

Western Reserve Trail Running Newsletter



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WESTERN RESERVE TRAIL RUNNING POINTS SERIES UPDATE

The WRTR website has been updated along with the series points. Volunteer points need to be submitted to Kevin Landis, new coordinator of the series scoring at kjlandis@yahoo.com by 11/24/10. (This includes a list of races where you volunteered.) The series standings will be updated by 12/1/10.

RUN WITH SCISSORS RACE RESULTS

Congratulations to all who ran the Run With Scissors Full and Double Marathon. To see full results, click [here](#).

Full Marathon top three finishers:

Vince Rucci 3:17:00
Beth Woodward 3:37:00
Dave Peterman 3:49:00

Double Marathon top three finishers:

Jon Brenestuhl 7:21:00
Charles Twigg 8:02:00
Connie Gardner 8:10:00

BOBCAT TRAIL MARATHON RACE RESULTS

Congratulations to all who ran the sold out Bobcat Trail Marathon this past weekend. This was the second year for the event which is proving to be a big success. Results can be found [here](#).

Top three male finishers:

Justin Hayes 3:15:47
Michael Seiser 3:25:53
John Logar 3:30:49

Top three female finishers:

Lee Conner 4:17:56
Joan Cottrill 4:24:30
Mindy Bolgrin 4:30:22

RUN FOR REGIS 50K UPDATE

Race date: 1-16-2011

Deadline to Swap: New Registration Form postmarked NO LATER THAN Friday, December 31st.

There will not be a waiting list for the Run for Regis. If a registrant wishes to give up his/her spot and a replacement is found, the following procedure must be followed. Please read and follow carefully:

1. Both runners submit together an email to Tanya Cady, race

Park
(Portage County)

**PENNSYLVANIA TRAIL
MAPS**

OhioPyle State Park
(southeast of Pittsburgh)

Kennerdell/Clear Creek
State Forest
(northwest PA - east of Oil
Creek)

Oil Creek State Park
(Titusville)

Moraine State Park
(north of Pittsburgh)

Laurel Ridge State Park
(southeast of Pittsburgh and
northeast of OhioPyle)

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**2011 Western
Reserve Trail
Running Events**

- 1/16 - Run for Reqs 50K, Marathon and Half Marathon - SOLD OUT
- 2/13 - Run With Your Heart Trail Challenge 8k & 15k
- 3/5 - Green Jewel 50K
- 3/27 - Fools 50K and 25K
- 4/17 - Forget the PR 25k & 50k

director, stating that the swap will take place. **IMPORTANT NOTE:** because the Brooks Podium 1/4 zip shirts will have been pre-ordered, only the size requested on the original application will be available. Therefore, the size can NOT be changed during the swap.

2. Replacement Runner submits a paper registration via U.S. mail to race director for \$60 and write on the form who they are replacing.

3. Race Director will issue a refund of registration fee minus \$10, or \$50. (\$10 fee to swap)

4. Once e-mail has been sent AND new registration form/fee has been received, entrant list will be updated and check issued to original registrant. Note: there may be a delay in sending the refund check because NERC (Northeast Running Club) will be issuing all refunds, not the race director.

*Anyone interested in volunteering should contact Tanya Cady at 216-548-0706 or via email at cadyrun100@aol.com.

FORGET THE PR MOHICAN 50K/25K UPDATE

Race date: 4/17/2011

Registration opened November 1st.

In 7 days the 50k race is more than half way sold out. The 25k has around 40 spots left.

Full details about the race can be found on the event's [website](#) and [Facebook page](#).

There is a 150 person limit for 50K & 75 for the 25k.

GREEN JEWEL 50K UPDATE

Race date: 3/5/2011

Registration is now open for the Green Jewel 50k. For more information and to register for the 50k go to the Green Jewel [website](#).

The Green Jewel 50K Fun Run is a running event that showcases the Cleveland Metroparks. The course runs from the Scenic Park (near the Marina) in Rocky River to the Oak Grove Picnic Area in Brecksville. The Green Jewel run is part of the Western Reserve Trail Running Series.

BURNING RIVER 100 MILE ENDURANCE RUN

Race date: 7/30/2011

Registration is now open for the Fifth Annual Burning River 100 Mile Endurance Run which will held on July 30-31, 2011. This year, registration is available only through Active.com. There is no mail-in/print application.

