Columbus Roadrunners
P.O. Box 15584
Columbus, OH 43215-0584

Send changes to your address, email address, and newsletter preferences to:
crrcnewsletter@columbusroadrunners.org

October/November 2013

Club Calendar

October 18-19, Marathon Expo
October 20, Marathon Water Station
Volunteer for our kiosk and water station.
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35th Great Pumpkin Run -Page 8

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President's Message

The future of your club is in your hands and YOU are invited to help plan it!

Debbie Conkel

As mentioned in previous President's Messages and in this edition of the Columbus Roadrunners Club newsletter, we are having a very special, and very crucial, event for our club on **Saturday, Nov. 9** at the **Worthington Community Center.** It's our **Planning Retreat** and, truly, the future of our club depends upon what transpires there!

Having said that, it should be a fun and great opportunity to mix and mingle with other CRRC members, as well. We'll talk about the history of our club, what the club means to you, what we can improve and change, and make a plan for the future. There might even be a game or two, door prizes, and plenty of snacks. We may even go for a run! It's a very important event for our club, but we want to have some fun too!

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ALL HANDS
CLUB PLANNING RETREAT
9am-2pm Sat., Nov 9
Worthington Rec Center

Please mark your calendars. We will be finalizing the program and meeting agenda shortly. Everyone will receive a mailing about this important event regarding the future direction of our club.

If you usually run early on Saturday, consider attending right after your run. We'll have the usual Saturday morning fare, like bagels and coffee, so that you can go straight from your run to the retreat. Let us know if you want to attend but need more time getting to the Rec Center.

Many thanks to Debbie Conkel, Ted Shigley, Paul Longenecker, and Jill Bryant and the input of others for organizing this. Contact them for more information.

Debbie	dkconkel@sbcglobal.net
Ted	Colroadrunners@aol.com
Paul	drplongenecker@gmail.com
Jill	jillmax17@yahoo.com

Columbus Marathon Volunteers Wanted
Oct. 18-20, 2013

Oct 20, Water Stop and Clif Shots

Coordinators: Ben Holt
holt.benjaminw@gmail.com
Volunteers will be meeting 6:30-7:00 am on Sunday at **Water Stop "M"** on the OSU campus. Most likely this will be the same spot on Lane Avenue across the street from the Varsity Club near Tuttle Park Pl at approximately Mile 16. Your help is needed and so are rakes and pitchers. Encourage your family and friends to sign up as well!

Oct 18-19, Expo Information Kiosk (Booth)

Coordinator: Madeline Shaw
madelineshaw@columbus.rr.com 614-209-7086
The spots are going fast. If you see a shift you like but it looks full, contact Madeline to find out if she can fit you in because non-members may not show up and we can count on you! Shifts are 4 hours long with some overlap to ensure a smooth handoff to the next shift:

Friday (2 shifts) - 11:30am, 3pm
Saturday (3shifts) - 8:30am, 12pm, 3:30pm

Note: Iowa vs OSU is a 3:30pm Saturday home game.

To Register To Volunteer:

Go to http://www.columbusmarathon.com/volunteers to register online or contact Madeline or Ben if you'd like then to register for you. Thanks!

President's Message
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The retreat planning committee is putting together the agenda for the day, which will be from 9 a.m. – 2 p.m. Past-president Ted Shigley, new members Paul Longenecker and Jill Bryant, and I will be hosting the event, but it won't be anything unless you attend! Feel free to bring some runner friends, too. We want your input! A formal invitation to all members will be coming soon.
In the meantime, please consider volunteering with the CRRC at the **Columbus Marathon on Oct. 20**. Club member **Ben Holt** is coordinating our efforts at **Water Stop M** on the OSU Campus. Meeting time will be 6:30 – 7:00 a.m. on the 20th. For more information, please contact Ben at **holt.benjaminw@gmail.com**

Happy Running! — Debbie Conkel
dkconkel@sbcglobal.net
614-580-1273

What to Expect at the 2013 Columbus Marathon

Expect a sold-out, gangbuster affair with a sound system upgrade and thousands of watts of power. Let's recap some notable changes.

