

# Western Reserve Trail Running Newsletter

Monthly Newsletter

Volume 2: Issue: #4

April 2010



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## Fools 50K/25K Results

Mike Selig set a new course record and Beth Woodward repeats as champion at the Fools 50K in NE Ohio's Cuyahoga Valley, held on March 28 in steady rain and sloppy trail conditions.

[Official 50K/25K Results, pictures, finish line video and race reports](#)

## JOIN OUR LIST

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

## Spring Arrives and the Trails Come Alive

If I don't see snow again until next Winter, that will be just fine with me. Running in snow isn't bad at all, but it seemed like we had very deep snow this past winter and many opted for roads and/or treadmills. With the recent introduction of Spring, group trail runs and local chatter has erupted in the local trail scene. Clearly, you all are ready to get out there!

Last weekend, the Fools 50K/25K took place with much success. It was a weekend starting with Pam Reed's lecture at the Happy Days Lodge followed by a very muddy/rainy race day in the Virginia Kendall/Happy Days areas of the Cuyahoga Valley National Park. Official results along with photos, finish line video, and race reports can be found on the sidebar on your left.

Trail running is not only bursting in popularity here but also throughout the country. This has amplified a lack of funding at many parks and many races are being canceled and parks closed. Here's a [short article](#) worth reading about what's happening. Let us not forget the abundant natural resources we have at our doorstep here in northeast Ohio. When given the opportunity, please step up and do your part! With that said, trail maintenance is coming soon. I had great response last month from runners interested in helping out. If you did not contact me and want informed when the work will take place, please [send me an e-mail](#) and let me know. Thanks!

### [XTERRA Ohio Trail Race Series: #1: Vulture's Knob, April 24th](#)

Offered to recipients of the WRTR Newsletter, the early entry fee of \$35 has been extended to paper applications [postmarked by April 9th](#) for the 1st event of the XTERRA Series at Vulture's Knob. [Paper Application](#). You may also register for future XTERRA events using the same registration form and save on online entry fees.

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

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

## Green Jewel 50K Race Report

*by co-Race Director, Joe Jurczyk*

March 6, 2010

The Third Annual Green Jewel 50K took place on Saturday, March 6 on

## 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-newsletter.

### OFFICIAL 3/24/2010 PRESS RELEASE

#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



a clear, sunny and beautiful day where the only thing that might slow down runners was a little black ice. David Dysert of Michigan held off Lloyd Thomas to win by 23 seconds in a time of 3:50:34. Starshine Blackford was the top female in a time of 4:21:04. As with other Western Reserve races, the Green Jewel continues to grow and this year had 51 finishers. Complete results are available here (<http://www.greenjewel.org/docs/2010GJResults.pdf>).

The race starts at Scenic Park at the western end of the Cleveland Metroparks in Rocky River. The course, which includes five aid stations, follows the All Purpose Trail - though "Asphalt Bike Path" might be a more appropriate name - to the Oak Grove Picnic Area in Brecksville with a five mile road section in the latter stages of the course. The race showcases the Cleveland Metroparks and features parts of several of the park's reservations: North Rocky River, South Rocky River, Mill Stream Run, and Brecksville.

A donation of \$250, generated from race proceeds, was donated on behalf of Western Reserve Trail Running to the Emerald Necklace Endowment Fund ([http://www.clemetparks.com/aboutus/get\\_involved/endowment.asp](http://www.clemetparks.com/aboutus/get_involved/endowment.asp)) which is used to fund the preservation and enhancement of the Cleveland Metroparks.

## Local Trail Runner Spotlight: "Wild" Bill Wagner

*"Wild" Bill, tell us a little bit about yourself when you're not gettin' dirty on the trails:*

We have lived in Sagamore Hills for three years adjacent to the CVNP. Previously we lived in Chagrin Falls our whole lives. I'm married to Celeste, my high school sweetheart and have two kids that are married and we recently became grandparents. I am the owner of the Wild Bill Shirt Company and sell promotional products and commercial offset printing as well.

 2010 WRTR Race Series

*I've seen this big, shiny, metal thing around your waist a few times. Tell us about the time you earned that and why you wear it so often:* I have completed only five 100 mile trail races and although the belt buckle I wear from Western States was not the hardest, it certainly meant the most. Western States is like the Boston Marathon of 100 mile races. I wear the buckle as a reminder of the journey a 100 mile race takes you. That journey includes not only the hours of training, the race itself but the recovery as well. Running 100 miles changes your life. It simplifies it and puts everything in perspective. If you can accomplish the journey of 100 miles you can do anything in your life.

*Looking back years ago, when did you first start "seriously" running? When did the introduction to trails happen and where? Who was responsible for it?* Well I usually tell this story on the trail but will do my best here. I started walking on a treadmill at 270 lbs.



