



Columbus Roadrunners  
3982 Powell Rd Suite 66  
Powell Ohio 43065

# CRRC Newsletter

## March/April 2020

All of us on the board are hoping to see you at the annual banquet and meeting coming up next week, where we can all enjoy good food and the great company of our fellow runners and walkers., present and past. See information below if you still need to sign up.

For those still competing in races we wish you good weather and good luck on your spring events and your training leading up to them.

See you at the banquet!

### *The CRRC Board*

Vera Thornhill, Treasurer	vthornhi@yahoo.com
Velma Matuszewski	velma.matuszewski@gmail.com
Raj Hemant, Membership	rajendrakash@gmail.com
David Chapman	dacsign@hotmail.com
Mike Hunter	mhunter43221@yahoo.com

### Last chance: Annual Banquet and Meeting

Don't miss the opportunity to join your fellow CRRC members at this year's banquet:

Date: Saturday, February 29, 6 p.m.

Place: Scioto Reserve Country Club 7383 Scioto Parkway, Powell

Cost: \$10, paid to:

<https://runsignup.com/Race/OH/Powell/CRRCAnnualBanquet>

Or mail to: Columbus Roadrunners  
3982 Powell Road, Suite 66  
Powell, OH 43265

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## 1990 Berlin Marathon

This story from the archives contains excerpts from an article by Pete Riegel who was in Berlin to certify the new course as this was the first marathon run in both West and East Berlin, just 3 days before official reunification. The other is his letter to Art Smith, a running friend.

Here are some Youtube videos showing the crowded streets mentioned and Uta Pippig from East Germany, who won the women's race. An Australian won the men's division—very different from recent African domination.

<https://www.youtube.com/watch?v=FyqSUc2tv4o>

<https://www.youtube.com/watch?v=FyqSUc2tv4o>

<https://www.youtube.com/watch?v=Qd67STdJt9I>

The measurement was easy, with Helge leading the way and good protection from East and West German cops. Everybody friendly and no problems. Helge said I got a better measurement because I was a sloppy calibrator, which we both smiled at. The course as he had it came out less than a meter bigger than it should have been, and we did nothing to change it. When Horst Milde, race director, saw the 58 cm (2 feet out of 42 km) discrepancy, he jokingly faxed Helge to call John Disley and tell him to come over early to measure it again and get it right this time.

Helge and his training partner Jochen took me for daily runs in the Grunewald, which is less than a kilometer from his home. Huge woods full of mystifying pathways which they knew thoroughly. There was even a 6 km fun run that ended at the enormous 1936 Olympic Stadium. Thirteen thousand people, restrained by a lead car, came jogging down Olympischestrasse toward the stadium.

We gave the blue-line painters (and John Disley, who officially observed the race) a course tour, but the blue-liners got it wrong on one corner, which we fixed next night with spray cans. Our 50-meter corrected portion looked like it had been painted by drunks, but it worked. On race day things went correctly up front, but back in the pack the runners cut several corners. Even I cut two because I was caught in the flow and did not choose to fight my way to the proper path.

I had hoped for 3:30, but got 3:38:25. I was stuck in the densest runner traffic and could not achieve the running I wanted because it was a constant battle to pass people in the crowd. Also, I was running with Art Smith, a longtime friend who came from Cyprus to Berlin just for the race, and we worked to remain in contact since we had the same 3:30 time goal. I finally got on pace for a 3:30 by 25 km, but all the jockeying had worn me out. I started to hit the wall at 30 and slowed after that, just when a little running room started to become available. Also lost Art there. I think he crashed worse than me, but am not sure since I never saw him after the race. Starting near the front, with running room, Helge did 2:53, and declared it his 50th and last marathon.

Dear Art.

What great news! I'm so glad you finished Berlin. I had a nagging worry that you had run into some sort of problem. Naturally I am doubly pleased that you finished in 3:40 (slower than me), which, of course, makes you suck, although you did manage to make the top half of the men's field....

When I innocently watered my horse in the start area, I had no idea it would provoke the reaction from you that it did. God, that was great! Here I am groaning with relief, and you are prancing up and down as though it was the freak show of the century, and praying to God for a camera! You were so funny I almost missed the bottle and wet my shoe. It was the best race memory I could wish for! You had better travel more on the continent and less in the benighted areas. I had no idea you were so lacking in that European savoir-faire, which I, of course, showed.

I noticed a couple of German guys who seemed amused by the event also, especially when I neatly set the bottle down next to the traffic sign. They were probably Bavarians or some other brand of Teutonic bumpkin. The real Berliners showed their class by not appearing to notice anything unusual about a man relieving himself into an empty bottle held within his shorts. I thought the whole thing was handled with fair discretion. When you have had greater experience of life you will come to see the rightness of my view.

