



In This Issue

Club Runs

- Weekday Mornings
- Tuesday Evenings
- Weekends
- Host a Club Run

Races and Events

- Feb 15 Last Chance Boston
- Mar 8 Arnold Pump & 5K
- Mar 14 Beer Bottle Open
- Mar 15 **Club Run at Candlewood Lake**
- Mar 21 Winter Blues 5K
- Mar 21 Green Jewel 50K
- Apr 5 Fools 50K & 25K
- Apr 15 Y 5K Pump & Run
- Apr 15 Forget the PR
- Apr 20 Boston Marathon
- May 2 Capital City Half
- May 3 Flying Pig Marathon

Reports and Replies

- Tuesday Evening Club Run and Rancho Report
- Weekend Club Run
- Is this a Club with Fees
- 2008 RUNOHIO Grand Prix Winners

Club Offers

- Y Running Caps
- Columbus Running Company Discount
- Race Discount
- **RUNOHIO Subscription**
- **Fleet Feet VIP Discount**

Club Mission

- Support local runners

Club Membership

- Participation and Association (No Dues)

Club Member PR's

Club Links

- Find Races
- Neat Websites
- Running Knowledge
- **Club Member Blogs**



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, February 8th 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

It is really neat to know who is running what races, local races, biathlons, triathlons, out of town races, out of state races, out of the country races, 5K, 10K, 5 milers, half marathons, marathons, 50K, ironman's, ultrathons... This also encourages others to join those who are already committed to races. So if you are running a race that is not listed or are not listed in a race listed let the newsletter guy know and he'd be glad to add you!!!

Last Chance For Boston

Sunday, Feb 15

www.premierraces.com

Mark Elderbrock and Nancy Smith are running this.

Arnold 5K Pump & Run

Sunday, Mar 08

www.arnoldclassic.com

Alisha Dernbach, Amy Eldridge, Annette Mangan, and David Stotts are preparing for this one.

Beer Bottle Open 4 Miler

Saturday, Mar 14

cg_schnipke@cgmnacsc.org

Run benefits Kay Hunt's high school cross country team. Kay and Jeff Barbe are going to run this. They serve "hobo" soup afterwards. This is a RUNOHIO Grand Prix race!

Club Run at Candlewood Lake

Sunday, Mar 15

dogwright@aol.com

Gary Wright and the folks at Candlewood are hosting our club for a 6 and 8 mile (shorter or longer if you'd like) run around the lake to start at 2:00pm **Car pooling from Y at 1:30**. Chili and refreshments afterwards!

Winter Blues 5K

Saturday, Mar 21

www.bucyrusymca.org

Todd Redman supports this race.



The Green Jewel 50K Fun Run

Saturday, Mar 21

www.greenjewel.org

Michelle Bichsel is running this event that showcases the Cleveland Metroparks. Running from the Scenic Park (near the Marina) in Rocky River to the Oak Grove Picnic Area in Brecksville.

Fools 50K & 25K Trail Run

Sunday, Apr 5

<http://fools50k.org>

Michelle Bichsel is running this 25k trail loop within the Virginia Kendall Unit of the Cuyahoga Valley National Park, including the Salt Run, Lake, Ledges, Boston Run, Pine Grove, and Cross Country Trails.

Y 5K Pump & Run

Many of us will be doing this one!



Sunday, Apr 19

See Lanny Reeder at the Y

Forget the PR, Mohican 50K

Sunday, Apr 19

<http://mohican50.blogspot.com>

Event organizer is Club Member Rob Powell. Volunteers needed to work aid station at covered bridge.

Boston Marathon

Monday, Apr 20

www.bostonmarathon.org

Mike Bennett, Michelle Bichsel, Leslie Casey, Karen Crane, Kelly Cropp, Scott Davis, Mike Futty, Nancy Smith and Wayne Snyder are running this!

Capital City Half Marathon

Saturday, May 2

www.capitalcityhalfmarathon.com

This is the race many of us focus on to keep us going through the winter. Find your training plan and let's go! Kevin Johnson is making this his first half marathon. Dave and Rich are talked each other in to it.

Flying Pig Marathon

Sunday, May 3

www.flyingpigmarathon.com

Rob Powell is entered and Michelle Bichsel might be running this.

