

Western Reserve Trail Running Newsletter

Monthly Newsletter

Issue: #12

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Buckeye Trail 50K

Registration opens THIS Friday, December 4th, at midnight for the July 17, 2010 event! Like last year, the volunteer requirement to participate will still be in effect, "Blue Blaze" medals to all finishers, and a short-sleeve tech tee to all registrants. New this year will be the absence of paper cups at the aid stations. All runners will be required to carry their own bottle which can be filled at the aid stations. No bottle, no fluids.

Registration will open up at midnight THIS Friday at Vertical Runner's [home page](#).

JOIN OUR LIST


It's Quiet Out There

Have you ever just stopped mid-trail to just freeze and listen to the trail? No ringing or vibrating cell phones, no scrambling kids, no traffic, no furnace kicking on, no radio, no clock ticking on the wall. You may hear a crack of a twig as a squirrel goes scurrying across the trail or up the bark of a nearby tree or the singing of overhead birds, though. Recently, I came upon a bench in the middle of a trail run and since I was alone, I paused and laid down, closed my eyes, and just listened. It's amazing what you can hear when you slow down long enough to listen.

Have you made your Christmas Wish List yet? If not, I'm going to make it simple for you this month by replacing our monthly Gear Spotlight with a list of Stocking Stuffers. Just print off or forward to the one who you want to 'gently' guide in the right direction in how to best stuff your stocking and there you go! Shopping complete!

Be sure your calendar has the day after Christmas blocked out for our **2009 Awards Celebration** at the [Winking Lizard in Peninsula](#), OH. If you'd like to run first, join us at 7:30am at Lock 29 in Peninsula for the third installment of the fun Waterfalls group run. It'll be about an 18 mile trail run that'll visit the three main waterfalls withing Cuyahoga Valley National Park. You can RSVP for the awards and/or run on Facebook. Search for "*WRTR Awards*." In addition to the Series Awards, special recognition for volunteering will be given to Jeff Burke, Heidi Finniff, Shannon Fischer, Dave Koch, and Mel Bolgrin, 5-race finishers will receive an award, and 2008 WRTR Series awards will be given to Dave Peterman and Kurt Osadchuk. You can start showing up at the Winking Lizard at 11am and the awards will begin around noon. See you there!

Run for Regis UPDATE: Regarding withdrawing and refunds; anyone who wishes to withdraw may do so. Runners withdrawing will receive a full refund less \$5 (total of \$55 refund). We will refund entrants as long as people on Wait List are saying "Yes." We have a Wait List of about 30 people. Any questions? Please contact Tanya Cady at cadyrun100@aol.com or 330-908-3766. Tanya will also lead a familiarization run of the course THIS Saturday, December 5th, starting at the Ledges Shelter at 8:30am. No aid so please come prepared.

 [Bobcat Trail Marathon](#)

Join Our Mailing List!

Please sign up and forward this newsletter to all of your trail-running friends!

2009 Race Series Final Results

FINAL RESULTS

WRTR Awards Celebration

Mark your calendars! The 2009 WRTR Race Series has come to a close and it's time to celebrate the year together and kick off 2010.

What? Awards Celebration: Series awards, participant awards, food, and spirits!

Where? Winking Lizard in Peninsula, OH

When? Start arriving around 11am and awards presentation will begin at Noon. Before the awards, join us for an annual celebratory group run dubbed the Waterfalls group run, starting at 7:30am from Lock 29, only steps from the Winking Lizard. This group run will visit Blue Hen, Buttermilk, and Brandywine Falls and will stop for group photos along the way. Last year, over 70 runners joined in the fun. [Pictures from last year's run.](#)

RSVP: on Facebook, do a search for "WRTR Awards" and you should find the event and please RSVP there. If you are not on Facebook, please let Nick know if you'll be at the Winking Lizard for lunch and the Awards Celebration.

A Few Notes: the room adjacent to the bar area has been reserved to us and seats 50 people. Many more are expected which means we will

Happy Trails, everyone, and I'll see you on the trails!

Nick Billock, WRTR Newsletter Editor
[e-mail](#) / [blog](#)

Local Trail Runner Spotlight: Greg Dykes

Greg, tell us a little about yourself outside of running: I grew up in Uniontown, OH and graduated from Lake High School. While growing up, I was very active in soccer and Boy Scouts. My junior year, I was talked into going out for track. From graduation, I went to college at Kent State where I studied Computer Technology and Communications. I then worked for KSU until July 2007 when I started working for Davey Tree. In 2003, I moved to Stow and have lived there since.

