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- o Support Local Runners and Races

Club Membership

- o By Participation and Association

Running Derby Marathon



Mark Otero writes, "Just signed up for the Derby Festival Marathon in Louisville Ky on April 28th. Best part is this will be my son's first one." - Photo by Newsletter guy

Club Runs

Tuesday Run: Every Tuesday we meet at **6:30pm** at the main entrance to the **Y** for a **3.8 mile run** through the Woodlands. Afterwards we go to **Rancho Fiesta** for a **Post Run Endorphin Rush!**

Weekend Run: Sunday Feb 12th at the **Y** at **8:00am**

Host a Club Run: **You** pick the day, date, place, time and route. Hosting a club run is a **great way** to support the 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

February

Tuesday Club Run Tuesday, Feb 7 bobs@sbhus.com 419-589-7466

The club meets every Tuesday in front of the **main entrance to the Y** off of Lexington Avenue at **6:30PM** taking off shortly thereafter for a 3.8 mile **run through the Woodlands**. Run / walkers and walkers are welcome!

Post Run Endorphin Rush Tuesday, Feb 7 bobs@sbhus.com 419-589-7466

We **invite you** to join us around **8:00PM** at **Rancho Fiesta** at the corner of Lexington Ave and Trimble for a little **social time**. Lots of running chatter and others topics about this n that. **Great time with diverse people high on life!!!**

Weekend Club Run Sunday, Feb 12 bobs@sbhus.com 419-589-7466

This Sunday at **8:00am** at the **Y** on Lexington Avenue. Route varies from week to week and runner to runner.

March

Hair of the Dog Challenge Series 2012 2012 dceigh@cs.com or call 419-522-2773

Hairy doggers,

The **first two races** of the year are as follows. Saturday, March 3rd the **Crestview Cross Country Road Apple 5k** at the Middle School. Registration is open at roadapple@embarqspace.com.

The **second race** is new and is on Saturday, March 17th. It's called the **642 Run** in **Fredericktown** in honor of **Nick Gaumer** and benefits the Freddie Cross Country Team.

My details are forthcoming. So get your tights on and go get ready. Don't forget your fermented beverage training to help ease the pain.

Keep panting.

GO Dave GO!

GO Rich GO!

GO Hairy Doggers GO!

Dave Eighinger

Contact **Rich Wasowski** to get a **registration form** for this series @ riwasows@yahoo.com

6th Annual Road Apple 5K Saturday, Mar 3 www.roadapple.embarqspace.com

Just a quick note to let you know the **Crestview Runners Club** will be holding the **6th annual Road Apple Run 5K** on Saturday March 3, 2012. **We hope some of the Mansfield Runners will join us.**

Race starts at **10:00am** at **Crestview Elementary School**, 1575 State Route 96, Ashland OH 44805. The Elementary building is on the east side of the campus with the entrance on Mansfield-Adario Road.

The **Road Apple Run** will be an out and back race on a scenic country road in northern Richland County. Bordered by several peaceful Amish farms, the course is mostly flat with some slight upgrades. The biggest challenge will be avoiding the "exhaust" from the frequent travel of the horse drawn vehicles. Information at www.roadapple.embarqspace.com or call **Debby Fulk** 419-589-8602

HOTD Series Race

34th BBO 4 Mile Race Saturday, Mar 10 [Terry at 419-659-4331](tel:419-659-4331)

WHERE: Columbus Grove, OH. Race starts and finishes near Miller's Lunch in downtown Columbus Grove.

WHEN: Saturday, March 10, 2012. Race starts at 2:00 p.m.

REGISTRATION: Columbus Grove H.S., 201 W. Cross St. Registration starts at noon.

COURSE: 4 miles, flat, fast course, all on roads. Course is certified. (#OH 83007 PR) and this is a **Run Ohio Grand Prix** www.runohio.com event.

Contact: **Terry A. Schnipke**, Athletic Director, Boys' Cross Country Coach, Columbus Grove Local Schools
Phone: 419-659-4331 E-Mail: cg_schnipke@cg.noacsc.org or <http://cg.noacsc.org> click on High School to find link.

Info submitted by Kay Hunt who is organizing this outing for all who would like to go along, run and consume **Hobo Stew**. Call **Kay** at 410-564-0502 or e-mail hunttk@aol.com if you want to go along. **GO Kay GO!**

St. Patrick's Day 642 Run Saturday, Mar 17

"Eh running is my future. That's bout it." – Nick Gaumer.

This 5K run / walk will take place on Nick's birthday. Nick and his sister were killed in a tragic accident just before Christmas. This event is to help less fortunate Fredericktown HS runners with participation fees. Top award to 1st person finishing under Nick's time of 16:57. More info will be coming.

