others to participate!!!

**8th ANNUAL WILD RUN 5K:** Sunday, November 2<sup>nd</sup>, at 1:30pm at **Headwaters Outdoor Education Center** at Mt. Gilead. This is a cross country 5k course.

**Rich and Dave** ran this one last year with their **sons** and had a great time!

**LOUIS WECHTER MEMORIAL 5K RUN AND WALK:** Saturday, November 8<sup>th</sup>, at 4:00pm at the **American Legion** in New Washington. Proceeds from this race will benefit the **American Cancer Society**. They will be serving hot soup and having a bake sale for a donation. There are great door prizes that include tickets to **Cedar Point**. Info: **George** or **Christine Wechter** @ 419-565-2889 or [cwechter@nvacleveland.org](mailto:cwechter@nvacleveland.org)

Many of **us** have ran this several times and I don't know what **we** like better the quick out n back country course or the post race hot soup and baked goods or the socializing or the door prizes or the great fall running weather!!! I guess **we** like it all!!!

**INNAUGURAL OHIO CLUB TEAM CHALLENGE:** Sunday, November 9<sup>th</sup> at 1:00pm at **Dublin Coffin High School**. Your team, small or large, is encouraged to participate in this event and especially at the post run social! This is a friendly way to connect with other teams and clubs at the **Trot for Tots 10k**. Post race gathering at the **Winking Lizard** on Bethel Road, Columbus. Proceeds go to benefit Nationwide Children's Hospital Toys for Tots.

The **Columbus Running Club** (**Graham's** home club) recognizes the benefit of having multiple running teams and clubs to promote running from a health and lifestyle aspect as well as a competitive sport. Info: See **Graham** or e-mail [gregcrow@columbus.rr.com](mailto:gregcrow@columbus.rr.com)

**TURKEY TROT:** Thanksgiving morning, November 27<sup>th</sup>, at 8:00am at the **Art Center** parking lot off of Marion Ave. This event has gone on for nearly 30 years and was started by the **Striders Running Club**. This is a run for all runners who want to get up on Thanksgiving morning and run. Your dog is welcome too! There are no costs to you (or your dog). It's free!!! Your award is a great time with a lot of other runners and the appetite you'll work up for the big feast!!! We start when someone yells GO! We run 5 miles or less if you like. There are short cuts which we don't mind if you want to take. We just want your participation on this glorious holiday.

This event is well attended by **60 to 70 runners** of all paces and run / walkers. Most run just for the social fun of it. Afterwards we celebrate the day with a little tailgating (so bring some food and drink to share).

**MIFFLIN'S 1<sup>st</sup> ANNUAL SNOWFLAKE 5K RUN / WALK:** Saturday, December 6<sup>th</sup> at 9:00am at **Mifflin School** 441 Reed Road. All proceeds go to **Toy Time**. Contact **Amy Huff** 419-892-1956 or **Bethany Shambre** 419-512-7952.

**Amy Huff**, one of our own running club members, is organizing this race and for a worthy cause too!!! Great way to get in the spirit of Christmas!!!

**TOUR De ASHLAND HALF MARATHON / TEAM RELAYS & 5K Run / Walk:** Saturday, December 6<sup>th</sup> at 9:00am at Ashland Stadium. Proceeds go to the Ashland Cross Country program. Info at [www.ashlandrunners.com](http://www.ashlandrunners.com)

**Race director Tim Black says**, "We were excited to see our numbers nearly double from our first to second year and hope you can join us for the 3<sup>rd</sup> running of the event!" **Tim also says**, "We are seeking volunteer support for the ½ Marathon. Anyone is welcome to help!"

### + + + CLUB RUN REPORTS + + +

**Fifteen ran our 42nd Tuesday Evening Club Run from the Y at 6:30pm.** On another chilly perfect for running fall evening Joy, Kay, Amy B, Graham, Doug H, CJ, Kevin (back for the third time) Wayne, Jim, Achilles & Rowena and their son Joseph, Christina who brought her friend Carrie to join us for the first time, Pam & Bob came out for this group club run.

