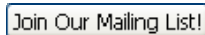


Western Reserve Trail Running Newsletter

Monthly Newsletter

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Visit us online at wrtr.org

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Fools Run - RACE PREVIEW

With registration reaching full capacity, the field is set for the 2011 Fools Trail Run. The third year race will be held on March 27 starting and finishing at Pine Hollow in the Cuyahoga Valley.

No course changes are expected for this year's race. The route remains a diverse 25-km (15.7 miles) loop of the Kendall Lake area of the

Spring Anyone???

March officially brings us spring and I, for one, could not be more grateful.

Of course, we all know a bright, shiny March sun rarely equals a dry, clear trail. What we're most likely to find on our early spring run: mud, slush, muck, snow, slop and ice - icy steps, icy bridges, icy ribbons of trails!

Still, who of us can resist the lure of a long run in the sunshine after our winter captivity? So run free out there, but watch yourself! (and bring extra socks)

Happy Trails!!

Kate Koewler

WRTR Newsletter co-Editor

contact us via [email](#)

Run with Your Heart Trail Challenge - FINAL REPORT by Beth Trecasa

Community. I am proud to be a member of our local running community. My self-appointed membership began the first minute of my first run of my first training plan, now over ten years ago. In my mind, some of the perks of being part of the running community include:

- Newsletters, magazines, message boards, videos, podcasts, and other media focused on running; much of which I find to be educational and often inspirational.
- Running clubs, groups, and training partners, along with the short and long runs, social events, and new friendships that come with them.
- No time or distance qualification standards required. And technically, running is not even required to be a supportive community member-ask some event volunteers about this.
- Friends (or even acquaintances or strangers) willing to wake up ridiculously early or stay up really late to go running or volunteer at a running event.
- Depending on the event, people handing you sandwiches, snacks, and beverages, encouraging you to fuel and hydrate.
- Friendly head nods, hand waves, and greetings galore.
- Supportive whistle-calls, name-cheering, clapping, and high-fives; no difference if it's a personal best or just a best effort.

My development and success as a runner is as much about the community support I have received as it is about my own running. It is in this spirit that I describe the Run with you Heart Trail Challenge as a true community event. How else would it be possible to gather a few hundred people together for a dash through the Cleveland winter snow, if not for the efforts of its community members? It is my hope and

Cuyahoga Valley National Park comprised of the Cross Country, Lake, Ledges, Boston Run, Haskell Run, Pine Grove, and Salt Run Trails. The 50-km runners repeat the entire 25-km circuit.

Plan to get dirty. Seasonal average temperatures, ranging between a low of 30F and high of 55F, combined with muddy conditions are expected on this trail course that features very little pavement. Last year's cold, wet weather did little to deter runners from conquering the trails of Virginia Kendall park. The 2010 event produced 236 finishers, 90 of those completing the entire 50-km.

Out-of-town guests will not want to miss the Ledges Overlook vista near the 10 mile mark at the southern end of the Ledges Trail. After a view across the valley, runners experience a dramatic shift in scenery with a stair descent into the greenery of the Pine Grove Trail.

Near the finish line, the Kendall Hills landscape provides a natural amphitheater to gather and watch the action. Spectators are treated to a special viewing area of the 20-km & 45-km mark where the course passes the sledding hill within view of the finish. Runners who do well will have conserved enough energy for the challenging Salt Run. This final 5-km stretch includes a descent to the valley floor followed by a mile-long climb before reaching the finish line.

Past champions Beth Woodward of Orrville and Mike Ryan of Strongsville are among the strongest field in the race's three year history. Compared to other area 50k races, the Fools Run course records -- 4:25 for men and 4:56 for women -- are likely to be reset once again.

All finishers will earn points in the Western Reserve Trail Running series. New in 2011 is an extended series schedule, including 15 races and separate divisions for "long course" and "short course" distances. For more information on the WRTR race series, visit <http://wrtr.org>.

Click [here](#) for more Fools Run information.

NEO Trail Annual Covered Bridge FA

NEO Trail is sponsoring their annual Covered Bridge Fat Ass at Linn Run State Park, Donegal, PA on March 19th.

This is just about a two hour drive from the Cleveland area (road trip!) and many trails at Linn Run also lead over to the Laurel Highland Trail.

