

Western Reserve Trail Running Newsletter

Monthly Newsletter

Volume 2: Issue: #3

March 2010



[CLICK HERE to join our Facebook Group!](#)

IN THIS ISSUE

[Green Jewel 50K Update](#)

[XTERRA Trail Run Ohio Series](#)

[Event Registration Updates](#)

[Race Calendars](#)

[WRTR Series Rules & Results](#)

[Local Trail Runner Spotlight: Cindy Antenucci](#)

[Fools Trail Run Race Preview](#)

[Run with Your Heart Race Report](#)

Pam Reed Visits the CVNP

Pam Reed, 2-time winner of the Badwater 135-Mile Ultramarathon and Race Director of the Tuscon Marathon, is coming to town. Pam will talk at 7pm at the Happy Days Lodge, on Friday, March 26th as part of CVNP's Lyceum Series. [Details here.](#)

Pam will also be at [Vertical Runner](#) in Hudson, OH on Saturday during packet pickup for Sunday's Fools Trail Run and will even participate in the race on Sunday. Don't miss this opportunity to meet one the best ultrarunners on the planet!

Spring is Coming, Spring is Coming...

Perhaps, if we say it enough times, it will come true. With the arrival of March, April isn't far behind and before we know it, we will be running among the lush ferns of the Buckeye Trail, crossing streams throughout the many metroparks spanning all of northern and central Ohio, and pinning on race numbers to the bulk of the 2010 WRTR Race Series. Or, if you're not up to 50Ks or 100 milers, you might be participating in the new XTERRA Ohio Trail Run Series. Choose them all or only a few, have a blast out there and enjoy the hundreds of miles of beautiful trails we have here in Ohio.

Ready to get dirty on the trails but not by running them? As Spring breaks, we will be attacking portions of the Buckeye Trail for trail maintenance. This would be an awesome opportunity to give back and earn your volunteer hours for July's sold out Buckeye Trail 50K. If interested, [send me an e-mail](#) and I will be sure to let you know when the time comes to head on out.

It's not very often an elite, highly accomplished ultrarunner visits NE Ohio. Pam Reed, 2-time winner of the toughest ultramarathon on the planet, the Badwater 135, will be at our very own Happy Days Lodge on Friday night, March 26th and running in this month's Fools 50K. See the article on the side banner for full details.

2010 Race Series Updates:

From the Race Director: The **Forget the PR, Mohican 50k & 25k** is sold out! This year we have 156 50k runners and 51 25k. We are no longer accepting entry for the wait list. I am looking forward to providing each runner with a memorable race that will leave them looking forward to next year! Make sure you sign up early when registration opens November 1st 2010. See you at the finish!

The Muddy Paws Trail Runs (2 Mile Fun Run with your pooch and a 5 and 10 mile competitive "race") have opened up online registration effective immediately. [Visit their website](#) to register online today! (there's even a spot to enter your pooch's name)

The 2nd Annual **Bobcat Trail Marathon's** registration is far ahead of last year's registration numbers. The organizers expect a sell-out far before race day in November so please, plan ahead if you plan on heading down to Burr Oak State Park this November. Also, look for more information soon regarding the Bigfoot Trail Half Marathon (Sunday) along with the Salt Fork 5 Mile Trail Challenge (Saturday) taking place in February 2011 at Salt Fork State Park. This event will be a sister race of the Bobcat Trail Marathon and will be part of WRTR in 2011. Registration will open this November [here](#).

Welcome to the CVNP, Pam!

[Pam Reed Bio](#)

[Video of Pam Reed finishing the 2008 Badwater Ultramarathon](#)

Green Jewel 50K THIS Saturday

The Green Jewel 50K which takes place **this** Saturday, March 6 looks to have about 50 runners making the trek from Scenic Park in Rocky River to Oak Grove in Brecksville. Look for results and race reports in the April issue of the newsletter.

Last-Minute Entrants: pre-registration is now closed. If you decide to run last-minute, you are welcome to do so but transportation will not be provided to the start. In addition, your shirt will be mailed to you at a later date. Thank you for your understanding!

[ENTRANT LIST](#)

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!