AT THE EXPO

A "First Timers Booth" will be available to answer newbie questions and concerns at the Health & Fitness Expo on Saturday, Oct. 19. It'll be staffed by "experienced athletes."

HUGE EMPHASIS ON SAFETY AFTER BOSTON

Steer clear of trouble. Respect these new safety measures below!

Gear Check - Use ONLY the CLEAR Gear Check Bags provided at the Health & Fitness Expo. All items you wish to check must be in these clear bags. NO EXCEPTIONS!

Inspections – All items carried at or near the event are subject to inspection.

Athlete-Only Areas –The Start Line and Finish Line. Also, any participant who is joined by a non-participant (including a child-in-arms) on any portion of the course, including crossing the Finish Line, risks disqualification and a ban from future events.

Color-Coded Emergency Flags –Pay attention to the flags at all fluid stations and at the Start Line and Finish Line. No-brainer colors. Green = Good; Yellow =Caution; Red = Potentially Dangerous; Black = Event Cancelled, Dangerous Conditions.

Medical Information – For obvious reasons, fill out the Medical Information on the back of your bib number because every second counts in an emergency. (*Hopefully, it won't come down to this.*)

STARTING LINE CHANGES:

Corral Anxiety: Last year's wording, which implied you could be "locked out" of your corral if you weren't inside it by 7 am, caused such anxiety among the participants that *"Am I going to be locked out if…?"* was the number one question at the Info Kiosk. Now the wording is simply "ARRIVE EARLY"—like between 6am and 7am.

7 Athlete Entrances: Whatever was used last year to access the corrals wasn't enough. Regardless, that's still a lot of people/entrance with 4 paid security workers per gate (one of the few non-vol positions). As noted, it never hurts to "ARRIVE EARLY".

4 Waves, 4 Sets of Fireworks: Each of the 4 starting waves now gets the same Start Line Experience. That means every starting wave will be saluted by their own fireworks display.

250+ Johns: Because newbies have to pee whether they need to or not, there'll be more johns inside and near the corrals. Darris said it'll be about 15/corral and a great number just outside the corrals.

200+ Volunteers: Need a john? Look for the volunteers in the "**Pee**" **tees**. New this year, the **Charity Newsies** will be directing people to corrals and help line up the runners.

COURSE CHANGES

Mile 17 (Ohio Stadium): The revamped stadium section should be exciting for runners and non-runners alike. Runners will enter on the west side of the south stands (exact opposite of last year), take a short run in front of the south stands behind the goal posts, and exit through the east side of the south stands. According to Darris Blackford, bus service will be improved so that families with small children can make the ride to view their loved ones in the south stands using buses with seat belts This lack of seats belts in 2012 blocked many families from riding the bus due to safety regulations.

Mile 18.5-Mile 21 (Upper Arlington): Wow! No more Kinnear-Waltham. This stretch is completely revamped. It'll still be one long, gentle uphill stretch according to the elevation map. This section now goes directly between the massive C parking lots on the West Campus, on a path through fields, and out to Guilford after crossing Northstar.

Stay up to date with the latest at information: www.columbusmarathon.com/

CRRC Annual Picnic

August 18, 2013—We had a pretty good turnout at the Fishers' house in Lewis Center for the Annual Picnic. Our hosts Len Fisher and his wife Ann, both in CRRC t-shirts below, were as gracious as ever. CRRC President Debbie Conkel made sure we were well stocked with hamburgers and hot dogs. We broke a bad streak of bad weather; the weather cooperated so that there were no high winds to blow down Ted Shigley's tent!

Pictured below (kindly excuse any inaccuracies):
Debbie Conkel, David Chapman, Karen & Clint Diehl and sons, Syd Lifshin, Greg and Maureen Bachman, Mike Pitroff, Leslie McClain & friend, Ted Shigley, Velma Matuszewski, Will & Mary Kuhlmann, Karen & Rob O'Brien, Stan Durkin & Madeline Shaw, Chuck Hiatt, Len & Ann Fisher.