Go to the web site at BurningRiver100.org for more information on

the BR100 and a link to register. There are 32 people registered as of November 11. The entry fee goes up on January 1.

TRAIL RUNNER SPOTLIGHT:

Daniel Bellinger



Q. Tell me a little about your personal background:

A. I grew up in the woods in Upper Michigan, within sight of Lake Superior. We skied in the winter, and fished in small creeks and rivers before the snows melted in the spring. In the summer, we swam and climbed in the mountains which are north of Marquette. So I was always outdoors. It spoiled me for city life

Q. At what point did you start running?

A. As kids, we had a network of trails which we used to run at high speed, pretending to be Indians.

Q. What point in your life did you get the Ultra Running Bug?

A. In graduate school, and later, I lost a lot of fitness. So I started running, just to be outdoors, and to get fit again. I heard a rumor about a race in the "Mohican Wilderness," a new kind of race with runners running in the woods on the same course as long-distance horse riders. I was very interested in this new race. It was an official race of the legendary old Cleveland West Road Runners Club. I got involved, both running and working the race. For years my family or friends ran the Hickory Ridge Aid Station.

Q. What is your favorite Ultra and why?

A. I liked the old Buckeye Trail 50k, which was an outlaw race. The Park (which was then a "National Recreation Area") did not approve. We had to pretend it wasn't a race. There were no fees, no shirts, no numbers. It was Joe Jurczyk's "Birthday Run."

I liked an early spring run I did one year in Maryland, the "Catoctin Mountain Trail Race." It was only 35k, so not technically an ultra, but the run was through deep snow in places, and on broken, jagged rocks and down near cliffs, so it was more rugged than anything else I'd ever experienced. Later, I modeled my own first effort at putting on a trail race, the "Mohican Trail Winter 35k," on this race.

My current favorite is the Burning River 100. It has to be one of the best managed races anywhere in the world. Because I was involved in setting it up, and have worked it every year, I have yet to run it. But in 2011 (God willing) I intend to.

Q. What is the hardest Ultra you've done and why?

A. One year I tried to run the Barkley Marathons in Tennessee. The race is designed to humble the biggest ego, and it did.

Q. Why do you volunteer, and how important do you think it is for other runners to volunteer?

A. No one can race an ultra without help. A long race, such as a 100, requires an army of volunteers. So early on, I got used to the idea that if I wasn't racing, I should be helping. Working an aid station, or pacing.

I don't think runners should have to volunteer; but I think every volunteer should run at least one ultra, so they can know just how needy the runners are in an ultra.

Some of the best ultras are put on by runners who have special gifts in organizing and working with volunteers. Our own Tanya Cady is a good example. She knows exactly what runners need, and sees that it happens. She models correct behaviors. People like Tanya Cady are the reason we have such a strong trail running community here in northeast Ohio.

Q. With 2010 Almost over, will there be any more races for you this year? And what does your 2011 running schedule look like?

A. I'll probably do a Thanksgiving race, probably in Ann Arbor. And in December, I am registered for a new ultra put on by my friends Eric and Danielle Ripper, the Mason-Dixon Madness 50k in Morgantown, W.V. I'm hoping someone will change their plans so I can do the Run for Regis in January. Regis Sr. was my best friend. I'm running Beth Tresaca's Run for the Heart Trail Challenge in February, the Boston Marathon in April, and the Burning River 100 in August.

LOCAL TRAIL RUNNING SUPERSTARS PREPARE TO RUN ACROSS OHIO



By now I'm sure most have heard of twin sisters Rachel and Sandi Nypaver. They both had more than incredible performances in the ultras they have done over summer. This winter, the pair is planning on running across the state of Ohio. The pair will begin their run in Cincinnati and end at Edgewater Park in Cleveland for a total of 260 miles. Why are they doing this? It's all part of an effort to raise money for the United Way. Check out the Q & A with the twins below:

Q: What is the purpose behind your run?

A: Rachel and I came up with the idea for calling the run the "I Believe" run for two reasons. The first is that we felt a lot of people were losing the meaning of Christmas, especially with the economy. As kids, we are so excited, but sometimes as adults we lose that excitement and get carried away and let Christmas time be a time of stress and not of joy, love, and caring as it should be. We wanted people to believe in the true meaning of Christmas again.