Joy, Kay and Amy B ran the loop only two days after finishing the Columbus Half last weekend. Pam made hers a walk to Rancho after running the Columbus Marathon. **Go ladies Go!**

**Eleven went to Rancho Fiesta for our Post Run Endorphin Rush.** Sitting at three tables were Kay, Amy B, Doug H, Wayne, Jim, Achilles & Rowena and Joseph (with his Cadillac collection), Pam & Bob, Duane and Jeff who arrived better late than never. We discussed MCM (Wayne ran this last Sunday), leg massage, Columbus, group power, Myoplex (if you want some see Kay, she has two cases of this chocolate recovery drink high in protein), bagels & bananas, Michelle running Scissors (a double marathon only one week after running Columbus Marathon), water stops, starting lane conditions, triathlons and other topics too many to capture.



**Our next Tuesday Evening Club Run is tomorrow evening at the Y at 6:30pm.**

**Fourteen ran last Sunday for our 43rd Weekend Club Run at 8:00am at the Y and other places.** Up on this beautiful in the low 40s somewhat windy sunny Sunday morning were Deputy Rick, Duane, Ellen, Amy B, Pam & Bob and Jeff who joined us in the Woodlands ran the 5.5 mile Turkey Trot loop by Annette's corner and Cindy's house; Mike F, Kelly, Eric, and Karen & Steve ran 10 miles out Marion I'm guessing; Barb & Scott ran the trail.

**Our next Weekend Club Run is this Sunday morning, November 2nd at 8:00am at the Y.**

### + + + REPORTS AND REPLIES + + +

This section is where you can share what you like with other runners. It's also where e-mail received is shared that hi-lights the thoughts, concerns and ideas of club members and others who make contact with us. Especially of interest are race reports from you! Just write a few words about the race, what you liked about it, course description, how you did, anything special about it, first race, PR, the weather, etc. etc. etc. and send to the newsletter guy. We like reading about your running experiences!

**Wayne Snyder replies to Todd Redman: Question:** How can I reset an Edge or Forerunner 205/305 unit that has locked up?

**Todd,** I recently had a couple unexplained instances where my Forerunner 205 just quit working after I took it off the charger. Blank screen. No obvious attempt to power up or seek satellites.

Nothing. The **Garmin** website provided the following info in the FAQ section. Worked like a champ for me. Hope it helps. **Wayne Snyder**

**Answer:** If the **Forerunner** or **Edge** device has locked up during use, it can be reset by pressing the 'Mode' and 'Reset' (lap) buttons at the same time. In addition, please make sure that the device has the latest software version available. To update the software, please use the following link: <http://www.garmin.com/products/webupdater/>

**Newsletter guy responds:** **Todd** thanks for sharing your **question** and **Wayne** the **answer**. Many of our club members own **Garmins** and will find this info useful.

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**Rich Wasowski checks in:** **Bob**, Thanks for the newsletter and photos. Sounds like everyone did extremely well.

Another race to add to your list is the **8th Annual "Wild Run"** at **Headwaters Outdoor Education Center**. This is a 5K cross country course in Mt. Gilead. It's Sunday, November 2, at 1:30 PM.

**Dave** and I have run this the past couple of years.

My son has had soccer on Sunday mornings and Tuesdays (and now the play will take up Tuesdays), so I don't know when I will physically be able to join the group again, but know that I am with you in spirit. **Rich**

**Newsletter guy responds:** Hey **Rich** consider this race added! Thanks!!! And don't forget to give me a race report when **you** and **Dave** and **your sons** run this!!! OK!!! **Bob**

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**Amy Huff is organizing a race:** Hi **Bob!** **Amy Huff** - Our parents club for **Mifflin Elementary** (Madison Schools) is having a **5K** December 6th. All of the proceeds will be donated to Toy Time. Could you please mention this in the upcoming newsletters. I have attached the flyer for more information. Thank You! **Amy Huff**

**Newsletter guy responds:** Hi **Amy**, would be more than happy to make the Mansfield area running and walking community (see RACES AND EVENTS section on page 2 of this newsletter) aware of your race. And we will put flyers out at the **Y** too.

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**Mendy Lafon asks a question:** **Bob**, Where do you all meet at the **Y** on Tuesday???

**Newsletter guy responds:** Hi **Mendy**, Hey, love that question because it means we may see you out for a run... :-) We meet at 6:30pm right outside the main entrance or just inside in the hallway by the main doors. See you soon! **Bob**

**Mendy replies:** I am planning on coming out tomorrow night as long as my husband is home (he works out of town). I am slow so I just hope I am not too slow!!

