

Western Reserve Trail Running Newsletter

Monthly Newsletter

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Green Jewel 50K Preview

The 3rd Annual Green Jewel 50K run will take place on March 6 at 7:00 AM starting at Scenic Park in the Cleveland Metroparks in Rocky River. The course offers a flat-and-fast course along the All Purpose Trail - minus about five miles of road on the Valley Parkway - to the Oak Grove Picnic Area in Brecksville Reservation. Unlike other Western Reserve Trail Running courses, the Green Jewel is on a paved surface (asphalt) but the scenery is no less spectacular in the Emerald Necklace (the nickname for the Cleveland

SOLD OUT! (again?)

Unless you are living under a rock somewhere off the trail, you probably know that if "you snooze, you loose" on local trail 50Ks. The Winter Run for Regis sold out in under 2 weeks, the Buckeye Trail 50K this July sold out in 6 1/2 days, and the Forget the PR 50K/25K in April just sold out this past week. The Fools 50K/25K, also in its 2nd year like Forget the PR, is already at 120 runners as of 2/2/2010. So what's the big deal? What is happening in northeast Ohio in the trail running community? To start with, we already have a pretty good population of those training for a marathon or are veteran

marathoners. With the 50K "only" five additional miles, it is attractive as the next "logical" step. Secondly, we have an abundance of beautiful trails at our disposal that many of you are now aware of. But how did you find out? Word of mouth is powerful and strong among us and many leaders among us have appeared and are leading trail runs week in and week out. Every week, one or more of us step up and offer to lead a run. Once the weather gets a little nicer, those options will multiply quickly. Social networking sites, especially Facebook, have contributed greatly to spreading the word. Lastly, once a road runner goes on their first trail run and experience the magic of the trails, their natural beauty, and what a different experience they provide, they are hooked. Purchasing new trail shoes and racing home to seek out the next trail race come next. It's certainly an exciting time to be a trail runner here in Ohio and I hope to see many of you at one of the upcoming events or just kicking up some dirt on the weekend.

Staying Connected: this newsletter is a great way to stay in the loop and now at over 665 unique subscribers and growing every week, it has become a fantastic way to get the word out. HOWEVER, things happen throughout the month and Facebook has become the easiest way to spread the word. If you haven't yet joined the WRTR Facebook group, please do. At 253 members, it is the primary way we announce registration openings and other news mid-month like race results and photos. Just search for "Western Reserve Trail Running" and join!

 Piano Keys

Metroparks) than in other Northeast Ohio park systems. Starting in the Rocky River Reservation runners will see numerous shale cliffs above willow, sycamore and cottonwood trees. Passing through Berea and the Mill Stream Run Reservation you'll be treated to a beautiful waterfall overlook and the Rocky River cuts through sandstone carving potholes in the stone. Baldwin and Wallace lakes are former quarries that produced some of the finest grindstones in the world. The Mill Stream Reservation includes also numerous species of wildlife and plant life, including ferns and wildflowers. Finally, the Brecksville reservation is deeply cut by seven distinct gorges which have a wide variety of soil and sunlight conditions, fostering the growth of rare, unusual and endangered plants. By that time you'll probably just want to finish and the final two miles also offer a nice downhill from Brecksville Rd. where you'll coast to the Finish Line!

Last year's winners of the Green Jewel 50K were Jim Chaney and Matt Young in a time of 3:37:16.

Michelle Bichsel was the first female finisher in the 2009 event in 4:05:40.

More information about the Green Jewel 50K, including the race application form, are available at <http://www.greenjewel.org>.

JOIN OUR LIST

[Join Our Mailing List!](#)

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

NEW! XTERRA Trail Run Series: For those of you that enjoy shorter trail runs, there's a new game in town! The XTERRA Trail Run Ohio Series is a new race series of trail runs, ranging from 5 to 11 miles, held in various locations in Northeastern and Central Ohio. The first race, a 9.5 mile race on hilly, technical trails will be held on Saturday, April 24th at Vulture's Knob, a mountain biking trail in Wooster. The XTERRA Ohio Series is part of the national series of the [XTERRA Trail Run Series](#). For more information of the Ohio Series, go to <http://www.xterraohio.com/>.

