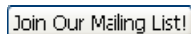


# Western Reserve Trail Running Newsletter

Monthly Newsletter

Volume 4: Issue: #4

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Visit us online at [wrtr.org](http://wrtr.org)

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## Forget the PR - RACE PREVIEW

The 2011 Forget the PR, Mohican 50k & 25k trail run will take place on Sunday, April 17, 2011.



This popular and challenging point-to-point race in Loudonville sold out quickly! We anticipate a highly competitive event with several local northeast Ohio runners looking to fill the top spots.

The 50k starts off at 7:30 a.m. with a 10-hour limit. The 25k runners will begin at 8:00 a.m.

More information including directions, competitors list and previous results can be found by clicking [here](#).

## Fools Trail Run - FINAL REPORT

## Inspiration.

Have you ever noticed that there are just some people who make you a better person just by being around them? They inspire just by their sheer presence. We have a couple of those individuals featured in this month's newsletter. The first is Shaun Pope, the winner of the 2011 Green Jewel 50k and the Fools Run 50k where he set course records at both! Shaun is often found on the trails or working at Vertical Runner. I have seen Shaun in both settings dozens of times. I can honestly say that I have never seen him without a smile on his face or a kind word to those around him.

The other is Nick Billock. Without Nick, the WRTR newsletter would not exist. It is with his hard work that this newsletter is what it is today. Nick has inspired countless runners to take their first steps on the trails or to continue when they feel as if they can't take another step. Nick is our featured runner for April.

As we are making the move towards spring with temperatures finally on the rise, who will you inspire the next time you are out on the trails or talking about running? We are all ambassadors for our sport.

Happy Trails!!

*Brandon Huff*  
WRTR Newsletter co-Editor

contact us via [email](#)

## Green Jewel - FINAL REPORT by Joe Jurczyk

The 4th Annual Green Jewel 50K took place on March 5. Shaun Pope set a course record, winning in a time of 3:32:47. Lee Conner took top female honors (6th overall) in 4:09:30.



87 runners finished the race. The point-to-point course starts near the Marina at Scenic Park in Rocky River and finishes at Oak Grove Picnic Area in Brecksville. The entire course takes place in the Cleveland Metroparks with most of the course (~26.5 miles) on the asphalt All Purpose Trail and the remaining 4.6 miles on the road.

Though a road closure due to a salamander crossing near Oak Grove threatened the race, rangers were able to open the course and provide access to the parking lot at 5AM for runners as well as the bus that provided transportation to the Start. There was no snow to deal with during the race, but cold rain was another story. Thanks to heavy downpours during the race as well as the week leading up to the race, runners encountered many water crossings (even though the course never goes through any streams or rivers). Just past the first aid station at Lorain Rd. runners were greeted by a three foot deep "puddle".

Later, at the ford near Eastland Rd. another two foot-plus water crossing on the All Purpose Trail could be found, a crossing which Art Moore described as 75 steps long.

Complete results are located at <http://www.greenjewel.org>



Shaun Pope eclipses course record by 26 minutes.

Crisp air, clear skies, and a competitive field produced two record performances by Northeast Ohioans at the [2011 Fools 50k Trail Run](#).

Twenty-two year old Shaun Pope of Hudson, second-place in 2009, reset the course record by 26 minutes with a finish time of 3:59:02. Jonathan Hastings of Grove City, winner of the 2010 Fools 25k, also bettered the old CR with a time of 4:17:30.

Twenty-two year old Sandi Nypaver of Parma Heights, winner of the 2010 Mohican 100 and Grindstone 100, led all women in 4:42:27 and a course record by 14 minutes. A close race developed as three women -- Liza Canowitz of Albany, Nypaver, and Lee Conner of Cleveland -- arrived at the halfway mark within 95 seconds of each other and defending champion Beth Woodward another minute back. Meredith Hale of Westlake rounded out a quartet of ladies to beat the previous 50k CR.

Justin Hayes of Akron (1:55:34) and Sarah Lopienski of Columbus (2:20:05) claimed victories in the 25k race.

In all, 162 runners completed 25-km and 116 finished the entire 50-km.