XTERRA Trail Run Ohio Series

The 2010 XTERRA Trail Run Ohio Series includes five cross country trail runs in Northeastern Ohio and Central Ohio. Visit their [homepage](#) for registration links and to sign up for the XTERRA Ohio e-

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

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

Local Trail Runner Spotlight: Cindy Antenucci

Cindy, tell us a little bit about where you call home and professionally, what you do for a living: I live in Akron (Ellet area). I'm a former nurse that turned to education. I work in the career services department of a growing proprietary university. I write millions of resumes, conduct mock interviews, teach workshops, and track graduate placement in the field. It's a fun job, but currently challenging considering the economic climate, however, it's exciting being involved in my students' new beginnings. I'm recently divorced and have two great kids, Nick, 14, and Olivia, 11.

 Cindy Antenucci

When did you first start running "seriously" and why did you start? Did you find others to run with fairly easily? I was serious from the get-go. I started running in the fall of 2003, just short of my 39th birthday and went from couch potato to marathon in a year, primarily to get in shape. Now, I run for totally different reasons. Early in my running I ran with a friend, but when she became injured, I sought out other runners by joining the Summit Athletic Running Club. I'm definitely a social runner.

For me, I despised the trails in the beginning and didn't want anything to do with them. I tried them once and was hooked immediately. I essentially "gave in" and today am so thankful I did. For you, who convinced you to try the trails out for the first time? How did it go? I was strictly a road runner at first, but then one of my running buddies, Kurt Osadchuk, got hooked on trails and dragged us with him. He's legendary, of course, running 100 mile races, and once, attempting to run 200 miles for charity. I haven't even come close. I'd say I'm a hybrid runner, alternating 50K trail races and road marathons to keep things interesting.

Prior to running your first trail race, what did your running "resume" look like? Now in March of 2010, what are some of your favorite trail races to run? Prior to my first trail race, I ran a ton of road races, everything from 5K's to marathons, but now that I'm doing more trails, I find it cost effective to stick to just road marathons and long trail races. I've totally purged 5k's from my diet. I hate running fast-better to run slow, and all day, than 30 minutes of labored panting and pain.

As a previous 50K trail race finisher, are you going to "take it to the next level" and go further than ever before? What does your future trail race schedule look like? Yep, I'm ready to take it to the next level and attempt my first 50 mile race at Mohican in June.

newsletter.

#1: **Vulture's Knob**, April 24th, Wooster

#2: **Hargus Lake**, May 22nd, A.W. Marion State Park, Circleville

#3: **Chapin Forest**, June 26th, Lake Metroparks, Kirtland

#4: **Mohican State Park**, July 10th, Loudonville

#5: **Oak Hill**, August 21st, Cuyahoga Valley National Park, Boston Township



Registration Update

Volunteerism is growing along with the rapid growth of trail running in Ohio, but not nearly as fast. You have been instrumental in volunteering by captaining the Pine Lane Aid Station at Mile 65 of the Burning River 100. I still remember arriving there last August just before nightfall and how you cheered so loudly and made me feel like a celebrity AND made my favorite pirogies for me. What is it about volunteering that you would tell others that brings you out every year to do it and be a leader in it? How important are our volunteers? Supporting the running community and promoting running as a lifestyle and catalyst for life change are huge for me. I started running to get in shape, but now I run for different reasons-running keeps me sane and mentally, gives me confidence to tackle life whatever life throws at me. My plan, when I became a runner was to get strong from the outside in- and its working. I never thought I'd make it through a divorce, but I did, and I'm doing just fine. I'll run through good times and bad. I want to spread the word about the magic of running. I get such a kick out being the Pine Lane Aid Station captain. I'm in total awe of anyone tackling 100 miles. I'm amazed at how good people look, or how bad, but they still plug away at the distance, and the ones that fall short of their goal and don't finish-I admire the heck out of them, too, for trying. Our volunteers are important. I'm also the newsletter editor for SARC, so this is another way I can give back when full time work and family obligations make it difficult to be physically present.

There are tons of ways to promote running-just being visible out there on the streets might get the non-runner thinking, "I wonder if I can do that?" I think it's important, as a runner, to promote running as something totally attainable. When people say, "Well, I can't run a marathon," I tell them that I couldn't either, at first-I couldn't run to the stop sign at the end of my street, but you can work up to it. Heck, if I can do it, anyone can do it. Our country is ghastly out of shape. It doesn't even have to be running. I try to encourage people to just find something they love and stick to it. I'm always going to root for the back of the pack runner, since among the trail running set, that's where I find myself anyway!

I know that I find an incredible peace on the trails. What is it that draws you to the trails and deep down, what do they provide you? Connection. I feel totally connected to my running partners, my physical surroundings and myself when I'm out on those trails. I just started full-time at my place of employment and won't get a vacation this year, but you know what? I feel like I'm on vacation every weekend I'm out running those trails.