The Muddy Paws Trail Run has now opened registration! 5 and 10 mile competitive runs and a 2 mile run with your 4-legged friend! This event benefits the [Humane Society of Greater Akron](#) and will take place this year on Saturday, July 24th. [Register now!](#)

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

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

Trail Running & Treadmills?

by Vince Rucci, Owner of Vertical Runner and Race Director of the Buckeye Trail 50K, Muddy Paws Trail Races, and co-Race Director of the Green Jewel 50K and Bobcat Trail Marathon

Winter conditions can make it tough to get out and enjoy the trails, but did you ever think that the next best option could be a TREADMILL?!?!

Many runners denounce them and some even refuse to utter the name, yet everyone should know that a treadmill can be a purposeful training tool. Before you freak out and move on as if you never read this far into the article, please keep an open mind and read on. You might just find you can be a better runner because of it!

Now that everyone has calmed down from what they read just a few sentences ago, let's get into why the treadmill has the ability to take over when the trails are just not an option. A treadmill is a controlled mechanism, meaning that it is up to us to make it do what we want it to do. If we want to climb a hill or a mountain, we can make it do that for us. Should we be feeling the need for speed, we can crank it up and let it rip for repeats or tempo runs. Let us think about for a minute what the trails have to offer. What makes the trails so appealing? Softer more forgiving surface, hill training, core stabilization, higher caloric burn due to effort, and ever changing topography. Out of all of the key reasons to run trails, the only one that can not be replicated on the treadmill is changing topography.

The well cushioned deck of a treadmill is very forgiving and can protect you from the impact that running delivers to the body. It is important to remember that in order to mimic flat running outside, the treadmill must be at least at 1% incline. At times runners will notice some shin discomfort from running on the treadmill, and this is

 WRTR Series

due to the incline remaining at one sustained height for the duration of the run. This does not mean that every treadmill run has to be a hill workout; however without variation you will not reap all of the available benefits of running on such a soft surface.

Hill training is one of the most underestimated assets of a treadmill. These days most treadmills will go to a 15% incline and up to 12 MPH. Keeping this in mind, how simple is it for us to manipulate both climb and intensity. We have total control! Hill repeats are a must for gaining strength out on the trails, but there is no way a person's body can take that kind of abuse every day or even every week. If we take into consideration heart rate training we can better understand how hills outside can parallel hills inside. Think through some workouts or better yet race courses and try to implement the varied terrain into your treadmill run.

For example: 10 minutes on flat ground (6.5 MPH/ 1%) followed by a 2 minute downhill into a valley (8 MPH/0%). Then comes another flat part next to the river for 5 minutes (6.5 MPH/ 1%) with a solid uphill climb for 8 minutes (5 MPH/ 10%).

This type of workout can be as short or as long as you need it to be. Documenting these workouts will provide you with an assortment of options to use year after year. Workouts can be shared with other runners and before you know it the trails will be empty all winter long (Just Kidding!).

Core stabilization (strong abs, lower back, and hips) makes all of the difference out on the trails. Not only is it important for balance, but it is what also keeps us injury free. Think of your body like it is a vehicle. If that vehicle is out of alignment sooner or later trouble strikes. While you will not be able to jump over obstacles or take on switchbacks on a treadmill, you will be able to focus on form and posture. With the controlled environment runners can take the time to address landing lightly and more square. Meaning that the treadmill does not mute out the sound of someone that is a heavy striker and it will definitely let you know if you are pulling to one side versus the other. A lot of times runners like the trails because their mind can wonder and they do not really have to think. This is fine, but eventually we all have to take proper form into consideration. That is why barefoot running is coming on so strong right now. It forces people to better their old ways of running and the treadmill is the perfect tool to compliment establishing a more efficient stride.

Everyone is interested in burning calories, although sometimes this is just so they have an excuse to take in more calories, but that is another topic for another time. If we look at the same effort or time on trails versus roads, there is no doubt that we burn more calories out on the trails. Now the debate between road running and trail running begins. Which is better? I'll let you be the judge, but in my opinion, they both have their time and place in every runner's life. So let's get back to talking about burning calories! On the scale of perceived effort, the treadmill opens up a realm of ultimate caloric burn. Take into consideration that moving at 6 MPH at a 10% incline on a treadmill feels like a 7 minute mile outside! So what is the big deal about being able to do this? The simple fact that your body can feel what it is like to work harder is going to pay dividends when it

Thank You, Libby!

