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### The purple loop

almost made us turn back due to 2 things...  
1) The hand over hand climb up and out was really slippery to get up and 2) Rob had a near fatal encounter with a log he slipped on and about broke a few things LOL. Laughing at him only made the trees mysteriously move and dump snow on me getting me pretty wet. - MB

<http://michellebrunning.blogspot.com/>

## Club Runs

**Weekday Mornings:** Call **Eric Husty** the night before at 419-512-6761 to confirm the morning run. **Two to three times a week Eric, Mark O, Scott, Ellen, Annette, Vanessa, Leslie, Michelle** and others have been having some great morning runs!!!

**Tuesday Evenings:** 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.

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

**Weekends:** Our next **Weekend Club Run** is this Sunday morning, January 25th at 8:00am running from the Y. **Bring your swim suit** if you'd like to warm up in the "big" Y hot tub afterwards.

**Host a Club Run:** **YOU** Pick the day, date, place, time and route. Hosting a run is a **great way** to support **our** running club!!!

## Open Invitation

We invite all, the serious runner, those just starting to run or those who would like to start running to join us for a run!

We will not leave you behind unless you are faster than the rest of us!

We have runners at all paces!

We have runners that have a lot of knowledge about running to help you... to talk and swap running strategy with!

We hope you make this the year to join us for a club run!!!

## Races and Events

### Arnold 5K Pump & Run

Sunday, March 08, 2009 10:30am Columbus

Weigh-in and lifting 7:00 – 9:00am Last year 700 athletes registered for the Arnold 5K Pump and Run from twenty-six States, Washington D.C., Canada and London, England, this event is the largest of its' kind in the World. The race started on High Street at the north end of the Greater Columbus Convention Center, ran towards downtown, by the Nationwide Arena, around Goodale Park, through the Short North, North Market area, and the Arena District, and finished behind the Convention Center.

Info: [www.arnoldclassic.com](http://www.arnoldclassic.com)

**Alisha Dernbach and David Stotts are getting ready to participate in this.**

### Beer Bottle Open 4 Miler

Saturday, March 14, 2009 2:00pm Columbus Grove

**This is a RUNOHIO Grand Prix race!**

Info: [cg\\_schnipke@cg.noacsc.org](mailto:cg_schnipke@cg.noacsc.org)

They serve great "Hobo stew" to all finishers. A really fun run on a certified course! The awards to top finishers are ceramic steins and mugs for various places.

Run benefits club member **Kay Hunt's** high school cross country team. **Kay and Jeff Barbe** are going to run this.

### Winter Blues 5K

Saturday, March 21, 2009 10:00am Bucyrus Area YMCA

Organizers say winter gotcha down, Bunkie? Are you considering a career change to couch-potato, 'cause you just can't stand the thought of one more hour on the treadmill? Well... let us give you some incentive!!!

Info: [www.bucyrusymca.org](http://www.bucyrusymca.org)

Club member **Todd Redman** supports this race



### Y 5K Pump & Run

Sunday, April 19, 2009 8:00am Mansfield Area YMCA

Info: See Lannie at the Y

Many club members run this one!!!



### Forget the PR, Mohican 50K

Sunday, April 19, 2009 8:00am Mohican State Park

Awards to Top Three Male and Female. Montrail Trail Shoes, Gel-bots, & Champion Buckle for the top Male and Female. All finishers will receive the Forget the PR, Mohican 50K belt buckle. Everyone signed up gets a "technical" Forget the PR, Mohican 50K running t-shirt and a 40% Discount code to Gel-Bot and Hydrapak!

Info: <http://mohican50.blogspot.com>

This event is being organized by club member **Rob Powell**. We will be seeking volunteers to work the aid station at the covered bridge.

### Capital City Half Marathon

Saturday, May 02, 2009 9:00am Columbus

Join other runners for a 13.1 or 3.1 mile block party.... With the brand new "warmer" date, the 6th Anniversary of this annual celebration of fitness in the City of Columbus promises to be the biggest and best one yet. The courses are unbelievable tours of downtown Columbus, and the finish line party in the parking lots of Nationwide Arena can't be beat. The events are a celebration of athletes, young and old, fast and slow. The half marathon field is limited to the first 5,000 registrants and the 5k field is limited to the first 1500 registrants.