NEO Trail has rented a cabin for both Friday and Saturday nights with bunk space available on a

ambition that event participants experienced clear pre-event and race-day communications, including a better understanding of the [Center for Families and Children](#); supportive group runs; a well-marked course worth coming out for and true to its description; yummy post-event party food and refreshments in comfy cabins; enjoyable goody bag swag, random raffle prizes, and hundreds of event photos and videos; and superb volunteers (and spectators)-ready to be of service, name-cheering and clapping, all while polka music played in the background.

Again, as a runner and as the event's race director, it is my perpetual hope that this was the common experience of all event participants. And while it is technically my charge to report "the results" of the event, I can't help but laud the preparatory and race day efforts and contributions of so many individual people and organizations that made the results possible. The 2nd Annual Run with your Heart Trail Challenge, was held Sunday, 2/13/2011 in the North Chagrin Reservation of Willoughby Hills, and successfully hosted nearly 200 starters and finishers, more than 40 volunteers, crowds of family and friends, and even a couple bandit runners and was only possible because of:

- The guidance and generosity of other race directors who were willing to partner, pitch in, and share lessons learned.
- The willingness of the local cities and the park system that allowed us the opportunity to run the park's trails and use its facilities.
- Runners who volunteered on early mornings, in single digit temps no less, to lead groups of newcomers on a familiarization runs or come with me, "just one more time" to run the course.
- The marketing gurus, event planners, and the like that made plain text look pretty, make ideas realities, and turn things around at the last minute.
- People who weren't afraid to ask for or people who were willing and able to offer donations of beverages, pastries, bagels, bananas, candy hearts, clothing, gift certificate, or other kinds of gear. (Often the greatest donation is just someone's time.)
- The generosity of friends, colleagues, community members, and strangers who were willing to do anything to help and accept titles, such as Party Coordinator, Fire Starter, First Aid Giver, Sign Hanger, Musician Driver, Caboose, Sweeper, Trail Marshal, or Snow Shoveler.
- The patience of my family and friends listened to me plan, panic, revise, and repeat.

The development and success of the Run with your Heart Trail Challenge is as much about the community that makes it possible as it is about those running it. Please join me in recognition of our event partners, [sponsors](#), spectators, volunteers, and [volunteer groups](#), as well as the efforts, results, and new course records of the [8K](#) and [15K](#) participants.

All event proceeds from the Run with your Heart Trail Challenge benefit the Center for Families and Children; a local nonprofit health and human services agency making success possible in school, work, and life for people in Northeast Ohio's most challenged communities. www.c4fc.org

first come, first served basis. There are shower and restroom facilities available. It's a FA, so whatever distance, whatever time you desire!

A nice brook runs by the cabins which might also double as an ice bath!

Click for more details on [NEO Trail website](#) or [Facebook](#) page.

Mohican Trails by Don Baun

There are numerous trails at the Mohican State Park and adjoining Mohican State Forest for the runner.

One of the easiest options of running at Mohican is to share the trail on the mountain bike loop. This is 25 miles of very nice singletrack - big climbs and big downhill. Do NOT wear music while running this loop as this is a very popular mountain bike trail. Access to the mountain bike trail is easy. You can pick up the trail at the Main Campground Parking Lot, by the Campground Office. It can also be accessed from Rt 97, with a large parking lot. The only water stop available will be around the 8 Mile Marker, at the Boy Scout Camp.

Staging out of the Covered Bridge, there are more trails. Follow the white blazes to the Big Lyons Falls and Little Lyons Falls. This is a short (2 miles) although technical (rocky) terrain. You could then follow the white blazed trail to Pleasant Hill Dam, cross the dam, and run back to the Covered Bridge via Pleasant Hill Trail.

Hog's Hollow Trail is a pleasant 2.5 mile mostly uphill climb to the Fire Tower from the Covered Bridge.

At the very back of the Campground at the Covered Bridge, you encounter the Hemlock Gorge Trail, 2 miles. This ends at the very back of Campground "A". Hemlock Gorge Trail is technical, with rocks, routes, right along the river. You could then continue on the Mountain Bike Trail, or take the North Rim Trail (hilly) over to the front of the campground.

Maps: [Mohican State Park](#), [Mountain Bike Trail System](#), [Mohican State Forest](#)

Of course, with the Mohican State Park and Forest being the home of the Mohican 100 Trail Race, there are many routes available that have served as "race course" in the past. One of your easiest bets is to get together with some Mohican runner veterans and let them give you a tour!



