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MANSFIELD AREA RUNNERS,

HERE IS YOUR 47th 2008 LOCAL RUNNERS WEEKLY NEWS!

+++ 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 30th** 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 at the **Y** main desk 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**.

+ + + 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!!!

THANKSGIVING WEEK

TURKEY TROT: Thanksgiving morning, **November 27th**, at 8:00am at the **Art Center** parking lot off of Marion Ave. This event started by the **Striders Running Club** has gone on for over 30 years. This is a run for all runners who want to get up on Thanksgiving morning and run. Your dog is welcome too! 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 run 5 miles or less if you like. There are short cuts you can take. We just want your participation on this glorious holiday!!

David Stotts adds: Hey **Bob**, **Susie** brought to my attention that she would like it if each runner from the run club doing the **turkey trot** could **bring a non perishable food item** along with them, she will collect! Thanks **David Stotts Y Wellness Center Personal Trainer**

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** (bring food and drink to share).

DAVE SPANGLER 5K HOLIDAY HUSTLE: Sunday, **November 30th** at 2:00pm at the Shelby Police Department on Wareham Road. Join **Dave's family** in a brisk walk/run and show your support for the fight against cancer. **Dave** is facing bone marrow transplant. He is a 5th grade teacher for Shelby City Schools and a husband, father and grandfather who is loved by many! **Entry forms at the Y.** Contact: **Lynne Argo @347-8731** or **Karen Swank @ 347-8702**

Club member **Mendy Lafon** is asking us to support this race. **Mike F** wants to run this!

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**. **Entry forms at the Y.** 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. **Entry forms at the Y.** 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!"

SANTA SLEIGH RUN: Saturday, December 20th at 8:00am at the **Mansfield Area Y**. Individuals or families who want to participate in a **5K** run, 1 mile run/walk or just want to be active outdoors. All proceeds go to the **YMCA** campaign for supporting local families. Afterwards there will be a breakfast with **Santa**. **Entry forms at the Y.** Contact the Y at 419-522-3511 **James Twedt** x 258 jtwedt@mansfiley.org or **Susie Everett** x 260 severett@mansfieldy.org

Let's get out and support our **Y** moreover our local families at Christmas Time!

THIRD ANNUAL HAIR OF THE DOG 4 MILE POKER RUN: Sunday, December 21st at 8:00am at the home of **Rich & Krista Wasowski**. **Rich** and **Dave** are planning for what promises to be a fun event. Open to all runners including our friends from the **Ashland Running Club**.

You will not want to miss this holiday run!!! **IT'S FUN AND FULL OF HOLIDAY CHEER!!!!**



+ + + CLUB RUN REPORTS + + +

Eight ran our **46th Tuesday Evening Club Run** from the **Y** at **6:30pm**. **Doug H** says, OK I do not know if anyone will give you an update about Tuesday. 8 ran outside included: **Graham, Steve, Karen, Deb, Kevin, Jim, Jeff** and **Doug**.

Seven went to **Rancho Fiesta** for our **Post Run Endorphin Rush**. **Doug** goes on to say that 7 went to **Rancho Fiesta** for food and drink. We heard about the **Crane's** trip to Australia.

Pam was indoors and let us know about you. A wellness staff, **David Stotts**, was looking to meet you. Good Time, you were missed and hope you feel better. **Doug**

Newsletter guy replies (11/19): Thanks **Doug!** Feeling better... Ran with **Achilles** and **Rowena** Monday night and will be running with **Deputy Rick** either tonight or tomorrow night.

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

Seventeen were out last Sunday for our **47th Weekend Club Run** at **8:00am** at the **Y**.



Rob P drove in from Galion, **Gary** drove in from Candlewood, **Deputy Rick, Karen & Steve** home from their vacation to **Steve's** homeland in Australia, **Bob, Mike, Michelle B, Duane, Karen & Steve's** daughter **Michelle C** home from college, **Amy B, Laura, Kay, Ellen, Kelly, Deanna** also drove in from Galion and **Pam** enjoyed a most beautiful run this very nice sunny winter morning!

Also saw **Cindy** and **PI** starting out with man's best friends Max and Pistol. On the way in we saw none other that **Fred B** taking off for a run. Go **Fred** Go!!! At Sunset and Trimble saw **Brad & Teresa** on their way to the trail for a ride. They are going to do the **Flying Feather 4 Miler** in Dublin Thanksgiving morning! Saw **Brad I** coming into the **Y** during his run too!

Several of us then took swimming lessons from **Tri Y** instructor **Amy B** with a soak in the huge **Y** hot tub afterwards. Can see in the not so distant future a **Sunday Morning Club Run** followed by **umpteen runners in a hot tub** overcoming the shivers. **Bring your swim suit if you do too!!!**

Our next Weekend Club Run is this Sunday morning, November 30th 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!

