

MANSFIELD AREA RUNNERS,

HERE IS YOUR 45th 2008 LOCAL RUNNERS WEEKLY NEWSLETTER!

WHAT'S IN IT FOR YOU? CLUB RUNS Mornings + Tuesday Evenings + Weekends
CLUB OFFERS Club Running Apparel + Y Running Caps + Columbus Running Company Merchandise Discount
RACES AND EVENTS Turkey Trot + Snowflake Run + Tour De Ashland + Hair of the Dog
CLUB RUN REPORTS Twenty-one ran last Tuesday + Fifteen ran last Sunday + **REPORTS AND REPLIES** Marine Corps Marathon report + Wild One 5K reports + Ladies only Mini Tri + Renee was in town from the big city!!! + For those who experience asthma + Louis Wechter 5K report Part I
CLUB MEMBERSHIP Participation and Association
CLUB MEMBER GOALS start some new running friendships
CLUB MEMBER PR'S A list of Personal Records
CLUB LINKS To races and other running info

+ + + 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 16th 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!

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/>

RACE DISCOUNT: Jennifer Smith of Victory Man Racing would like to offer our club a discount for the 2009 Spirit of Columbus Half Marathon and 2 Person Relay on August 30th. Our club members can save \$10 off their entry fee by using the coupon code of SOC09CM. Contact: jsmith@victorymanracing.com Info: www.spiritofcolumbushalf.com

CLUB RUNNING APPAREL: Order blanks are available (see next page of the newsletter) and will be taken up to December 1st, 2008 for the red club shirts, blue club jackets and nightlife club vests. All of these are priced well below retail thanks to Fleet Feet.



1174 E Powell Rd
Lewis Center, OH 43035
614-846-5625

Mansfield Run Club

Order Form — Winter 2008-Spring
Please Circle the Size & Style Requested



Brooks Podium Jacket—Unisex Sizing Only						Your Price: \$30	Reg:\$50
XSmall	Small	Medium	Large	XLarge	XXLarge		
** If wear a Women's Medium, you would want this jacket in a Small.							



Brooks Podium Short Sleeve Tee						Your Price: \$10	Reg: \$24
MENS	Small	Medium	Large	XLarge	XXLarge		
WOMEN	XSmall	Small	Medium	Large	XLarge		

MEN



Brooks Nightlife Vest						Your Price: \$45	Reg: \$80
MEN	Small	Medium	Large	XLarge			
WOMEN	Small	Medium	Large	XLarge			

WOMEN



NAME:

PHONE:

My Total Due =
\$ _____

Return form to Bob Schroer by December 1st, 2008
1549 Plum Place, Mansfield, OH 44905

+ + + 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!!!

TURKEY TROT: Thanksgiving morning, November 27th, at 8:00am at the **Art Center** parking lot off of Marion Ave. This event has gone on for over 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 1st ANNUAL SNOWFLAKE 5K RUN / WALK: Saturday, December 6th 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 6th at 9:00am at **Ashland Stadium**. Proceeds go to the **Ashland Cross Country** program. Info at 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 3rd running of the event!" **Tim also says**, "We are seeking volunteer support for the ½ Marathon. Anyone is welcome to help!"

THIRD ANNUAL HAIR OF THE DOG 4 MILE POKER RUN: Sunday, December 21st at 8:00am at the home of **Rich & Kristen Wasowski**. **Rich** and **Dave** are planning for what promises to be a fun event. **You will not want to miss this holiday run!!!**

+ + + CLUB RUN REPORTS + + +

Twenty-one ran our **44th Tuesday Evening Club Run from the Y at 6:30pm**. It was dark but what a perfect night for a run, 69 degrees, no wind and our largest Tuesday Group run participation yet consisting of **Kay, Joy, Duane, Doug H, Wayne, Chris** getting a run in before returning to Painesville, **Dale** out for the first time at the invite of **Doug, Sharon, Deb, Achilles** and their son **Joseph, Brian C, Amy B, Deputy Rick, Kevin, Jon V** out for the first time at the invite of **Deputy Rick, Graham** getting a run in before returning to Columbus, **Michelle** our **Energizer Bunny Lady** who just keeps going n going n going..., **Jeff, Jim, Bob & Pam**.

Dale has been running his same route at the same pace for thirty years. Thirty years!!! WOW! **Jon** has done some running. We welcome **Dale** and **Jon** to our club and sincerely hope that they'll continue to join us for club runs. And thanks to **Doug** and **Deputy Rick** for telling them about our club.