Where are your favorite areas to run on trails? Who do you normally run with? Bob Cassill, Debi Glinsek, and Maria Cala are few of my most regular running partners. I'm also training with Chef Bill Bailey for the Mohican 50, but I could list dozens upon dozens of runners I have run with on and off with these last 6 years that I've met through Vertical Runner, SARC, and the Crooked River Trail Runners. Really, we're all just one big running family. I love to see a runner pop out of the woods I haven't seen in awhile and run a few. Heck, some people, I haven't seen in regular clothes, or know what they do for a living, but it doesn't matter because they're part of the close running family that knits together runners of Northeast Ohio. I absolutely love running the Buckeye Trail, but I also love the small trail loops peppered throughout the Summit County Metro Parks.

Green Jewel 50K

- Saturday, March 6, 2010
- Pre-Registration now closed.

Fools 50K/25K

- Sunday, March 28, 2010
- **SOLD OUT**
- Entrant list and waiting list procedures available [here](#).

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](#)

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

We live in a trail runner's mecca, that's for sure.

Anything else you'd like to share with the local trail running community? I love you all!

Cindy is an avid blogger and can be followed [here](#). Thanks, Cindy!

2010 Fools Trail Run Race Preview

by Lloyd Thomas, Race Director

With registration reaching full capacity late last week, the field is set for the 2010 Fools Trail Run. The second year race will be held on March 28 starting and finishing at Pine Hollow in the Cuyahoga Valley.

Remembering last year, clear skies and a brilliant sun produced a memorable day for NE Ohio trailrunning. The race became an instant hit with 192 Fools, including 67 in the 50k, conquering the trails of the CVNP's Virginia Kendall park. Had the event been held one day later on Monday, runners would have faced a snowy, muddy mess.

After rave reviews from last year, no course changes are expected for this year's race. The route remains a diverse 25-km (15.7 miles) loop of the Kendall Lake area of the Cuyahoga Valley National Park comprised of the Cross Country, Lake, Ledges, Boston Run, Haskell Run, Pine Grove, and Salt Run Trails. The 50-km runners repeat the entire 25-km circuit.

Plan to get dirty. Seasonal average temperatures, ranging between a low of 30F and high of 55F, combined with muddy, wet conditions are expected on this course that features little to no pavement. (Estimated at 99.9% pavement-free.)

Starting and finishing from Pine Hollow, the 25-km route follows a color-coded course that offers a variety of surfaces. Runners will contend with grass meadows, pine groves, and some rocks combined with a descent into and climb out of the valley. Course highlights include the grassy terrain of the Little Meadow and Cross Country Trails, the rocks in and around the Ledges Trail, and the pines of the Boston Run and Pine Grove Trails before returning to Kendall Lake to tackle the Salt Run.

Out-of-town guests will not want to miss the Ledges Overlook vista near the 10 mile mark at the southern end of the Ledges Trail. After a view across the valley, runners experience a dramatic shift in scenery with a stair decent into the greenery of the Pine Grove.

Near the Pine Hollow finish line, the landscape provides a natural amphitheater to gather and watch the action. Spectators are treated to a special viewing area of the 20-km mark where the course passes the sledding hill within view of the finish. The last trail the Fools face is the often muddy Salt Run. This final 5-km stretch includes a descent to the valley floor followed by a two-mile climb up and out of the valley. I look forward to greeting each finisher as they cross the line.

Defending champions and course-record holders Mike Ryan of Strongsville (4:36) and Beth Woodward of Orrville (4:56) lead the 50k

[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.

field. Several others are capable of pushing the pace even faster though wet weather might neutralize any assault on the course records. Sixty-percent of the field are comprised by runners registered in the 25k.

Generous sponsorship by The North Face and the Vertical Runner provided the race apparel and prizes, featuring the North Face's latest "Single-Track" shoes to each of the winners of the 50k & 25k races. Finishers will enjoy hot soup provided by Chili's.

Lyceum series: Ultrarunner Pam Reed, two-time winner of the Badwater Ultramarathon and author of *The Extra Mile*, is speaking at the Cuyahoga Valley National Park Association's [Lyceum Series](#) on Friday, March 26. Reed is signed-up to compete in the 2010 Fools 50k and is scheduled to join us for a meet-and-greet session at the Vertical Runner during the Saturday afternoon packet pick-up.