Brian Carson writes: Hi Bob, It was a pleasure meeting you at the Wechter 5K in New Washington. It was my first race after beginning a running program in late July, '08. Todd Redman helped me get started with a program and has been with me everyday since. Sometimes we run together, sometimes we exchange e-mails but he has been very instrumental in keeping me going in the quest to regain my fitness and lose weight. We plan to continue progressing and I plan to run several races in the spring with Todd. My ultimate goal is to complete the Columbus Marathon. I am taking it day by day.

I wanted you to know that I've enjoyed the newsletter but haven't written you until now. Also I thought you'd enjoy knowing that two of your members, Todd and also my neighbor Rob Powell have been very encouraging to me. I've always thought of running as a solitary sport. Todd, Rob and your newsletter have kept me company while I've run my miles over the past 4 months. Thanks a bunch and I hope to see you again at another race. Brian Carson

Newsletter guy replies: Your words ring so true Brian!!! Running can be but doesn't have to be a solitary sport. Many who can not maintain running on their own, or not as well as they want find encouragement from running friends and within running groups. **Congratulations on your first 5K!!! NEAT!!!**



Todd Redman

Brian Carson

Running adds a whole new dimension to your life and a new circle of people. People you can run with and socialize with. I too run for fitness and love all the new people I have met through running. And I too need the encouragement of other runners to keep going!!!

Wish you well as you take it one step at a time to your first marathon. Please keep in touch with us through letters like this one!!! They encourage us too! And congratulations on running your first race!!!! **See you soon!** Sincerely, Bob the Newsletter guy

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Christine Wechter writes: Bob, Your newsletters are the best. George has truly enjoyed them... I think he may be getting that running bug. What ever that is. It would have to be a giant bug to give me the fever. But I enjoy reading all about it. You have a great group of people. Next year we are going to do something special for your group. Not sure what, But it is in discussion. Thanks

Newsletter guy replies: Hi Christine! The only thing our club wants "special" is to know that because of our support for your race a nice contribution has been made to help people with cancer. Other than that what more can we ask for that you haven't already given to us... a nice race on a fall afternoon with a fantastic social time afterwards! **We will see you next year!!!** Sincerely, Bob and the Mansfield Area Y Running Club

Newsletter guy checks in: Hey **Decatur Rick**, Haven't heard from you in awhile... How's it going? **Bob**

Rick Steward replies: Hi **Bob**, Going great here. Very busy. Started a winter strength program. My wife works at **ADM** and they have a great gym to work out in. I have **free trainer** services with planned workouts based on my requests. He works with me for an hour every Mon, Wed, & Fri morning. **He's young and some days I think he is trying to kill me.** It is doing some good already. I am in a **swim** clinic two nights a week, **spin** class two times a week and **running** three times a week. It's hard to find time to work :)



I ordered a new set of Zipp wheels for my bike. Can't wait to see them on and try them. I haven't made all of my race plans for next season. I have signed up for a **70.3 Ironman Augusta GA** Sept 27, 2009. It's only three weeks after another 70.3. Should be interesting. I plan to do seven or eight triathlons next season.

I read the **Mansfield Running Club** newsletter weekly and it looks like the running enthusiasm is going strong. When I run on Tuesday evenings I always look at the watch and think about where I would be in the Woodlands at that time. Of course I have a beer afterwards.

Work is still busy. I have taken over the lumber yard in addition to the wall manufacturing plant. It keeps me pretty busy. Better get back at it. Run strong tonight! **Rick**

Newsletter guy responds: **WOW!** You are indeed at it! Even if you think that "**free trainer**" is working you to death!!! And what a great goal you have set for yourself in 2009!!!! **Swim** strong, **bike** strong and **run** strong **Rick!!!** Your reply brings this quote to mind:

Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand, wine in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride." -- **Author Unknown**



Don't know who wrote this, **Renee Schnug** could have... but it seems appropriate!!! Thanks for the reply and please continue to let us know how it's going from time to time!!! We all enjoy your continued running friendship!!! **Bob**

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Kelly Cropp shares: Hey **Bob**, I just read this in my Runner's Journal and thought the running group might get a kick out of it.

"It's the road signs: BEWARE OF LIONS." -- **Kip Lagat**, Kenyan distance runner, explaining why his country produces so many great runners.