Trail Runner Spotlight: Sandi Nypaver



1. To start off, tell us a little about yourself outside of running:

I recently graduated college in December with a degree in Social Science, emphasizing on youth and unequal education. Thankfully, I got a job where I will be able to attack the problem of the achievement gap in schools through Teach for America. For at least the next two years I will be teaching Early Childhood Education in Colorado. While I am extremely happy that I got placed in Colorado, it is still quite upsetting that I will be leaving so many wonderful people, my beloved dogs, and the trails that have continuously kicked my a** the past year. Since I now have to take teaching tests I am currently trying to relearn algebra, chemical properties, and many other things I have not used or thought about since I learned them. I am quickly learning that I am not smarted that a fifth grader. So much for a college degree!

Besides that, I am just working a part time job until I move, reading

WRTR Registration Update

Buckeye Trail 50k

- Saturday, July 16, 2011
- Registration now open!
- Click [here](#) for more information

Muddy Paws 10M & 5M

- Saturday, July 23, 2011
- Registration now open!
- Click [here](#) for more information

Burning River 100

- Saturday, July 31, 2011
- Registration now open!
- Click [here](#) for more information

Shatter the Silence Trail Run

- Thursday, August 18, 2011
- Registration now open!
- Click [here](#) for more information

Leave No Trace Half Marathon

- Sunday, November 4, 2011
- REGISTRATION OPENS 5/1/11
- Click [here](#) for more information

YUT-C 50k/25k

- Saturday, September 17, 2011
- Registration now open!
- Click [here](#) for more information

Towpath Marathon & Half Marathon

- Sunday, October 9, 2011
- Registration now open!
- Click [here](#) for more information

Run with Scissors Marathon & Double Marathon

- Sunday, October 30, 2011
- Registration now open!
- Click [here](#) for more information

Cat Scratch Trail Run

- Saturday, November 5, 2011
- REGISTRATION OPENS 4/1/11
- Click [here](#) for more information

Bobcat Trail Marathon

- Sunday, November 6, 2011
- REGISTRATION OPENS 4/1/11
- Click [here](#) for more information

Salt Fork 10 Mile Trail Challenge

- Saturday, December 3, 2011
- Registration now open!
- Click [here](#) for more information

Bigfoot 50k

- Sunday, December 4, 2011
- Registration now open!
- Click [here](#) for more information

tons of books, painting when I get the chance, coming up with my crazy ideas, and trying to enjoy the time I have left with family and friends. I volunteered a lot during college so I'm hoping to get back into that as well....if anyone has an idea let me know!

2. You have an impressive list of trail running accomplishments, what prompted your interest in running ultras:

My first two years of college I played on the women's basketball team. I was really unhappy with the routine of having to practice inside and do the same drills over and over again whenever I was told. Looking back, one of my favorite parts of basketball was getting to train by running outside. I think Rachel (my twin sister) and I both felt we worked so hard and never got much of a pay off. I wasn't happy with what else I was doing in my life either, so I knew I needed a change. I got the idea in my head to start Lake Erie College's only volunteer group Students Making a Difference (SMAD) and asked Rachel to co-found it with me. It doesn't sound like that has anything to do with ultra running, but it has everything to do with how I got started.

I found that it was my passion at least try and make a difference, but something was still missing. In the summer of 2009 I accidentally woke up late one day and decided to turn on the radio instead of playing a cd like normal. When listening to the radio I heard Ray Zahab and Bob Cox (founders of Impossible2Possible) talking about their visit to a running store in Cleveland and about their upcoming youth expedition to the Akshayuk Pass. I looked it up online and saw I missed the application deadline by a day but I decided to try anyway. I poured my heart out in that application and told them about creating SMAD but I still was missing something in my life.

To make it short, I was picked as a youth ambassador and one of the major requirements of being picked was having a want to make a difference in the world. I went on the 10 day expedition with a team of some of the most inspiring people I have ever met, not because of their physical accomplishments, but because of they were sincerely good people. Part of the expedition team included Ray Zahab and Kevin Lynn who are best known for running the entire Sahara Desert but have both won many endurance events. There was also Jen Segger who is a top Canadian endurance athlete. The most well known person on the expedition was probably Marshall Ulrich, ultra legend. I never even heard about ultra running until that trip but as soon as I heard what it was I felt like a spark had been lit. I came back from the expedition, quit basketball, and ran my first ultra (Mohican 100) 9 months later.

