

Western Reserve Trail Running Newsletter

Monthly Newsletter

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May 2010



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

XTERRA Trail Run Ohio Series

The Heat Cometh

Been in the heat, yet? I finally made it out to the trails a week ago on a day when it was sunny, humid, and approaching 80 degrees. It was nice not to have gloves or a hat on or taking very slow steps up the ice-covered "Piano Keys" on the Buckeye Trail. Instead, fast and dry trails were under my feet, a fresh, green umbrella of green were covering me, and the quick realization that dehydration cometh quickly in the heat. It's amazing how quick we forget the inches upon inches of snow that covered our trails only a few months ago. Spring is here, summer is coming, and good days are ahead. Please be safe out there and keep yourself hydrated!

Please Vote for the CVNPA (Cuyahoga Valley National Park Association) to win a \$5000 grant. Vote every day through May 15 [here](#).

With the onset of Spring in northeast Ohio and shorts weather arriving, the trail-running scene is alive and well. There are lots of updates to pass along so without further delay:

Burning River 100 Mile Endurance Run UPDATES

- [190 registrants as of April 30th](#)
- [Brand new website](#). Have you seen it?
- There have been some course changes which are reflected in the new [interactive course guide](#). Not only can you view sections in 3D but also watch YouTube videos of many of the course sections.
- [Why exactly is it called "Burning River"?](#)
- If you are planning on participating in the USATF National Championship at Burning River, you will need to be a USATF member in good standing. If you are not a member and are eligible, you can sign up [here](#). After you become a member, you must e-mail the race director.

XTERRA Hargus Lake, May 22nd

The inaugural Hargus Lake Trail Run is part of the XTERRA Ohio Trail Series and the only trail race in south central Ohio! (Circleville, to be exact.) The 7K race will be held on Saturday, May 22 at 8AM at A.W. Marion State Park ([7317 Warner Huffer Rd, Circleville OH](#)) You can expect several bridge crossings and numerous stairs to climb as well as several shallow creek crossings. Trails shoes are recommended, but not required. This course includes a single aid station at the approximate 2 mile mark providing water and Gatorade. Come join us for this event which will sure to be a favorite for years to come. All registered runners will receive a technical t-shirt. [Information and Registration](#)

Run with Scissors Marathon and Double Marathon,

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.

#1: **Vulture's Knob**, April 24th, Wooster [RESULTS](#) // [FINISH LINE VIDEO](#) >>> [Patrick Hickey \(M-31\) won the inaugural XTERRA Vulture's Knob 15K Trail Run in Wooster on April 24 in a time of 1:14:48. Mel Liebling \(F-31\) of Northfield took top female honors \(9th overall\) in a time of 1:25:13. Each won a pair of trail shoes from XTERRA Gear](#)

#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



October 31st

[Registration now OPEN!](#)

Bigfoot 50K and 3-Person Relay, December 5th

- Brand new trail race in Salt Fork State Park ([Where's this??? It's closer than you think.](#))
- [Event Website](#). Registration now open! [Facebook Fan Page](#)

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

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

Forget the PR 50K/25K Race Report

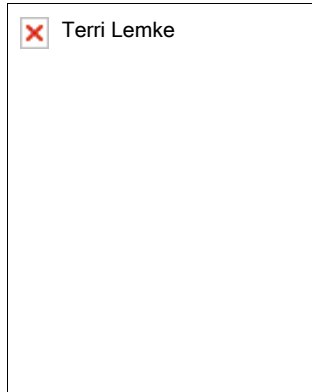
by Terri Lemke, participant

April 18, 2010

The Second Annual Forget The PR 50k took place on April 4, 2010 at the Mohican State Park in Loudonville, Oh. The trails of Mohican are a beautiful, scenic, and hilly adventure, every time you run on them!