HOTD Series Race

Bucyrus Y Four Leaf Clover 5K Saturday, Mar 17 kchavatzas@bucyrusymca.org

For anyone who is interested or know those who would be interested...attached is the 5K flyer for our 2012 year. Hope to see you there :) - Kim **This race was formerly called the Winter Blues 5K.**

This 5K Run / Walk has a new flat paved, out and back, country road course. Proceeds from the 5K will benefit **Kids Fun and Fit Day**. The Y is located at 1655 E. Southern Avenue, Bucyrus 44820. Phone: 419-562-6218 or e-mail Kim.

Multiple Sclerosis 5K Run / Walk Sunday, Mar 18 **Contact: 419-989-7443**

Race: Starts at **10:00am** at **Madison Comprehensive High School**, 600 Esley Lane off of State Route 430, 44905.

Course: Will start in front of the high school and end on the track. The course is mostly flat with some inclines. A course map will be provided at the race. Snacks and water at the end of race.

For more information call 419-989-7443. **If no one answers please leave voice mail.**

Race info submitted by Runner / Club Member **Laurie Schroeder**. This is a **new race** to the area!

ORRRC Marathon and Half Marathon Sunday, Mar 25 www.orrrc.org

Hi **Bob**, I have signed up for the **ORRRC Half Marathon** in **Xenia**, Ohio on March 25th, 2012 (this will be my third time down there). It's a wonderful course, nice facility and exceptional volunteers. This will be a good training run for Ironman Texas, which I am doing (for the second time) on May 19th, 2012.

It was great seeing everyone at the **Charles Mill 10K**. What a fantastic morning for a race! Hopefully will be there for the New Year's day run. Well gotta ride, run and swim. Later, **Ginger Wuebker** **Anybody want to join Ginger?**

45th Annual ORRRC Marathon and 23rd Annual ORRRC Half Marathon Ohio's oldest marathon is also the best, lowest cost, low-key marathon around. While they don't offer stand-up mile markers, clocks at every mile, and large crowd support, what they do offer for the low pre-registration price of \$25-\$50 is an awesome tech shirt, a classy finishers medal, an accurate / road-marked / chip timed / certified / Boston-qualifier course, stocked aid stations every 2 miles, plenty of hot food and showers post race, and THE GREATEST volunteers in the land. **GO Ginger GO!**

Red Ball Jets 5K Saturday, Mar 31

Hey **Jackie & Jeremie!** Hope the New Year is "playing" out just right for you! :) Anyways, wanting to add your event and just being a pest because I like you two! Happy New Year! – **Bob**

Bob, We don't have a time for the race yet but the day is March 31st....**details** to follow. We have been crazy busy. Me with a new job, and my husband without a job. I sent **Krystal** an e-mail last night to get started. – **Jackie**

April**Mansfield Y Pump & Run 5K** Sunday, Apr 15 **See Lanny at the Y**

Club Member **Lanny Reeder** is once again organizing this annual event. Participants can Pump & Run or just Run the 5K race. The pump will start at **8:00am** and the **5K** will start at **10:00am**. More info coming. **GO Lanny GO!**

Forget the PR 25K / 50K Sunday, Apr 15 www.mohican50k.com

Club Member **Rob Powell** organizes this trail race in **Mohican State Park**. The race was limited to 200 participants in the **50K** and 100 participants in the **25K**. **This race is sold out.** **GO Rob GO!** **Newsletter guy** is doing the **timing** and needs 4 more people to help. **Zac Huff, Rick Jones...** Club members are needed to work an **aid station** too. What's in it for you? You get to run the directors race the week before if you volunteer.

D-Feet Diabetes 5K Run / Walk or 1 Mile Walk Sunday, Apr 22 [Contact Melissa at 419-522-2734](mailto:melissa@medcentral.org)

MedCentral Endocrinology - Dr. Cynthia Dorsey's Office will be hosting their inaugural race on Sunday, April 22 at 2pm in the afternoon with start and finish line at [Ontario High School Track](#).

As the epidemic of obesity, as well as individuals diagnosed with Diabetes continues to climb to astounding rates it is time in **our Community** that we educate and encourage the citizens of Richland County to **get out and get active, moving towards a cause to "D-Feet Diabetes"**.

Proceeds from the race will go towards a Diabetes Education Scholarship Fund to help underprivileged patients, as well as patients with insurance that lack coverage for education purposes, the chance to attend Diabetes Education.