Now everyone knows! Thanks, **Kelly**



Debbie Woody checks in: Thanks for keeping me on your mailing list. I am sorry that I have never gotten to meet any of you. **I continue to do 3.2 every morning at 5.....**and sometimes longer on the weekends. Haven't done quite as much this year. Although my daughter & I did the **New Albany 1/2 Marathon** walking classic. Then did the **Dayton 5k Ghosts & Goblins** run in November. Our children are coming for Thanksgiving and we have decided to do a **family 5k**. So I am in the process of mapping that out starting and ending at our house. Keep on running! Thanks! **Debbie**

Newsletter guy replies: Hi **Debbie!** Thanks for checking in! Looks like you have participated in some nice events this year and you are running daily. Neat idea on the **Family 5K** although we'd love to see you at the **Turkey Trot** this coming Thanksgiving morning! **See you soon!** **Bob**

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Greg Brandes checks in: **Bob,** Thanks for asking. **I've been running more lately** and have decided to train for the May 3rd **Flying Pig Marathon**. I also plan to include a **1/2 Ironman** next year along with my list of favorite **cycling** events. **See ya out there.** **Greg**

Newsletter guy responds: Hey **Greg** thanks for replying to my "How's it going..." question in last week's newsletter. You are making some great racing plans to train for in 2009!!! Continue to let us know how your training and racing are going next year!!! We would all like to know how others are doing!!! **See you soon!** **Bob**

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Rob Powell checks in: **Bob,** Just checking in. I am in from licking my wounds from **Michelle**, and my mistake of tasking her with a 2 mile race up a hill, during a **Don Baun** (member of Team PR www.teampr.info) and our 16 mile run in **Mohican** today. I raced **Michelle** up the 2 mile hill but realized that the loud noise I was hearing was wind from me sucking in as much air as I could and **Michelle** was still just staying right behind me waiting for an opportunity to pounce on my challenge. I did the right thing and slowed at the 1 mile of our two mile hill climb and coasted from there. She had the fat man running up hill and she had no problems and me scared. We had a blast and it is **great to get some dirt under our feet.**



Love to have you all come to **Mohican** December 14th a Sunday morning (yes that would be a hosting event from me). Just let me know, I can introduce you all to some trails of **Mohican** 4-12 mile runs along the river and the dam (rain or snow).

7:30 AM: 4 mile loop along the **Mohican river** to a hand over fist climb out of Lyons falls and up to the dam, then road to trail back on the trail, to **Lyons falls** and into the covered bridge again. (hilly and technical)

8:30 AM: From the covered bridge and 4 mile out and back from along the **Mohican river** and return. (technical but flat)

Both Trails will be used in the **Forget the PR, Mohican 50K**




Have anyone that would be interested in running e-mail me at Rob1770@msn.com and cc you. **No person will be left behind and we will have water, snacks, and a great time!**

Hope you all had fun today. I am trying to get some trail miles right now as I have a **100K** in TN coming up December 20th. **See you all on the trails!** **Rob**

Newsletter guy replies: Yes, our **club runs** need a break from "the norm..." so we will be planning our weekend club run at **Mohican** on December 14th. **We can car pool from the Y!** Thanks **Rob** for hosting this club run! Something different for most of us!!! **See you soon!** **Bob**

David Stotts introduces himself: Hey Bob! This is David Stotts I'm a new personal trainer at the Y recently certified at [The National Personal Training Institute](#) in Cleveland. While I was up in Cleveland **I became addicted to running!** I recently did the [Men's Health Urbanathlon](#) in Chicago www.menshealthurbanathlon.com. My team placed 284/3500 people top 8%! we were pleased :)! Now that I'm at the Y I'm the only personal trainer here that runs! I would love to be a part of the running group and all the wild events you guys take place in! I keep meaning to come to the Tuesday night runs but they always work me until 7 or 8! PLUS! I'm starting to train for a [SPRINT triathlon](#) in Miami Florida... My first day of training I was running and I rolled my ankle on a rock... Just my luck so I'm letting that heal! Well please get back to me and other than that I'll be meeting you on Tuesday! Have a good day/night David Stotts

Newsletter guy responds: Hey David! Missed meeting you last Tuesday but meet we shall. Your addiction is one we all share! **See you soon!** Bob

	<p>CLUB MISSION</p> <p>Support Local Runners by providing Group Runs and Supporting Local Races</p>
	<p>CLUB MEMBERSHIP</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 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 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 Miller 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; 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; Michelle Bichsel Columbus Marathon 3.09.23; Mendy Lafon Louis Wechter 5K 30:22; Joseph/Achilles Louis Wechter 5K 29.06 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.rrca.org; www.runohio.com; www.runwalkjog.com;

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

www.fatrabbitracing.com; www.hfpracing.com; www.teampr.info Rob Powell belongs

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: www.rrcaohio.org; www.rrca.org; www.runtheplanet.com

Thanks for all your replies and reports!!!!

Please keep them coming!!!

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