Annual CRRC Thanksgiving Day Turkey Trot

Turkeys to Trot This Year On Nov 28

COME ONE, COME ALL. It's CRRC Thanksgiving Day Turkey Trot and, of course, it's free!

You and any friends or relatives are invited to join the gang at Highbanks. Why stress yourself to "trot", "dash", "wobble", or "gobble" in any of the pricey footraces this Thursday morning?

What: Annual Thanksgiving Day Turkey Trot 2013
When: Thanksgiving Day 8:00 am
Where: Highbanks Metro Park, **Nature Center parking Lot**
Why: Because you will need it and WE LOVE YOU and there might be some pie!
Questions: No particular run leader, but you can contact Madeline Shaw, 614-431-6932 madelinshaw@columbus.rr.com

NOTE: There's usually some confusion as to where we'll meet on T-Day. If you head to the lot where we usually meet for the Saturday morning group run, try the Nature Center lot.

The 'Traveling Ladies' Take on the Pittsburgh Marathon

It has been a while since you have heard from the Traveling Ladies; Bonnie O'Grady, Charlene Gammell, and me. This is because we didn't travel! Life was giving us all a full plate. I will take much of the blame. Last July on a business trip to Portland, OR (it's a tough job but someone has to do it), I came down with something like Lyme's disease. It is officially a mystery ailment but let me tell you, it was nasty stuff. It took me until December to recover enough to run half way decent (whatever that means). Then on the last good day before wintery weather I went for an 8 mile run. I turned around at 4 miles to head back and literally fell flat on my face on the cement. Thank goodness a construction worker drove me back as I was squirting blood from where my tooth lacerated my lip, and I had a loose tooth. No fun.

Well finally in May of this year we were able to find a date we were all available, willing and able, with emphasis on the "able". We have always wanted to do the Pittsburgh Marathon and this was going to be our year, YEAH!! Bonnie and Charlene are the bestest friends ever. They agreed to do the relay since I had not been able to train for a full marathon. This race worked so well for us. Bonnie wanted to run first because she is a morning runner, I wanted to run second and Charlene wanted the downhill finish. Bonnie was to run the first two legs, I was to run the next two legs and Charlene got the last leg. But that is all you get of the race until you read about our adventure!

I always felt like I had to start these stories like Snoopy, "It was a dark and stormy night." You see Bonnie always had the rain follow her and we were used to having actual tornados the night before our race. Charlene and I had to sit her down and tell her that this really made us nervous and would appreciate her stopping it. Being the nice person she is, she stopped and we had wonderful weather for our trip.

Always wanting to do more than just run a race, we like to hike, sightsee, shop, etc. Bonnie again accommodated us by driving to Pittsburgh. It was a nice ride, especially the way we do it – stop, do something, eat, drive some more, stop, do something, eat, drive some more – good fun! We left on Friday, May 3, 2013.

There was so much to see and do in Pittsburgh that we had to choose. Our ace navigator, Charlene, got us through lots of traffic, tunnels with no marked exits and found our way to Shenley Park, Phipps Conservatory/ botanical gardens. There was a $14 admission but it was worth it as we toured all the different parts. Very interesting. We did the obligatory stop at the gift shop where Charlene found several things she couldn't resist. Now we were getting hungry. We considered the cafeteria in the Conservatory but the food was a tad spicy. We walked around finding all kinds of places we would like to visit and we stumbled upon Bagel & Deli by the Park. We could get sandwiches made to order and sit and enjoy the view from the huge open window in the deli. It was starting to get cold so we left in search of a gas station and our hotel. We were staying near the convention center which was nice. There was a Penguins hockey game, a college graduation and a Pirates baseball game that night with fireworks and all kinds of activity downtown, unlike Columbus.