For additional information or registration forms please call **MedCentral Endocrinology** 419-522-2734 or email [Melissa Irwin mirwin@medcentral.org](mailto:Melissa.Irwin@medcentral.org). **Newsletter guy** adds that **Cindy** is a runner / club member. **GO Cindy GO!**

Derby Festival Marathon Saturday, Apr 28 www.derbyfestivalmarathon.com

Club member / runner **Mark Otero** posted: Just signed up for the **Derby Festival Marathon** in **Louisville Ky** on April 28th. Best part is this will be my son's first one. **GO Mark GO!**

May

Capital City Half Marathon Saturday, May 5 www.capitalcityhalfmarathon.com



The start and finish lines, the course and parking for this race are changing for the better this year. We'll need to be aware that there is different parking (details coming on race website) that we must find in time for the **8:00am start** at the corner of **Broad St.** and **Civic Center Drive**. The **finish** is at **Columbus Commons**, a dynamic 9-acre, multi-purpose green space that opened this year in the heart of downtown Columbus.

Besides the **Half Marathon** there is a **Quarter Marathon**, a **5K Fun Run** and a **Capital Kids Mascot Chase Race**.

Dave Zeuch, runner / club member from Galion, is running his first ever half marathon as the winner of a **Complimentary Entry** offered to our club by race organizers. **GO Dave GO!!!**

Norbert Peiker, runner / club member from Bellville, is running this as an **American Cancer Society Determination Team** member and has targeted **\$500** as the amount he wants to raise for cancer research. **GO Norbert GO!**

Local Runners, Please visit **Norbert's** personal profile site at www.acsdetermination.org. Then tab "**Donate**", and click on "**Donate/Find an Athlete**". This will lead you to the window where you enter Norbert's first and last name (Peiker). Let's help him exceed his goal of raising **\$500** (Consider \$10, \$25, \$50, \$100 whatever amount you can donate would be better than great). - **Newsletter guy**

Indy Mini Half Marathon Saturday, May 5 www.500festival.com/marathon

This race usually draws **local runners** to **Indianapolis** for the nation's largest half-marathon, the 7th largest road race in the United States and the 18th largest in the world with 35,000 participants! Not only does the Mini rank highly in number of participants, but also in quantity of entertainment. With 100 entertainment groups and spirit squads lining the 13.1-mile course, the Mini-Marathon has arguably the most entertainment of any road race in the world! This quantity is unparalleled in what many have called the largest four-hour music festival anywhere. **Who is going this year?**

Flying Pig Marathon / Half Marathon Sunday, May 6 www.flyingpigmarathon.com

This race draws **local runners** to **Cincinnati** to what promises to be a beautiful course which "flies" along the streets of Cincinnati, Covington, and Newport. This race presents a well-balanced, diverse tour of some of the best neighborhoods in the area. There is also a **4-Person Relay**, **10K**, **5K** and **Kids' Events**. **Would make a neat weekend outing!**

NAMI 5K

Saturday, May 12

Mary Kay at 419-522-6264

Hi Bob, The **NAMI 5K Run/Walk for Awareness and Wellness** will be held May 12, 2012 at the **Richland County Fairgrounds**. We will begin at **9:00am**. Please put this on all your calendars so hopefully we will not have scheduling conflicts with other 5 Ks. Thank you again for all your help!!

We hope to make this one bigger and better!! - **Mary Kay Pierce**, NAMI Richland County 419-522-6264

Texas Ironman

Saturday, May 19

www.ironmantexas.com

Club member **Ginger Wuebker** is signed-up for her second go at this event.

GO Ginger GO!

Athletes will begin with a 2.4-mile swim in **Lake Woodlands**. Next is a 112-mile bike course that will take participants west through the scenic, rolling farmland of east Texas. The day ends with a 26.2-mile run course entirely within The **Woodlands** that concludes with a spectacular finish on **Market Street**.

Cleveland Marathon / Half Marathon

Sunday, May 20

www.clevelandmarathon.com

This race draws a lot of **local runners** to **Cleveland's** Experience in the Rock & Roll capital of America? The 35th annual Rite Aid Cleveland Marathon features one of the flattest and fastest courses in the country, offering **full marathon, half marathon, 10K, 5K** and **Kids' Fun Run** events. Whether you're looking to qualify for Boston, or walk a 10K with your friends - you'll enjoy a scenic "tour" of Cleveland and all the amenities of a world-class event. **Is this your event?**

Hi Bob! I just signed up for the **Cleveland Marathon** and excited about running this marathon! There's plenty of time to train and it also falls 2 weeks after the **Cap City Half!** **Jeff Barbe**

