



Columbus Roadrunners
3982 Powell Rd Suite 66
Powell Ohio 43065

CRRC Newsletter

Sept/Oct.2020

Central Ohio's First Running Club

2020- Isolation and Social/Running Distancing

Hello Everyone,

This is my first time putting together the club/s newsletter. What a tough time to write for a running club newsletter. All of the races are either cancelled or virtual. Has anyone completed any virtual runs? We'd love to hear where and how you did it. Also tell us how you have changed your running to accommodate the COVID restrictions. Without group runs, we'd love to publish a collection of your individual experiences in the newsletter. Just email your submissions to any board member below.

The CRRC Board

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Upcoming events

Reminder ; Membership renewal is coming in October!!



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One of our member recently passed—Len Fisher shares his memories of Will Saam with us



Will Saam- a Great Man Who Never Boasted.

I met Will at a Lion's Club race in the mid- 1980s and we remained close friends for the rest of his life- running, then walking, then playing ping pong and going out for lunch.

The most interesting thing one noticed about Will's running was that he was a toe striker, unlike most of us who are heel strikers. He was a toe striker in college when he ran for Cal Tech and earned a letter, when he ran marathons-including Boston, and when we were running Highbanks. It didn't matter, he was always a toe striker.

Will was a very enjoyable running partner because he always had interesting things to talk about. Many of you know that Will was a theoretical physicist (like Sheldon Cooper) and it was very cool that he was able to talk about what he was working on, in a way I could always understand.

Will was a very important strong member of the Fast Bucks and Half Fast Bucks relay teams which were made up mostly of Columbus Roadrunners members. He ran in several Great Lakes Relays (ten person teams who ran about 280 miles in two and a half days and in Dances with Dirt 100 K relays with five member teams. Every team he was on did very well.

Although I knew that he was the Chair of the OSU Physics Department during much of the time we were running together, he never mentioned that he was also the chair of the organization of American university physics chairs. (I found that out at his funeral.) In spite of how busy he was with his job, he always made time for his family, for running with various Columbus Roadrunner groups and in races and for fulfilling his love of great food, great wine and the arts.

Will passed away on July 18, 2020 as a result of a lung ailment. He will be seriously missed.

Len Fisher

What is everyone doing for Pandemic Running? It seems that “Live” races are all getting cancelled. What are you doing to keep your running legs in shape? Has anyone completed any virtual races? Here are some ideas if you would like to give it a try. We would love some feedback/input on virtual races.

Virtual Race Calendar

September 12-September 27
United States Airforce Marathon
Also includes Half-marathon, 10k, and 5k
<https://www.usafmarathon.com/virtual/>

September 12-October 12
Two by Four Race against Childhood and Canine Cancer
<https://caninesnkids.org/two-by-four-race.html>

September 13
VIA Marathon
<https://www.viamarathon.org/event-information/race-details/virtual-race/>

October 11
Flying Pig Marathon
Also includes Half-marathon, 10k, and 5k
<http://flyingpigmarathon.com/flying-pig-marathon-virtual-race-faqs/>

October 17-November 1
NYC Marathon
[https://www.nyrr.org/Races/
VirtualTCSNewYorkCityMarathonRunForTheMedal?
gclid=Cj0KCQjw7Nj5BRCZARIsABwxDKLpQ-
s_owmili_G2qXx1XOf2O8lh681WID6Yf17GQof9H53I1y3-o8aAro-EALw_wcB](https://www.nyrr.org/Races/VirtualTCSNewYorkCityMarathonRunForTheMedal?gclid=Cj0KCQjw7Nj5BRCZARIsABwxDKLpQ-s_owmili_G2qXx1XOf2O8lh681WID6Yf17GQof9H53I1y3-o8aAro-EALw_wcB)

October 31
Wicked 10k and Monster Mile
<http://wicked10k.com/virtual-10k/>

What Exactly is a Virtual Race?

By Amanda Casanova

There are no parking problems. No crowds. No long Porta Potty lines. There is no start gun or nervous, pre-race chitchat with other runners. There's not even an official starting line.

That's the kind of flexibility offered by virtual races, a new trend in the running community. Runners who sign up for a virtual race register online and simply choose their own starting line, whether it's a treadmill or a neighborhood street. They run the race distance, upload their finishing time and a few days later are mailed a medal.

It may seem strange to traditional runners, but race organizers say the virtual race is a great option for those who want convenience.

How It Began

Years ago, before national championship meets, high school runners mailed in their times to a national postal competition, and a champion was then selected and announced.

This was the early model of virtual racing.

It's unclear when virtual racing made the leap online to a mass audience. Some race directors say it evolved from runners' requests to participate in physical races from afar. Regardless, in recent years virtual racing has exploded in popularity, mostly because of its flexibility.

The Benefits

"There are many people who would love to participate in physical races but are unable to for one reason or another," says Mark Petrillo, founder of Virtual Strides, a small business that organizes virtual races and donates a large percentage of the proceeds to charitable causes. "With virtual races, you don't need to deal with traffic, parking, poor weather or unexpected schedule conflicts or injuries that might cause you to miss the race."

It's also an easy way to practice race day nutrition and hydration, says Alex Anastasiadis, owner of Running on the Wall, an online shop that sells all things running.

