

Western Reserve Trail Running Newsletter

Monthly Newsletter

Volume 2: Issue: #1

January 2010



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Buckeye Trail 50K

In record time, the Buckeye Trail 50K sold out in 6 1/2 days. There will NOT be a wait list. If you want to sell your entry, you need to do that on your own and inform [Vince Rucci](#), Race Director, when you do so, so that he can update the [registration list](#).

Here is the [Volunteer Form](#) that you need to have completed and turned in prior to running in the event.

Keep up to date with race announcements via Vertical Runner's [home page](#).

BR100 Announcement

The 4th Annual Burning River 100

Happy New Year!

Two thousand and ten or twenty-ten, however you say it, is here and I hope this newsletter finds you in good health and with some mighty trail-running goals set for the year. 2009 was a booming year here in NE Ohio and if 2010 is anything like 2009, I think we're in store for a great one. For me, I can't complain about 2009...it certainly was a landmark year for me in trail-running and 2010 looks like another exciting one. I first need to work on a few muscle strains through some physical therapy but am optimistic about kicking off my [MMT100](#) (Massanutten Mountain Trails 100) training in late February. First though, is Series Race #1 in only 2 weeks at the Run for Regis.

Run for Regis REMINDERS

*NEW Start/Finish Location: Ledges Shelter on 701 Truxell Road, Peninsula

*NEW Course

*Bib pick up afternoon before event, Sat. Jan 16th 2:00-5:00pm.

*No Shirts will be given out until the runner has completed running! (This helps us know who is out on the course and who is finished)

*All runners must check in the morning of the event.

*Bib Pick Up & Runner Check In: 6:00-6:45am

*Run starts at 7:15am

*Course Closes: 4:30pm

*No dogs, headphones or littering!

Any questions or want to volunteer, please contact Tanya Cady at cadyrun100@aol.com or 216-548-0706.

Registration will be opening this month as well for another event this year, the [2nd Annual Fools 50K/25K Trail Run](#). Registration will open the week of January 11. Check the [website](#) for the mail-in application form.

Western Reserve Trail Running isn't only about the Race Series, but also about supporting our local park systems and giving back, as evidenced by our financial support outlined a few months ago in this newsletter. Another way to give back is through trail advocacy. Coming this spring will be opportunities to get out on the trails to help improve/repair areas that need our attention. We are currently coordinating with park officials and will spread the word when the dates are finalized. This would be an ideal way to get in your volunteer hours for this summer's Buckeye Trail 50K. Stay tuned!

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

Nick Billock, WRTR Newsletter Editor

[e-mail](#) / [blog](#)

Mile Endurance Run will be held on July 31st - August 1st this year. Race Director, Joe Jurczyk, has been working hard on the race this year and has succeeded in bringing the 2010 USATF 100-Mile [USATF Trail National Championship](#) to the race this year! This is big news for the BR100 and something we should all be very proud of. The buzz surrounding this has already had an impact as registration picked up just before the end of 2009 and around 100 are registered so far. There are 3 ways to stay up-to-date with the most current BR100 news: 1) Join the [BR100 Yahoo! Discussion Group](#); 2) Join the [BR100 Facebook group](#); 3) Visit the [event website](#).

Stay tuned for future news about the BR100, the National Trail Championship, and opportunities to volunteer at this year's event.

JOIN OUR LIST

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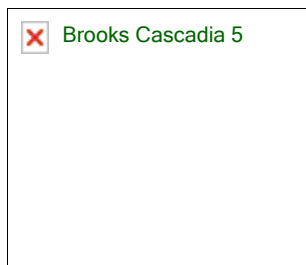
Please sign up and forward this newsletter to all of your trail-running friends!

Gear Spotlight: Updated Trail Shoes

Not much has been happening with trail shoe updates lately but this month and next, a whole bunch of updates are hitting the market so here are a few of those updates to best equip you with the knowledge you need to make an informed decision the next time you need new trail shoes.

Adidas adiStar Raven: a new trail shoe from Adidas. Adidas has a long history of trail shoes dating back to the original adidas Marathon Trainer described above which had a very breathable upper to allow drainage, plus had an aggressive Trevoil outsole that provided great traction. The adiSTAR Raven is nice and draws inspiration from the original Marathon Trainer. The new adiSTAR Raven is very light, low to the ground and has an aggressive dual compound outsole. A modern trail version of the Marathon Trainer, the adiSTAR Raven even has a flared heel like the original Marathon Trainer. [Video Sneak Peak](#).

Brooks Cascadia 5: clearly, a favorite among local trail runners, the Cascadia gets an update. The Cascadia 5 retains the same midsole/outsole from last year's shoe, which delivers great traction, balance and cushioning. Compared to previous versions, the [Cascadia 5](#) is more breathable and offers better drainage. A true trail performer for serious trail runners and earth-friendly featuring BioMoGo and biodegradable shoe laces.