The second reason was because we were finally starting to believe in ourselves and our own possibilities. We wanted to have others start believing in themselves as well. Sometimes it is really hard to believe we can make a difference or achieve our goals, but we have to keep believing even when things get hard. Things may not happen exactly as we want them to, but belief and determination go a long way,

Q: How can people donate to your cause?

A: Click [here](#) to go to the fundraising page.

Q: Do you have a fundraising goal?

A: No, not really. We understand people don't have a lot to spare so we just want people to donate what they can, even if it is just a quarter. If everyone we reach donated just that, it would still be a lot of money. Also, the run is definitely about charity, but it is even more about just believing in ourselves and each other.

Q: How many days do you estimate it will take to accomplish this

incredible task?

A: 5 days.

Q: Can people join you for your run? How will the logistics of that work?

A: YES!!!! We would love for people to join! I will make a twitter page that will be updated to let people know where we are.

Q: What route do you plan on taking?

A: The route can be found [here](#).

Q: If there's someone out there reading this who may be able to help with support, planning, logistics and/or sponsorships how can they get ahold of you?

A: The best way is probably by email: snypaver@lec.edu
Good luck to the Nypaver's during their incredible adventure!
WRTR will definitely be reporting again on their progress.

[I Believe Run Across Ohio](#)

(the above link takes you to the "I Believe" facebook page)

2010 Run With Scissors Marathon and Double Marathon.



The fourth annual Run With Scissors trail runs were held October 31, 2010. Both runs started at 5:30 AM at the historic Ledges Shelter in the Cuyahoga Valley National Park. Ninety runners lined up for the cross country style start, joining the handful already on the course taking advantage of the early start option. Light winds and temperatures in the high thirties greeted runners as they made the rocky descent from Richie Ledges leading to the Kendall Hills. The temperature would climb into the low fifties as the race progressed. Perfect trail conditions prevailed on the entire course for the duration of both events.

Vertical Runner owner and race sponsor Vince Rucci took the early Marathon lead and never looked back. Vince seemed to get stronger as the race progressed finishing in 3:17 and was never challenged for the win. Vince has been on a tear lately, winning the Punxy Groundhog Fall Classic 50 K in near record time and having a strong finish at Towpath Marathon a few weeks before RWS.

The women's Marathon race was again dominated by last year's winner Beth Woodard's 3:37 effort. She finished a strong second overall in the Marathon. Last year Beth was hampered early by the lack of an adequate light for the first two hours of the run and was off course for some time on the Perkins Trail. This year, armed with a new headlamp, she was again hampered when that light was unable to withstand contact with the ground on Perkins Trail. Beth waited for the next runner and was able to

continue after only a slight delay. It may be a bad day for the men if she ever goes unscathed through the early miles of the run as she has the potential to take the overall Marathon win if things go her way.

Former Double Marathon winner and 2009 WRTR series champion Dave Peterman was third overall and first in the Masters men's division. Dave also helped mark the course and most likely placed the rock that nearly ended Beth's day. Dave was closely followed by men's Grandmaster champ Steve Wilson who also had a very strong run.

Loudenville's Terri Lemke followed up on a good run at the Oil Creek 100 earlier in the month with a first place finish in the Grandmaster female division. Terri was also credited with second overall in the women's Marathon race. She seems to be rebounding well from some disappointing runs earlier in the year.

In an interesting note, Olympic hopeful racewalker Mike Mannozi walked to a respectable 20th place overall in his first Marathon. Mike recently finished third in the USATF 5k Racewalk National Championship, putting him on the US National Racewalk Team.

In his first trail ultra, Jon Brenestuhl's 7:21 effort dominated a strong field for the overall win with a huge one hour and four minute negative split on the second loop. He ran the second loop in 3:17, a time that would have put him in close contention for the Marathon win! Charles Twigg ran second overall to take the Masters men's title with very respectable 8:02 effort.

Constance F. Gardner of Medina Ohio was first woman and third overall finisher in a strong field of runners with a time of 8:10. Connie was stunning in her leopard print cave girl outfit with matching Moben sleeves. The RD awarded her hand rolled cigar instead of a finisher's hat to avoid damage to her perfectly styled hair.

Joe Winch rounded out the top ten finishers for the Grandmaster men's title, edging out last year's winner TJ Hawk.

Tami Rhoades was the first Masters female finisher. She was closely followed by female Grandmaster champ Debra Horn who was making a rare appearance in a trail race. Debra seemed really happy with the magnificent trophy she received for her effort.