Avenue of the Giants Marathon

Sunday, May 3

www.theave.org

Club Member Jeff Barbe will be traveling with Melanie to California to make this his first marathon.

Cleveland Marathon, Half, 10K

Sunday, May 17

www.clevelandmarathon.com

Aaron Brumit and Rob Powell are running the marathon; Wayne Snyder running half with guard friends.

Bucyrus YMCA Triathlon

Saturday, May 22

www.bucyrusymca.org

Many of our swim-bike-runners do this one individually or in teams! Great event to try your first tri!



San Diego Rock n Roll Marathon

Sunday, May 31

www.rnrmarathon.com

Matt Endicott is running the 26.2 mile course that begins in Balboa Park, runs through Hillcrest and skirts the San Diego Zoo.

Reports and Replies

This section is where **you can share** your race reports. 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! 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. Your stories **encourage others** to run!!!

Tuesday Evening Club Run and Post Run Endorphin Rush Rancho Report

By Kay Hunt, runner and club Co-organizer

Yet another snowstorm moved through the area on Tuesday Run Club night. (By the way, Dick Goddard says only 12.1 more inches of snow and Cleveland would have the snowiest winter EVER. Not a record I want to break!) Hmm...what is it about Tuesday snowstorms? **Mother Nature is testing the hardiness of the group.** Well Newsletter Bob, Amy B, and new guy Steve Clark braved the elements together along with CJ and Michael Sparks.

Newsletter Bob rated the run a 9 on a scale of 1-10 and said it was "like running in a snow globe".



Picture by Steve Clark

Pam, Duane, Joe, Joy, Steve and Kay exercised in shorts and t-shirts indoors. **THINK SPRING!**

Due to weather conditions the **Rancho** group was smaller than usual but more philosophical. Newsletter Bob, Duane, Joy and Kay enjoyed a short visit before heading out before it really got ugly. Discussions included the incredible amount of people receiving the newsletter (230!!), the ups and downs of running (in sickness and in health) and how running puts you in touch with who you really are. **Wow, that's deep!** Have a great week! - Newsletter gal

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

Weekend Club Run Nine came out last Sunday to run from the Y at 8:00am

By Bob Schroer, runner and Newsletter guy

What a beautiful morning, 38 deg. sun a shining, birds singing!!! Deputy Rick, Matt Endicott from Bellville getting ready for **San Diego Marathon**, Amy B, Kevin, Terri Lemke from Loudonville joined us for the first time, Karen, Mike, Deanna from Galion and Bob came out today for a nice run on a beautiful winter morning.



Kay ran earlier outside. Laura, Pam, Steve, Chris H, Brad I, Joe C, Dave & Carla and Rich & Kristin got their cardio inside. Carla says, "Ya, whatever..." Saw Jeff getting his miles on Lex Ave. GO JEFF GO!

Our next Weekend Club Run is Sunday morning, February 8th, 8:00am running from the Y.

Is this a Club with Fees or can anybody show up and run?

A response from [Steven Clark, runner](#)

Hello Bob, My name is Steven Clark, a friend of Achilles Litao. He made mention to my wife that you all do some running. I too do some running, although it will look like a slow paced jog to some. Is this a club with fees or can anyone show up and run? I would be interested in your morning runs, and maybe the PM on Tuesday. Mornings are the only time I can get away for 40 minutes or so to do it, and at the moment, I am running in place for a half hour each morning... fun, fun.

A little about me: I am a 9th year teacher at Shelby Middle School. I teach social studies at the moment, but will transfer over to math in the coming years. I coach middle school football and varsity tack.

It would appear that you have a variety of runners in your club. I would most likely be the trailer, as I am use to it when I run with the CC and distance team at school.

Let me know what I need to do. Thanks

Newsletter guy responds: Hi Steve, There are no dues, no officers, no meetings... The morning, Tuesday evening and weekend club runs are explained in the newsletter. And as for your pace, we have all paces of runners from 5 min milers to 12 minutes or so. If you are the "trailer" then you'll take my place. Great to see you at last Tuesdays run! Bob

2008 RUNOHIO Grand Prix Winners including interviews

By [Matt McGowan, RUNOHIO Editor](#)

Congratulations to the 2008 RUNOHIO Grand Prix Winners: Open - Matt Folk and Leigh Daniel, Masters - Ron Dorfeld and Connie Gardner, Grand Masters - George Seller and Nancy Smith, Seniors - Nick Zindorf and Patti Habenicht. Read their interviews – www.runohio.com



Nancy Smith, 56 lives in Ashland where she works as a Director Quality/Risk Management. Nancy has been running for twenty-five years.