Columbia Ravven: the popular sportswear company enters the trail shoe category this year with the Ravven. This trail running shoe features a new Techlite heel and a non-marking Omni-Grip outsole. [Watch this video](#) featuring this new shoe from last year's outdoor retailer show.

Merrell CTR Cruise: utilizes Outlast temperature management technology combined with breathable mesh uppers. The tread pattern is as burly as they come for no-nonsense traction in all conditions. On this shoe, the "M" logo isn't just for show, it's an integral part of the lateral support system. It will be offered in Gore Tex, as well.

Montrail Rockridge: This shoe is a low-profile, neutral shoe with outstanding cushioning perfect for dirt, rock and fire road. It features the VEL last (think Velocity for speed) designed specifically for trail runners with its medium-volume fit and roomy toe box. The outsole has been optimized for moderate to technical trail conditions with deflecting lugs for cushioning and perimeter digging lugs for traction up and down hills. ([Montrail's 2010 marketing preview PDF](#))

Montrail Sabino Trail: sports the ULT last (think Ultra for distance) intended for endurance runners and thru-hikers. The rounded toe box, snug heel fit, lateral



foot control and medial arch support provide stability and comfort over long distances. The Sabino Trail shines on rough terrain, offering a posted medial arch support and a top and a bottom shank in the midsole for torsional rigidity. The Sabino's outsole is highly aggressive excelling on rocky trails with its three-pointed lug design for multi-directional grip and sawblade lugs that smear well on rock. For you Hardrock fans, this visually looks like a light-version of that shoe.

[Vasque Transistor FS](#): Vasque is introducing a new trail running shoe system for spring 2010 called the FootSync Fit System. Utilized in the new Vasque Transistor FS trail shoe, the system features the new Immerse 360 last which matches the contours of the entire foot-360 degrees across the top and bottom. The Immerse 360 last is a breakthrough in fit technology for Vasque, putting equal emphasis on the bottom of the foot, the place that takes the most impact from the terrain. It also eliminates the need for a separate footbed. [View a complete review of this new shoe here.](#) [Vasque's weblink for this shoe.](#)

'New' XTERRA Trail Race Series

Brand new in 2010 is a race series that will be happening around Ohio, sponsored by XTERRA, and will have races spanning in distance from 5-10 miles. Full details can be found on the [series website](#) but here is a snapshot of the current schedule for 2010:

- 4/24** > Vulture's Knob, Wooster
- 5/22** > A.W. Marion State Park, Circleville
- 6/26** > Chapin Forest (Lake Metroparks), Kirtland
- 7/10** > Mohican State Park
- 8/21** > Oak Hill (Cuyahoga Valley National Park), Boston Township

More information will be available shortly including detailed course information and registration. Stay tuned to the website for details.

Local Trail Runner Spotlight: Marie Bartoletti

Marie, tell us all a little background about yourself including where you grew up, where you live now, and a bit about your family and your career:

I was born and raised in Kalamazoo, MI. I have four brothers and two sisters and awesome parents (just lost my dad!) I got my BS degree from Central Michigan University with a Physical Education major and a Business Education Minor. I then moved to Pittsburgh where I raised two children (David is 25 and lives in Maine and Michael is 24 and lives in Florida). I went back to teaching and coaching 14 years ago and I absolutely love the 290 1st-5th graders to whom I



Marie on the Reverse Waterfalls Run on 11/28/09 aboard Brandywine Trail

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
 - Registration opening mid-January.
- Watch the [website](#) for details.

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
- SOLD OUT
- Event details and registration list available [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
- [Registration NOW OPEN!](#)

Race Calendars

teach Physical Education.

Now that we know about you OFF the trail, when did it all start for you? Whether it was road running or trail running, how did it all start for you? I was teaching phys ed 26 years ago and my students wanted to know if I was going to run the Pittsburgh Great Race (10K). Of course I had to say yes, even though I had never run 1 mile. I worked up to 3 training miles and thought I was going to die in the 10k. With all the spectator support on the way, I finished it and the rest is history, as they say.

