

Western Reserve Trail Running Newsletter

Monthly Newsletter

Volume 2: Issue: #9

September 2010



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Call for Volunteers

The inaugural St. Basil CYO Cross Country Meet is being held at Brecksville-Broadview Hts. High School on September 18 at 10AM.

The meet, which will have about 1,000 runners, includes a 2 mile race (7th and 8th graders), a 1.5 mile race (4th-6th graders) and 1 mile race (3rd grade and under). Volunteers are needed for course marking, course marshalling, parking and finish line

Changing Seasons

For us trail runners, there is "something special" that comes alive this time of year, wouldn't you agree? The soon-to-be changing colors on the trails, the cool, brisk mornings, the crunch of the leaves beneath our feet...it is almost too difficult to describe it to those who have not tread the path we have. For those embarking on their first Fall as a trail runner, you are in for a treat. Don't pass up opportunities to get out there and soak it all in. As a community, we are fortunate to call our area home to many top-notch trail races. Filled with eager participants and selfless volunteers, they are not to be missed. Be sure to seek one out and get involved...whether manning an aid station or wearing a bib number.



In 3 days (Saturday, September 4th), is the inaugural "**Leave No Trace 1/2 Marathon.**" It will be held at Camp Manatoc within the Cuyahoga Valley National Park. Race Day registration is not available so don't delay another moment if you plan on running. The forecast is looking perfect, too. The race can always use volunteers, as well, so if you can help out, [let Vince know](#) at Vertical Runner. [Event Website.](#)

Ever wanted to write for the Newsletter? Race Report? Photos? Editorial on trail-running gear? If you'd like to give it a shot, September 30th is the deadline for the October newsletter. Please feel free to [e-mail](#) me first if you'd like to run it by me.

Enjoy the Trails, everyone!

Nick

WRTR Newsletter Editor

Bills' BadAss 50K

In the spirit of ultrarunning Chef Bill and Wild Bill will be sponsoring the 2nd annual Bills' BadAss 50k once again on Saturday, November 13th at the Everett Road Covered Bridge. We wanted to sponsor and thank ultrarunners who help support great causes like the CVNP and Western Reserve



assistance. [Email Joe Jurczyk](#) if you are able to help. Thanks!

Bigfoot 50K/3-Person Relay

This race is currently 30% full and is expected to sell out, especially since it is the only 50K in December in Ohio. Don't miss out on this inaugural event at Salt Fork State Park in East Central Ohio!

[Race Website](#)



JOIN OUR LIST

[Join Our Mailing List!](#)

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

Regional Trail Links

[Cuyahoga Valley National Park](#)
(links to local trail maps and locations)

[Cleveland MetroParks Trail List](#)
(includes maps of Bedford, Big Creek, Brecksville, Euclid Creek, Garfield Park, Hinckley, Mill Stream Run, North Chagrin, Ohio & Erie Canal, Rocky River North and South, and South Chagrin Reservations)

[Mill Creek Park in Youngstown](#)
(home of NEO Trail's annual YUT-C 50K/25K and Covered Bridge FA 50K)
[Google Map](#)

[Buckeye Trail](#) (throughout Ohio)
Detailed listing of all BT maps and an online store to purchase them

[Lorain County Metro Parks](#) (listing of several locations within)
Home of the [Inland Trail Marathon](#)

[Shaker Lakes](#) (Cleveland)
Mountain Bike and Single Track Trails

Trail Running with a free event and, well, just for the fun of it. Although donations are not required they will be accepted to help cover our costs for the Technical Badass Tee for the 50k finishers, aid, and our donation to Pastor Rasper for allowing us to park in his lot at THE CHURCH IN THE VALLEY.

We will be running Perkins Trail and Riding Run. This year we will be running in the opposite direction (counterclockwise). We will run 6 loops on these trails. It is a 5 mile loop from the parking lot. After running 6 loops, you will run up Oak Hill Trail (across Everett Rd.) for the last mile and pick up a pack of "Smarty's" candy then return to the parking lot for your BILLS' BAD ASS Tech Shirt.



This event is limited to 75 runners, so please, only runners that plan to run the full 50k should sign up. Our sign up and details will be on [Facebook](#) or you can let [Wild Bill Wagner](#) or [Chef Bill Bailey](#) know of your intent to run.

2nd Annual Bobcat Trail Marathon - Nov. 7th

"Top 10" Reasons to Run Bobcat

1. If you stay at the Lodge, you take a few steps out the front door to the starting line and your room is only a few steps past the finish line.