However I did have my best time on Saturday at the **Boomerang 5K**--did it in 30:45...so I was excited!!! Hope to see you tomorrow and meet everyone!! Thanks **Mendy**

**Newsletter guy has to respond:** **Mendy**, the only runners that are too slow are those who don't show up for a run. We welcome you and others to join us no matter what pace you run at. And, excited you should be, you did a great job running the **Boomerang 5K!!!** And you will see that we have added your 30:45 to our CLUB MEMBER PR's list on page 9 of this newsletter. Let us know when you break 30:45!!! See you soon! **Bob**

**Ginger Ensmann reports:** What a wonderful showing of folks for the **Columbus Marathon**. Back here on the home front, I ran the **Boomerang 5K** at **North Lake Park** on Saturday. It was a beautiful morning for a run. We ran around the lake, up onto the bike path, out and back, once again around the lake to finish. Unfortunately there were less than 25 people at that race. Hopefully they will have more participation next year. I ran a 29:51, which was only my 4th time running since July (because of plantar fasciitis). (I am going to the doctor this week for a follow up. Hopefully I can continue to run, as I miss it a lot!) Enjoy! **Ginger**

**Newsletter guy responds:** Talked with **Art Hoffman** too who mentioned the low attendance at this race. He was 1<sup>st</sup> overall and won \$100 worth of prizes and got a free breakfast too! Sounds like everyone had a great time which is how it should be!!! Ohhhhhh plantar can be nasty to get over but happily you are back at it and hopefully you can continue! Thanks for the report!!! See you soon!!! **Bob**

+ + + **COLUMBUS MARATHON** + + +

**Rick Steward aka Decatur Rick checks in:** **Bob**, Great job Mansfield runners. I just looked at the results for the Columbus race. Congrats to all that accomplished their goals. Way to go **Deputy Rick, Brian, Duane** etc. You go guys! How about those Mansfield girls. Are those girls fast or what?!! Wish I could have been there to enjoy! What next?? **Rick**

**Decatur Rick just had to ask:** **Bob**, Did you run in **Columbus**? **Rick**

**Newsletter guy replies:** Hi **Rick**, No, I was busy taking "pictures..." It was really a great day and weekend. Thanks for keeping in touch! **Bob**

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**Scott Arnold reports on Columbus:** I finished the half in 2:40 which is what I thought (I figured I'd run around 2:35 to 2:45). I found a pacing group of 5:30 marathoners and stuck with them for the first 10 miles and then ran on ahead the last three. The **group** was a big help; it was nice not to think/worry about my pace.

Bought some new shoes on Saturday at **Fleet Feet** and asked if I should receive a discount for being part of our club and they gave me 10% off. I think they will do that for everyone. Did you know that? If not, you may want to call the owner and ask to make sure and then let everyone know.

**Newsletter guy responds:** Hey **Scott** great job on your first half in quite awhile!!! The people at **Fleet Feet** have been good to our club members. And, it was great to hear that **you** and **Barb** were out running last Sunday morning too!!! **Go Scott & Barb Go!!!**

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**Tim Flahaven owner of Fleet Feet on Polaris responds:** **Bob**, Great job with the Mansfield group. I saw **you** and **Pam** late in the day yesterday but was a bit punchy after running my race and then running around after the **MIT** people - thus I didn't wobble over to say hello. You are right - the weather was ideal. Keep up the great work in Mansfield - what a tremendous job you have done. **Tim Flahaven**

**Newsletter guy responds:** And **Tim** it was nice seeing you at **Columbus** too!!! Thanks for all you do for our running club!!! Gotta run!!! **Bob**

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**Scott Davis reports:** **Bob**, I am very happy to give you a race report for the **Columbus Marathon**! Simply put I ran out of my shoes. After much discussion with my support crew I gave up my old ways and agreed to start out slow and not get carried away with each split. I listened and the goal was to be around 7:40 for the first two miles and that I did. The real hard part came

next, don't look at my watch at every mile and I didn't. Now the next task was getting to the half between 1:37 and 1:39. That also worked, I crossed the 1/2 at 1:37:30. OK, now it was time to settle in and try and enjoy the run. The miles continued to roll off quickly and before I knew it there I was crossing the 20 mile mark and much to my surprise I still felt very good. One more mile to go and my pacer (Leslie) would jump in at 21 and try and pull me to the finish. We ran 22 with no problem. Mile 23 turned out to be my fastest of the day. Mile 24 still feeling great. The last two miles were the worst, the pain was really setting in by now. Had it not been for her there to help me along I don't know that I could have finished that strong, but I did with a negative split to boot! Great race, new PR by almost 7 minutes and I get to go to Boston in the spring!