Info: [www.capitalcityhalfmarathon.com](http://www.capitalcityhalfmarathon.com)

This is the race that we focus on to keep us going through the winter. Find your training plan and let's go!

## 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 highlights 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. We like reading about **your running** experiences! And your stories **encourage others** to run!!!

### Tuesday Evening Club Run and Rancho Report

By Kay Hunt, runner and club member

**Tuesday night's weather was less than ideal** yet again but the **five** brave souls who froze their lungs outdoors were Newsletter Bob, Amy B, Deputy Rick, and Tuesday "newbies" Michelle B and Rob P. (I don't know how far those two ran but I'm guessing it was more than the usual four miles!) Those not brave enough to weather the "**Wayne's Weather**" working out inside the Y tonight were Joy, Vanessa, Karen (I think Steve was there somewhere), Cindy W and Kay. If I missed anyone I apologize but Newsletter Bob put me on the spot to write this!

After a wait at Rancho Fiesta (it was packed for some reason!), **seven** of us were seated to feed our hungry bellies. Those enjoying each others company included Doug H (after bestowing his wisdom teaching a class at NCSC), Joy, Newsletter Bob, Rob, Michelle, Jeff B and Kay. Kay grilled Jeff on his training program for his marathon, Doug mentioned missing out last week after waiting in his car, and we all had some interesting stories around Michelle and Rob's blogs. **Good to see all the new faces....keep on coming back!** - KH



Jeff, Kay, Michelle, Doug, Joy, Bob and Rob enjoying our Post Run Endorphin Rush time at Rancho Fiesta.

**The manager of Rancho Fiesta is "treating" club members at our next Tuesday evening post run get together.** You won't want to miss this!!!! - Newsletter guy

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

**Weekend Club Run** Seven came out last Sunday to run from the Y at 8:00amBy [Bob Schroer](#), Newsletter Guy

It was snowing and it was blowing but [Amy B](#), [Barb A](#), [Laura](#), [Michelle B](#), [Mike](#), [Chris Hoecker](#), out for the first time for a run with the club and [Bob](#) ran through the Woodlands on this beautiful picturesque morning. The hardest part was getting up and back on Lexington Avenue avoiding the snow plows and cars.

The **Woodlands** for the most part sheltered us from the wind and the streets even though snow covered weren't bad to run on. The snow provided enough traction other than a little slip now and then when you stepped off. Better than last Tuesday nights run for sure!

[Chris](#) and [Bob](#) had a great "get to know each other..." run going around Russell by the Art Center up **Woodland Road** hill and back to the Y turning in a little over 4 miles. Chris has been running all his life some of it with the [Mid Ohio Striders Running Club](#). He tries to run 20 to 30 miles a week, has done 7 [Cleveland Marathons](#) and likes to run 5 to 6 5K's a year. Remember seeing him and his daughters at the Turkey Trot. **Welcome to the club Chris!!!**

Not sure where [Amy B](#), [Barb A](#) and [Laura](#) ran but it was all probably within the **Woodlands** and probably 4 plus miles. And, I bet they all had a great run! The **Woodlands** were really scenic this morning with the streets covered 4 to 6 inches deep with snow as well as the yards, trees and everything.

[Mike](#) and [Michelle](#) ran straight over to **Woodland Road**, down Woodland Road hill by the Art Center down Park Avenue West back over to Cline and over to South Main and back to the Y for 10 miles that Mike said felt more like 12. He finished out on the inside to get the equivalent of 14 miles today. Mike is preparing to run the [Boston Marathon](#) in April not too many weeks away.

[Kelly](#) and [Karen](#) also preparing for [Boston](#) did 12 miles on the treadmills. [Steve](#) was getting some miles in too. [Pam](#), [Ellen](#), [Liz](#) and [Cindy W](#) were getting their cardio in on the machines and track. [Jeff](#), who is getting ready to run his first marathon, the [Avenue of the Giants Marathon](#) in California in May, came in to get some miles in on the treadmills on this snowy day.



**Our next Weekend Club Run is this Sunday morning, January 25th at 8:00am running from the Y.** Bring your swim suit if you'd like to warm up in the "big" Y hot tub afterwards. I did! - [NG](#)

## Major Lessons Learned in 35 Years of Running keep on learning!

By Gary Cohen, an enthusiast for the sport of running



**After tens of thousands of miles**, hundreds of races, untold numbers of track sessions, plenty of fartlek and tempo runs, reading many articles and talking with runners of all ages and abilities, my brain is like a super computer that stores many gigabytes of running information. I have learned so much that it's almost impossible to narrow it down to just several major lessons learned – but I'm going to try. I've broken down my 35 years of running into five year intervals and will relate one major lesson that roughly coincides with my age at the time.