Don Baun, started the 50k at 8am sharp, on a cool and crisp morning. The first quarter of a mile is on road, so my plan was to get out as quickly as possible in order to avoid the crowd of runners once we hit the single track bike trail. My plan worked and I was able to get with a group of runners that were running my pace. The first few miles are up hill and thanks to Mark Carroll, Kyle Fahrenkamp and Star Blackford, we were able to run up those hills at a fairly good pace. Once you get to the top, the terrain continues to roll up and down with rocks and roots at your feet. The first aid station is at the top of a hill at about mile six called Hickory Ridge. There was no stopping for me as I went down the hill and back on the bike trail. At mile seven, you run along a ridge and can enjoy a beautiful view of the gorge. There are a couple more steep hills between miles seven and eight where you find yourself running through a section of beautiful pines. Between miles nine and ten you start the decent down hill to the Covered Bridge.

At the Covered Bridge, which is aid station two, you head out on to the Purple Loop. I was still feeling strong so I headed out on the loop pretty hard, running along the river toward the Little Lyons Falls. To get to the Falls, you have to run through a wet ravine to the Falls, where you do a "hand over hand" climb up the Falls, thanks to the roots of an old tree! Once on top, the trail takes you to Pleasant Hill Damn. From there, you have about a mile and a half on the road, all up hill! Mark Carroll talked me into running up this hill, but near the end, he was able to continue while I slowed to a walk. At the top, runners return to the trail and head to the State Park Lodge. The trail has rolling hills and can be very muddy at times. The Lodge is aid





Registration Update

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](#)
- [189 as of April 30, 2010](#)

YUT-C 50K/25K

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

Towpath Marathon and 1/2

station three and then the runners begin the return trip, but this time they will find themselves at the top of Big Lyons Falls. Runners now have to climb down the stone steps of the Falls. I took my time on the decent, so I would not to fall, but I have seen many runners simply fly to the bottom. Usually at this time of the year water cascades over the Falls creating a beautiful sight, but because the lack of rain this Spring, there was only a dribble. From the Falls, you go back to the Covered Bridge which is at about mile 20.

I was starting to feel the effects of the miles and fast pace, but there was no stopping and I took off up the hill to the Fire Tower. Many runners take the time to run up the steps of the Tower during their run, which adds about a tenth of a mile. I have only tried it once and didn't make it to the top! Way to high for me!! The Fire Tower is aid station four. This year the Station provided special treats like potatoe soup and peanut butter fudge, thanks to Kim Love-Ottobre. I didn't take the time to stop for the treats which would prove to be a mistake in the last few miles of the Race. At the Tower you return to the bike trail. There are roller coaster hills and then a long down hill to the bottom, where the Covered Bridge awaits the runners for the last time.

At this point, it was only about four more miles for the runners, but for most, these miles are hard and painful. Three of the miles are flat with only technical footing to worry about. If you can take your eyes off of the trail for an instant, it's very pretty along the river. Most of the time, if I do that I end up falling, so I try to watch the footing instead of the scenery! The last mile is known for the very steep hill (thanks, Rob!). At this point, I was feeling dizzy and weak due to the lack of eating! Stupid me!! I tried to regroup at the top of the hill in order to finish strong at the end. After a few small hills, it was back to the road and the Finish Line!! My finishing time was 5:01 (3rd place woman and 15th overall)! That was eighteen minutes faster than last year. I'll take it!!! I think most runners will agree, it was a great day to be on the trails!!!! Congrats to everyone!!!

My thanks, to Rob Powell who worked many long hard hours to put on a great race and to the many volunteers who came out to help make the race a success!

Hope to see you out on the trails soon!!

Good luck, Terri at the Massanutten Mountain Trails 100 on May 15th in Virginia!

Local Trail Runner Spotlight: Shaun Pope

Shaun, tell us a little bit about yourself off of the trails: Well, I live in the city of Kent with three roommates and a dog, taking classes at Kent State University. I am currently a Junior and am majoring in zoology (but I don't have a clue what I want for a career yet). I pay the bills by working at my favorite running

 2010 WRTR Race Series

Marathon

- Sunday, October 10, 2010

Run with Scissors Marathon+ and Double Marathon+

- Sunday, October 31, 2010
- [Registration now open!](#)

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

Updates for 2010 are not yet available. When ready, a special e-mail will be sent out to let everyone know that the standings have been updated.