How about that, getting older and still getting faster! For now it is back to training, I have the Goofy Challenge in January. Scott

**Newsletter guy responds:** Hey Scott great job in Columbus!!! You really have some running year going!!! And thanks for the great "detailed" report!!! And just to plant the seed, please make sure to send us reports after being Goofy at Disney with Eric and your first Boston!!! Thanks Bob

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**Alishia Dernbach responds:** Dear Bob, Thank you and Pam so much for the ride to Columbus. It was such a beautiful day and it is so nice to be with friends that enjoy the sport. I am so happy that Pam finished in such a good time. Hopefully I will see you soon. Congrats to everyone who ran Sunday and thank you so much for everyone who came to support us. It means a lot to me. Alishia Dernbach

**Newsletter guy responds:** And Alishia, we hope to see you soon too!!! We would love to have you join us some Tuesday evening for a club run through the Woodlands. Thanks for the reply!!! See you soon! Bob

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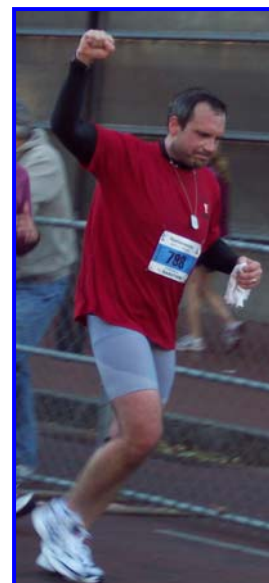
**John Russell reports:** Dear Mansfield Y Running friends, I did complete my first full in Columbus Sunday. I did FINISH in 5 hours after some struggles. It was good to hear from you every week. Keep up the good work. John Russell Columbus, OH

**Newsletter guy responds:** Hey John congratulations on finishing your first full marathon at Columbus. Thanks for keeping in touch with your running friends from Mansfield! Bob

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**Brian Coon reports:** It's a powerful feeling to accomplish something once thought to be impossible. The Nationwide Better Health Columbus 1/2 Marathon was my first half marathon and I don't think I could have asked for a better experience. From my vantage point in the back of the pack, the start of the race looked like a tidal wave of runners spilling out over the starting line. I was nervous and excited to be there and that excitement carried me through mile 8. The runners and the spectators took me the rest of the way. Total strangers giving you high fives and cheering you on. The live music was energizing and kicked me in the rear at just the right times. It was a fantastic and surreal experience crossing that finish line. Many thanks to you and the rest of the group who helped keep me motivated to do this. A special thanks to my wife Carla who doesn't run but who got up at 4 am in order to see me finish my first half marathon. It meant more to me than she knows. Thanks again, Brian

**Newsletter guy responds:** Hey Brian you did it and your picture says it all!!! Great job!!!! Bob



Brian Coon runs Columbus

**Ellen Eichler reports:** Hi Bob, Here are the pictures of Cayman (age 7) and Caden (age 5) after the Red Nose Run in Columbus. The boys are excited to see it in the newsletter. Thanks, Ellen Eichler

**Columbus Marathon website promotion:** Lace up your big old floppy clown ... uh, running shoes, put on your red nose, and meet us at the third annual **Nationwide Better Health Columbus Marathon Ringling Bros. and Barnum & Bailey® Red Nose Children's Run**. There will be a race for every child. The diaper dash (ages one to three) will be 60 yards; four- to five-year-olds will run .15 miles; six to eight-year-olds will run .35 miles; nine- to 11-year-olds will run .80 miles; and 12 to 14-year-olds will run a full mile. Additionally, there will be a wheelchair division. A real *Ringling Bros.* clown will keep the runners laughing the entire way. Saturday, October 17, 2009 at 1 p.m. **Franklin Park Adventure Center**, 747 East Broad Street Columbus, OH 43203

**Newsletter guy responds:** Ellen, Thanks for honoring my request for a picture of your sons at Columbus!!! It is neat to see parents encouraging their children toward the sport of running. **Alishia's** twin granddaughters ran too!