2. It is the only permanently marked trail marathon in the country.

3. You are running besides a lake at nearly all times.

4. Lunch is waiting at the finish line - included in your entry.

5. Burr Oak State Park has blocked off ALL reservations for their lodge and cabins for us and us alone.

6. Registration is up 300% over last year. Something MUST be special about Bobcat. See who's registered [here](#). (as of 7/23/2010)

7. It "feels" like an ultra-marathon. Stocked aid stations with typical aid-station "fare" and it's actually longer than 26.2 miles so technically, you could call it "ultra."

8. Short sleeve tech tee at packet pickup along with commemorative gloves. Long sleeve gender-specific tech tee to all finishers.

9. Elevation similar to the Buckeye Trail 50K.

10. The course, the people, and the strong sense of "community" amongst the running community. You can see it and "feel it" when you view the [pictures from last year](#).



This race WILL sell out. The Lodge and cabins WILL sell out. Don't wait another day to register and make your reservations! We fully

[Google Map](#)

[Beaver Creek State Park](#) (East Liverpool, OH)

[Google Map](#)

[Mohican State Park](#) (Home of the [Mohican 100 Miler](#) and [Forget the PR 50K](#))

[West Branch State Park](#) (southern Portage County)

[Google Map](#)

PENNSYLVANIA

[Ohiopyle](#) (southeast of Pittsburgh)

[Google Map](#)

[Oil Creek State Park](#) (northwest in Titusville)

Home of the [Oil Creek 100 Trail Runs](#)

[Google Map](#)

[Moraine State Park](#) (north of Pittsburgh)

[Google Map](#)

[Laurel Ridge State Park](#) (southeast of Pittsburgh and northeast of Ohiopyle)

[Google Map](#)

[Kennerdell/Clear Creek State Forest](#) (northwest PA and east of Oil Creek)

[Google Map](#)

YUT-C 50K/25K

Don't miss one of the last Series events of 2010! Held entirely around 3 different lakes all within Mill Creek State Park, the YUT-C (Youngstown Ultra Trail Classic) 25K is already sold out and only a few entries remain for the 50K. There is NO wait list for this event.

NEW this year: gender-specific technical shirts! The guys will get a dark blue, La Sportiva shirt and the ladies will get a long sleeve silk-weight capilene shirt by Patagonia. They are reddish in color and very nice.

expect the Lodge and all cabins to sell out, but Burr Oak has negotiated a similar rate for hotels in Athens as well as local B&B's. Burr Oak will help facilitate people getting rooms at off site locations once they are sold out on site. Anyone wanting to reserve a room at Burr Oak should contact Cathi Jones at 740-767-2112 ext. 402 directly. She will be able to take care of all accommodations.

[EVENT WEBSITE](#)



The Barkcamp Race - October 2nd

Location: [Barkcamp State Park](#) / [Google Map](#)

7:30 AM 1/2 MARATHON: 99% trails

8:00 AM 5 MILE TRAIL CHALLENGE WALK: 1.5 Miles on the road and 3.5 miles in the woods on a dry but hilly trail!

8:30 AM 10K STATE OF OHIO CHAMPIONSHIP TRAIL RUN: 6.25 Miles Thru the woods in the dirt! A Ton of fun in an hour's run! And as always- It's different than last year! True cross country!

9:00 AM 5K ROAD WALK:

No big hills! (will walk on smooth pavement)

Please arrive by 8:30 as the road will close (runners will be using the road at certain points).

3.1 miles. A perfect way to check out the leaves and support the charities!

10:30 AM KIDS STEEPLECHASE: ON THE BEACH!

Includes jumps, obstacles, and sand piles! Great goody bags and medals for every child. Ages 2-10 years old.

(No shirts for the kids)

[EVENT WEBSITE](#)

Cost: **only \$15** through September 15th for any event except for the Kids Steeplechase which is \$5. Fee Increase to \$17 after the 15th.

Race Day!! Saturday, September 18th

[Race Website](#)

[Discussion Board for the latest updates about familiarization runs](#)

[Current Entrants \(as of 9/1/2010\)](#)

Tar Hollow 50

The Tar Hollow 50 is a new 50 Mile and 50k race to be offered May 2011 at [Tar Hollow State Park](#) in South Central Ohio. This is a perfect race to prepare for the Mohican 100 Mile or 50 Mile or to confirm your fitness for the Burning River 100. We have also agreed to partner with [Vibram FiveFingers](#) to add a FiveFingers division. The first person to run the entire course in their FiveFingers during the entire race wins! A free pair of FiveFingers will be awarded to the winner of each event.

[EVENT WEBSITE](#)

Registration NOW OPEN!