### **Age 15: Health & Fitness are Keys to Competing Strongly**

My first day of track practice as a high school sophomore included a mile time trial. I had no training, but seemed to have lots of endurance and always finished first when coaches had us run laps after basketball or football practice. I ran a solo 5:31 mile and the track coaches pronounced me a miler. I didn't realize it that day, but 15 years of healthy eating and lots of exercise had prepared me to compete. With some specific training and many track meets, my mile time decreased to 4:45 in three months.

### **Age 20: The Fastest Runner Doesn't Always Win**

There were two 220 yard laps left in the 1978 Southern Conference Indoor 3-Mile race and I was in third place behind my teammate, defending champion Norman Blair, and Western Carolina's Dennis Kasprzyk. They both had

much more speed at short distances than me, so it didn't look good for a victory. They were eyeing each other as both knew I couldn't outkick them. As they waited for the bell lap, I went into a full sprint with 1 ½ laps to go. I never looked back as spectators were cheering and I saw my coach waving and yelling as the bell lap sounded. No one passed me as I sped around the track and I ended up with a 20-yard victory. Afterward, Norman and Dennis said I caught them by such surprise that they couldn't react.

### **Age 25: "Balance" is Good, but Makes it Difficult to Race at One's Potential**

By age 24 I was married and working. My two children were born a few years later. I was still racing well, but couldn't devote the energy and focus to running that I was able to when I was in school. I remember reading an article in which marathon great, Bill Rodgers, said that no runner working full time could ever beat him. To further expand on his thoughts, no runner working full time can run at their ultimate potential.

### **Age 30: The Days for Personal Records are Gone**

For runners who get started as adults, personal records can still be set for many years. But for those of us who raced at a high level in high school, college and our early twenties, personal records are difficult to achieve as energy is spread amongst our balanced lives. I set two narrow PRs in my mid-to-late twenties by eight seconds at 15k and two seconds at the 5k distance. But that was it, and as I grew older I looked at setting new age group PRs.

### **Age 35: Competitiveness is in my Blood**

When I was younger I never thought much about competing as I grew older. I figured I'd become more of a fitness athlete. But I grew up as one of four competitive boys who worked to excel as students, athletes and even at board games. Competitiveness was ingrained in me during my formative years. As much as I thought about gearing down and running for fun, I just couldn't do it.

### **Age 40: Weight Training is Vital for Older Athletes**

When I was in college we supplemented our running with weight training, but I didn't do much throughout my twenties and thirties. However, research showed that everyone loses muscle mass as they age into their forties and beyond. Also, strong muscles can often better handle the rigors of intense training sessions. So I added a regimen of upper body, core and leg weight training and feel it keeps me more fit and able to handle my training volume and intensity.

### **Age 45: Trail Running is Great for the Body, Mind & Soul**

Many older runners have become former runners. I have heard so many stories of aching joints that have forced some to stop running. The roads have pounded their bodies for so long that they can't take any more. The shock absorbing properties of trail running, combined with non-repetitive foot strikes, extends the running life of our legs. Running in nature, away from the traffic and exhaust fumes of road running, keeps our mind fresh and soul filled with joy. Trail running is less like work and more like play.

**Age 50: I Don't Ever Want to Stop Running**

The greatest joy I have on a regular basis is when I'm out on a nice long run in the woods. Sometimes I'm alone and enjoy seeing nature, thinking and praying. Other times when I'm with friends, conversation comes easily and the miles go by effortlessly. I don't know how long I'll be able to keep running, but I am doing everything I can to be healthy and stay fit so that I give myself the best possible chance of running for a long, long time.

These are eight major lessons I've learned over the past 35 years, but there are so many more. Also, a day doesn't go by that I don't learn something new about health, fitness, nutrition, training or racing. The most important thing I have learned is that we can never stop learning. If someone stops learning, they have chosen to be on the path to decline. There is always something new to feed our brains. So, take these lessons to heart and keep on learning!