"Run with Your Heart Trail Challenge" Race Report

When all else is tired, run with your heart: A first-time race director's report of the Run with your Heart Trail Challenge

by Beth Trecasa

In my role as the Director of Development for the Center for Families and Children, I am always looking for new ways to raise community interest and investment in the services we provide and those that we serve. Despite being one of the area's largest nonprofit health and human service providers, CFC is not always a household name. Each year we work with over 12,000 individuals, children, and families in Northeast Ohio's most challenged communities and have done so since 1970. The people we serve are challenged by poverty, illness, circumstance, and chance, but want to make change in their lives and come to CFC for help.

Together, we get young kids ready for school and prepare older kids for life; we help individuals with severe mental illness experience recovery; and guide those who have gotten off track back. At a time when collective community needs are at an increasingly high level, we're always seeking out new, creative opportunities to introduce the Center for Families and Children and our mission to a broader portion of the community. One of our strategies to accomplish this was to organize a running event as a fundraiser and a friendraiser.

As a runner, I had considered this idea over the past couple of years, but was hesitant to create a new charity run. I was worried about



getting lost on an already heavily populated running calendar amongst the numerous warm-weather 5ks and 1-mile fun runs. To distinguish ourselves and maximize an opportunity to promote CFC, I felt that our event needed to be distinctive and target a niche of the running community. This past October, I contacted a friend and local race director, Kate Pophal, about the prospect of partnering on an event in 2011. Among many races, Kate organizes the popular summer run, the Twilight Trail 8k. At the time, she had already received permission to host a winter-version of the event at the Cleveland Metroparks-North Chagrin Reservation in February 2010, Valentine's Day to be exact. Kate very generously offered CFC the opportunity to organize and plan the event and continued to work with us and assist with registration, course design, and the runner timing system.

The prospect of a February run immediately made sense to me, as there are much fewer events at this time of year. Further, the prospect of a trail run, especially a at a time of year when Cleveland weather can make conditions unpredictable, was both exciting and frightening. We knew the event would be unique, but it would also be unusually hard to plan for. And while running outside in a Cleveland winter, even on trails, sounds fun to me, I was curious if anyone else would be willing to participate. I put together a short list of our event ideas and created a web survey to determine community interest. I posted it as my Facebook status and on local running message boards. I also forwarded it to local running clubs and friends asking them to pass it along. In a few days time, we received over 170 responses and an overwhelmingly positive response to our ideas. And thus began the official planning and preparation for what would become the 1st Annual Run with your Heart Trail Challenge.

But, a runner does not necessarily a race director make. While I admittedly developed much of the event design and theme based on my own running and race preferences, I heavily relied on the feedback and input from other local runners and race directors and the results of our survey. And although, Valentine's Day was nearly four months away, many details needed to be decided upon in a short period of time so that we could adequately promote the event and CFC. The naming of the event set the theme and ultimately our focus. A heart-based name was very appropriate for a Valentine's Day event. And running trails in Cleveland in February was clearly going to be a challenge. Continuing to move forward when all else is tired and overcoming a challenge with hard work and heart, nicely summed up what would be necessary for our runners and also mirrored the efforts of both CFC and our clients.

In an effort to make a positive community impression with a well-run and organized event, we purposely decided to limit the number of registrants to 200. We wanted to ensure we could provide an adequate amount of supplies for goody bags, water stops, raffle prizes, and the post-event party. In addition, we were also limited by the amount of on-site parking and capacity of our indoor shelters space at the Metroparks event site. More than anything, we were planning a brand-new outdoor event in the middle of winter and knowing how many people to expect greatly helped. To distinguish the Run with your Heart Trail Challenge further, we decided to have two event distances, an 8K and 15K, and opted to include a winter hat as a goody bag perk. We were lucky to already have on hand the tote bag/goody bag, which itself served as an

additional perk. To keep event costs low, we reached out to old and new friends to assist us with financial and in-kind support and decided not to offer prize money or age group awards. Securing event sponsorships, along with a generous amount of donations from local organizations made our vision for the event possible. And the collective efforts our staff team, event partners, and volunteers made it a reality.