When and how did you first start running? "I started running twenty-five years ago to train for a 10km. I started doing duathlons and triathlons and have competed in four Ironman's including Hawaii. I ran my first marathon in 1996 and it was a miserable experience and was injured afterwards. I began to train more effectively and have run forty-four marathons."

How do you train and what is your favorite workout? "I train with members of the **Ashland Running Club** and most mornings I run seven miles before work. I run longer runs on the weekend. I also cross train by biking and swimming. I enjoy the variety and this helps reduce the risk of injury."

Why do you run? "I run for three main reasons: 1) stress release, 2) It helps prevent and reverse effects of aging and the development of chronic disease conditions, 3) To have fun with others who share the same passion."

What do you think of the RUNOHIO Grand Prix? Which races were your favorites? "I like the RUNOHIO Grand Prix as it provides a good incentive for racing goals."

Any advice for runners who want to improve their running? "Find someone with running goals, preferable a faster runner and just keep up with the pace and miles. Enjoy as many events as possible throughout the year, planning to compete on key races and just enjoy the experience of participation for the others." - *Matt McGowan*

Nancy also earned Master of the Year 2008 Honorable Mention as listed in the latest edition of **Running Times** magazine, March 2009 issue. **Congratulations Nancy!!!** - *Newsletter guy*

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
Info: 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/>

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>

Fleet Feet Sports VIP Discount Card: Someone in our club will earn **FREE** shoes for a year!

FLEET FEET Sports		10% Off Everything
VIP Discount Card		25% Off <input type="checkbox"/> Men's Boxer Briefs <input type="checkbox"/> Women's Sport Bras (Limit 2)
PUNCH OUT PRIZES!		
Bring this card to Fleet Feet Columbus.		
Earn 4 punches for shoes. Earn 3 punches for jackets or pants.		
Earn 2 punches for shirts or shorts. Get FREE socks along the way!		
Get totally PUNCHED OUT by 12/31/09 and we'll put you in a drawing for FREE Shoes for a year (that's 3 pairs)!		
1 Pair of Socks 	1 Pairs of Socks 	2 pairs of Socks 

See **Newsletter guy** for one of these cards or ask for one the next time you are in **Fleet Feet**.

www.fleetfeetcolumbus.com

Make sure to tell them you are a member of the Mansfield Area Y Running Club!!!

Great place to get fitted for shoes!
Try a pair of their Balega socks!

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 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
fatrabbitracing.com
hermescleveland.com
hfpracing.com
premieraces.com
rrca.org
runohio.com
runwalkjog.com
runwildracing.com
victorymanracing.com

Ultrathons

teampri.info
wrtr.org

Local Y's

ashlandymcaoh.org
bucyrusymca.org
mansfieldy.org
mtvymca.org
woosterymca.org

Organizations

rrca.org
rrcaohio.org
runtheplanet.org

Air Quality

airnow.gov

Knowledge

chirunning.com
jeffgalloway.com
johnbingham.com
mcmillanrunning.com

Magazines

runnersworld.com
runningtimes.com
womensrunningmag.com

Stores

columbusrunning.com
fleetfeetcolumbus.com
frcols.com

Race Calculators

runningforfitness.org
mcmillanrunning.com

Salt and Fluid Loss Calculators

hammernutrition.com
gatorade.com

Safety

roadid.com

Map Runs

mapmyrun.com
run.com

Club Member Blogs

michellebrunning.blogspot.com

runningpains.blogspot.com

Got to run...

See **you** soon!



Bob



"I'm not sure that I can describe what has been called the "runner's high," but like poetry and beauty, I know it when I experience it."

MATTHEW SHAFNER

Lawyer, a gentleman, a scholar and a runner, featured in the book **FIRST MARATHONS** Personal Encounters with the 26.2 Mile

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