Cayman and Caden Eichler run Columbus

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**Duane Rader reports:** Hi Bob, I wanted to let you know I have a new Marathon PR 4:23:45! Included is my first marathon run. Duane

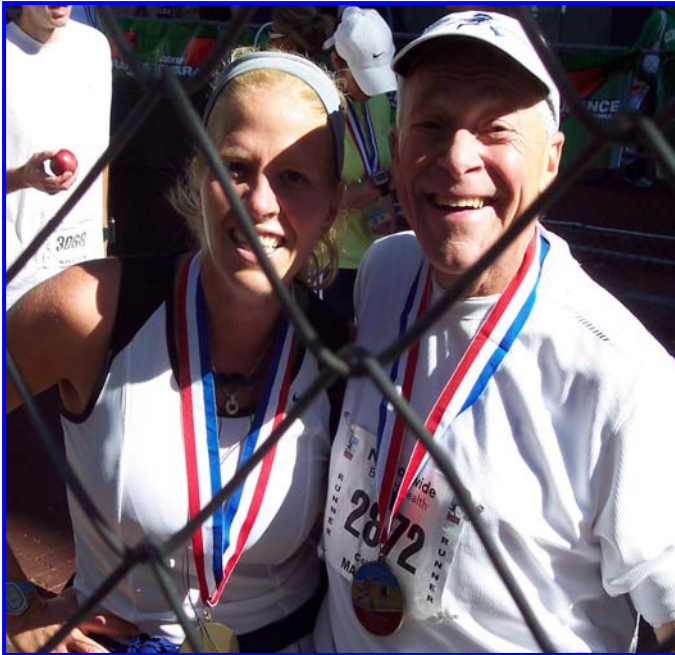
### My First Marathon

Wow what a day! Cold 29 at home 36 in Columbus. I am glad I took my garbage bag while waiting at the porta pot. By the way, I was in the porta pot when the race started.

When I left the porta pot, I started working my way toward the starting line. I had planned on running with the 4:30 pace group, but they were no where in sight. As I was moving forward, I met another fellow. We introduced ourselves as we started running. His name was Randy and we were both running the full marathon. Our goals were the same to finish at 4:20. We ran together watching our times and clicking off 10 minute miles. This was Randy's first marathon in four years because he was getting over some injuries. He especially wanted to run this marathon because it went through Grandview his hometown. Around three miles we met Jim, a friend of Randy's. Jim was just recovering from a blood clot in the leg. He was hoping to get off medication next month. His advice, "Don't fly the next day after a marathon." "If you do fly, make sure that get up and move around a lot on the plane."

We kept running a 10 minute mile and around mile 12, we caught up with the 4:30 pace team. I ran with Deanna for a couple of mile and then moved on. I ran into an Amy who had a sign on her back that said this was her first marathon. We chatted for a little bit about running and about running our first marathon. I picked up the pace a little and then ran into Pam. We chatted for a little and then I moved on again. It is strange how you want to support other runners. I was running with Randy again. At mile 17, he began to struggle and I slowed down to pick him up. But at mile 18, the 4:30 pace group caught me. I thought in my head, that is wild, they ran steady and here they are. I left Randy and joined Deanna and the pace group.

It was fun running with Deanna, as we had run a lot together training for the marathon. We talked a little, but mostly just ran making sure each other was ok. The last 2 or 3 mile we helped each other mentally, I know Deanna helped me! Once we turned the corner and saw the finish line, it was the greatest feeling in the world. We both were filled with Excitement.



Deanna Miller and Duane Rader run Columbus

Heading to the finish line there were my wife Kay, daughter Becky, and brother David. I felt so proud and blessed. But I had to cross the finish line. Deanna and I crossed it together and what a neat experience. Two people shared a goal and met it! The reward a hug of joy!

I am so thrilled for all who ran the half and the marathon, for we all accomplished a great feat. I am so thankful for my family and great running friends who support me and encourage me. I cannot express in words what it means to me.