Thank you to Libby Wolf for a \$500 donation to Western Reserve Trail Running. The money will go towards the purchase of park permits and liability insurance for several Western Reserve Trail Running races. For those of you who don't know her, Libby is an ultrarunner and volunteer extraordinaire, captaining the Harper Ridge Aid Station at the Burning River 100 all three years.

If you would like to make a donation to Western Reserve Trail Running, contact Joe Jurczyk at jurczyk@yahoo.com.

Registration Update

Green Jewel 50K

- Saturday, March 6, 2010
- [Registration now open](#)
- [41 registrants as of 2/2/2010](#)

Fools 50K/25K

- Sunday, March 28, 2010
- Registration open now at the event's [website](#).
- [120 registered as of 2/2/2010](#)

Forget the PR 50K/25K

- Sunday, April 18, 2010
- **SOLD OUT!**
- [Website and Registration List](#)

Muddy Paws Trail Races

- Saturday, July 10, 2010
- [Registration now open!](#)

Buckeye Trail 50K

- Saturday, July 17, 2010
- **SOLD OUT**
- Event details, registration list, and volunteer form available on the event [website](#).

Burning River 100 Mile Endurance Run

- Saturday July 31, 2010
- [Registration now open](#)
- [112 registrants as of 1/25/2010](#)

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

100 Mile Race Calendar

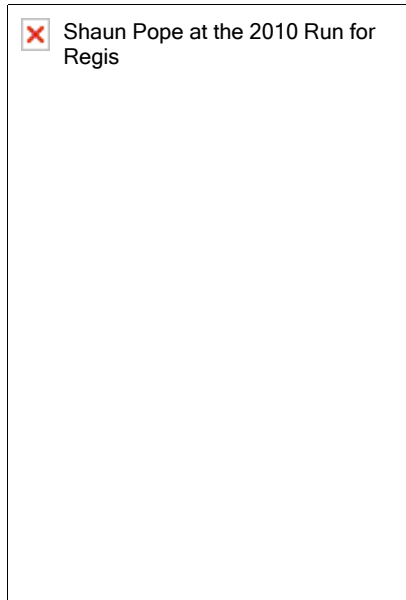
comes to taking that effort outdoors. The best way is to get on the treadmill with a heart rate monitor and play around with both the speed and incline. What you are sure to find is that your caloric burn can be off the charts if you manage your workout appropriately. As a matter of fact, it should be almost identical to that caloric burn we experience out on the trails (Crazy but true!).

In conclusion, running is ultimately an experiment. Sometimes we will find a breakthrough in our training while other times we might find failure. Use common sense and know that every run has a purpose. Most importantly, keep running fun and dynamic. Life is too short to be a creature of habit and everyone has the ability to break out of their comfort zone. No one is asking anyone to give up doing what they find to be enjoyable, but at the same time runners have to adapt. Whether someone is hitting the trails or going nowhere on a treadmill, at the end of the day we are all trying to improve. The treadmill might not be for you, however should you decide to try it out, you may just find a new way to bring the trails to you!

Race Report: Run for Regis Fun Run

by Shaun Pope, winner of the 50K distance in 4hrs, 49min, 27sec

It was a cold and icy morning as over 180 people lined up for a day of slipping and sliding through the gorgeous trails through the Cuyahoga Valley National Park. In a flash someone yelled "Go!" and we were off for the Run for Regis Winter 50k, with any choice of distance from 8 miles to the full 50k! Taking off into the 5 mile loop, the lead pack was treated to the bounding of two deer across a large open field in front of them. Jealousy fell into play as they moved so gracefully, and we knew our footing was not going to be as generous as theirs. The course contained a 5.5 mile loop (that seemed like it took forever) and a 8 mile loop. Runners traveled through all different types of surfaces, from steep icy rock-lined hills to flat cross country trails, all coated with slush and snow. This race is never about how out of breath you become, but rather focuses on how much willpower you have in order to trudge your desired distance. Every year the race is a little different and finishing times show it. Traditionally, the start/finish line is a crucial aid station throughout the race, giving spectators the full detail on placement and condition of the runners. Some of the finest moments were runners at 18mi, just over half the race complete and knowing that they had much more than half a battle to go. From 20 to 26 miles is considered the toughest part of the course as runners entered into the dreaded Salt Run Trail for the second time. Hills dominate this area, and when you think your done, the hills just seem to keep on going. Despite the



