

Western Reserve Trail Running Newsletter

Monthly Newsletter

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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-

Be Safe Out There...

It's Spring...then it's summer...then it's spring again. Depending on the day, it could be mid-80s and dry or in the 50s and pouring rain. As many of us found out, mud was plentiful in May but they've dried out well over the past few weeks. As the mercury and humidity rise and the heavy fog rests in the valleys each night, be mindful of your hydration and making smart choices out there. Know/learn the trails, know where there is water and let friends/family know where you are. Among the many other things (all important, of course!) in this newsletter, check out my "[Staying Hydrated](#)" on the lower left sidebar before heading out on your next long trail run. I want to see you all on those trails and at the events' finish lines...healthy, and smiling!

Thanks to those of you who volunteered and showed up for trail work recently on the Buckeye Trail less than a mile from the Pine Lane Trailhead. The picture shown here are the new steps replacing the old broken log that we once crossed over. Thanks!

Many updates below to take close note of. Our trail running community is alive and well and the event registrations show it. Don't let a race pass you by!

Burning River 100 Needs Volunteers!

Volunteers and Aid Station Captains are still needed!!! If you can help, please contact [Suzanne Pokorny](#). Want to run the 2011 BT50K? Get your volunteer points NOW!

XTERRA Chapin Forest, June 26th, 8am (Race #3)

This 5-mile challenging course offers both flat sections and hills with a combination of well-groomed and technical trails on gravel, dirt, and rocks. Held at Lake Metroparks in Kirtland, OH. Race Registration and info about Chapin Forest [here](#).

Muddy Paws - Bad to the Bone! (Saturday, July 24th)

5 & 10 Mile Trail Races and 2 Mile Trail Run with your Dog. In 2009 the event raised more the \$6K for the Humane Society of Greater Akron. This is a must run for runners of all levels and abilities!!!

 2010 WRTR Race Series

newsletter.

#1: **Vulture's Knob**, April 24th,
Wooster [RESULTS](#) // [FINISH LINE VIDEO](#)

#2: **Hargus Lake**, May 22nd, A.W.
Marion State Park, Circleville
[RESULTS AND FINISH LINE VIDEO](#)

#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



STAYING HYDRATED

Unestimating your hydration needs can be a race-ending or even a fatal mistake. As the days grow warmer, the trails hold in the heat, and you release more water than ever, you've got to hit the trails prepared. In a nutshell, here are some things to keep in mind:

- If you wait until you're thirsty to drink, you've waited too long and now you're behind

- Know your liquid carrying options and try them out...before race day. The most common options are handheld bottles (ie: Nathan, Ultimate), waistpacks with endless options to carry liquids and/or cargo (ie: Fuel Belt, Nathan, Ultimate), or packs on your back like a backpack that contain a bladder. With this option, there are minimalist options and options with lots of cargo-carrying options and with larger bladders. (ie: Nathan, CamelBak)

- "Rehearse" race day. Is your trail race serving Heed? Plan on drinking it? Train with it. Don't make the

[Website.](#)

YUT-C 50K/25K (Saturday, September 18th)

New this year for the ladies: a gender-specific, long-sleeve Patagonia Capilene silk weight shirt. Of course, the men will still receive a high-quality tech-tee. Fully-stocked aid stations with veteran volunteers and great finish-line food. Registration fee remains at a rock-bottom \$40. [Event Website](#)

Bobcat Trail Marathon Update (Sunday, November 7th)

Registration is up 1000%!!! No, that is not a typo. At this pace, it will sell out before Labor Day. The lodge is over 30% full. [Official Race Website](#). The Bobcat Trail Marathon is the final race of the 2010 WRTR Race Series. Want an "ultra-like" trail race but only 26.2 miles? This is the race for you.

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

- Brand new trail race in Salt Fork State Park
- [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](#)

Burning River 100 UPDATES

As of June 2, the Burning River 100 has more than 230 entrants. The entrant limit has been lifted in part because there will be no pre-race meeting this year. Instead information, including videos discussing course marking, race rules, aid station supplies, and USATF-specific policies will be available on the Burning River 100 web site. Questions can be posted on the BurningRiver100 Yahoo discussion group and Facebook page. While race administrators will be available the day before for questions at registration/packet pickup, by eliminating the pre-race meeting, runners will have more time to rest and relax before the big event.