Fourteen went to **Rancho Fiesta** for our **Post Run Endorphin Rush**. Hungry and thirsty this evening was Kay, Duane, Doug H, Wayne, Chris, Sharon, Deb & Brian E, Amy B, Michelle, Jeff, Jim, Vanessa and Bob. Don't know why but all the ladies sat at one end of our string of five tables and all the men sat at the other end. Not sure exactly what all the ladies chatted about, but chatting they did all evening. Topics detected were running apparel, MCM, hamstrings, Steve's great advice given to Wayne about how to deal with a sore hamstring, compression shorts that helped Wayne deal with his tender hamstring, nurses and the **New Washington 5K**. Now we are into more of the male end of the table which included topics around Browns tickets being sought out by Doug for Thursday, free beer garden restrictions at the MCM versus free beers at Akron, and a whole lot of talk about airplanes, fighters, jets, refueling, weaponry, historic aircraft displays, DC, Dayton... on and on past 9:00pm. In short, it was a very nice evening!!! Many orders were taken for club apparel too!!!

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

Fifteen came out last Sunday for our **45th Weekend Club Run** at **8:00am** at the Y. It was snowing slightly, more like misty, 38 degrees and the wind a blowing as we shivered waiting to get it going. We were Eric who finished 13 miles before we started out, Amy B, Deputy Rick, Jeff, Mike F, Deanna, Dave, Rich W... Did I say Rich W? Yes Rich was out this morning and seemed glad to be back out n at it, Joe back with us after running the **Air Force Marathon**, **Achilles** & **Rowena** and their son Joseph, Laura, Ellen, Pam & Bob.

Three of us did the **Woodland's** loop backwards for a quick 3.8 miles and all the others did the **Turkey Trot** loop for 5.5 miles plus and some did some more to fulfill their training plans and needs.

Before taking off Rich filled us in on Dave and his weekend Hosted Club Holiday Run coming up on Sunday, December 21st at 8:00am at Rich & Kristin's home. This **Third Annual Hair of the Dog** will be a **4 Mile Poker Run** where runners will pick up a card every mile and some antifreeze too. Should prove to be another great fun time event!!! Participation, no matter what the weather brings us, is always high.

Our next Weekend Club Run is this **Sunday** morning, **November 16th** 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 reports: Hey Bob, Thanks for asking about MCM. I was planning to run this event with three friends from work. We had all differed our entries from last year. Unfortunately, two of the guys still couldn't make it (injury and schedule conflict) so Chris Sopko was the lone brave sole to join me for the weekend. Chris has made the Tuesday night club run a couple times and was training for a PR in DC.

I've run a decent spectrum of races over the last eight years and the **2008 Marine Corps Marathon** was definitely a memorable one. Sorry I don't have any pictures to share. The October 26th race was my 11th marathon, eighth all-out effort at that distance, and second attempt to crack my current PR. From that perspective, my performance was a



little disappointing (I think Chris would say the same). However, as I consider the race a few days away from the pain of the last five miles, I can say without reservation that MCM is an outstanding event. **I've listed a few of the highlights below:**

Weather - Awesome. 48F at the 0800 start; fresh, but warm enough after the finish to sit outside during lunch without a jacket. Clear and calm. We ran several miles at different locations within a stone's throw of the Potomac River. At the start a light, early morning fog had settled in the river valley. Working my way up a hill behind the back lit silhouettes of a thousand runners climbing quietly into the misty morning sun will be a lasting memory of the day.



Course - Phenomenal. Comments from a long-time MCM runner in Monday's Washington Post suggested it is no longer a PR course due to changes this year. In light of two prominent hills in the first eight miles, that may be true, but after mile 8 it is pancake flat and the variety of scenery is unmatched: Arlington National Cemetery, C&O Canal Historical Park, East and West Potomac Parks and the river, historic Georgetown, the entire National Mall from Lincoln Memorial to the US Capital (and back), Crystal City, the Pentagon, and the final climb to the finish at the Iwo Jima Memorial. The only rough patch was between miles 20 and 22 (where my race started slipping away... badly!) where we crossed back over the river from DC to VA on I-395. The seemingly endless, slowly undulating ribbon of concrete ramps and bridges with limited spectator access for that stretch was a challenge. If you've run the Pig and like the variety that it offers as I do, I think you would love the MCM course.

Organization - Excellent. The sheer numbers made MCM a new experience for me. 30,000 runners registered and 18,224 finished. I haven't read how many actually started the race, but I'm pretty sure there were NOT 11776 DNFers looking for rides back to the finish from the Mall. They promote MCM as "The People's Marathon" and they do make every effort to cater to the average runner with the same level of care that elite runners get. Of course since there is no prize money, there are no elite runners either. We didn't try the pre-race feed, but from the Expo to the finish the organization was flawless. I thought the start area setup was particularly good, maybe the best I've seen, with rows of numbered UPS delivery vans waiting to accept warm-up gear with no delay and plenty of locations for pre-race relief.