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.

store Vertical Runner, one of few jobs that I've had that I look forward to going to everyday. One of my true loves is music. I'm always looking for new and exciting genres to get into!

Most likely, many reading the newsletter have seen your name but have no idea who you are. Typically, your name is one of the first listed in any trail race you enter. If you had 10 words to describe the speedy "Shaun Pope"...what would they be? 10 words to describe me... FUN, energetic, hungry, short, ice cream, cereal, happy, explorative, hair, FUN.

You have to admit, Shaun, you are part of the minority. Most of us can't run a trail 50K under 5 hours. Still, you continue to run times even closer to the 4 hour mark. What is it that you believe makes you so competitive and fast on the trails? Natural-born talent? Hard work? Both? Could you also shed some light on a typical training week for you? One thing I always beg people NOT assume is that I'm natural-born talent. I believe that hard work is what brings my improvement, but doesn't hinder my simple love for running. The main reason I run so fast is the adrenaline rush I get when I see a nasty trail in front of me. I've always liked going fast, but something about the trails bring it out of me unlike any other scenario. I don't have raw speed on the roads, but something about running through the woods for hours upon hours seems to fuel my fire! In order to enjoy my speed I'm always keeping myself on the training block, usually going all 7 days a week. Besides running at least 60 miles a week, I'm swimming anywhere from 2 to 4 miles a week, core workouts, and my lovely set of pushups everyday. Other cross-training exercises come and go, but these workouts are the usuals.

It is sadly too common in today's culture in sports and outside of sports for those who find success to be very boastful and arrogant. However, you have never fallen into that dead-end trap. What is it that drives you, puts that smile on your face, and keeps you humble win after win after win? I try to remember one thing when I run these races... Im here to have fun. When I see other people running I want them to experience the same thing I'm feeling...love for the trails.

I have had the pleasure of sharing the trails with you at several races like the Oil Creek Trail Runs (where you won the inaugural 50-Miler), the YUT-C 50K, the Run for Regis Fun-Runs, etc. Never, ever do I see you and you are not absolutely loving life to the fullest. You may be tired, worn out, and think you're not having a good race, but your attitude stays on the up and up. Do you have a mantra that keeps you in the hunt or something else that provides that fire? Just like the previous question, I love the trails. It's where I love to run. Everybody is out there running the same race I am, getting to the end fastest is cool, but finishing is the important part. When I first started running these crazy things, I was amazed that I finished... something I will never take for granted. I had a lot respect for people like Ron Ross, Dave Peterman, Roy Heger, as they crossed paths with me at my first Buckeye 50k. I saw them at all the races, and they were always so fast to me. It made me want to work harder and become stronger at ultras!

Given your job at Vertical Runner in Hudson and continued success on the trails, you have a very good perspective on the local trail

scene, the people that make it up, and I would suspect, an opinion about why trail-running has taken off so rapidly in the past few years in Ohio. What do think is driving it? One major thing or a compliment of several factors? Also, do you think it is slowing down? Trail running has become huge in Northeast Ohio because of the continuing success of races, group runs, clinics and so forth. Races are put on with such organization now, it helps people relate to the trails better. I think Vertical Runner helps a lot also because of their involvement in the trail running community. And no... I think its becoming a more popular sport everyday.

What would you consider to be your best achievements to date and what are your near-term and far-off goals in terms of trail running? My biggest achievement has been winning the 50 miler at Oil Creek, one of the toughest runs I've had. My goal all around is to just keep running...that's what is most important to me, whether its ultras or for just plain exercise.

Anything else you want to share, Shaun? I want to thank the whole trail running community, including some roadies (haha). They are what make these races possible and what ties my shoes everyday!

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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