If you are planning on participating in the USATF National Championship at the Burning River 100, you will need to be a USATF member in good standing. If you are not a member and are eligible, you can sign up at <http://www.usatf.org/membership/?sc=TM>. Email Joe Jurczyk (Jurczyk@yahoo.com) your USATF Membership Number stating that you want to participate in the 100 Mile National Championship.

Championship runners must also follow USATF rules and race-specific rules for national championship runners. Most important of all, championship runners will NOT be allowed to have a pacer or headphones at any time during the race. (Note: Championship runners will be distinguished from non-championship runners by different colored bibs.)

2010 Runners Packet: will be online tonight (June 3rd) or tomorrow (June 4th)

[BR100 Website](#) /// [Entrant List as of June 2nd \(236 registered\)](#)

rookie mistake by trying new things on race day.

- A tell-tale sign (especially in 100-milers) or proper hydration is going to the bathroom. Never need to stop? That's a warning sign. Or, you do have to go but blood is present. That's another warning sign indicating a problem with your kidneys. I can't emphasize enough that you rehearse race day on your training runs. One of my mantras in ultras is "Drink drink drink. Eat eat eat. Pee pee pee."

- Be smart. Don't think that because you feel so good that you don't need to hydrate. **YOU ARE WRONG!** Proper functioning of your entire body hinges on proper hydration levels...even to your mental state. It is absolutely key to smart trail running and ultra-running.

- Salt Tabs. Endless debate exists among runners on this topic. Salt tabs (often from Succeed or Hammer) help replace salt loss due to sweating. Again, training with what you'll take on race day is key. These competing brands have very different concentrations of sodium so be careful. Do your research. Also, be careful if you carry these. Keep them away from your moist body or you'll reach into a sticky mess of salt. A cheap option is folding them in a tissue within a snack-baggy. Easy to pack/carry and they stay dry.

XTERRA #1 & #2 Race Reports

by Mindy Bolgrin, participant

I have completed the first two races in the Xterra race series taking place in Ohio and what a good time it has been. It is always a great feeling to be out there on race morning, getting ready to line up at the start line and head out on an adventure in the trails. Being the weather can effect how the trails will be always makes for a good time with the very high possibility that you are going to get MUDDY! I think that one of the great things about trail running is the mud and always beautiful scenery in the woods.

The first two races have been very fun and unique in their own ways. First was a 9 mile race in Vulture's Knob, Wooster. Vulture's Knob is more of a mountain bike course and many mountain bike races are held there. I had trained down there one time and had ran some of the course so I was familiar with what I was in for. I say what I was in for because the trail is different than a regular running trail that no bikes are allowed on. The trail is narrow and has it's own grooves in many places because of the bikes, as well as lots of twists and turns and you don't get the straight stretches that you get on some other trails. So that made it different and added challenges of its own. Race morning was on the cooler side and it was pouring rain. It was a lot of fun though to be out there lined up at the start line watching the rain come down like water out of a bucket. Well before we knew it all of us were off and running, down the muddy dirt road, down a slight hill and onto the trail. We did a 3 mile prologue loop to help get the group spaced out some. You do that loop and come back through the start area and then back out for an additional six miles. There is a spot on the course called the furnace and for good reason. There aren't trees close by to provide shade in that area so it can be a tough stretch. I have ran it in the sun and it can feel like a furnace, but fortunately that day it was cloudy. The course has lots of different little things to watch for and see, little signs and things that can be entertaining to read as you run past. The thing I found most tricky was the wood bridges. They are pieces of wood that are a few inches apart which requires caution so you don't catch your toe in them. Overall it is a great place for one of the races and gives it's own twist to the trails.

The 2nd race was held at Hargus Lake Trail Run (A.W. Marion State Pk.), Circleville. It was a 7K race around Hargus Lake. The trail was very pretty as you ran along you could see the lake. You would think that being you are running around the lake it would fairly flat but there were times when the trail would take you up into the woods and to higher elevations and then back down again so it made for great running. We had a fair amount of rain in the week prior to the race so the trail was good and muddy which adds to the fun. There were a few water crossings so there was no staying dry. I remember the first one where the water was almost up to the bottom of my shorts. Depending on exactly where you went through it was shallower than other parts, but it was so much fun.