Saturday morning and a full day ahead of us. We had the complimentary breakfast at the Hampton's. We decided to visit the race expo first and it was a good thing. If you have read any of my other articles, you know I think highly of Columbus Marathon's expo as it is very nice. Well I'm here to tell you folks, Pittsburgh puts on the dog. What a super nice expo. Huge, huge, huge. All kinds of neat stuff. So big that once we split up we had a hard time finding each other again. I loved it! We almost considered volunteering for the race because we liked the volunteer shirts better than the race shirts. Charlene and I found things we just had to have at the expo but Bonnie is not the shopper.

We took our goody bags and purchases and returned to the hotel room to eat before heading back out. We walked to the Monongahela Incline and took the tram up. Bonnie and Charlene had ice cream but I passed as my stomach was not cooperating. After walking around, viewing the sights from the outlook, we took the tram back down to continue our walk downtown. We were trying to find the race corrals as well as look at all the amazing architectural structures. My nervous stomach gave us cause to visit the insides of several buildings.

Bonnie and Charlene ALWAYS accuse me of knowing someone no matter where we go. This just isn't true, and if it were true don't ask how it is that this comes to be. Anyway, we ventured into the William Penn Hotel and were sitting down observing the lobby and taking a break when in walks; George and Nadine Valco! So nice to see old friends. I say this didn't count as Bonnie and Charlene knew them also – I just knew them longer.

Once back to the hotel it was time to think about dinner. We didn't want to go to the race dinner but Bonnie and Charlene wanted spaghetti. We got directions and went to Spaghetti Warehouse which as it turns out wasn't far from the hotel. We had a good service, good food, good fun. Now it was time to go back to the hotel and figure out the logistics for tomorrow's race.

Sunday, May 5, 2013 and race day. There were 5 relay

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The Adventures of the Traveling Ladies

Continued from page 5)

stations since you could have 5 on a team. We had 3, so we had to figure out times, places, eating (are you seeing a pattern here?). Bonnie had to be up early since she had the first two legs totaling 9 miles. That meant that I didn't have much time to goof off because Bonnie is a speedy little thing and I had better be at the exchange with a dry t-shirt on time. I was running the next two legs for a total of 12.5. That meant Charlene could sleep forever and make it to the last exchange with a dry t-shirt with no worries. I really, really wanted to run more but I was still feeling the effects of the mystery ailment and was just hoping to be able to handle the 12.5. Bonnie was even going to run 3 legs if I was going to be a total wimp (she really is such a good friend).

Anyway, the plan: I meet Bonnie at the exchange, Bonnie goes back to room. I meet Charlene and Bonnie at exchange. Bonnie and I meet Charlene at finish under the initial "O". Sounds good huh? Well, I guess that is what I thought the plan was. In real life I was supposed to hand off to Charlene and walk up to the bus shuttle to meet Bonnie and go to the finish. This to be continued – on to details about the race.

Bonnie really liked her legs and felt wonderful and her time showed it. She said she could have run more and I'm sure she could have and fast also. She pulled into the exchange within one minute of her predicted time. I, of course, want to interview her about her run. She kept yelling, would you just start running?? I finally caught on and left.

Some people told us that this race was hilly, like really hilly. A guy at the expo said that it wasn't as flat as Columbus but not as hilly as Flying Pig. Okay, we have done them both so it sounded doable. So off I go expecting to have the hilly section. I am really busy taking in the sights when I notice that I'm slowing a bit. I look down and well doggone it if it's not a slight incline at about mile 12 of the race. That was it folks, no real hills. I was shocked and I even like hills. It has a really interesting course. The crowd support was just wonderful, especially in places you really needed it and least expected it. Our walk around town on Friday was beneficial because I recognized several places we had visited. I saw all different parts of town and really liked the course. In fact, when I got to the exchange point, I decide to continue.