The strong community of NE Ohio trail and ultrarunners was on full display as nearly 90 volunteers stepped up during race week and race day to make the Fools Run happen. A huge THANK YOU to everyone who gave part of their day.

Click [here](#) for full results.

## WRTR Registration Update

**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**

Next year's Green Jewel will be held on March 3, 2012 and will have an increased limit of 125 runners.

## Trail Runner Spotlight: Nick Billock



### 1. Tell us a little about yourself outside of running.

I live upon a 3-legged stool of sorts. One leg is my family (married now for nearly 19 years and have 2 little girls), another leg is my civilian job as a social insurance specialist with the Social Security Administration at the Canton, OH field office, and finally, my "part-time" job as a Navy Supply Officer in the U.S. Navy Reserve. After serving on active duty for 10 years, I returned to serve and eventually retire in the Reserves. Balancing this stool is a daily challenge but one that I have the full support of my family and friends to keep in check and keep the stool standing upright.

### 2. What brought you to trails?

Back in 2006 or so, I was meeting the Vertical Runner group down in Peninsula for Saturday morning runs. I had become a "regular" and one day, they insisted on heading onto the trails. I was not happy and had no interest in dirtying my clean road shoes on the dirty trails. Who would? I reluctantly gave in and ended up falling in love with them. From then on, I only ran a few more marathons and instead, focused on my new love of the trails and ultra-running.

### 3. What do find most rewarding about trail running?

The ability to totally disconnect mentally with the outside world is priceless. Nature, the birds singing, the streams flowing, the seasons changing, and thanking God for providing it all so perfectly. To immerse myself in it for hours on end has no match that I have found and it serves as the ultimate escape from the rapid pace of life that I and the majority of people I know live.

### 4. What's your approach to nutrition?

I believe in fueling your body with what it needs to perform. To identify this, you can read and research for hours on end. However, you need to have trials and "practice" nutrition to identify what works best. This is most applicable in ultra-running. You can't tackle a 50 or 100-miler without testing your nutrition plans or you'll most likely leave a lot of your newly found food trailside in a pile. On a more practical, black-n-white note, I stay away HFCS (high fructose corn syrup). It's garbage and should be treated as such. I also shy away from anything enriched like white rice, white breads, snacks, crackers, etc. I stick to whole wheat products and those products that don't contain HFCS. I also focus on a high water intake. You won't see me without my aluminum water bottle. It goes everywhere with me and is used and refilled multiple times a day. I also think the more natural and raw your diet can be, the better. Nature has all the ingredients right there for us and they are best when unaltered and

- 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

#### Bobcat Trail Marathon

- Sunday, November 6, 2011
- Registration now open!
- 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

Complete WRTR race and registration information can be found at [wrtr.org](http://wrtr.org).

## 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

destroyed. Personally, I need to do a better job at this and learn more.

### 5. What race are you most looking forward to in 2011?

I am taking a hiatus away from trail running and running in general in 2011. I will still run but no planned races. The Navy will be keeping me very busy this year which will interfere with all of my favorite races (ie: Burning River, Oil Creek, BT50K, Fools 50K, YUT-C, and the Bobcat Trail Marathon). However, I have penciled in Bigfoot this December. I'd sure like to make that one.

### 6. Is there anything you'd like to share with runners just starting out on the trails this year?

To start trail running, you really need to just step out and give it a try. It doesn't look attractive from the outside looking in. Once on the trails, though, you will fall in love with them. We also live in an area that is abundant in the quantity and quality of trails. They are all over the place and completely free and waiting for us. If you're new, join some groups on Facebook, follow the Vertical Runner and NEO Trail message boards, and grab an issue of UltraRunning Magazine and look for events. We have a LOT of events from 5 miles to 100 miles right here in central to northeast Ohio. You just need to start looking and reaching out!

## XTERRA Ohio Trail Run Series

The Second Season of XTERRA trail runs in Ohio will kick off at the end of April with the Ecothon 10K Trail Run in Cumberland, Ohio.

This year there are two series: Northern Ohio and Southern Ohio and registration for all races is now open!