**Gary replies: Bob, Thank you for your interest in sharing this article with your club members. Here is some suggested verbiage that can go along with the article.**

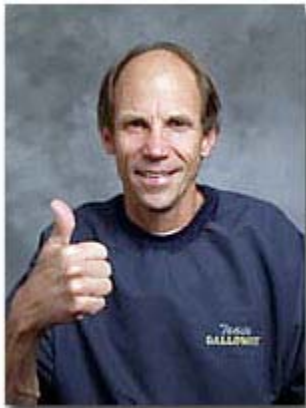
"Gary Cohen has 35 years of competitive running and racing experience highlighted by a marathon PR of 2:22:34. He is a regular writer for Florida Running & Triathlon magazine. At [www.garycohenrunning.com](http://www.garycohenrunning.com) you will find over fifteen FR&T articles, interviews with running personalities such as Greg Meyer, Jenny Barringer, Ron Hill, Brian Sell and John Tuttle and dozens of "All in a Day's Run" essays on a variety of topics including training, nutrition and racing. Gary's first book, also entitled "All in a Day's Run," is a collection of 75 essays no longer available on his site. Please consider supporting his site by purchasing this educational and entertaining running book."

**Also, each month if you'd like to send an e-mail to your club members letting them know about my monthly interview it would be appreciated. The next two interviews are with Boston Marathon Race Director Dave McGillivray and 2008 Olympic marathoner Magdalena Lewy-Boulet. Let me know what you think. Thanks again!**

Happy running, Gary

**Happiness and Running** runners tend to be happier

By Jeff Galloway, US Olympian, Author, Runner's World columnist, Inspirational speaker



**My prime goal for 2009 is to maximize the happiness that I feel during or after a run.** For years, I couldn't figure out why I felt great on a run one day and terrible the next. I now believe that most of the enjoyment comes from pacing the run gently enough--for the conditions. Even on the tough workout days, as a teenager, I always felt better after the run. Now I know that the "**endorphin glow**" at the end, can be enjoyed during the run--if there are enough walk breaks, taken frequently enough.

These hormones are designed to kill pain. When you start running your body intuitively knows that there will be some pain, and starts producing **endorphins**. If you run continuously, you'll use them up for pain killing. Each time you take an appropriate walk break, the **endorphins** collect and give you a psychological boost with relaxation--usually felt afterward. Running too hard, for that day, usually leads to a reduction in the overall feeling of well being. With the right balance, you can experience improved attitude, and enhanced vitality throughout the run.

Research studies have documented that **runners tend to be happier**. Other studies show that runners have among the highest levels of the positive attitude markers and among the lowest on the depressive scale.

Rest of the blog at: <http://jeffgalloway.typepad.com/>

## 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!

**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](mailto:jsmith@victorymanracing.com)  
Info: [www.spiritofcolumbushalf.com](http://www.spiritofcolumbushalf.com)

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

**Club Apparel:** Our order was placed with Fleet Feet December 3rd. We ordered 12 jackets, 25 shirts and 22 vests for a total of 59 items. **Your orders are here.** Please make plans to pick-up at a club run or give newsletter guy a call (contact info on the last page).

If you would like to order some apparel or need an exchange, orders will be taken up to January 12th.

**RUNOHIO Subscription Special for Running Club Members:** Subscribe to RUNOHIO for only \$8 for a 1-year subscription. To receive the **RUNOHIO Subscription Special for Running Club Members** of \$8 send payment along with your Name, Address, City, State, Zip code and the running club you are a member of by April 15th, 2009 to: RUNOHIO, PO Box 238, Granville, OH 43023. Also, check out the RUNOHIO web site at: <http://www.runohio.com>

## Club Mission

*Support Local Runners by providing Group Runs and Supporting Local Races*

## Club Membership

*Club Membership is by Participation and Association  
(You do not have to be a member of the Y and there are 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!**