Everyone has a reason why they started running in the very beginning. What is yours? Well, I started off as a soccer player and still play when I can. Back in high school, I started running track to stay in shape for soccer. Not having ran, I was put all over the place in different events but seemed to find a place in middle distance (400m and 800m). I eventually moved up to the mile and loved that event and stayed with it. While running distance in track, I began running with the cross country guys doing workouts and really enjoy long runs around Quail Hallow. The distance coach took me under his wing and really got me going in the right direction.

I didn't run much in college, but still coached and played soccer. I realized one day, I was not in the best shape and was in a tough spot in my life which was a bit of an understatement. One day while watching TV, the Kona Ironman Triathlon came on. I was blown away the athletes completing it and thought that is something I would like to do. But if I couldn't do a marathon, then an Ironman is going to be pretty hard to finish. So, I began running again and training that July for the 2004 Akron Marathon three months later. I couldn't even run a mile at that point. But, I stuck with it. The rest, as they say, is history.

What was it that led you to try out trail running for the first time? When did that happen? I guess I started trail running before I knew it was called trail running. I worked at a Boy Scout camp growing up in the summertimes. To stay in shape and be ready for the fall soccer season, I used to run on the trails down there in the mornings and evenings. The camp is pretty far out there so there was nowhere else to run, really.

My official introduction to trail running today came just after running my first marathon at Akron. During the marathon, I ran a bit with a girl who had just ran a 50 mile race. Wait, what? 50 MILES?!? I was blown away. I mean here I am running my first marathon, and this

 Greg at Mile 56 of the 2009 Burning River 100

end up overflowing into the surrounding bar area. Just mention you are with the large running group when you arrive and you'll be seated...no earlier than 11am, please. Order and pay on your own! Also, if you want some WRTR gear, bring some extra cash!

person next to me had just ran almost TWICE as far. After the race, I did more reading about these races and decided to give JFK 50 Mile a try. Reading that most of these races were on trail, I figured I had better get used to trail running. So, I picked the Carriage Trail having seen signs for it off the Towpath by Red Lock. I fell up one side of the path and down the other. I fell back up and down again. I was a mess. I lost my headphones I had with me at the time, twisted my ankle, and ruined a new jacket. But, I was totally hooked.

Before you hit the trails for the first time, what would you say was your biggest running accomplishment? Since trail running, has that been eclipsed by anything else? I ran my first marathon in 2004. That was the Akron marathon. I loved it, but thought I could do better. So I ran my second, Harrisburg, six weeks later. Since then, the distance began growing to 50Ks with the Summer BT50K as my first ultra. Up til then, that was the hardest thing I had done. That was my first trail race and 50k. It was a long day.

However, this past summer was my first 100 miler at Burning River. I absolutely loved it. I had a great crew of people and volunteers helping me out all along the way. It was actually very humbling seeing all the people come out to help and support all the runners. It choked me up a few times to tell you the truth.

You've been involved with VR Training for the past few years by coaching and leading others. Do you plan on staying involved and if so, what advice would you give to someone thinking about showing up at one of VR's group runs for the first time whether on roads or trails? I do plan on staying involved. I was clueless when I started running. In the grand scheme of things, I still am clueless! I just have made a lot of mistakes when I was training on my own. I learned things the hard way like, "Why are my nipples bleeding?" or why cheese may not be the best pre-run snack. The best advice I have to a new person is to ask lots of questions and listen to *all* the advice given. But don't take one answer as the only answer to the problem. What works or doesn't work for one person, may not work for another. And what works everyday, may not one day. We are all the experiment of one.

BUT, keep track of what did AND didn't work for you. Try not to make the same mistake twice. I always make a list after every race of three things that WORKED WELL and three things that DIDN't work so well. I have always like a saying by Thomas Edison about light bulbs. When asked about failing, his response was, "We didn't fail. We just found 10,000 ways not to make a light bulb."