By mid-November, we formally announced the event and opened registration. Again, in an effort to keep event costs low, we focused on using free online marketing methods and posting a limited amount of flyers at running stores and distributing them at one event. We shared the race announcement via email, Facebook, running clubs, local websites, and message boards and asked others to pass the event information along too. To entice interested runners, we set an early-bird registration deadline of December 31st and offered what-given the perks of the event-we felt were comparatively low registration fees. We were thrilled to have a couple-dozen registrations in the first week, and by the end of the year, we had 100. As registrations continued over the next two weeks, we realized that there was definitely community interest in our event and we hoped in CFC too. Concurrently, our Facebook Group became active with enthusiastic pre-race chatter and participants in our familiarization runs increased from a dozen or so runners to nearly fifty. By January 22nd the Run with your Heart Trail Challenge was sold out!

A waiting list of other runners eager to participate in the Challenge rapidly grew, and in a week's time, we closed this list as well, which had grown to more than thirty names. We knew we would not be able to accommodate them all, so we continued and continue to record contact information for others interested in "next year." We were happy to have a captive audience, but more than ever anxious to host an event worthy of the interest. For me, the Run with your Heart Trail Challenge became a blending of a personal passion, running, and a professional mission of changing lives and communities through client services, advocacy, and collective action. I wanted to direct an event that would not only be enjoyed by my fellow runners, but also highlighted the important role of the Center for Families and Children in our community. We worked to the very last minute to make the success of our event possible.

Race week brought snow showers and accumulating snow drifts. By the weekend, a trail that had been quite runnable earlier in the week quickly became thick and slow going. Given the wide range of conditions that a Cleveland February could present, I was okay with mid-20 temps and the deep, snowy trails. However, I also personally ran the course the day prior to the event and knew our course would be true to name and quite a challenge. In my mind, it beat the sleet and thick ice on the trail during our last familiarization run only weeks earlier. But more so, a challenging event was part of our focus because it reinforced CFC's message of who we serve and why. And, in any case, we honestly could not have made the course easier if we tried. The Metroparks bridle trails are not groomed, nor would we have been allowed to plow, shovel, or drive any sort of vehicle to groom them if we wanted to. In life or on a run, you never know what you will get, and the challenge is trying to make your way through it in spite of the conditions.

Our race day focus was making sure everyone that started the Challenge safely returned. This required the supportive efforts of numerous event partners and volunteers to make sure the course was well marked and that we provided adequate access to water and first aid, as well as some cheering encouragement and entertainment. Our water stops included some intermittent music via boomboxes filled with my own personal playlist. However, the real entertainment-and probably our most distinguishing event element-was the polka music mastery of local accordionist Joey Tomsick, who braved the elements and trail to entertain runners at the Mile 1 mark and again at the 8K/15K split of the course.

It was very fulfilling to call together Challengers, volunteers, and spectators for the event start. I promised them a challenging course, but also that their efforts would be for a good cause. I stood in awe at the mass of people who had made the event possible and were choosing to spend their Valentine's Day with us. This included a diverse pack of runners, some sporting ice cleats or snowshoes, some even wearing shorts, and ranging in age from 12 to 74 years (and perhaps older if we are counting dog years of the half a dozen pets who also stepped up to the Challenge). I exhaled a small sigh of relief as we started the 8K exactly on time at 9:30 and the 15K ten minutes later. Following the race starts, time moved fairly quickly and soon enough the first 8K runners were back. I waited with bated breath as more Challengers returned and reported on their experience.

As expected participants were challenged by course, some much more than they expected to be. While most people came teetering or stumbling through the snow to the finish, they were also smiling, some even beaming, at rising to and meeting the various challenges of the day. Before long, we were seeing the first 15K runners return, while indoors many others refueled with bread, bagels, pastries, fruit, hot chocolate with marshmallows, and, of course, candy hearts. I finally breathed a full sigh of relief when our course sweepers returned and reported that all runners were back and the trail was clean of all course markings or any other sign of our event. In total, the course was open for runners for two and a half hours and of the more than 220 individuals registered for the event 183 started and completed the Challenge.

As an organization we have learned many things from this experience, from expanding the ways in which we can promote the name and mission of our agency to ways to brew large quantities of hot chocolate in a short period of time. Our success was more than the dollars raised; it was also about the new friends made and awareness raised of CFC and our role as a key community service provider. With an eye to our 2nd Annual Challenge, we have surveyed participants to find out what people enjoyed the most and what we can improve upon. We hope to have some new tricks and turns for everyone next year, save the date for February 13, 2011 and stay tuned to www.c4fc.org for details. The Center for Families and Children encourages all community members to continue moving forward and overcome challenges with hard work and with heart.

Beth resides in South Euclid, OH and is an avid local trail runner and ultra-runner. Thanks, Beth!

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

Email Marketing by