Registration Update

YUT-C 50K/25K

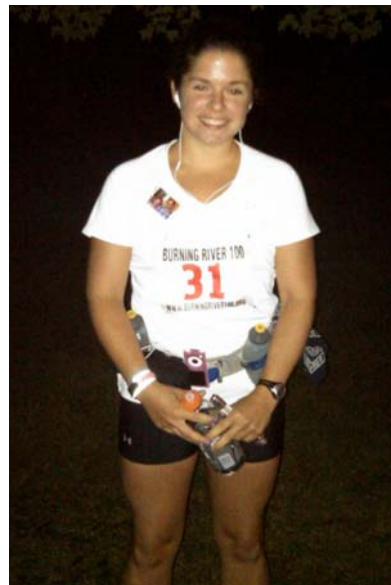
- Saturday, September 18, 2010
- 25K SOLD OUT
- Less than 10 spots remain for the 50K as of August 31, 2010
- [Registration now open](#)



Trail Runner Spotlight: Kathleen Alexander Dickson

Kathleen, thanks for letting the spotlight shine on you this month. Can you share with us a little bit about yourself, where you live, what you do for a living when not laced up in your trail shoes?

Thank you Nick! I am Kathleen Alexander Dickson. I will be 34 in September, and I have lived in Solon for over 6 years. I have worked for Verizon Wireless for 10 years now, in various capacities, and am currently back in sales for them. I have 2 daughters ages 7 and 4, whom I bet many of you have seen at the finish line or at packet pick-ups! They are the best motivators, and I love sharing with them the experiences I have from running. Lately I have been taking them to hike our local sections of the Buckeye Trail, and they LOVE it!



Juggling the responsibilities we all have in life and then inserting a passion for trail running/ultra-running can be a real challenge.

What do you think are the keys to success in this and keeping it all in balance (and keeping yourself sane?!)? Since I started running in 2006, I have ran 8 marathons and 8 ultra-marathons. However this year has been a great exercise in patience, as I have only done 3 or 4 races. Trying to balance being a single mom and working 40-48 hours a week has proved challenging, then mixing the dilemma of when to run... has proved very difficult. There are some weeks where I can

- [Current Registrants](#)

Towpath Marathon and 1/2 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!](#)

- [Entrant List as of 7/23 \(will be updated after Labor Day\)](#)

XTERRA Trail Run Ohio Series

The 2010 XTERRA Trail Run Ohio Series included five cross country trail runs in Northeastern Ohio and Central Ohio. With the completion of Oak Hill last month, the 2010 Series is complete! Visit their [homepage](#) complete results and video from each race. Thank you to everyone who either ran or volunteered in the inaugural year of the series. See you next year!



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](#)

run only 15 miles a week and others where I can squeeze in 60. So when I am running it is such a stress relief and it makes me appreciate it all that much more. Running really is the only thing that helps me stay balanced. It helps me look at things with a different perspective and also allows me the time to think about my day, and the things to come.

When did you first become a runner (which often is marked by your first "real" pair of running shoes) and how did it happen?

Since then, give us a snapshot of your road-running resume. I actually never ran until recently. I did gymnastics in high school and college, and ironically only ran when I had to! In the fall of 2005 while pregnant with my youngest daughter, I experienced a lot of complications and ultimately she was born 6 weeks early weighing only 3 lbs. My mom, who was battling horrible chemotherapy effects from her cancer treatments then passed away exactly a month later. Such a whirlwind of life events caused me to gain quite a bit of weight over the next year. On Halloween 2006, while some family and I were eating Halloween candy, we decided to make a bet of who could lose the most weight by January 2007. I bought a treadmill and won. I didn't want to relapse into the unhealthy ways so I started registering for road races and was hooked after my first, which was St. Malachi's 5-miler in March of 2007. I continued to run many road races that year, ranging in 5k to 10 milers. (Oddly enough I have actually NEVER ran a half marathon!) Soon enough I started realizing that the longer distances were more enjoyable for me. By that fall I ran my first marathon, the Towpath Marathon.

Everyone has a story about how they first got introduced to trail running and often, it involved a leap of faith or following in someone else's footsteps. What is your story?

I can't remember exactly when I decided to start trail running, but it was after a spring trip to Vertical Runner. I just went to get some new road shoes, when Vince Rucci convinced me to register for the Summer BT50k. I had never ran on trails and slowly started to figure it all out. The first thing that came to mind when I started was how much more relaxing it was and every aspect of it reminded me so much of being a kid. Of course my family thought I was absolutely nuts for wanting to run 31 miles in the dead of summer. They had never heard of such a thing! My grandma and great aunt and uncle still can't understand why I have to "pay" to run these crazy distances in the heat, and why they don't pay us! The trail racing experience has been so much more fun than road races. Everyone is so laid back and everything is always on a personal level. I met people that first year that I run into now, and they still remember my name, how many kids I have and the conversation just starts up again like it never ended.