You had a banner year in 2009. Looking at what you accomplished, give us Top 3 in order of what you consider the highlights this year. Wow. Tough question. I had so much fun this year. Number one has to be Burning River. It was one of those days that everything just worked as planned. That never happens. At least for me. Two was Boston. It was my first Boston and the experience was pretty cool. I have never been one to really need a big crowd for a race. But, you have to experince Boston at least once. Third was this fall. Running a bunch of races in a row and ending with Mountain Masochist 50 Mile Trail Run was amazing. Just like the crowds of Boston, everyone should see the sun rise in the Blue Ridge Mountains and experince a "Horton" mile or two.



Looking forward to 2010 and beyond, what is your "big goal" that you plan to accomplish? Well, my dream race has always been Western States. I have always wanted to run that race ever since reading about it. I really want to hit the West Coast for some trail races. But most importantly, to stay healthy for another year. I have been very fortunate to stay injury free and still sneak in almost 30 marathons and ultras in the past two years. I love running and traveling to races and I want to be able to keep doing them for many years to come.

Pre-trail running and post-trail running, how have you changed as a runner and a person? Running, in general, has really changed me as a person and my outlook at life. I would say it has taught me you can achieve much more than you think you are able to. It has also taught me to be able handle difficult times in my life better. Bad times, just like bad miles, will eventually pass if you just hang in there.

Is there anything else you'd like to share about the local trails, the people, WRTR, or anything else? Yes, there is. Every year I get upset when publications like Runner's World do their top running town stories and North East Ohio doesn't make the list. I have always felt that we have something very special here. Not just with a great park/trail system, but the running community, both road and trail, is great. I just don't feel we get the proper recognition.

However, this summer while running Burning River, I ran a bit with a guy from Virginia who is an active member of the Virginia Happy Trails Club (VHTC). While we ran he was telling how impressed he was of the trail and most of all the aid stations. A compliment like that coming from a member of VHTC, a top notch running group, is one heck of a compliment.

Stocking Stuffers for Trail Runners

For those of you shopping for a trail runners, here's a guide to help you on your mission as you venture out this month. It's difficult sometimes to shop for apparel unless you've been told precisely what to get but it is still possible. If you do shop for apparel, sneak around his/her running gear and take a few notes such as: typical shirt and pants/shorts size. It'll also be helpful at the running store to know height, weight and shoe size, depending on what you're looking for.

As for stocking stuffers:

1. **Socks:** you really can't go wrong here. Know his/her shoe size and when the size chart on the package is in between two sizes, go small. Nearly all running socks are very stretchy so being a bit on the small side is better than having extra material bunching up. Another tip: no cotton!

2. **Lubricants...**for running and anti-chaffing: Does he or she like a stick or a roll-on? BodyGlide is your choice for the stick and SportShield is it for the roll-on. They probably have a preference...just snoop around their gear and see what they use.

Registration Update

Winter Run for Regis

- Sunday, January 17, 2010
- SOLD OUT!
- [Wait List available](#)

Green Jewel 50K

- Saturday, March 6, 2010
- [Registration now open](#)

Fools 50K/25K

- Sunday, March 28, 2010

Forget the PR 50K/25K

- Sunday, April 18, 2010
- [Registration opened Nov. 1st!](#)

Muddy Paws Trail Races

- Saturday, July 10, 2010

Buckeye Trail 50K

- Saturday, July 17, 2010
- Registration opens this Friday, December 4th at midnight [here](#).

Burning River 100 Mile Endurance Run

- Saturday July 31, 2010
- [Registration now open](#)

YUT-C 50K/25K

- Saturday, September 18, 2010
- [Registration now open](#)

Towpath Marathon and 1/2 Marathon

- Sunday, October 10, 2010

Run with Scissors Marathon+ and Double Marathon+

- Sunday, October 31, 2010

Bobcat Trail Marathon

- Sunday, November 7, 2010

Race Calendars

[100 Mile Race Calendar](#)

[Coach Weber's National Ultrarunning Calendar](#)

3. **Winter gloves/hats/headbands:** Gloves can vary quite a bit. Heavy and minimalist options abound by many different manufacturers. You will normally have size options with gloves but not with hats/headbands. Also, try it on. If you don't like it, he or she probably won't, either. Some also have reflective striping on them, too.

4. **Reflective Gear:** from the striping on clothing to velcro bands around ankles, there are a lot of options. The ankle bands and vests are most popular. There are a nice variety of reflective jackets available, too, which can doubly serve as rain/wind protection, too. Flashing LED lights are also available.