Charlene was our final runner with 4.7 miles supposedly all downhill. Charlene likes downhills. She had my dry t-shirt, I was to take her warm-ups and meet Bonnie. Ah, but where was I to meet Bonnie. Charlene and I both thought Bonnie was going to be at the exchange point. I thought "no problem", Bonnie can take Charlene's warm-ups and my clean shirt. Only there was no Bonnie. So it was my duty to do my task, so I take all the clothing, wrap it around my waist, and off I go. I keep looking for Bonnie. The last leg really wasn't that interesting and it had a lot of downward slope, but no real downhills. Probably because there were no real uphills. I had removed my chip so that my time didn't count towards our team finish, since that was Charlene's job. Charlene and I kept passing one another because of fill-up or empty out breaks.

You finish in a nice big park that is very well organized. We had discussed with Charlene where Bonnie and I would meet her. Only I waited for Charlene at the finish and our task was to find Bonnie. As it turned out Bonnie waited for me for quite some time at the bus shuttle which was up the hill from the exchange point. She always has her cell phone on her, except for this time. We kept trying to find her and using other people's cell phones to call her. Finally she found us and we were all relieved. She wasn't even mad at me.

Downside was that all the food was gone by the time Charlene and I pulled into the station. There were chips and water and that was it. They need to improve on this area.

Each team member got a medal. You got your medal at your exchange point. Nice idea.

We all enjoyed the nice race, and beautiful day. Oh, and we finished within 1:32 minutes of our predicted goal!

The sad news awaited us back at the hotel. Charlene had a phone message that her Mother had passed away. Her Mom was 90 and had been declining, but still it was a shock and sad. We felt terrible for her.

We needed to eat as we were all very hungry. We found Roland's because I wanted a nice hamburger. Burgers were on the menu but when we ordered they were out of them. Go figure. We all found something. The day called for ice cream and there was a Ben & Jerry's close by – how nice was that?

On the way out we stopped at the Heinz (think pickles/ketchup) Chapel. Saying this is a beautiful chapel is an understatement. If you go you MUST have the docent give you a guided tour, it is amazing. We also stopped at the IKEA store on the way home, not so amazing but different and then we had lunch!

A nice weekend was had by all.

Support our sponsors of the 2013 Winter Run!

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Your Perfect Fit. Guaranteed.

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CRRC WEEKLY GROUP RUNS

If you have a weekly run you would like included on this list, send email to the newsletter.

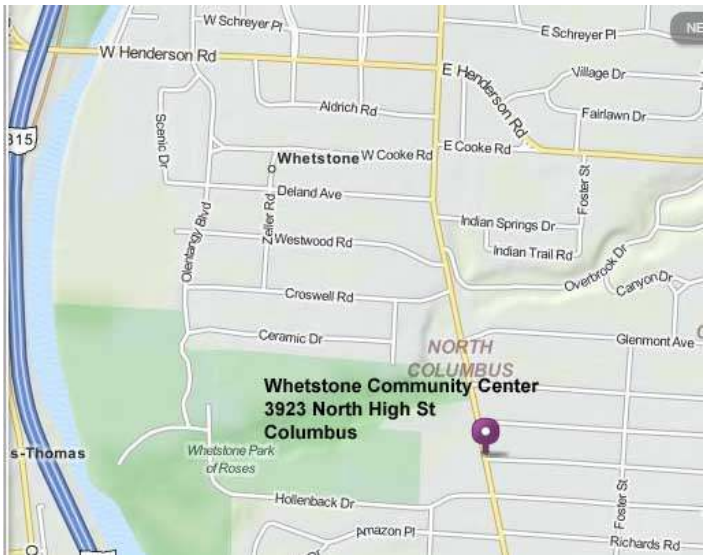
- SATURDAY:

  7:30 a.m. Highbanks Metro Park. We meet at the third parking lot of the Oak Coves Picnic Area—near the restrooms. (See map.) We'll plan on running one or two loops (7-14 miles) but we can help you with a route if you want to do a different distance. Contact: Len Fisher at (740) 549-3069, lfisher9@insight.rr.com, or Velma Matuszewski at (614) 876-1076, velma.matuszewski@gmail.com

Highbanks: After entering the park, make the first left and proceed to the parking lot with the restrooms. It will be on your right.