## Registration Update

### 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

in 1996 and having never been athletic. In September of that year I ran the first race ever in my life, The Race at the Fair 5 mile in Geauga County. Six months later my second race was the Cleveland Revco Marathon in 1997. After training by myself for a while, I met Wayne Vereb who introduced me to the Southeast Running Club in Solon. Along with runners and mentors Mark Godale, Steve Godale, Tim Clement and all the club members I ran about five or six more marathons before being turned on to ultrarunning and trails. They took me to the training weekend for the Mohican 100 mile race and after running the night portion of the training weekend I signed up that night for the Mohican 100 mile race. In 1999 I finished my first attempt at a distance of over 26.2. Today my time of 22:42 at that race stands as my PR at 100 miles. The rest is history.

*Your close proximity to the Cuyahoga Valley National Park gives you doorstep access to the trails. What is your favorite trail either in the CVNP or the Cleveland MetroParks?* I always love exploring new trails and new places. I enjoy running on anything dirt and single track is my favorite, the more remote the better. I really don't like to hear the cars and see power lines even though there aren't many places without them around. I guess I have no real favorite trail but if I had to say, it would be any part of the Buckeye Trail. My favorite trail is where the runners that run with me go. I love the camaraderie of the people that run with me more than the trail itself. Anybody who knows me will tell you about the passion I have for trail running. Oh did I mention I like to talk on the trail? So don't bring your iPod but be sure to bring water and maybe a flashlight when you run with me. We might be a while.

*You've planted the bug in many trail runners' heads to step it up to longer and longer distances and have stood by them as they reached their goals. Why bother? Why not just worry about your own events and focus on your own training?* I love to give back to the sport that changed my life. The best way I can do this is to share the passion I have for trail running with others. I have been called not only a motivator, but a manipulator as well. Giving back to a sport that changed my life is to help someone reach a goal in running that they never thought possible. It makes me feel mighty fine especially when they pass me at mile 37 to finish 50 miles 30 minutes ahead of me. I am currently doing very little racing and selecting only a couple that will lead me to the BR100 on July 31st. Personally racing is not much fun and if I'm not going to enjoy it I ain't doing it plus it gets expensive. Look, I'm a mid to back of the packer and I doubt I will win any race. My joy is the long training run with friends and the camaraderie after.

*In the March edition of UltraRunning magazine, your event from last fall was featured from the southern part of the CVNP. Tell us about how the event came to be and if there will be a future for Bill's BadAss FatAss:* When I started running ultras I think of my favorite, the Buckeye Trail 50k. At that time it was a fun run but yet a competitive race at the same time. The race was started by Joe Jurczyk as a birthday fun run with no entry fee. There were aid stations at the top of Blue Hen Falls and at the Pine roots just off Boston Mills Rd. by the freeway bridge. They were run by people who love the sport and the supplies were some of the leftovers from Mohican 100 mile race. There was a stop watch and clipboard at the finish line manned by Steve Godale after his finish. Ever since my first

- [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](#)

[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.

Buckeye Trail 50k I have always had the desire to have a free event called Wild Bill 50k. After talking to Chef Bill Bailey, who having the same idea, decided on the Bills' Badass. There are so many local ultra races that we wanted to give back to local runners what they give in entry fees. Runners are constantly supporting many great causes by their entry fees. Chef and I wanted to give back to the people who give year-round in race entry fees by having an official race with a fully stocked aid station and a technical finishing shirt. All costs were paid for by Chef Bill and I, however we are looking for sponsors to make the event even better.

***Tell us about the events and finish lines that are most fond in your memory and what events you are looking forward to in 2010 and beyond:*** The finish line is only part of it. It's about the people that took me to get there, the miles of training and the places running has taken me. I love the American West and have been there many times. I have been to the Grand Canyon and on three occasions have done a double rim crossing. I have climbed to the top of Half Dome in Yosemite twice. I have been to Sedona seven times, Death Valley, Zion, Bryce Canyon, Canyonlands, Rocky Mountain National Park, Arches National Park, Lake Tahoe, Wasatch Mountains, UT, Monument Valley and many other National Parks in the American West. Running has allowed me to meet people and run in places normal people don't go. As far as my future plans go, I do plan on running the Burning River 100 again in 2010. After the race I would like to spend less time racing and just continue to run and help other runners achieve goals that don't seem possible to them. That's what running is to me not racing.

***Anything else you'd like to share with the trail running community here in Northern and Central Ohio?*** What I enjoy the most about my running are the friends and camaraderie I have experienced from my running. Helping new runners to the sport of ultrarunning and watching them excel at the sport is amazing to me. I love to motivate or manipulate ultrarunners to do better. That along with the fantastic places it has taken me. My 100 mile finishes and the trips to the American West are the highlights of my life, next to my family, I cherish them. Anyone that is thinking about ultras I always say that if I can do it they can too.

***Thanks, Wild Bill!!!***

[Wild Bill Shirt Company](#)

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](mailto:info@wrtr.org)

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