**Rick Steward:** Run seven or eight triathlons including the 70.3 Ironman Augusta

**Kevin Johnson:** Train for and run the Capital City Half Marathon, May 2<sup>nd</sup>

**Greg Hartman:** 24 minute 5K and finish a 1/2 marathon



**Send in your goals for 2009. It really will help you to attain them!**

## 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!!!**

Achilles Litao	Arizona Fire Chiefs 5K	26.30	Michelle Bichsel	Columbus Marathon	03:09.2
Amy Eldridge	San Diego 5K	27.12	Michelle Bichsel	Burning River 100 Miler	24:51.0
Annette Mangan	Blueberry 5K	22.31	Pam Bechtel	St Peter's 5K	25.06
Bob Schroer	Capital City Half Marathon	01:59.0	Pam Taylor	Columbus Marathon	04:31.3
Bob Schroer	Winter Blues 5K	24.04	Pam Taylor	Brattie 5 Miler	43.22
Duane Rader	St Peter's 5K	25.38	Rowena Litao	Arizona Fire Chiefs 5K	27.20
Ellen Eichler	Blueberry 5K	23.48	Scott Davis	Spirit of Columbus Half Marathon	01:30.3
Eric Husty	Flying Pig Marathon	03:38.4	Scott Davis	Columbus Marathon	03:14.4
John Russell	Miss Ohio 5K	24.22	Scott Davis	Whippet 5K	18.56
Joseph/Achilles	Louis Wechter 5K	29.06	Susan Inscore	Blueberry 5K	22.17
Kay Hunt	St Anthony's 5K	24.48	Teresa Cook	Miss Ohio 5K	39.07
Matt Chase	Childrens Services 5K	21.36	Todd Redman	Flying Pig Marathon	03:44.4
Mendy Lafon	Holiday Hustle 5K	29.05	Wayne Snyder	Drumstick Dash 7K	29.16
Michael Bennett	Rite Aid Marathon Cleveland	03:18.5			

*Congratulations to all of you!!!*

## Club Links

### Find Races

[columbusrunning.com](http://columbusrunning.com)  
[fatrabbtracing.com](http://fatrabbtracing.com)  
[hermescleland.com](http://hermescleland.com)  
[hfpracing.com](http://hfpracing.com)  
[premieraces.com](http://premieraces.com)  
[rrca.org](http://rrca.org)  
[runohio.com](http://runohio.com)  
[runwalkjog.com](http://runwalkjog.com)  
[runwildracing.com](http://runwildracing.com)  
[victorymanracing.com](http://victorymanracing.com)

### Ultrathons

[teamprr.info](http://teamprr.info)  
[wrtr.org](http://wrtr.org)

### Local Y's

[ashlandymcaoh.org](http://ashlandymcaoh.org)  
[bucyrusymca.org](http://bucyrusymca.org)  
[mansfieldy.org](http://mansfieldy.org)  
[mtvymca.org](http://mtvymca.org)  
[woosterymca.org](http://woosterymca.org)

### Organizations

[rrca.org](http://rrca.org)  
[rrcaohio.org](http://rrcaohio.org)  
[runtheplanet.org](http://runtheplanet.org)

### Air Quality

[airnow.gov](http://airnow.gov)

### Knowledge

[chirunning.com](http://chirunning.com)  
[jeffgalloway.com](http://jeffgalloway.com)  
[johnbingham.com](http://johnbingham.com)  
[mcmillanrunning.com](http://mcmillanrunning.com)

### Magazines

[runnersworld.com](http://runnersworld.com)  
[runningtimes.com](http://runningtimes.com)  
[womensrunningmag.com](http://womensrunningmag.com)

### Stores

[columbusrunning.com](http://columbusrunning.com)  
[fleetfeetcolumbus.com](http://fleetfeetcolumbus.com)  
[frcols.com](http://frcols.com)

### Race Calculators

[runningforfitness.org](http://runningforfitness.org)  
[mcmillanrunning.com](http://mcmillanrunning.com)

### Salt and Fluid Loss Calculators

[hammernutrition.com](http://hammernutrition.com)  
[gatorade.com](http://gatorade.com)

### Safety

[roadid.com](http://roadid.com)

### Map Runs

[mapmyrun.com](http://mapmyrun.com)  
[run.com](http://run.com)

### Club Member Blogs

[michellebrunning.blogspot.com](http://michellebrunning.blogspot.com)

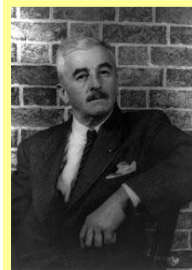
[runningpains.blogspot.com](http://runningpains.blogspot.com)

Got to run...

See **you** soon!



Bob



**"Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself."**

**WILLIAM FAULKNER** Nobel Prize-winning American author

Submitted by Club Member Pam Taylor from Runners World