June**Red Dress Run-III is now Nameless**

Saturday, Jun 2

BSharp@mrachamber.com

The **Race Director's** always the last to know... I learned this afternoon the **Red Dress Run** is now scheduled for **June 2, 2012**, at the **Lexington Depot** to benefit local **Heart Health Education** at **MedCentral**. **A few more weeks for those last minute alterations!** We should have registration materials and information in the not too distant future. - **Bill**

GO BILL GO!**The Nameless Race** Director Asks Club Members for Suggestions

Jan 31: **Bob** - Just heard from a national organization that owns rights to the name **Red Dress Run**...asking we rename the run (very nice conversation...he wasn't really asking). We need to do something soon.... - **Bill**

Feb 1: **Bob** - **Brian Coon** suggested we open it up to members of the club to suggest names to the 5k formerly known as the **Red Dress Run**. **If you would make the offer, suggestions could be emailed to:** Pamela.S.Zeigler@CenturyLink.com or bsharp@mrachamber.com We need to make a quick change to get materials & T-shirts printed. - **Bill**

Club Member suggestions: > **Brian Coon** I suggested they name it after my favorite city and gas station and call it the **Boston marathon 5k** (formerly known as the red dress run). > **Heath Grissinger** Could it be the "**Rojo Dress Run brought to you by the corporate prick who thought the color name mattered**". A little long but descriptive. > **Chris Hershberger** Running Red? Red 'n Run? Rock the Red 5k? Red 'n Ready 5k? Ready 'n Red 5k? Dressing Red 5k? Red Diva 5k? I have a headache now. :) > **Brian Coon** Red Diva. That's a good one. > **Don Baun** I like **Red Diva**. > **Missi Burrows** The red Dressy Besty. > **Michael Burrows** Red Dress Rally Red Skirt Skitter Red Dress Race Red Riding Hood Race Pink Pantaloon Prowl Red Diva Dash (credit Don Baun) People in Pumps Provocatively Prancing ... okay I'm done for now.

Feb 3: Hi **Bob**, I'm receiving great suggestions for renaming the race formerly known as the **Red Dress Run**...however, as it was explained to me, we cannot use any variant of the name, so we need to think outside of any mention of a red dress. Sorry I did not mention this in my earlier email. - **Bill**

More Club Member Input: > **Chris Hershberger** They certainly can't have the rights to "**Red**" can they? > **Missi Burrows** The pink diva run. > **Brian Coon** Avoided lawsuit 5k > **Missi Burrows** The Queen of Hearts run. > **K David White** The "Not Entirely Legal Red Dress Run" > **K David White** "Not Entirely Legal Red Garment Run" > **Brian Coon** The "it's not like we pocket the money you litigious douche bag 5k" > **K David White** Robe rouge Exécuteur 5k > **K David White** "NOT the Other Red Dress Run 5k" (See clubs Facebook Page for any continuation of the renaming suggestions)

Kingwood 5K Formerly Miss Ohio 5K Saturday, June 9 heest97@hotmail.com 419-884-2811

Hey Doug, Can you give me the date of the **Kingwood 5K** for 2012? Want to get it posted in the NL to discourage others from choosing this date for another event. **Bob**

Bob The date is June 9, 2012. Always the second Saturday in June. The big house (Kingwood) looked great (decorated for the holidays), we were there Friday night. Thanks **Doug** **GO Doug GO!**

5K for Cayden Saturday, June 23 schroeder.laurie@yahoo.com

Laurie Schroeder, runner / club member writes: My family is hosting a 5k in **Crestline** June 23rd at **9am**, at the **gazebo**. I will have more information to follow, but just wanted to let you know so that maybe you could put that one in the newsletter as well. It is a **5k** for **Cayden** who was diagnosed with leukemia last year, and his family is donating proceeds to nationwide children's hospital. It is a 5k run/walk, activities for the children, and a bake sale (donations only). Pre-Registration will get you a sweat towel with the childhood cancer logo on it.

I'm training to run my first marathon this year! Think I might do **Columbus** in the fall. I hope all is well with you, and I will see you around the 5k circuit! :)

Thanks, **Laurie**

GO Laurie GO!

October

Trek or Treat 5K Sunday, Oct 21 dauterman03@yahoo.com

Well, all survived **Trek or Treat 2011**, so we turn the page to 2012. In speaking with a cross country coach and the troop and in looking at the calendar, I am looking at October 21st, 2012. Advise of any conflicts as we would like to get this penciled in on the proper calendars. Also, think about our meeting schedule. **Do Sundays still seem to be OK?**

Thanks! **David Dauterman**

GO David GO!