Very, very few people can say they ran the Badwater 135 and finished. You are one of those people. Can you give us the highlights of this incredible accomplishment? Badwater just snuck up on me! Once I started running marathons, someone suggested that since I could run marathons back to back on a Saturday/Sunday, I could probably run an ultra. So, I did a 50k, 50 miler and then, I did my first 100-miler, Mother Road on Route 66 and won it. My friend, Laura Yasso, suggested I try to get into Western States and I was lucky enough to get in thru the lottery. Trails are so much different than roads and I was happy to get the Belt Buckle at WS! Right after that, Laura said "you should just do Badwater". I had heard about it for the 1st time at a post-race party at Grandma's marathon. So, I sent my bio in that year and was picked for it. The head of the 4:30 pace group I run in Chicago said he would be part of my crew and he had done Badwater the year before, so that was it. It was a "done deal". One of my fellow Clif Bar pacers, Maneesha said she would also help and my Pgh ultra running friend Susie so I was all set.

The day was unforgettable. It was 122 degrees and unusually humid. It was so awesome to be running 135 miles in Death Valley with some of the top athletes in the world. The most important thing I can say about this day is that I could not have done this race in 35 hours, ending up 14th overall, without my incredible crew. These six people stayed with me thru the full range of emotions and made me laugh when I needed to, gave me food when I didn't want to eat, and an ice bath when I was delirious! We got to see a beautiful sunrise in the desert followed by a spectacular climb up Mt. Whitney to the finish line.

Outside of running trails, you have run just a few marathons, I hear. How many to date? Tell us about the "why" of why you keep doing so many marathons and continue to be a pace group leader. Well... maybe more than a few; 161! The reason I run 25-30 marathons each year is my passion for pacing. I love being a pace group leader. Motivating and helping people get thru each mile; whether qualifying for Boston, getting a PR, or crossing the finish line for the very first time. Some of the letters people have sent to me after pacing them, speak of encouragement, enthusiasm, spirit, and optimism. I truly believe this is a God-given gift, so I continue to use it.

"Ultra Trail Running Resume" speaking, give us a snapshot of your trail running accomplishments since you first hit the dirt. My first trail run was a 50K in Oregon in July, 2006. My first 50 mile trail run was the Bakers Trail in PA where I won overall female the next month. It ended up being 56 miles. I have a bad habit of getting lost on trail runs (don't follow me)! From there, I was "dared" to run

[100 Mile Race Calendar](#)

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

[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.

Western States 100, so I did! I ran a few altitude training races to prepare for WS, including the Quiksilver 50 miler in CA where I took 2nd place overall. Seeing the Western States course for the first time during the training weekend was incredible. It is different than anything we have here. The race itself was phenomenal and I am so proud to have been a part of it. Keeping with the west I had to try Pike's Peak and the double in Colorado. The first day was perfect going 13.1 miles UPHILL!! The second day was a bit of a challenge, not with the same 13.1 up, but coming DOWN those 13.1 miles! Wow, did lots of people (lost count) pass me in those first 3 miles coming back down. I slowed down enough to stay on my feet until I looked up to pass someone with 5 miles left and hit a root and lots of blood followed. I was shocked to get first place in my age in that one!! Closer to home, my favorite race is the Burning River 100, taking 1st in my age on my 50th birthday (nice present!) It was so much fun that I ran it again this year :) The trails in the Cuyahoga Valley are some of my favorites.

I'd be remiss if I didn't ask "Where from here?" So, what's next on your short term calendar (2010) and for the years ahead? What's up next? I have the Laurel Highlands 70-mile trail run penciled in my calendar for 2010. I also hope to do Burning River again and any other trail runs I can squeeze in this year between my marathon pacing!!

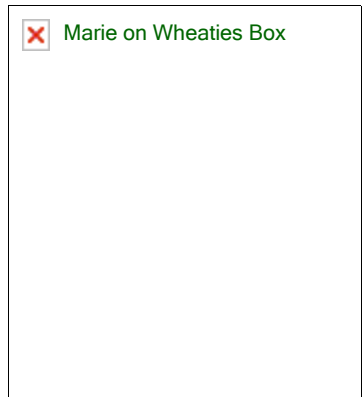
Most "normal" people would call you extreme, Maria. You just keep going and going and soaring to new heights. Where do you draw your passion from to continually go the distance? I owe that to my parents. My dad "gave me" his athletic ability and the drive to succeed at everything I do in life. More importantly, my mom gave me the gift of compassion. It wasn't easy to raise seven children and she always told us "it doesn't matter what you look like, it's what kind of a person you are".

Is there anything else you'd like to share with others reading this newsletter about trail-running, etc.?

I have met the greatest people on the Ohio trails and now I look forward to any chance I can get to run those trails with my new friends out there. For example, the Fools 50K, Bill's Bad Ass 50K, and the Reverse Waterfalls run we did after Thanksgiving and many more!

I was also on the cover of the Wheaties Energy Crunch cereal box nationwide for winning the contest called: Search for the Everyday Champion; based on outstanding athletic ability and compelling community service (the two things I got from my parents; see answer in question #7) in 2003.

Thanks for giving me the opportunity to share my story!



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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