Registration for races in the Northern Ohio Series can be done directly at <http://xterra2011.eventbrite.com/>. You can enter races individually or enter the entire Northern Ohio series - all seven races - for only \$185! That series entry will also get you a special series hoodie!

Registration for races in the Southern Ohio Series must be done separately for each individual race. Links to each of the races is available at <http://www.xterraohio.com> by going to the links on the "Southern Ohio Series" menu.

#### NORTHERN OHIO SERIES

- 5/28 - Vulture's Knob 15K (Wooster)
- 6/11 - Hampton Hills 10K (Akron) - NEW
- 6/26 - Chapin Forest 8K (Kirtland)
- 7/9 - Mohican Trail Run 19K (Loudonville)
- 8/6 - Girdled Road 10K (Concord Twp) - NEW
- 8/27 - Oak Hill Trail Run 8K (Boston Twp)
- 9/4 - Leave No Trace Half Marathon 21K (Peninsula)

#### SOUTHEAST OHIO SERIES

- 4/30 - EcoThon 10K Trail Run (Cumberland)
- 9/11 - Strouds Run Trail Run 10M (Athens)
- 10/1 - The Barkcamp Race 13.1M (Belmont)
- 12/3 - Salt Fork 10 Mile Trail Challenge 10M (Cambridge)

(Note: EcoThon and Strouds are part of the 2011 series. All 4 races are part of the 2012 series.)

Click [here](#) for additional information.

Find us on Facebook at <https://www.facebook.com/xterraohio>

**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 Long Series Standings](#)  
[2011 WRTR Race Short 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 by Vince Rucci

From veteran to beginner the potential for going out too fast is always a potential hazard. Perfect weather conditions, aspirations for a PR, or just getting in way over your head is easy to do. It is however possible to "pace your race" appropriately and one of the best ways to do this is by utilizing a heart rate monitor. Timex is my brand of choice when it comes to heart rate monitors, but there are other quality brands out in the market place such as Garmin or Polar. Some models of Garmin GPS watches are bundled with heart rate or have the option to add the heart rate feature.

Training and/or racing with a heart rate monitor requires determining your heart rate zones. These zones are easy to calculate once you have your resting heart and max heart rate. Your age and gender will also be taken into consideration. At the very least experimenting with heart rate training will change up your normal routine and will most likely be a great compliment to your training and racing.

For more info on heart rate training visit:

[http://www.runnersweb.com/running/hr\\_calculator\\_new.html](http://www.runnersweb.com/running/hr_calculator_new.html)  
<http://www.livestrong.com/article/153175-heart-rate-zone-training-for-running/>  
<http://www.marathon-training-schedule.com/heart-rate-training.html>



**Vertical Runner**  
HUDSON, OHIO

For more information about this workout or customized training programs contact Vince Rucci directly at [vince@verticalrunner.com](mailto:vince@verticalrunner.com)



## 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.

### Rusted Roots



Recipe By: Chef Bill Bailey

Serving Size: 4  
Preparation Time 10 minutes

Ingredients -- Preparation Method

4 ounces sweet potato -- cubed or wedges  
4 ounces Yukon Gold potatoes -- cubed or wedges  
4 pounds New potatoes -- cubed or wedges  
1 tablespoon Smoked Paprika  
1 tablespoon Black pepper  
1 teaspoon granulated garlic  
1 teaspoon Salt  
1/4 cup canola oil

Pre-heat oven to 400 degrees.

Wash and dry potatoes. Cut potatoes into wedges. Place in a bowl and toss with seasoning and oil. Place on a sheet tray (FOIL) and roast in the oven until golden brown. About 25-35 minutes.

Description: "Smokey Flavored Spuds!"  
Source: "[www.playingwithknivesandfire.com](http://www.playingwithknivesandfire.com)"  
Copyright "2009"

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 530 Calories; 14g Fat (23.5% calories from fat); 11g Protein; 93g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 5 1/2 Grain(Starch); 2 1/2 Fat.

Serving Ideas : Potatoes can be cut into wedges to be served as a finger appetizer with dipping sauces.

## 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](mailto: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](mailto:info@wrtr.org)