A Thrilling Report I am Running Again

By **Kristin Husty**, runner / club member



Hi **Bob!** I am not one to ever make recommendations when it comes to running, training, and injuries. But the addicted runner in me feels obligated to share my progress with fellow addicts in case they can benefit from my experience. I hurt my heel last April and expected to be out for 4-6 weeks. It turned out to be over 8 months.... 8 months

without running. After over 30 weeks of therapy, a few cortisone injections, oral steroids, pain, pounds, and frustration, I was told by a doctor that surgery was the only thing that would allow me to run again.

I am **THRILLED** to report that after a month of help from **Chris Gehrish** (pictured at right) and HealthSource of Mansfield, I am running again...pain free...without surgery. I'm already up to more than 8 awesome miles, and soooooo thankful. **If this information helps even one of my running friends enjoy some miles, it was MORE than worth sending!**

Yours,

Kristin

Contact at: kristinhusty@yahoo.com



HealthSource team at Red Dress Run



After a Year of Misery I'm Back the Worst Part I Got Beat by a Girl

By Kiplimö Chemirmir, runner / sports massage therapist & exercise specialist / honorary club member



So after a year of misery, setbacks and being the wounded runner, the many attempts to get back to what gives my life true meaning has unfolded with glory, I have finally overcome the odds, I wish that son of a toothless cow' Doctor who told me I will never run again can read this "I'm back biach"

I completed a 5k, everything was perfect, I set a time and went after it and clinched it, but the ...worst part is I got beat by a girl, actually two of them... seriously Kip, you're an embarrassment and disgrace to the runners from your tribe, that was the exploding voice which kept echoing all over my head.hahaha. but the thing is after first mile I was stabbed by this sharp cramp on the side of my stomach which left me breathing like a hippo giving birth, and that's how my world hit me with a crap straight in the guts.

I'm happy that I finished, I got beat but I also beat others, I took that beating like a man' heh I know my ancestors are laughing wherever they are. I thought I was gonna throw up in the end or die, because to be honest I started that race like a demon that just escaped from hell, then past mile one with couple hundreds of meters I was like a car that carburetor just exploded..

Mile 2 and 3 came I just held on like a badger telling myself Kip we gotta finish this if we want to make the rest of future races better, forget about those who are ahead of you or the girls who are skipping like gazelles ahead of you, just run your own race, there's no price but finishing is what matters, with 400 to go my friend Chris came over like a souped up tow-truck and helped this clunker of mine climb the last hill which seemed like Mt Everest, inside my chest was boiling like a volcano, my eyes were seeing blurry...

I thought I Was gonna blind, but before I got kaput, there came 100 meters to go the finish line was on sight, I had to compose myself to look good and handsome for the cameras, cause I hate photos of me looking like I got struck by lightning.

So I crossed the finish line with no shame or sweat, and I felt good and proud of myself for the perseverance and efforts that I have made till where I am today, it is by Gods grace I can run again, I'm thankful for the wise warrior and my spirit for keeping me positive in life and encouraging every day and showing me better will one day savored and I must never worry what I miss or the hardships that I face.

The pain that I feel is sweeter and soothes my spirit, it is my inspiration that will push me to many boundaries of life, it is the victory that will become glorious one day, with this feeling I have finally found a purpose to seek and rise for each dawn, and it will be a great curse if the sun find me in bed, from this day forth bars will be raised, battles will be conquered, and joy will be cherished. This quest is not easy, and I'm going to be easy with it..... **The Runimal is Back!**

Kip

PS- If you love me, don't tell my grandma Kip got beat by a girl!!!!... she will never hug me again :)

Check out Kip's blogs at: <http://runimal800.wordpress.com/> and <http://kiprunningvillage.com/>



Brian Ward Memorial 5K Running is Family and Family Bond Cannot be Broken

By Jon VanHouten, runner / race organizer / club member



Hey Bob, Saturday's run went well.....the weather played a role in attendance, however over 120 people attended and more than enough money was raised for the family. The reason this event was held at Pleasant hill was because the young boy (Brian) who passed away and his father spent many summers at that camp ground.

It was a very emotional day for Todd (father) Ward, but he was more than pleased to see that many people show up to support his family. I was one of many people who helped organized this event and it was a great feeling to be a part of something so wonderful.

We plan to make this an annual event and hope to do this again in August (Brian's birthday was August 2nd) and have proceeds go to a Scholarship fund to help pay to play athletes.

Running is more than exercise.....Running is family and family is a bond that cannot be broken.

Jon



Plaque presented to Brian's grandmother from the park manager. They're going to plant a tree in the spring in his memory.