WOW WHAT A DAY!

**Newsletter guy responds:** Duane, We thank you very much for sharing your very first marathon story in such great detail!!! Congratulations to you and Deanna!!! Bob

<p><b>Mansfield Area Running Club</b></p>	<p><b>CLUB MISSION</b></p> <p>Support Local Runners by providing Group Runs and Supporting Local Races</p>
	<p><b>CLUB MEMBERSHIP</b></p> <p>Club Membership is by Participation and Association (No Dues)</p>

**+++ CLUB MEMBER GOALS +++**

**Take a moment!** What goal could you share? To start running; entering a specific race; entering your first race, at a new distance; run "x" seconds or minutes faster than the last time? Please reflect on what your goal(s) could be and share with others in this newsletter. **It's well worth the time!**

Dave Eighinger: Air Force Marathon September 20<sup>th</sup> - 3:30

Rick Steward: \* 4 Sprints, 2 Olympics, and a 1/2 Ironman

Duane Rader: St. Peters 5K - 24; 1/2 Marathon - 1:54; First Columbus Marathon - 4:00

Eric Husty: Capital City & Columbus 1/2 Marathon - 1:35; \* Cincinnati Flying Pig & Akron Marathon 3:40

Rich Roberts: **Erie Marathon** September 14<sup>th</sup> - 2.20 or better; **Miss Ohio 5k** - Sub 16  
 Zac Huff: **Marathon** - 3:30  
 Mike Fuddy: \* **Cincinnati Flying Pig Marathon** May 4th; Stay Healthy and Happy!  
 Pam Taylor: **5K** - Sub 25; **1/2 Marathon** - 1:53; \* Train for 2008 Full Marathon  
 Todd Redman: \* **Marathon** - Best 3:51.06 PR; \* Win age group at **Mansfield Area Y Pump n Run**;  
 Train for 2009 Body Building Contest  
 Mark Otero: **5K** - 21.30; **1/2 Marathon** - 1:45; Finish my **first** ever Marathon under 4 hrs;  
 Above all: \* Start some new running friendships!  
 Brian Coon: **5K** - Sub 26; Run my **first** Half Marathon; Complete Olympic distance Triathlon  
 Scott Davis: \* **5K** - Sub 19; \* **1/2 Marathon** - 1:30; \* **Full Marathon** - 3:20; **1/2 Ironman** - 5:15  
 Bob Schroer: **5K** - Sub 24; **1/2 Marathon** - 1:57; Avg Miles / Week - 30 Plus

\* Goal Achieved

### + + + CLUB MEMBER PR'S + + +

This section of the newsletter records Personal Records achieved. Please feel free to share your PR or a PR that we don't have on the list yet. We all want to celebrate your PR!!!

Todd Redman **Flying Pig Marathon** 3:44.38; Eric Husty **Flying Pig Marathon** 3:38.40; Teresa Cook **Miss Ohio 5K** 39.07; John Russell **Miss Ohio 5K** 24.22; Scott Davis **Whippet 5K** 18.56; Pam Bechtel **St Peter's 5K** 25.06; Duane Rader 25.38 **St Peter's 5K**; Michelle Bichsel **Burning River 100** 24 hrs 51 minutes; Kay Hunt **St Anthony's 5K** 24.48; Pam Taylor **Brattie 5 Miler** 43.22; Susan Inscore **Blueberry 5K** 22.17; Annette Mangan **Blueberry 5K** 22.31; Ellen Eichler **Blueberry 5K** 23.48; Scott Davis **Spirit of Columbus Half Marathon** 1:30.27; Michael Bennett **Rite Aid Marathon Cleveland** 3:18.48; Matt Chase **Childrens Services 5K** 21.36; Amy Eldridge **San Diego 5K** 27.12; Joseph/Achilles **Jump Start A Heart 5K** 29.35; Rowena Litao **Arizona Fire Chiefs 5K** 27.20; Achilles Litao **Arizona Fire Chiefs 5K** 26.30; Pam Taylor **Columbus Marathon** 4.31.27; Scott Davis **Columbus Marathon** 3.14.41; Mendy Lafon **Boomerang 5K** 30:45 and the list continues to grow as club members keep running better and better!!!