5. **Headlamps:** this time of year, most runners run in the dark at some point during the week. Options usually involve intensity of the lamp and the number of LEDs. Go for the higher number of LEDs when you have a choice. Be sure batteries are included or include some when you give it as a gift.

8. **Nutrition:** snoop around first and see what he/she uses. Do they use Shot Bloks? Gu? Hammer Gels? Power Gel? These are small and inexpensive and many will fit in a stocking. If they mix their own drinks, what do they use? Write it down...you may find this as well.

7. **GPS:** this might be a bit pricey for a "stocking stuffer," but it WILL fit in a stocking. Garmin is the main choice for these wrist-mounted guides to the trails. As the company says: "Give a Garmin!"

Inaugural Bobcat Trail Marathon Report

by Ron Ross

When you plan a trail marathon running event for November in Ohio, you definitely roll the dice with the weather and have to consider the very real possibility of freezing temperatures, rain that could be so cold you never stay warm, slippery footing, and even snow. For the inaugural Bobcat Trail Marathon, which was held on November 8th, 2009, in Southeast Ohio, the opposite happened. It was so warm and beautiful, you would of thought we were in the southern United States. With blue skies overhead, temperatures in the low 50's at the start and reaching the high sixties by mid afternoon, it was a perfect day for running a trail marathon. The race takes place at Burr Oak State Park, which is located just North of Athens, Ohio, the home of the Ohio University Bobcats. The connection with Ohio University is one reason for the race title. Co-Race director, Brandon Huff, an accomplished marathon and ultramarathon runner, is an Ohio

 Run Like a Mother

[Jason Robillard Ultra-Marathon Calendar](#)

[Trail Runner Magazine Race Calendar](#)

[ultraRUNNING Magazine Race Calendar](#)

[OhioOutside.com Race Calendar](#)

WRTR Race Series

[WRTR Series Rules](#)

[WRTR Series Standings](#)

The purpose of the Western Reserve Trail Running (WRTR) race series is to promote a regional competition, wide participation in the sport of trail running, foster volunteerism, and to recognize the annual WRTR series champions.

University alum. With the assistance of several Ohio University volunteer groups, Ohio Outside, and many other volunteers, Brandon and his partner, Vince Rucci, one week removed from his 2:47 marathon effort at the Inland Trail Marathon in Elyria, Ohio, and owner of Vertical Runner, a running store in Hudson, Ohio, put together a wonderful event. The volunteers manned six aid stations along the course and were very enthusiastic and supportive of every runner passing their aid stations. The Ohio University Running Club, the Ohio Sports Business Association, the Ohio University ROTC Detachment 650, the Lambda Chi Alpha and the Alpha Delta Pi fraternities all lended a hand in supporting the race in some capacity. The Burr Oak Lodge hosted the Saturday evening pasta dinner, and served as race headquarters. The lodge offered room and cabins for runners and really laid out the red carpet for a wonderful weekend, which included a late checkout for all runners. Brandon and Vince set up the beautiful course which started with a small 3+ mile trail loop and then runners moved to the main trail and ran clockwise around the Burr Oak Lake. If you know anything about Vince and Brandon, you definitely know ahead of time the course will be very challenging. There was over 2300 feet of elevation gain and descent on single track trails, which included the usual suspects in the form of rocky sections, lots of tree roots, and fallen leaves, making it more concerning for the runners to watch their foot placement. The hills were very demanding, especially in the last few miles of the race where several runners were commenting about when will the hills end. I also heard from some out of town runners at the finish that their perception of Ohio as being a flat state was totally wrong. I told many finishers that Vince and Brandon just wanted to be sure that everyone who finished the race will know that Ohio is for real when it comes to a challenging, well organized, and hilly running event. There were no disagreements. Several other volunteers and registered runners helped out during the event to make the race run smoothly. Jim Chaney was at the finish line taking care of finisher times, placings, and overall results. Nick Billock was running the marathon with his camera to capture the event from a runners perspective and took [almost 200 photographs](#) during his trek around the course. Nick is a fantastic photographer and I am sure his pictures will be worth viewing. Ohio Outside also contributed in many ways to the organization and administration of the race involving the race website, e-mail alerts, and other marketing items to get the word out about this great event.