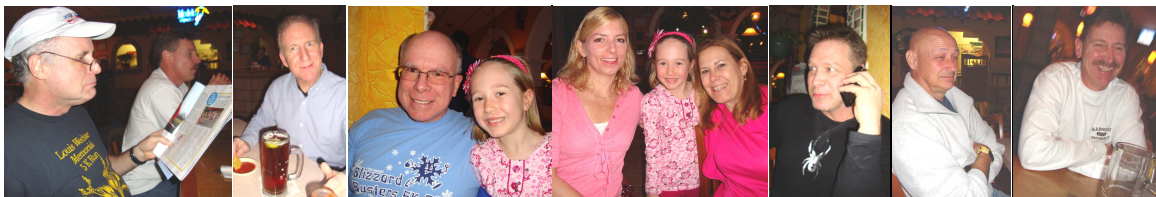
Tuesday Club Run on a Warm Winters Night

Please join us!



Post Run Endorphin Rush with Friends and Food

Please join us!



Sunday Club Run on a Foggy Morning

Please join us!



Overtraining We Can Minimize its Chance of Occurring with a Balanced Plan

By Gary Cohen, runner / coach / writer / honorary club member



In an unending quest to improve race performances runners have to be careful about becoming obsessive. Increased mileage, lengthening long runs and adding various forms of intense training sessions can help. But there is a fine line we must be careful we don't cross or we will end up constantly exhausted, racing poorly and apathetic about running. These are all signs of overtraining.

It's easy to see how we can fall into the overtraining trap. As our training program adds volume and intensity we reap the rewards of faster race performances. This excites us and we train even harder which results in even better race results. Pretty soon we are going fast on what are supposed to be easy days and running on what were once off days. We expect to continue on the road to running nirvana but instead feel sluggish, race slower and wonder what is wrong. More often than not, overtraining has us in its grip.

But don't automatically think overtraining is the cause of your malaise. Exclude other items such as inadequate sleep, low iron levels, not enough protein in the diet and insufficient total calories. If none of these conditions are present, then overtraining may be the culprit. Note subtle changes in your body. If your pulse is higher than usual after easy or moderate runs, your resting pulse is elevated, your strength has decreased or your coordination seems poorer, it could be a sign that you have been overtraining.

If you do find yourself in a state where you are over trained, the remedy could be more than you can stomach. Instead of taking a one or two week break, you may have to stop running for a month or two. This is very drastic and nearly all dedicated runners would find it impossible to do. So it is very difficult to recover from overtraining.

Since bouncing back from overtraining is so challenging, you must take care to avoid getting in that state. There are several things you can do. First, ensure that there are easy days in your training schedule. Use the 'hard, easy' approach of a hard day of training followed by one or two easy days. Second, don't be afraid to take a day off occasionally or to run with friends who run a minute or two per mile slower than you do even on your easiest runs. And finally, as you build or maintain your mileage base, use a three week cycle of two higher mileage weeks and one week with at least 20% less volume.

The road to better racing is one where we push our bodies to higher limits. This puts us close to crossing the line and doing too much. But if we are aware of the possibility of overtraining we can minimize its chance of occurring with a balanced training plan that gives us consistent incremental gains in fitness and race outcomes.

Gary Check out: www.garycohenrunning.com

Club Offers

Y-Not Cycling & Fitness: Eric and the staff are offering our Y Running Club a **10% discount** on **food items** and **15% discount** on all **merchandise**, excluding bicycles. Bicycles will be on a case by case basis. www.ynotcycling.com in Lexington by the Bike Trail



Food items carried in stock would include most Hammer, nuun, cliff, jelly belly, and GU nutritionals. In addition they can get via special order in a few days: acelerade, powerbar, camelbak, cliff products, FRS, Gatorade Products, Honey Stinger, cytosport, dedicated athlete, elete, first endurance, probar, larabar, odwalla, forze, balance bar, nathan, carb-boom, sharkies, saltstick, and sportlegs.



Multi sport items carried in stock are growing, but they have been doing their best to represent the Fuelbelt line. In addition they can order a lot of other multi sport products (and this list is not all inclusive and grows everyday): Zensah, Pearlizumi running and biking shoes, Profile Design, Zipp, Axiom, TYR, Bodyglide, zymefx, triswim, nathan, hydrapak, headsweats, moving comfort, Tifosi eyeware, and much much more.