Support - This is the Marine's event and they are committed to supporting it with Marines. Every water stop, registration table, finisher's chute and information station is staffed 100% by Marines in uniform. Cool. Naturally, they did a great job. Unless you have very specific needs, you will find the Marines provide everything you need to have a successful race.

Crowd - Pretty surreal. There were a few quiet spots. By in large, however, spectator access is excellent and with the large field of runners, there were lots of people out watching and making noise. Several times after running in a rather pastoral, park-like setting for a mile, we turned a corner and for the next mile the road was lined several people deep with screaming spectators.



SWAG - Fairly standard stuff in the goody bag with a little extra emphasis on sample-sized food treats. The long-sleeved Tee is not high-tech running wear, but it is nice quality, looks good and makes a nice conversation starter to wear to dinner. The unique finisher's medal is shaped like the Marine Corps emblem and USAA, one of the main sponsors, handed out very nice triangular shaped finisher's coins at the festival. If you run for beer, there were free beer samples at the expo and one free beer per runner at the finish. The food bag at the finish line was pre-loaded

and minimal, but there was plenty of water and Powerade which was about all I cared about at the time.

I wholeheartedly recommend the **Marine Corps Marathon** to anyone from first-timer to 50-stater. It was first-rate from start to finish!

If you do this race:

Travel - It's only about a seven hour drive to DC, which makes this a reasonable event for Ohio runners. I flew because I found a weekend special on United for \$75 each way; seemed like a good trade for 14 hours in the car by myself. You can get anywhere in Metro DC without a car. I can help with details if anyone is interested. Race day access to the Metro (subway) was a concern. They scheduled extra weekend trains for the event, but even at 11:00 am, friends from the area who were coming to see us at the finish had to wait an hour to get out of the Metro station via escalator due to the crowd. Runners waited in a two hour line to get into the Metro after the race.



Accommodations - In light of the comments above, consider staying in one of only about three hotels in Rosslyn, close to the finish festival. Being able to jog to the start and walk to a shower after the finish was MONEY! We even found that a shuttle from our hotel would take us to a Metro station on another line for \$1.50. We lucked into a lot of this, although we did have reservations six months in advance for the hotel (Marriott - Key Bridge). Once again, I'm happy to provide more details. **Duane** is already working his plan for next year.

Timing - Go early to everything. We walked into the expo at 1030 on Saturday with no waiting. By the time we left, the line for race bag and T-shirt pick up stretched around the inside of the building and the line to get into the building stretched down the sidewalk nearly to the Metro exit.

My personal preparation suffered during the last month due to a strained hamstring and I suppose I shouldn't be surprised that I wasn't able to sustain my goal pace even though I did finally get down to it for one 5k split at about the 1/2 marathon point. In retrospect, I credit my ability to finish at all directly to the prayers of a couple friends, the very specific advice and effective treatment of my injury by **Steve Crane** at some personal sacrifice to his busy pre-vacation schedule, and the insightful guidance and encouragement of running club members who represent an amazing range of experience and enthusiasm. Gestures as simple as checking someones race result on-line or interest in a post-race report, even considering running a new event or trying a distance for the first time are sources of motivation when shared among friends. Thanks for the help.

By the way, the male and female winners at **MCM** were both first time marathoners. Never underestimate the power of inexperience! Cheers, **Wayne** wls914@yahoo.com

Newsletter guy responds: **Wayne**, Thanks! Thanks for taking the time to write such a nicely detailed report of this race!!! Info and results at: www.marinemarathon.com

+ + + + +

Dave Eighinger reports: **Charles**, **Rich** and I ran the **Wild One 5K** and did the group proud. The course is similar to running at the **Gorman Nature Center**. **Rich** kicked butt and ran well for as long as he's been off. **Dave**

Newsletter guy responds: **Mr. Dave**, Hey great job!!! I mean getting **Rich** out to run and running this race last weekend! Sounds like you had fun! Is the **Hair of the Dog** going to be Hair of the Dog Hard Five or Hair of the Dog...? See you soon! **Bob**

Carla Eighinger responds: Bob, I have forwarded your reply on to Dave's mailbox. His email address is dceigh@cs.com. Everything that you send to ceighinger@cs.com comes to the non-runner of the household - ME! Have a great week! Carla

Newsletter guy responds: Good Morning Carla, Thanks for letting me know. Phew, no telling what I might have said in the future not knowing I was really emailing you. I have added Dave's email to the email list. Are you ready for another ladies only event yet? Have a great day! Bob

Carla replies: Hey Bob, Krista and I are already recruiting more gals to join us in the 2009 Mini Tri at Alum Creek. We can only do BETTER, right?!! Training will start much earlier this year, though right now I have ZERO time to devote towards personal improvement! (Come on, January!) Have a great week! Carla