128 runners finished the race, enjoying every minute, and making their own memories of this inaugural run. Leading the way was Devin Kent, 32, from New Albany, Ohio, in a great time of 4:15:20. 30 seconds behind Devin, in 4:15:50, was Dan Mesh, 45, from Cleveland, Ohio. Rounding out the top three men was Dave Schuetze, 32, also from Cleveland, Ohio, in a time of 4:19:35. In the woman's race finishing in first place was Anna Weisbrodt, 28, from Detroit, Michigan, in a fantastic time of 4:32:16. Second place belonged to a very strong finishing Terri Lemke, 49, from Loudonville, Ohio, in a time of 4:41:23. Terri's husband, Mark, was all over the course crewing for his wife and providing support and encouragement not only for Terri, but for each and every runner that went by. Mark provided an ice bag to one runner that went down with a badly sprained ankle. In addition to the ice, Mark was very humorous and the eternal optimist, spreading good cheer to everyone around him. The third place woman, who also finished very strong with a sprint

across the finish line, was Mel Bolgrin, 30, from Northfield, Ohio, in a time of 4:49:40. Age group winners included first time trail marathon finisher Tracey Ross, 26, from Columbus, Ohio, winning the woman's 29 and under age group in a time of 4:54:37. Tracey had her music, a power bar, and two wrist bands on her hand symbolizing two very dear friends battling cancer. She used that motivation to remind herself that what she is experiencing is not as rough as what her two friends are going through. She ran a great race. Winning the mens 29 and under age group was Evan Wilcox, 28, from Columbus, Ohio, in a time of 4:28:18. Starshine Blackford, 34, from Columbus, Ohio, took the womans 30-39 age group award with a time of 5:00:30. Starshine was running very smooth in preparation for a PR at the Philadelphia marathon to be run in two weeks. Starshine's husband, Darris, was at the event, watching, and crewing to make sure Starshine will be ready for her PR. Darris is an accomplished marathon runner himself and was very motivating and supportive of everyone's effort. Winning the Men's 30-39 age group was Todd Bumgardner, 38, from Bellefontaine, Ohio in a time of 4:37:49. Winning the female Masters competition was Cassandra McCune, 40, from Nashport, Ohio, in a time of 4:58:45. Steve Calhoun, 43, took the men's masters title in a time of 4:24:57. Mary Kitzig, 52, from Zanesville, Ohio, won the female grandmasters title in a time of 5:00:12. Steve Wilson, 54, from Brecksville, Ohio, took the mens grandmaster title in a time of 4:51:58. The 40-49 age group female winner was Jacqui Wilson, 42, from Raleigh, NC, in a time of 5:13:18. The mens winner was Ed Goubeaux, 47, from Cuyahoga Falls, Ohio, in a time of 4:27:18. Winning the female 50-59 age group was Janalee Stock, 55, from Athens, Ohio, in a time of 5:36:28. Taking the mens 50-59 age group title was Mike Jacolenne, 58, from Zanesville, Ohio, in a time of 5:10:21. Mike is an accomplished ultrarunner, a 10 time finisher of the Mohican Trail 100. Since Mike lives about 40 minutes away from the Burr Oak Lodge, he decided to ride his bicycle to the race from his home in Zanesville, Ohio. When I spoke with Mike, before the start, he was not decided if he will ride his bike home after the race. Whatever Mike did, he is a true inspiration for us all. Winning the 60 and over age group, the only entrant over 60, was Daniel Bellinger, from Wadsworth, Ohio, in a fantastic time of 5:03:00. Dan is a former high school cross country coach and before coming to the Burr Oak Lodge on Saturday, he was at the Ohio State Cross Country meet in Columbus, Ohio, keeping tabs on all of the future trail runners that will be coming to our sport in the near future.

A great weekend of running, visiting, having fun with family, friends, competitors, and enjoying the outdoors in one of our very own gems of a state park in Southeast Ohio. Many thanks need to go out to Brandon and Vince for what they started and what they will continue as another of our great trail running events in the Buckeye state.

After the event, the Bobcat Trail Marathon donated \$500 to Burr Oak State Park.

Western Reserve Trail Running, Inc. is a nonprofit organization registered in the state of Ohio. The organization's first event was the 2007 Burning River 100 Mile Run held on August 7-8, 2007. Our mission is to promote trailrunning in the Northeast Ohio region through the development and management of new events (races, fun runs and training runs) within local park systems and municipalities.

Questions?: contact info@wrtr.org

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