The unfortunate Brit who mistakenly quaffed the pre-race "ale" actually managed to finish 38km before being stricken, I am told. Without that powerful pre-race draft, he would undoubtedly have succumbed earlier on. Instead, he managed to reach the Boar and die happy.

I have been going through my running records, and Berlin was my 35th marathon. I've also finished 14 ultras. Therefore, I have decided to take another shot at 3:30 at Columbus and call it my 50th marathon. ... Columbus will have "only" 4500 or so. If we want to have a truly competitive experience, we need to do Athens again; 250 people means that each runner is important. You may remember Athens fondly because that's the time you nailed me good. I have not forgotten the Upper Arlington race either, buddy, and the way you showed up a diddled me out of the age 32-45 first-place trophy.



## Christmas Day Run

The traditional CRRC Christmas morning run was led by our own legendary runner, Rita Barnes with jingle bells tied to her shoes. Alan Bennet, Paula Bozzo, Julie Eisnaugel and Raj Hemant joined Rita Barnes for a run around Sharon Woods. Although there weren't many people in the park, a couple of them in Santa outfits were spotted. Thank you, Rita, for taking time from your family to encourage members to get some fresh air and exercise, even on a busy holiday.

### **COLUMBUS ROADRUNNERS BOARD MINUTES**

**October 17, 2019**

The October meeting was called to order at 6:45 by president, David Chapman, at the Worthington Panera. Board members Raj Hemant, Vera Thornhill, and Velma Matuszewski were present.

The minutes were read, and after one correction, David moved and Velma seconded that they be approved.

Vera reported a new balance of \$11,048.31 after a disbursement of \$117.21 for the summer picnic and receipt of \$20 dues from a new member.

Membership: We have the one new member, and Vera will send Raj the lists. The short list with just names and email addresses will be sent out as a separate attachment with the Newsletter.

Newsletter: The November/December issue will be ready to send this weekend after the addition of membership renewal reminder and other minor corrections.

Technology: Runsignup has been added in addition to Paypal or paper for membership dues as well as Ted's November 9 Prediction Run. David will continue researching rebranding/updating our logo.

Old Business: Vera still needs to get a date, location and speaker for the annual banquet. Raj will send out reminders the week before the Prediction Run and the Thanksgiving Run/Walk. Vera will pick up the coffee.

New Business: Vera suggested that the entire board should have an annual checklist with deadlines for filing our tax exemption, state charitable organization license, Road Runners Club of America dues, etc.

The next board meeting will be November 21, 6:30, at the Worthington Panera.

At 7:30 David moved that the meeting be adjourned and Vera seconded.

Respectfully submitted,  
Velma Matuszewski, Secretary

# **COLUMBUS ROADRUNNERS BOARD MINUTES**

**November 21, 2019**

Vice president Raj Hemant called the meeting to order at 6:45 at the Worthington Panera. Board members Vera Thornhill, Mike Hunter, and Velma Matuszewski were also present.

The minutes of the October meeting were read and approved with Vera moving and Raj seconding the motion.

Treasurer Report: Vera reported no change since the last meeting. She has not yet deposited membership dues, and wanted approval to buy stamps and office supplies as well as funds to resolve the virus attacking our website.

Membership: Vera reported that signups are going well

Newsletter: The next issue will include banquet information, an article by Sue Daly, Pete Reynolds' obituary, reports on the Prediction Run and the Thanksgiving run/walk, and information on the Sunday morning Sharon Woods walks along with regular features.

Tech: Raj volunteered to try to get rid of the virus on our website before we pay to have it fixed.

Old Business: Vera reported that the banquet is set for February 29 at the Scioto Reserve Country Club. The cost will be approximately \$20 per person with the club paying \$10. Possible speakers were discussed.

New Business: Mike suggested we have a costume run around Halloween next year, something we used to do on one of our beer runs.

Our next meeting was set for Thursday, December 19, at 6:30 at the Worthington Panera. At 7:45 Velma moved to close the meeting and Mike seconded.

Respectfully submitted,

Velma Matuszewski, Secretary

# **COLUMBUS ROADRUNNERS BOARD MINUTES**

**December 19, 2019**

President David Chapman called the meeting to order at 6:45 at the Worthington Panera. Vera Thornhill, Raj Hemant, Mike Hunter, and Velma Matuszewski also attended. Velma read the November minutes, and David moved with Vera seconding that they be approved.

Treasurer Report: Vera reported a beginning balance of \$11,048.31 on November 1, expenses of \$74.14 for printer toner and supplies, and membership dues of \$150, making a new balance of \$11,124.17. She proposed moving our account from Fifth Third to Chase Bank. After a discussion of the pros and cons, Velma moved that the account remain at Fifth Third. David seconded, and the motion was approved.