3. What running goals have you set for yourself in 2011; which races are you most looking forward to this year:

To beat Shaun Pope (the wonderful boyfriend) running up a hill! (Just kidding?) To be honest I don't think I have ever really thought about what my running goals were this year until this question. It has definitely crossed my mind to get faster and how I am going to do that, but I started running because I loved it and I felt like it made me mentally stronger. Therefore I think my main goal is to keep having fun. It's definitely important to have goals, but I count on running to be the one thing in my life that is uncomplicated. I know I did really well my first year of running ultras, but I never want to run 100 miles and be disappointed if I don't place well. So I think my goal is to just have fun and always try my best. I don't think I could ever get better at running if I wasn't doing it to enjoy it.

Since, I'm moving to Colorado in June with an uncertain schedule I'm having a really hard time planning races. All I have planned so far is

Complete WRTR race and registration information can be found at wrtr.org. Thursday, August 18, 2011

XTERRA Ohio Trail Run Series

The 2011 XTERRA Ohio Trail Run Series will include both a Northern Ohio and Southeast Ohio division.

The Northern Ohio division will include seven (7) races from May thru September.

The Southeast Ohio series will include four (4) races from April thru December.

Click [here](#) for complete race information.



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](#)

2011 WRTR Race Series

NOTE: When results are updated, a notification will be sent via the WRTR [Facebook](#) page and [Twitter](#) account.

[2011 WRTR Series Rules](#)

[2011 WRTR Series Race Legend](#)

[2011 WRTR Race Series Standings](#)

The purpose of the Western Reserve Trail Running (WRTR) race series is to promote regional competition, wide participation in the sport of trail running, foster volunteerism, and to recognize the annual WRTR series champions.

VR Corner

Fools 50k in March (my first 50k...I guess I did things a bit backwards) and then Ice Age Trail 50 miler in May.

4. What's your favorite aspect of running trails, especially ultras:

"I come home to my solitary woodland walk as the homesick go home. I thus dispose of the superfluous and see things as they are, grand and beautiful" -Thoreau

I read this quote in a book and thought it perfectly described how I view trail running. My favorite aspect of trail running is getting the feeling that I'm at home. Home is a place where you should just feel free to be whoever you want and be accepted for it, and I get that feeling from running trails. I now have a huge appreciation for nature -its beauty, its ability to heal, to relax me, give me energy, etc. because of running trails.

As far as running ultras, I love how they push me to be stronger (in training or races). Sometimes everything comes easy and tackling a huge hill or a ton of miles is fun, other times I have to use all the strength I have to just to finish walking up a hill. I think all ultra runners know there are times we just want to lay on a side of a trail and sleep, but then we keep going anyway, one step at a time. Ultra push me to believe in myself in a way I never have. Thus, the creation of Rachel and mine's "I Believe" Run Across Ohio. Not only do ultras push me to believe in myself, but I also have learned ultra runners believe in each other, which is another reason ultras are so amazing.

(On a side note, another favorite part about running ultras is that it is absolutely okay to be out of your mind, drink a beer before a race, be addicted to peanut butter, be seen as cool to have blood all over you, and so much more.)

5. What's your approach to nutrition both in training and during ultras:

Since I graduated college I've been trying (emphasis on trying) to eat "clean", meaning I try to avoid eating processed foods and go for colorful fruits, veggies, whole grains, and healthy fats. It definitely makes a difference on how much energy I have to run and I can wake up without feeling groggy. However, if it's a long run day or a race day Chipotle, peanut butter, ice cream, and lattes are all game just to try and get enough calories back in. My stomach isn't a big fan of heavy sports drinks so I now normally put green tea (I swear by green tea on long runs) and chia seeds in my bottle and then use gels or pills for electrolytes.

6. Is there anything else you would like share:

Yes! First, I always get asked what my tattoo on my ribs says so here it is: "The only limitations we face are the ones we place upon ourselves"

Second, thanks to everyone who has helped Rachel and I to reach our fundraising goal for the "I Believe" Run Across Ohio and/or who supported us along they way. We truly appreciate it and the money is going to some families who really need it!

Northeast Ohio Fit

What are your training plans for 2011? Come run



by *Vince Rucci*

Many times once a person gets into trail running they give up on running roads. They deem roads the unnecessary evil and eliminate a lot of the beneficial aspects of training on the roads. In my opinion, this attitude is a mistake and if at all possible roads should play a role in every runners training routine.