There were some very interesting outfits in both events. Runners were encouraged to wear their Halloween best and many did. Steve Reed really did fill out Connie's Bad Water outfit well-so hot! Ssssssssss! Dan "Caveman" Derosha and Kevin "Jailbait" Martin were also seen on the course in costume.

Even the aid station workers were in the spirit of the season as evidenced by the "Beer Girl" passing out Heed and water instead of beer. It is impossible to put on any race without a hardworking dedicated group of volunteers behind the scenes; RWS is no exception to this rule. Theresa Heger and the Covered Bridge gang were on the job before the crack of dawn cheerfully throwing people out of their aid station for many hours. North Coast 24 Race Director Dan Horvath and the Medina County Roadrunners also provided aid and encouragement at Pine Hollow. The finish line staff including Jeff Burke, Kathleen Dickson, and Lloyd "Fools Run" Thomas was ably led by the "Black Fairy" Co Race Director Shannon Miller Fisher. John McCarroll took lots of great pictures that he graciously shares with

all of us. None of this would have been possible without the cooperation of the CVNP, and especially Ranger Carl Dyer and his staff. Our park was beautiful and its trails breathtaking! We hope to see all of you again next year on October 30th for the 5th Annual Run with Scissors.

Roy Heger
Co Race Director, RWS

RUN WITH SCISSORS RACE REPORT

By: Eric Ford



It was a couple of days after the Columbus Marathon, and I was feeling good after it. My legs were just about completely recovered, and I was feeling the cheerfulness and confidence that lasts for days after I run a marathon. Then I saw that

someone was running a trail run that was coming up soon - the Run With Scissors marathon and double marathon. I knew that my plans were very iffy for the month of January, which limited my ability to run the several ultras then, but I could definitely do this one. I was already "trained up" from the Columbus and the picture on the website of the rolling hills sold me.

On Saturday, I had finished packing and went to Achilles' Running Shop to pick up a few extra supplies that I needed before driving southwest to the Cuyahoga Valley National Park's Ledges Shelter to pick up my race packet. I mentioned that I was running this double marathon to one of the clerks, and he said

"... Because one's not enough!"

"Exactly!"

"Do you know why they call it 'Run With Scissors?'"

"I have no idea, apart from the fact that it sounds dangerous."

I thanked him, got my supplies, and headed to the Ledges shelter. I arrived that afternoon and picked up my race packet. I had asked Sharon, who was passing out the race packets how many times she had run this route. "Too many," she replied. I decided to leave my drop bag at the farthest aid station - Covered Bridge. Sharon asked me if I was going to be camping there at the Ledges Shelter. If I had known that were an option, I would have, but as it was, I had already made a reservation for a room and didn't have my camping gear. Maybe next year. There was a small network of trails near the shelter that I got to walk. There were a lot of families out for walks also, and I noticed that the trails were well marked, but steep and rocky. I had decided earlier to play it safe and walk steep uphill like this. Afterward, I headed back to the car, and absolutely stuffed myself with eggplant and spaghetti at a small Italian restaurant. I couldn't help but admire the beautiful

landscape of Peninsula. Strangely enough, one of the songs that were playing in the background at the restaurant was "Nice 'n Easy" - exactly my strategy for dealing with the hills I was sure to have to climb. I checked into the motel, and turned in early.

The next morning, I went through the usual "long run" routine to prepare for the coming hours. It was mentioned yesterday that there was a group that was leaving at 4:00 AM, but I decided then that leaving at that time wouldn't be a good idea since I didn't have a headlamp. The Ledges Shelter was packed, and both fireplaces had fires going. Some of the runners wore costumes, since it was Halloween. There was an accident on one of the roads coming in, so the second start was delayed a half an hour. Some of the runners there had either run Badwater or were pacers for it, which was very impressive! There was even an Olympic hopeful race walker. When the time came, we all lined up on the starting line - about 50 headlamps shining out into the darkness while I did some final stretches. After the start, they all coalesced into a stream of lamps as we took off through the field and along the trail that led into the woods. I had to stick with some other runners since I didn't have a headlamp of my own. "Note to self: Get a blasted headlamp!" It stayed dark for about an hour and a half, it seemed, during which I spilled once. I ran conservatively as far as pace. My shoes got soaked in the mud at a dark brook crossing, though, which made me worry a little about blistering, though I never have any problems with that. I thought that it is probably only a concern when your feet are constantly exposed to water. It was a sight to see all the headlamps streaming above and below me as we traveled through the ravines in the dark. It was still dark when I reached the first aid station. I got a drink and some electrolyte tablets since my right leg threatened to cramp during the Columbus Marathon and a couple of energy gels, thanked them, and took off into the darkness again. We plunged down a huge grassy hill after the aid station, and then climbed over another to get back into the woods.