Columbus Running Co. Store Discount: Matt Deleon is happy to offer club members a club discount on items purchased. www.columbusrunning.com



Fleet Feet Sports 2011 Discount:

- 20% off Asics shoes - all year
- 15% off all others - all year
- 1 free pair of socks with every shoe purchase
- 10% off apparel and accessories

FREE SHIPPING

On Dec 31, **Fleet Feet** will track total club purchases - and donate 1 pair of shoes for every 10 purchased by the club to award as the club wishes to either club members and/or to a local charity in the club's name. I.E.: if the Club buys 200 pairs of shoes **Fleet Feet** donates 20 pairs free.



www.fleetfeetcolumbus.com



Polaris Area

1174 East Powell Road
Lewis Center, OH 43035
(614)846-5625

Hours

Mon-Thurs: 10am-8pm
Fri-Sat: 10am-6pm
Sun: 12pm-5pm

FrontRunner Store Discount: The Mansfield Area Y Running Club sounds like a great club.

FrontRunner would like to extend to your members the opportunity to save **10% off** on their **shoe purchases** here at our store. - **George Roulett**



1344 W. Lane Ave, Columbus, OH 43221 614-486-0301

www.frontrunnercolumbus.com

Hours: Monday - Friday 10am to 8pm Saturday 10am to 6pm Sunday Noon to 5pm

Second Sole Store Discount: Jerry Nevius is offering us a **15% discount on everything**. They are located at 28 N Sandusky St. in Delaware. Phone: 740-369-0622; Hrs M-F 11-7 and Sat 10-5.

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!