- WEDNESDAY: (Community Running)

  6:30 pm. 3-6 miles. Whetstone Community Center located at 3923 N High St in Clintonville. Meet in front near the door. Contact Ted Shigley at Colroadrunners@aol.com, 614-262-2610. Meet at the casting pond on the once-a-month 5K dates.



Our Website

Visit us at
www.columbusroadrunners.org

Newsletter Publication

Editor: Madeline Shaw
Distributor: Len Fisher

The CRRC Newsletter is published every other month. Members can choose either the electronic version (emailed as PDF) or a printed version mailed via the US Post office.

SUBMIT material for the **Dec/Jan** CRRC Newsletter **by Nov 20.**

Send your newsletter articles to crrcnewsletter@columbusroadrunners.org in the text of your email or as a word document attachment.

Advertise your business or service in the CRRC newsletter! Rates are cheap! Send your business card or other copy to the newsletter.

Advertising Rates

Want to include your group's race application in the Newsletter? The cost is $45 per side for having an 8 ½ x 11" race application included in the CRRC Newsletter. This includes the cost of copying the original supplied by you. Larger size applications will be priced accordingly.

Page Size	1 issue	5 issues
1/8	$20	$45
1/ 4	$40	$90
1/ 2	$70	$175
Full	$140	$350
Bus. Card	$10	$40

CRRC Membership

A membership application may be found on the CRRC website www.columbusroadrunners.org. Click on "Join Us"...

35th ANNUAL GREAT PUMPKIN RUN

OCTOBER 26, 2013

SPONSORED BY:
Grandview Heights Parks & Recreation & Grandview Area Chamber

Race Day Registration	Cost	Race Starting Time
Grandview Middle School Gym 1240 Oakland Ave. Columbus, OH 43212 7:30-8:30a.m.	$20.00 Pre-Registration $25.00 Race Day Register on-line @ www.speedy-feet.com	9:00am T-shirts will be given to the first 400 entries

Sat., Oct 26

Join an anticipated 600 runners in Grandview for the 35th Annual Great Pumpkin Run. Through Grandview and Marble Cliff.

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- **Race Day Registration for all, including Tiny Tots :**7:30am
- **Tiny Tots Race** (3-6 yrs): 8:15am
- **Race Time 9am**

This is a great race with lots of volunteers on the course and plenty of sponsors for this race who will be present during race day registration. Take advantage of the many places in the area on Grandview Ave. between First Ave. & Fifth Ave. to relax and eat or shop afterwards!

Detach, return to: Grandview Parks & Recreation Department 1515 Goodale Blvd Cols. OH 43212

Please Print

Name: _____ **Age:** _____ **(Male / Female) Shirt Size (S / M / L /XL)**

Address: _____ **City:** _____ **State:**_____ **Zip:** _____

Phone / Cell: _____ **Email:**_____

In consideration of my entry, I am intending to be legally bound, do hereby for myself, my heirs, executors and administrators waive, release and forever discharge any and all rights and claims which I may hereafter occur to me against the City of Grandview Heights, the Village of Marble Cliff and all sponsors and officials involved in the Pumpkin Run 5K while traveling to and from the event and participating, or its respective officers, agents, representatives, successors and/or assigns for any and all injuries suffered by me at this event. I attest and certify that I am physically fit and sufficiently trained for the competition of this event.

Participant/Guardian/Signature: _____ **Date:** _____ **(Application must be signed by entrant to be processed) *No dogs or roller blades permitted**

Pre-registration cut off by Mail: October Wed. Oct. 23rd, Walk-in cut off: Friday, October 25th by 12:00 noon .

Check One: VISA **Visa**___ MasterCard **MasterCard**___ DISCOVER **Discover**_____

Credit Card No._____ **Security Code No.**_____

Exp. Date:_____ **Amount of Purchase:** _____

Signature: _____ **Print Cardholder's Name:** _____

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