**CONGRATULATIONS TO ALL OF YOU!!!**

### + + + CLUB LINKS + + +

**Our Clubs BlogSpot:** <http://mansfieldarearunningclub.blogspot.com> Created by Rowena Litao

**Local Y:** [www.mansfieldy.org](http://www.mansfieldy.org)

**Runners ID sent in by Scott Davis:** [www.roadid.com](http://www.roadid.com) for us, this is a matter of safety!!!

**Find races in Ohio:** [www.rrca.org](http://www.rrca.org); [www.runohio.com](http://www.runohio.com); [www.runwalkjog.com](http://www.runwalkjog.com);

[www.PremierRaces.com](http://www.PremierRaces.com); [www.hermescleveland.com](http://www.hermescleveland.com); [www.runwildracing.com](http://www.runwildracing.com);

[www.fatrabbitracing.com](http://www.fatrabbitracing.com); [www.hfpracing.com](http://www.hfpracing.com)

**Map runs:** [www.mapmyrun.com](http://www.mapmyrun.com); [www.run.com](http://www.run.com)

**Running Knowledge:** [www.chirunning.com](http://www.chirunning.com); [www.jeffgalloway.com](http://www.jeffgalloway.com); [www.johnbingham.com](http://www.johnbingham.com)

**Running Magazines:** [www.runnersworld.com](http://www.runnersworld.com); [www.runningtimes.com](http://www.runningtimes.com)

**Great place to get properly fitted for shoes** [www.fleetfeetcolumbus.com](http://www.fleetfeetcolumbus.com) Balega socks & running apparel too.

**Pace calculators sent in by Rob Bowers:** [Marathon pace calculator](#) or "Here's a better race pace calculator if you tend to fade (like me) then you can put that bias in the calculator."

[www.runningforfitness.org/calc/splits.php](http://www.runningforfitness.org/calc/splits.php)

**Salt level info and Fluid Loss Calculator sent in by Scott Davis:** [www.hammernutrition.com](http://www.hammernutrition.com)

[www.gatorade.com/hydration/peak\\_performance\\_tools/](http://www.gatorade.com/hydration/peak_performance_tools/)

**Running Organizations:** [http://web.mac.com/danrunz/RRCA\\_OHIO/Home.html](http://web.mac.com/danrunz/RRCA_OHIO/Home.html); [www.rrca.org](http://www.rrca.org);

[www.runthepanet.com](http://www.runthepanet.com)

## + + + QUOTES + + +

Have you read or are you reading a good book or article on running? This section of the newsletter is a great place to share with club members those quotes that jumped off the page at you or you found particularly interesting. Please feel free to send them in for all to read!

**Club member Pam Taylor shares:** I would like to congratulate all the members of our club that ran their first marathon, had PR's, and have made running apart of their life. This was a life-changing year for many of us. This excerpt is from **Dean Karnazes'** "50/50" book, (pgs 139-141). It's my way of saying thank you for all the advice and encouragement I was given on my marathon journey and how inspiring it was to see my training buddies reach or exceed their goals! **Dean** writes:

"Crossing the marathon finish line for the first time is a life-changing moment. In doing it, you prove something to yourself that can never be taken away. You walk away with hard, experiential evidence that you are strong, resilient, and gutsy. Its one thing to *suppose* you have what it takes to run a marathon; it quite another to *know* it, because you've done it.

After all, don't we spend enough of our lives doubting ourselves, thinking we're not good enough, not strong enough, not made of the right stuff? The marathon gives you an opportunity to tackle these doubts head-on. It has a way of deconstructing your very essence, stripping away all your protective barriers, and exposing your inner soul.

No future struggle, doubts, or failure can wipe away what you accomplished today. You have done what few will ever do—what you thought you could never to—and it is the most glorious, unforgettable awakening. You are a marathoner, and you will wear this distinction not on you lapel, but in your heart, for the rest of your life."



**Dean Karnazes**, signing books at the Napa Valley Marathon race expo

Great to see many of **you** staying with your running as we go from fall into winter, talking about races you intend to run yet this year and the races you have targeted for 2009. This is good!!! Go Runners Go!!!

And thank you to all who contributed your replies and reports to this issue of our newsletter! This is what the newsletter is all about!!!

OK, that's it for another week!

Got to run...

**See you soon!**



**Bob**



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