Instances where a runner has chronic pain or injury issues from pavement running are the exception to the rule, but that does not mean that core training philosophies have to be eliminated as well. Runners of all levels and abilities stand to benefit from interval training and/or tempo workouts. These workouts do not have to be grueling or based off of elitist standards. Rather they can be simple and made to be fun so that one is getting all of the benefits from running hard. Interval workouts and tempo runs can occasionally be done on trails, but keep in mind that unstable footing and trail hazards add a potential danger. Hard efforts are best suited for the roads, so maybe we should all just be runners versus a road runner or trail runner.

For more information on tempo runs visit:
<http://www.runquick.com/corcorn/tempo.html>



Vertical Runner
HUDSON, OHIO

For more information about this workout or customized training programs contact Vince Rucci directly at vince@verticalrunner.com

with NEO Fit! Northeast Ohio (NEO) Fit is a marathon and half marathon training group geared toward new runners or those who are looking increase their training beyond the casual 5 miler. Our 24-week training program starts in April and meets in the Brecksville region of the Cuyahoga Valley National Park. If you never thought you could run 13.1 or 26.2 miles, this is the group for you!

Christine Malciut, a member since 2005, has this to share about her experience with NEO Fit: "I originally decided to run in as an "cheap" and "easy" way to stay in shape, with my goal being the ability to run 5 miles. I joined Northeast Ohio fit so I wouldn't be alone in my journey and began by simply showing up and putting one foot in front of the other. As a non-athletic self-proclaimed couch potato, I was in shock every week when I accomplished another personal longest run ever. When I completed my first half marathon, it was the most rewarding accomplishment in my life. I'm sure people think, "Really a half marathon was your most rewarding accomplishment??" Absolutely and here's why. I'm still not athletic and I still often dream of my couch when running yet when you push yourself outside of your comfort zone, you grow - in ways you never imagined. You become a better person. In the last seven years of running, I have taken a challenge and turned it into an opportunity. I've seen walkers run, and runners walk. I've seen injuries heal and runners cross the finish line. I've seen lives change. If you want to change your life, I challenge you to start by simply putting one foot in front of the other - and why not share your experience with others."

NEO Fit provides a fun and non-competitive atmosphere that creates an environment of camaraderie and support from your fellow members and, maybe most importantly, new friends. Come meet Brenda and Lori, co-organizers, on April 9th for a fun run and information about our upcoming season!

Check us out at
www.neohiofit.com
or on Facebook at
www.facebook.com/neohiofit

Feed Your Runner by *Chef Bill Bailey*

Ultra-runners are always looking for a hearty gut-filling meal. We find ourselves eating like we're on an episode of "Man vs. Food". Here is a hearty gut-filling meal that will satisfy your hunger.

Smokehouse Hash

Recipe By : Chef Bill Bailey
Serving Size : 8 Preparation Time : 15 minutes

½ cup onion -- chopped
2 stalks celery -- chopped
½ cup carrot - chopped
½ each red and green bell peppers -- chopped
8 ounces green beans -- whole
2 ounces steak -- diced small *see notes
1 pound hashed brown potatoes
2 ounces canola oil
1 teaspoon granulated garlic
1 teaspoon sea salt
1 teaspoon black pepper

1 tablespoon fresh parsley -- chopped

1. On Medium to heat, heat a nonstick pan. Carefully add the canola oil.
 2. Add the onions, celery, and carrots. Saute for 5-6 minutes.
 3. Add the bell peppers and green beans. Saute for 3-4 minutes.
 4. Add hash browns, cook for 5 minutes.
 5. Add garlic, salt & pepper then add the diced steak.
- cook until the hash browns become crispy then flip over to crisp up the other side.

Source: Chef Bill Bailey's www.playingwithknivesandfire.com

Copyright: Jan. 2011

Start to Finish Time: 45 minutes

Per Serving: 300 Calories; 21g Fat (61.8% calories from fat); 9g Protein; 21g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 285mg Sodium.

Exchanges: 1 Grain(Starch); 1 Lean Meat; 1 Vegetable; 3 1/2 Fat.

Serving Ideas : Serve this hash topped with two sunny side up eggs

NOTES : * Our steak was a wood grilled steak with a lot of smokey flavor that transferred to the dish. If you do not have a grilled steak then you can use pan sear a steak to medium rare. *Vegetarians substitute the steak for portabella mushroom.*

Submit an Article

Are you interested in submitting an article for the WRTR newsletter? Do you know of someone who should be featured in the Trail Runner Spotlight section?

If so, drop us a line at newsletter@wrtr.org and tell us your thoughts.

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