Membership: Signups are continuing to come in.

Technology: Raj checked into the website problems, but it is not an easy fix, probably malware from our WordPress website host. He will continue to work on a solution that will not be too costly and involve managed hosting for a monthly fee.

Old Business: Vera reported that Mike Reynolds has committed to speak at the annual banquet about his experiences as a Columbus Marathon legacy runner and his many other races. She will send out invites to everyone on the long list of present and former members. The invite will contain detailed information about the banquet and payment for it and for membership.

New Business: David proposed that all board members make a list of their duties, forms to file, etc. to ensure that all requirements are met and to facilitate transition to new board replacements.

The next meeting will be held on Thursday January 16, 6:30 p.m. at Worthington Panera.

At 7:45 David moved to close the meeting and Mike seconded.

Respectfully submitted,

Velma Matuszewski, Secretary





## SUNDAY WALK/RUN

### FIRST SUNDAY OF MONTH

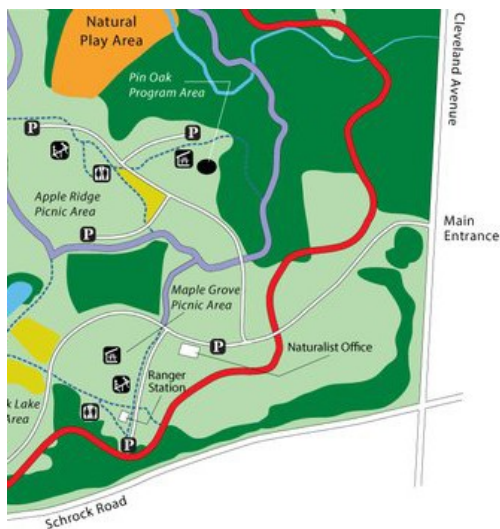
9:00 a.m. Sharon Woods Metro Park. Go in the main entrance and meet at the first parking lot on the left after the naturalist office, Maple Grove picnic area, near ranger station and restrooms. We normally do one loop of the paved outer trail. Contact Mike Hunter at 614-206-3826, or [mhunter43221@yahoo.com](mailto:mhunter43221@yahoo.com)

Upcoming dates:

March 1

April 5

May 3

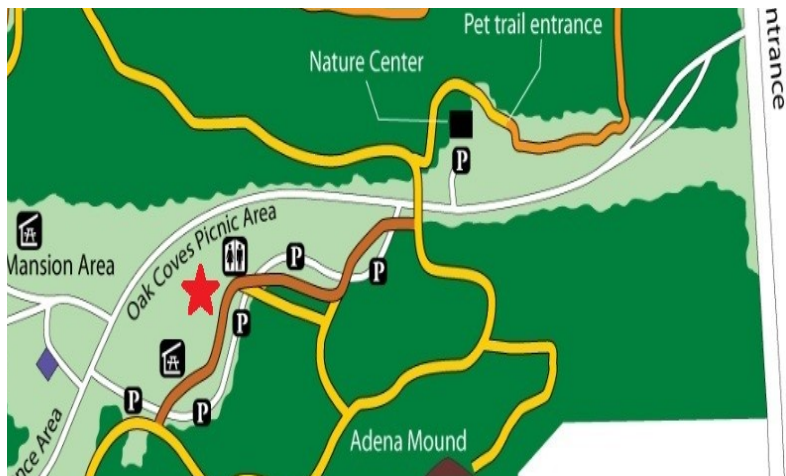


## CRRC WEEKLY GROUP RUNS

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](mailto:lfisher9@insight.rr.com), or Velma Matuszewski at (614) 876-1076, [velma.matuszewski@gmail.com](mailto: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*

### • WEDNESDAY: (Community Running)

6:30 pm. 3-6 miles. Whetstone Community Center at 3923 N High St in Clintonville. Meet in front near the door.

Each week the runs will start with a brief warm up at the Whetstone Recreation Center and then out for a group run of 2 to 5 miles, based on the runner's fitness level. Depending on the number of runners, we will split into pace groups. The runs will include 1 mile interval runs, some hill workouts, and other runs to build both strength and endurance.

Contact Ted Shigley at [Colroadrunners@aol.com](mailto:Colroadrunners@aol.com), 614-556-2608.

**Visit us at:**

[www.columbusroadrunners.org](http://www.columbusroadrunners.org)

and

[meetup.com/meetup-group-bypDjQJW/](http://meetup.com/meetup-group-bypDjQJW/)

If you are interested in becoming  
**the new newsletter editor,**  
 please contact a Board Member.