The race locations offered different terrain and distances for a good variety. I am looking forward to running more races in the series. Whether you run one or more of the races they are a great way to get out on the trails and into racing. If you are new to running they are a



Registration Update

Buckeye Trail 50K

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

Muddy Paws Trail Races

- Saturday, July 24, 2010
- [Registration now open!](#)

Burning River 100 Mile Endurance Run

- Saturday July 31, 2010
- [Registration now open](#)
- [236 as of June 2, 2010](#)

YUT-C 50K/25K

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

Towpath Marathon and 1/2

great because the lengths of the races are shorter which helps to accommodate many people and helps give them races that they know they can enter and participate in with confidence that they can do the race.

Both races were very well organized and supported, packet pick up was very well organized and ran smoothly. They also had same day registration at both events. The courses were very well marked and aid stations were well organized. The support, encouragement, direction and enthusiasm from the race directors and other volunteers helped get everyone excited. Jim Chaney with Chaney Event Management (www.chaneyevents.com) has done the timing for both races so far in the series. I know for me personally the first thing I want to know when I am done is what is my time and how did I finish. Jim is very prompt in posting race results right at the finish line as well as on line shortly after the event is complete, which is very much appreciated.

I highly recommend kicking up some dirt on one of the races in the Xterra Ohio series.

Buckeye Trail 50K Training Runs

The first organized training run/familiarization run is **this** Sunday, June 6th.

- Sunday, June 6th - Station Rd. Bridge Parking Lot 7:00am - 14 Miles
- Sunday, June 13th - Jaite Wayside (Intersection of Highland Rd. & Riverview Rd.) 7:00am - 11 Miles
- Sunday, June 20th - Boston Store 7:00am - 8+ Miles
- Sunday, June 27th - Station Rd. Bridge Parking Lot 7:00am - 25K (Runners will Carpool & Info will be posted at VR Message Board and FB Page)
- Sunday, July 4th - Station Rd. Bridge Parking Lot 7:00am - 23 Miles

[BT50K Official Website](#)

3 hours of volunteer service are a requirement in order to be able to participate in the BT50K. There are plenty of opportunities to get involved, whether it is at a race, local park, or trail system. If there are any questions on fulfilling the volunteer requirement please email vince@verticalrunner.com. Don't forget that there will be a new course for 2010...look for a course map soon!

Local Trail Runner Spotlight: Michelle Bichsel

Michelle, tell us a little bit about yourself, what fills your hours off the trails, and where you call home: I live in Lexington, a little village outside of Mansfield. Off the trails I am a busy working, doing the typical home stuff and taking care of my kids. I recently went back to work full time after being a stay at home mom for 10 years. I have three children, two energetic little boys, Patrick is seven and Gavin is almost four and my sweet

 Michelle Bichsel

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

[Updated Results since Race #3, Forget the PR 50K/25K](#)

[2010 WRTR Series Rules](#)

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.

daughter Allison who is nine and a half. They keep me very busy, Allison is autistic and developmentally delayed so I work hard to provide her all the additional help that she needs to progress. I am also very lucky to have a wonderful man in my life, Rob who shares my passion for ultra running.

It sounds like you're a little further south in Ohio towards Columbus. What trails do you consider to be your primary training ground and is there a favorite trail in there? I am only 25 minutes from Mohican! I get out there as much as possible. I would have to say that my favorite trail there is the red and green loop. Except for the nagging horse flies, I love crossing the streams and tackling the hills.

In trail running, most of us have a story of what got us to try trails for the first time over pavement. Who and/or what got you to try them for the first time and were you hooked from the beginning? Taking my son to preschool everyday I met a Dad there who also was a runner. We talked a lot about running and he described ultra running to me and about these 50 and 100 mile trail races. He told me about the trails close by and that Mohican put on a race there. I was instantly intrigued.