Newsletter guy has to reply: Hi Carla, Thanks for the reply!!! You can never start "thinking..." about training too early. I hear the pool at the Y is nice this time of year!!! Running a few laps around the track, 14 of them equals a mile, a few days a week and a spinning class and you'll be in tip top shape for the Mini Tri. GO Carla and Krista GO!!! Bob

Rich Wasowski reports: Bob, Great job once again on the weekly newsletter. FYI, Dave won the 40-49 men's division at the Wild Run this past Sunday (and as a new member to this select age group, for I turned 40 last month, I was a distant second). This was my first race since the Dash at Dusk in mid August, so it was good to be "back in the saddle" so to speak. I still have rehearsal every Tuesday evening, but I might be around this Sunday morning. I'm not sure. See you soon (I hope). Rich

Newsletter guy responds: Hi Rich!!! Thanks for the report! It is always good when you are running!!! And do hope to see you soon! Looking forward to the Hair of the Dog "hard five" - "easy four" - "long eight" or "sober three" whatever you and Dave come up with. Happy 40th Birthday! This event puts you in a new age group! Bob

Rich replies: We've got lots of new things planned for this year... think "Poker Run" (of course, with plenty of refreshments at the end!). Good luck at the race Saturday morning. Rich

Newsletter guy responds: Sounds like fun... something to be counted on with you! Neat! And the race this Saturday is at 4:00pm up in New Washington. Runners, after the race, have been seen carrying bottles of beer around that they got from the canteen below the social hall we are meeting in. I am just trying to "wet" your appetite for this event. Would be great if you and Dave and whomever else you could bring would come. Bet you could talk your better halves into doing this one. It is a run / walk event. Great soup n pie afterwards too. Bob

+ + + + +

Newsletter guy reports: Piecing together reports from Laura and Duane there was a group consisting of Laura, Duane, Barb, Cindy, Heather, Shannon and Amy B got together at the Rise n Dine last Saturday for a little social time and late breakfast after a run out at Barb's while Renee was in town from the big city!!! Neat! Pam and I missed a good time I'm sure!

+ + + + +

Pam Taylor shares a link: Here is a new link to add to the newsletter. It is great for those who experience asthma or are curious as to why some days it just feels harder than others. The site gives you an air quality index which measures the ozone or particle pollution levels. This is important for those who experience breathing difficulties and really anyone who walks or runs outside. I signed up for the daily air quality notifications and love it! www.airnow.gov

Newsletter guy responds: Thanks for the link --- especially from those who have asthmatics problems.

Brian Coon shares some photos from **Louis Wechter 5K**: Kay Hunt took a bunch too.



Annette and Pam at New Washington



Duane takes 2nd in his age group



Rowena takes 3rd in her age group



Newsletter guy responds: Brian, Thanks for sharing these "happy moment" photos from New Washington!!! We are looking forward to Kay's report on this event in next week's newsletter.

Mansfield Area Running Club



CLUB MISSION

Support Local Runners by providing Group Runs and Supporting Local Races

CLUB MEMBERSHIP

Club Membership is by Participation and Association
(No Dues)

+++ 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 20th - 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 14th - 2:20 or better; **Miss Ohio 5k** - Sub 16

Zac Huff: **Marathon** - 3:30

Mike Futtly: * **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 **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; Michelle Bichsel Columbus Marathon 3.09.23 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

Runners ID sent in by Scott Davis: www.roadid.com for us, this is a matter of safety!!!

Find races in Ohio: www.rca.org; www.runohio.com; www.runwalkjog.com;

www.PremierRaces.com; www.hermescleveland.com; www.runwildracing.com;

www.fatrabbitracing.com; www.hfpracing.com

Map runs: www.mapmyrun.com; www.run.com

Running Knowledge: www.chirunning.com; www.jeffgalloway.com; www.johnbingham.com

Running Magazines: www.runnersworld.com; www.runningtimes.com

Great place to get properly fitted for shoes 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

Salt level info and Fluid Loss Calculator sent in by Scott Davis: www.hammernutrition.com

www.gatorade.com/hydration/peak_performance_tools/

Air Quality sent in by Pam Taylor: www.airnow.gov For those who experience asthma or are curious as to why some days it just feels harder than others

Running Organizations: http://web.mac.com/danrunz/RRCA_OHIO/Home.html; www.rca.org; www.runtheplanet.com

Amazing how many **runners** are keeping at their running even as we transition into winter. And many are adding the benefits of cross training in the pool or by attending spinning classes. GO **RUNNERS** GO!

OK, that's it for another week!

Got to run...

See you soon!



Bob

schroerb@histat.com or evening / weekends 419-589-7466 or weekdays 419-884-4164