Club Member PR's

Achilles Litao	Arizona Fire Chiefs 5K	26.30	Joseph/Achilles	Louis Wechter 5K	28.11
Adrienne Ruhe	Capital City Half Marathon	1.41.25	Kay Hunt	Red Ball Jets 5K	23.14
Adrienne Ruhe	Las Vegas Marathon	3.58.16	Kay Hunt	Minster Oktoberfest 10K	50.22
Amy Eldridge	St Peter's 5K	25.37	Kay Hunt	Rite Aid Cleveland Half	1.49.15
Amy Eldridge	Capital City Half Marathon	2.01.31	Kelly Spore	Capital City Half Marathon	1.58.37
Annette Mangan	Blueberry Festival 5K	22.31	Kevin Spore	Capital City Half Marathon	2.04.53
Annette Mangan	Capital City Half Marathon	1.45.18	Kristin Husty	Y Pump n Run 5K	21.38
Bailey Dauterman	Dash at Dusk 5K	21.30	Kristin Husty	Capital City Half Marathon	1.39.27
Bel Martin	Y Pump n Run 5K	24.04	Kristin Husty	Akron Marathon	3.34.36
Bel Martin	Cleveland Half Marathon	1.54.42	Lea White	Ashley Reservoir 10K	60.58
Bob Schroer	Winter Blues 5K	24.04	Leslie Davis	Shelby Bicycle Days 5K	19.17
Bob Schroer	Capital City Half Marathon	1.59.00	Leslie Davis	Columbus Half Marathon	1.32.50
Brad Gilbert	Louis Wechter 5K	27.02	Leslie Davis	St Louis Marathon	3.16.55
Brad Gilbert	2011 Columbus Half Marathon	2.13.06	Leslie Davis	Great Buckeye Challenge 1/2 IM	5.21.17
Brian Coon	CACY Drug Free 5K	25.33	Leslie Davis	Ironman Wisconsin	14.17.14
Carleigh Levering	Moving Hearts & Soles 5K	29.59	Linda Smith	St Peter's 5K	25.59
Carleigh Levering	2011 Columbus Half Marathon	2.39.17	Lisa Zara	Red Ball Jets 5K	29.27
Chris Scholl	Indy Half Marathon	2.13.02	Matt Chase	Childrens Services 5K	21.36
Chris Sopka	Disney Princess Half	1.23.53	Megan Porter	Akron Half Marathon	2.13.25
Chris Sopka	2011 Columbus Marathon	2.58.27	Melanie Feltner	Red Ball Jets 5K	23.40
Dan Arnholt	Capital City Half Marathon	1.53.15	Melanie Feltner	Akron Marathon	4.23.21
Dane Henry	Ashland BalloonFest 5K	18.26	Mendy Lafon	Equalizer 4 Miler	38.45
Dane Henry	Lex Express 10K	41.04	Mendy Lafon	Marshall Half Marathon	2:09:33
Dane Henry	2011 Columbus Half Marathon	1.28.41	Michael Bennett	Rite Aid Marathon Cleveland	03:18.5
David Dauterman	Santa Sleigh 5K	26.50	Michelle Bichsel	Columbus Marathon	03:09.2
David Dauterman	Charles Mill Lifesaver 10K	59.00	Michelle Bichsel	Burning River 100 Miler	23h31m
David Stotts	Blueberry Festival 5K	20.30	Mike Burrows	Moving Hearts & Soles 5K	21.27
David Stotts	Lex Express Y Half Marathon	1.38.19	Mike Burrows	Findlay Red, White & Blue Half	1.47.09
Dee Brandes	Red Ball Jets 5K	24.04	Missi Burrows	2011 Columbus Half Marathon	2.05.15
Dee Brandes	Marine Corps Marathon	4.00.40	Missy Burrows	St. Peter's Festival 5K	26.34
Don Conrad	Dan Emmett 5 Miler	42.25	Neil Williams	Red Ball Jets 5K	25.13
Don Conrad	Minster Oktoberfest 10K	53.09	Pam Bechtel	St Peter's 5K	22.28
Don Conrad	Indy Half Marathon	2.13.02	Pam Bechtel	Capital City Half Marathon	1.45.03
Doug Heestand	Capital City Half Marathon	1.50.42	Pam Taylor	2011 Columbus Marathon	4.18.37
Duane Rader	St Peter's 5K	25.38	Pam Taylor	Red Ball Jets 5K	25.18
Duane Rader	Capital City Half Marathon	1.51.48	Pam Taylor	Tomato Festival 5 Mile Run	42.47
Ellen Eichler	Y Pump n Run 5K	23.41	Pam Taylor	Charles Mill Lifesaver 10K	53.07
Ellen Eichler	Capital City Half Marathon	1.55.51	Pam Taylor	Capital City Half Marathon	1.43.18
Eric Husty	Flying Pig Marathon	03:38.4	Pam Taylor	Marion Popcorn Festival 5K	20.35
Ginger Wuebker	Maumee Bay Triathlon	2.56.31	Pam Taylor	2011 Tour de Ashland Half	1.35.31
Ginger Wuebker	Ironman Texas	15.43.44	Pam Taylor	Arizona Fire Chiefs 5K	27.20
Greg Brandes	Red Ball Jets 5K	22.07	Pam Taylor	2011 Columbus Half Marathon	1.37.14
Greg Brandes	Bucyrus Y Spint Tri	1.13.45	Pam Taylor	Shelby Bicycle Days 5K	18.56
Greg Brandes	Marine Corps Marathon	3.57.07	Pam Taylor	Spirit of Columbus Half Marathon	1.30.37
Greg Brandes	Ironman Louisville	12.53.29	Pam Taylor	Columbus Marathon	3.14.41
Greg Hartman	Winter Blues 5K	24.53	Pam Taylor	Half IM	5.37.36
Greg Martin	Y Pump n Run 5K	21.46	Pam Taylor	Ironman Wisconsin	14.08.58
Greg Martin	Capital City Half Marathon	1.43.52	Pam Taylor	Blueberry Festival 5K	22.17
Heath Grissinger	Lex Express Y Half Marathon	1.30.43	Pam Taylor	Red Ball Jets 5K	33.04
Heath Grissinger	2011 Columbus Marathon	3.22.15	Pam Taylor	Revolution 3 Half Marathon	2.45.15
Jake Crone	New Washington 5K	28.15	Pam Taylor	2011 Columbus Marathon	4.02.05
Jannette Damron	2011 Tour de Ashland Half	1.48.01	Pam Taylor	Capital City Half Marathon	1.53.15
Jason Brant	Herald Dispatch Half	1.47.19	Pam Taylor	Blueberry Festival 5K	27.58
Jason Molyet	Tour de Ashland Half	1.53.59	Pam Taylor	Columbus Half Marathon	1.39.26
Jason Spoon	2011 Columbus Marathon	4.16.34	Pam Taylor	Columbus Marathon	3.49.25
Jason Spoon	Winter Blues 5K	21.41	Pam Taylor	Flying Pig Marathon	03:44.4
Jean Von Blon	2011 Columbus Half Marathon	2.15.46	Pam Taylor	Capital City Half Marathon	1.48.52
Jeff Barbe	New Washington 5K	23.17	Pam Taylor	Drumstick Dash 7K / 4.5 Miles	28.00
Jeff Reeder	2011 Columbus Half Marathon	1.32.06	Pam Taylor	Columbus Marathon	3.38.39
John Russell	Miss Ohio 5K	24.22	Pam Taylor	Mohican 50 Miler	13h18m

PRs Achieved in 2012

PRs added this issue



Local Runners, Do you need to add or update your PR? I hope so! Run Strong!

Congratulations to all of you!!!

Got to run...

Bob 🏃

Phone: 419-589-7466
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In the depths of your heart there's a warrior whispering to you to dare, always have that special little voice that jumps out of you that says - I Can Do it, I will do it, I am doing it... remember in life good things unfold when You believe!

Kiplimö Chemirmir