[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.

tough course, the crossing and passing of fellow runners always makes this race pleasant. "Good Job", "Keep Running", are just some of the many cheer-ons I heard throughout the race, giving me that much more inspiration to finish. When finally finishing, race director Tanya Cady always has some vegetarian chili and a warm cabin to sit in, despite the move of the start line. This makes your time and effort put in much more rewarded as you scoop up a spoon of hot, delicious heaven. The Winter 50k is one of the finest runs I've participated in and hasn't lost a step due to the move! Congratulations to all the runners for their hard work in some of the roughest conditions to run in, and to Tanya and all the volunteers who made this event possible.

[Race Results](#)

Local Trail Runner Spotlight: Kurt Osadchuk

Kurt, tell us a little bit about your life off of the trails. I live in Stow Ohio and work in Cleveland as a Network Administrator. I'm married to my beautiful wife of 18 1/2 years with a princess daughter who is 5 and a half years.

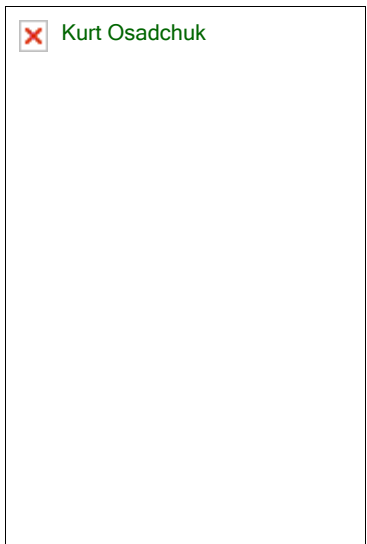
When did you first step foot on the trails to go for a run? How did that come about? I jumped on the trail about 4 years ago when a group of us decided to jump off the towpath and venture out on the Carriage Trail. Now you will rarely see me on the Towpath!!!!!!

Prior to running trails, where did running start for you? I started 6 years ago at a weight of 199 lbs at my house and was determined to run a one mile loop. It took me a week to run the entire loop.

Everyone finds something special about the trails and in particular, going extra-long distances. What is it for you that provides the intangible fuel that keeps you going? Two-fold. The feeling of freedom of being a part of nature and to become a faster long distance trail runner.

Tell us about your fundraising efforts and how you have merged that with your running endeavors? Every year I raise money for Akron Children's Hospital. This will be my fourth year and I will be raising money again during the Burning River 100 Endurance run. I will attempt to run the Burning River 100 and turn around for another 100 miles. I take pledges per mile on the first 100 miles and/or the 2nd 100 miles. I only made it to 108 miles last year but have better plans in place to succeed on the second 100, like having a psychiatrist as a pacer for the second 100 miles. :-)

Looking back at your trail-running resume, what are the highlights? Looking forward, what is next for you in the short and



long term? My highlights which I refer to as my staple races will be running the Burning River 100 Endurance run and Presque Isle 12 hour Endurance run yearly and forever until I can no longer run. But, I'm betting God has some endurance runs up there for me.

Presque Isle 12 hour Endurance Run

2007: 1st place with 57 miles

2008: 4th place with 65 miles

2009: 1st place with 63 miles

Burning River 100 Mile Endurance Run

2007: 29 hours, 22 minutes; 65th place

2008: 25 hours, 41 minutes; 34th place

2009: 27 hours, 39 minutes; 58th place + 8 miles on turnaround

As someone who spreads the word often about group runs and is a natural leader in the local trail-running community, what advice would you give someone who doesn't know anyone but really wants to get out there and become a trail-runner? Have them email me with any questions and I will be glad to get them started/pointed in the right direction. KurtOsadchuk@AMileforaChild.com

Anything else you would like to share? The most important thing I would like to share about ultra running is: It's not possible without a supportive wife and most importantly God! Without the two, ultra running would be impossible for me. I wish all my trail running friends out there a healthy year.

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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