I was very impressed about how well the course was marked. Roy had said before the race started that there would be plates marking the directions to take and hundreds of hot pink streamers hanging from the trees with reflective sequins on them, and there were. There was always at least one streamer in sight. The group I was running with got a little turned around once, but we didn't go far off course, since we knew we would see streamers if we were on the right path. We got back on track before long, though at daylight we dispersed. After a long way through the woods, I finally saw some signs of civilization and made it to the Covered Bridge aid station, where I got some drink and tablets and was given my pair of scissors. At the end of the five mile loop, I encountered a man who I had seen pointing the direction to go when I entered the loop, who asked me if I had my page. I froze. "My page?" Would I have to backtrack a few miles to get it? He said to take a page from the book by the skeleton at the end of the loop. "Whew!" I only had to backtrack a couple hundred feet. I saw the book, "Erich Fromm - The Anatomy of Human Destructiveness," - grabbed the page, and headed back to the covered bridge. Hmmm... Erich Fromm - the same initials as mine! Spoooooooky! The volunteers were reading the pages as they came in. "It looks like mine's about Darwin, evolution, and natural selection," I said. "Oh, well maybe it's a good thing we're throwing them in the trash when we're done with them," one of the volunteers said. I just shrugged my shoulders. I didn't have time for

a discussion. I grabbed some goodies, thanked the volunteers, and took off again back into the woods. The Pine Hollow aid station was a welcome sight when I had finished climbing the two enormous hills to get back again. I showed them my number like I had at the other aid stations, grabbed a few more goodies, and made the short journey back to the Ledges shelter. I knew I was getting close when the rocks started appearing again. When I arrived back, Roy, Sharon, and a few others greeted me and asked if I would be going back out. "Oh yeah!" I replied. How could I not? It was such a beautiful run, and I was in it all the way. I wasn't even anywhere close to half dead yet!

On the way back out, I encountered a few people finishing up. I let them know they were almost there in passing, and continued on. The second marathon distance was similar to the first. There was a section where the grass was so soft it was like running over carpet, and now I could actually see where I was going! By now, there weren't many people on the course, so I rarely saw anyone else except at the aid stations. When I arrived at covered bridge, I broke out a Myoplex that I had in my drop bag and took the customary electrolyte tablets with Gatorade. I was told I could take a pair of scissors if I wanted to, but I could also just tear the page out of the book this time around. I opted to just tear the page out. Some of the hills seemed much steeper, but I made it up them fine. There were still no signs of cramping, which was excellent. I made it back to covered bridge, chugged the other Myoplex and other goodies, and took off again. I noticed that my mouth was very dry, so power bars and pretzel sticks were out of the question. The energy gels and chomps seemed to do the trick to ward off hunger and exhaustion, though. I soon saw the landscape that I told the other runners about when I was heading out for the second time again when I was coming back. I decided to push it, and raced as fast as my legs would carry me back along the path by the woods that I started out on, and back across the field that we ran through in the dark of morning I saw Roy and Sharon with some others waiting for me with a camera. I dropped my water bottle by the road, unzipped my jacket and raced back to the finish with my jacket trailing behind. I crossed the finish line and received a warm welcome back from everyone there. I asked what my time was. "11:18." Wow... I was gone that long? Next time I'll push it a little harder. They offered fresh Minestrone and other foods. I indicated that I needed to get my water bottle by the road, but Sharon went and got it for me. I thanked her, and proceeded to get something to eat, along with my finisher's hat. I am now an ultra runner. I had also now run 3 marathon distances in 3 weekends. My next ultramarathon will be better now that I know I can push it a little harder, and I will have a headlamp if it's dark!