"Virtual races can be used to experiment with new training plans and methods to find out what works best for you on nutrition [and] hydration before and during the race, supplements, resting and waking time before the race, apparel and many other very important factors that can make you or break you on your big upcoming race," he sa

How It Works

Most virtual races work the same: participants select a distance, sign up and pay the registration fee. Some races allow runners to complete the distance at any time, but they all allow runners to earn their medal anywhere.

"The more creative the bling, the better," says Dwight Jackson, who owns Will Run for Bling, a virtual race company.

After the virtual race, runners post their times online and are then mailed a finisher's medal. Some organizers even offer race packets and electronic bibs to their runners as well.

"For us, virtual racing is not a replacement, but an addition to the conventional race," Anastasiadis says. "Both should be a part of our training plans and training methods that we can use to become a better runner."

Many traditional road races are now adding virtual races as an alternative option. For example, Colorado's Prairie Dog Half Marathon allows runners to participate virtually. The Prague Marathon and the Falmouth Road Race in Massachusetts also offer virtual races in addition to the "live" race. Fees are typically lower for the virtual race alternative, meaning runners can earn their miles and save money. Such is the case with the Walt Disney World Radio Running Team's Tomorrowland Virtual Race, which gives runners an alternative to making the expensive trip to Disney World and Disneyland for their series of half marathons and marathons.

The Cons

Still, as the popularity of virtual races has grown, so have runner's opinions of it. Many runners say that virtual races simply can't deliver the same race day atmosphere, the community or the camaraderie of races.

But virtual racing advocates have an answer to that, too.

"You are able to keep the community feel because of the online environment," Jackson says. "Kind of the same way that other running groups share stories and feedback on social media, virtual races create this type of community also."

Another Way to Give Back

Like many physical races, virtual races are also committed to donating to charities, and many operate at little or no profit. Races for Awareness, for example, donates at least 80 percent of its net proceeds to various charities.

"We have raised over \$89,000 since we started in September 2013," says Joanna Williams, owner and founder of Races for Awareness. "We have over 5,000 participants from all over the

Since thousands of runners are trying out virtual races, more and more charities are benefitting. Virtual Strides raised more than \$82,000 for charity in 2015, and Will Run for Bling gave more than \$50,000 to charities in 2014 and 2015.

"I think people like the idea of participating in a virtual race on their own terms, while supporting a great cause, and receiving some nice bling in the mail to commemorate their accomplishment," Petrillo says.

<https://www.active.com/running/articles/what-exactly-is-a-virtual-race?page=2>

Columbus Roadrunners Club Board Minutes

The July meeting was called to order on July 23, 2020, at 6:25 at Highbanks Metro Park by Vice President Raj Hemant. Others present were Mike Hunter, Velma Matuszewski, and by phone, Jim O'Neil and Julie Littleton.

The minutes of the June meeting were approved as read

Jim reported for Vera that there are no changes in the treasury

Newsletter

Julie will be taking over writing the next newsletter as she has Office Publisher. It was decided to ask Len to write a remembrance of Will Saam who just passed away last week. We will also reach out to Sue Daly to see if she has any more details on her student running project, with the realization that it may not happen this year due to COVID-19

Old Business:

Velma reported that Jim Tucker has decided to cancel the summer ice cream run.

Those present felt that probably the picnic will also not be feasible this year.

New Business

Julie suggested that perhaps we could publicize and promote virtual runs or group challenges to encourage members to remain engaged and running.

Julie volunteered to host a Zoom meeting next month so no one will have to drive, and we will not have to yell into phones. The date will be August 20 at 6 p.m.

At 7 p.m. Velma moved to close and Julie seconded.

Respectfully submitted,
Velma Matuszewski

Columbus Roadrunners Board Minutes

Because of the pandemic, we have had to adapt and change how we have our board meeting. August 20th was our first board meeting via Zoom!



The August 20, 2020 meeting was called to order by vice president Raj Hemant at 6:15 on Thursday, August 20, Board members attending virtually on Zoom were Raj, Mike Hunter, our host Julie Littleton, Vera Thornhill, and Velma Matuszewski.

Secretary, Velma, is making two small corrections to minutes.

Treasurer, Vera, reported just one expenditure, \$50 for checks, leaving a balance of \$10419.25 in the treasury.

With the virus shutdown, there were no changes in membership or technology.

Newsletter: Julie is beginning to put together the next edition. Len Fisher has submitted an article about Will Saam, longtime member who passed away last month. Velma suggested asking members to submit their miles run, virtual race times, or where and how they are keeping up running or walking during the shutdown of group activities.

Old Business: It was agreed to give Sue Daly and Len Fisher another year to choose a beneficiary for their honorary funds.

New Business: Vera will check with the Scioto Country Club about the feasibility of holding our winter banquet there. Mike suggested that we may just schedule a virtual event.

Velma reported that our current president, David Chapman, had expressed a desire to step down, so it was decided to name new officers. Raj will take over as president, Julie as secretary, and Jim was nominated in absentia for vice president. All nominations received unanimous approval.

The next meeting will be on Thursday, September 17 at 6:00, probably virtual again with Jim on cell phone. At 6:50 Velma moved to close the meeting and Mike seconded.

Respectfully submitted,
Velma Matuszewski