I have been running since seventh grade. I ran track and cross country for North Carolina State and Kent State University. I was primarily a 5,000 and 10,000 meter runner. I would also run road races every summer, usually 5k's, a few half marathons and one marathon back in 1999. Then I had children and went to only running a few days a week and doing a few road races over the years.

Once I learned about ultra running and trail running back in the winter of 07 and 08. I decided to try out the trails and immediately set my mind to running 100 miles. I started running consistently and joined the Mansfield Running Club where I made lots of running friends and training buddies. My other friends and family thought I was going a little crazy. I had run one marathon 9 years ago and now I am going to run 100 miles... no way. They would say why not just start with another marathon or only sign up for the 50 miler. No, I don't work that way. If I make it to 50, why not keep going till I can't run another step?

Then the ultra running dad took me out to Mohican in March of 08 and we ran the red/green loop. We ran it hard like we were on the roads. I didn't take anything but water. I bonked with about 5 miles to go and when we got back in the car for the drive home, I crashed and slept the whole way back. I think I scared him a bit. After that though I was hooked believe it or not. I got on the Mohican boards and found others were meeting soon for a group run out there. That's when I met Regis Shivers, Kim Love Ottobre, Rob Powell and others. We ran the red/green loop again. But this time they walked a lot and chatted, it was a good time. After the red/green loop, Rob asked if I wanted to try the purple loop for 4 more miles. I was game and that was the start of my true love for the trails.

As many trail runners are or aspire to be, you are an ultra-runner and 100-mile finisher. What's your in-race regimen when as it applies to hydration and nutrition? I am still learning how to run 100 milers. I have attempted 5 and completed all 5 since Mohican 2008. Mohican and Burning River in 08 were by best finishes, I dealt with IT

band and ankle problems that I attribute to my body adjusting to that type of running. Otherwise I ran them well, eating and drinking right. Now Mohican and Burning River 2009 were different. I learned what happens when you drink and take too much electrolytes at Mo and why you need to eat more than just fruit during Burning River. I almost DNF'd at both but struggled greatly and completed them despite not taking care of myself properly. Umstead this year I wasn't physically trained but I finally got the food and hydration pattern down that works for me. Everybody's body is different, there are proper ways to maintain yourself during 100 milers but you just have to practice what works for you. I can say that I still have a lot to learn but trying foods and drinks etc. during training is the only way to know what your body needs.

So when the plan you just talked about works for you, what other barriers exist between you and the extremely distant finish line and how do you conquer them and cross that finish line? One of the barriers I encounter is time. Finding the time to train is very tough. If all I had to do was train, I think I could be very successful. I don't have that luxury though and wouldn't want to only be running. Finding a balance between running and everything else is sometimes a struggle. I go days or a week at a time not running and then try to catch up. That hasn't been working for me this year but kids and work have to come first. I need to get more consistent but some days I just don't have time or don't feel like running. I keep trying though because I need running for my mental health and I think that my strong will and stubbornness is what gets me to the finish line each time.

Looking back, what are your biggest running accomplishments, what have you done in 2010 so far, and what is left for 2010? My biggest running accomplishment was finishing my first 100 miles at Mohican in 2008. It revived my feelings of being able to do whatever I set my mind to. I also am proud of my 2nd & 3rd marathons 9 years later in 2008/2009 after my first two 100 milers. I ran a 3:09 at Columbus and went on to run another 3:09 at Boston.

So far in 2010 I have ran 2 50k's (Winter Buckeye & Forget the PR Race Directors Race), Ironhorse 100k, Umstead 100 and Ice Age 50. What I have left for 2010 that I am registered for is Mohican 100, Summer Buckeye 50k, Burning River 100 and Oil Creek 100. We'll see what else comes along.

Looking even further, what are your long-term trail-running goals? Any "dream" events anywhere in the world that you feel that you must do some day? My future goals for trail running consist of getting into Massanutten and completing it. I would also like to do Western States and Leadville in the near future. Another goal before I get too old would be to focus on the marathon. If I am able to find the time to still run trails and 100s but also put in the speed and roadwork for a marathon, I would like to try for a sub 3 hour. I am not very fond of the marathon, I think they are pure torture but I feel driven to do better. I don't think my love for trails and 100's is going to let me get to that goal but that's ok. I love ultra trail running too much.

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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