Bobcat Trail Marathon

Saturday, November 7, 2010

Burr Oak State Park; Glouster, OH

Report by Ron Ross

The 2010 version of The Bobcat Trail Marathon sold out in only the second year of the race. That should tell you everything you need to know about this wonderful event. Held at Burr Oak State Park, the course traverses the perimeter of Burr Oak Lake, with some of the most beautiful trail you

will ever find in the State of Ohio. Co Race Directors, Vince Rucci and Brandon Huff, have put together a wonderful event with many outstanding volunteers from the surrounding communities to make this a true gem of an event. Many volunteers were students from the Ohio University taking time out of their weekend to help out any way they can. The very professional and reliable Jim Chaney was present working timing for the event and had immediate results posted in increments throughout the race. All results were posted at www.chaneyevents.com the same evening after the race. The Burr Oak State Park Lodge offers up a wonderful headquarters for the race and many runners enjoyed the weekend by securing rooms, or cabins, for their stay. Many runners were heard saying how beautiful the park is and if it was not for the race, they may have never known the park existed. They know it exists now and many are planning a return trip in the near future to enjoy the area. The course itself is unforgiving. It is very hilly, up and down the entire way, and if you navigate the first few hilly miles with good intentions and eager legs, you may pay for it with more difficult climbs later in the race. The course is very technical with all kinds of roots, rocks, some areas of canted surface, and mostly covered in fall foliage.

Foot placing is very important. If you look up to view the beautiful surroundings, you may find yourself on the ground, looking around to make sure no one else saw you fall. There is plenty of wildlife in the park witnessing everyone's effort on the trails. The gorgeous scenery and the challenge of completing a tough trail event is what attracts runners from all parts of our area to include the states of Arizona, Colorado, and Washington.

This year the temperature at the 7:00 AM start was hovering around the 20 degree mark. Everyone knew the days forecast and were eagerly anticipating a great fall day with lots of sunshine and temperatures reaching into the 50's. Bundled up runners were making their way outside of the beautiful park lodge to hear final instructions and pay tribute with the playing of our National Anthem. A few moments later, everyone was off and running. After a few minutes beyond 8 hours, 158 runners crossed the finish line.

Leading the way was Justin Hayes, 27, from Akron, Ohio, in a time of 3:15:47. The first female finisher was Lee Conner, 37, from Cleveland, Ohio, in a time of 4:17:56. Male master's winner was Cyrus Barucha, 45, in a time of 3:46:35, and female master's winner was Shelly Breedon, 41, from Hudson, Ohio, in a time of 4:30:58. The male grandmasters winner was Mike Price, 51, from Landisburg, PA, in a time of 4:08:56. The female grandmasters winner was Janalee Stock, 56, from Athens, Ohio, in a time of 5:09:02. Age group winners from the 1-29 age category were Tracey Ross, 27, with a time of 4:40:16, and Nicholas Hanson, 28, in a time of 3:51:58. Winners in the 30-39 age category were Kirsten Fawcett-Dubo, 39, in a time of 4:39:16, and Brian Polen, 30, in a time of 3:32:41. Winners in the 40-49 age category were Rita McClelland, 42, in a time of 4:39:26, and Craig Butler, 41, in a time of 3:52:39. Winners in the 50-59 age category were Elaine Schindler, 54, in a time of 5:19:09, and Bob Henery, 57, in a time of 4:10:47. Winning the 60-69 age group was James Miner, 62, in a time of 4:18:48. All finishers can be found at www.chaneyevents.com.

The race swag was unbelievable. The race organizers provided everyone with a goodie bag which included a long sleeve race logo T, a pair of race gloves, and other sponsor related items. In addition to overall winner and age group winner awards, all runners were given finisher awards such as Montrail moisture wicking hats, a Bobcat Marathon logo thermos, and a race finishers tech tee. Also, each runner was given a ticket to attend a free post race lunch held inside the main lodge dining room. On a beautiful fall day in SE Ohio, what more can you ask for in the world of trail distance running. No large crowds gathered inside a street intersection, no shuffling for minutes until you pass the start line, and no problems with traffic and finding a reasonable parking space. Just you, beautiful scenery, a tough challenging trail course, and outstanding volunteers supervised by two distance runners themselves who know what the runner in you is looking for in an event. A must do on your fall calendar for 2011.

See you on the trails.

Western Reserve Trail Running would like to thank Nick Billock for all his time as newsletter editor. Laurie Colon will serve as the new newsletter editor, and you can send any race reports/information you would like to see in the newsletter to colonfamily3@sbcglobel.net. Thank you Nick for all that you have done for our local running community!

Laurie Colon
Western Reserve Trail Running

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