"Kathleen who?" "You know, that girl who fell on the Piano Keys and had a branch stuck in the back of her head!" I didn't know you back then but I remember well when I heard about it. Tell us about that day and lessons you learned about being out on the trail. I had a good laugh when I read this question! Four days before thanksgiving of 2008, I was out for a trail run on some lightly snowed CVNP trails. I was registered for Winter BT50k "Run for Regis", and wanted to get used to running trails in the snow, as I had never done that before either! I was planning on 16mi, stopped halfway at Boston Store, running with Jen Begue, where she (thankfully) grabbed her phone out of her car, "just in case". She was a bit ahead of me when I

WRTR Race Series

Updated Results since Race #3, Forget the PR 50K/25K

NOTE: When results are updated, a special edition of the Newsletter will be sent out. Thank you for your patience.

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.

slipped and fell down and under the railing on the steps and smashed the left side of my head into the end of a rotted old log. (The log is still there by the way) I swore I had ripped my ear off. I was sure of it, and I refused to touch my head for fear I would go into shock. I crawled back to the step and sat down to get my bearings when the blood started dripping into my lap from my head. So I called Jen to come back. Then I called Mel Liebling from Vertical Runner who got a hold of Vince, who knew exactly where we were to navigate EMS and the park rangers. Still thinking I had ripped my ear off...Jen was kind enough to tell me "oh its not that bad..." and was such a huge help in keeping me calm as we waited for help. It was when the EMS guys showed up and started quietly using the word "impaled" while speaking to each other, that I got a little nervous! Long story short they took me to Bedford ER where they quickly tried to life-flight me to Metro Cleveland because they had no "head trauma" doctors on staff. No choppers available led to another ambulance ride. They got the piece out and had the top of my ear sewn back together. (I hadn't ripped it off after all!) Was home by 5:30pm! Ran the Turkey Trot at Aurora Farms 4 days later. It did however take about 2 months for the little pieces of log to stop coming out of my neck. You can bet I am very cautious when going down steps now, so feel free to go around me because it takes me a while! The valuable lesson I learned here is to have a cell phone on you whenever possible, and if something should ever happen to stay as calm as possible. I am glad my instincts kicked in that day and thankful that I was surrounded by incredible people who cared so much about me.

What are your crowning achievements in the world of trail running? Do you plan to do them again or in a different location?

I ran my first 50-miler (Roy Hegers "Run with Scissors") in the fall of 2008, and I had so much fun that I absolutely knew I HAD to run BR100 in 2009. I was able to finish my first BR100 attempt, and had the most amazing time doing so! Two months later in October, while on vacation visiting family, I had the pleasure of running the Loch Ness Marathon in Scotland. Being able to finish that beautiful race with my dad, sister and family members from Scotland cheering me on was the best feeling. The entire running year of 2009 was perfect in every way. When my daughters get a little older I would love to venture out of our area for some different ultras, but for now I am so pleased to just be a part of such an awesome running community that gives back to the parks systems in such a huge way. Although this year's racing was not as smooth, it was just as enjoyable. I have adopted the Cleveland Marathon and BR100 as my annual racing traditions. This year's Cleveland Marathon, while running it with my dear friend Mark Anson, was hands down the most fun I have ever had at a road race. If you know Mark... ask him about the Cleveland Marathon / Egg McMuffin story! While I did have to drop at BR100 at pine hollow/70 this year, I sat down in a lawn chair at the aide station and just smiled. Such an amazing experience and amazing people. The only thing I was sad about was not being able to keep my bib number for my scrapbook! One of my best memories from the whole weekend was sitting, dozing off in a folding chair right smack on the finish line for 6 hours, while watching all the other runners finish. It is such an infectious energy you feel, when you get to see ultrarunners and ultrarunners' families reach the end of their goal.



Beyond a trail runner, you're an ultra-runner. What is it about running for over

24 hours that captivates you and draws you in and gets you to sign up again? With my crazy life and work schedule, I always have to schedule time off or vacation from work for my races. This being said, I always feel I might as well make at least a day of it, or a whole weekend! So in many ways, races and running in general is a vacation for me! One of the things that motivates me to sign up again and again, is knowing I'm going to see all the familiar faces along the way. But I would have to say that the main reason is that throughout the different stages of any race, it seems as though your mind and body go through so many different levels of TIRED. To be able to overcome it all and finish the race is what I am after...every time.

Anything else you'd like to share with our trail running community? I have enjoyed meeting so many of you, and can not wait to share the trails with you all for years to come! The experiences I have been fortunate enough to have in the last few years have really opened up a whole new world for me. I am looking forward to cheering you all on the remainder of 2010 and can't wait to see what 2011 brings for all of us!

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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