

Western Reserve Trail Running Newsletter

Monthly Newsletter

Volume 4: Issue: #5

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Time to be selfish... Volunteer.



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EcoThon Final Report
by: Gordy Haggard

EcoThon presented by AEP, an XTERRA Trail Run Southeast Series event was held on Saturday, April 30th at the Wilds

Anyone who has participated in a race knows a good volunteer can take the sting out of a bad run with some snacks and a few words of encouragement while giving a gentle push down the trail. They are equally generous and kind to the leaders as they are to those of us bringing up the back. There is no question that volunteers can make or break a race for the runners but what can becoming a race volunteer do for you?

Maybe you're thinking of running your first trail race, volunteering will give you first hand knowledge of what to expect - including various nutrition and hydration methods, trail conditions, and clothing options. Maybe you're recovering from an injury that has kept you away from racing, volunteering can help you keep a check on all your trail buddies. And if you got shut out of a race perhaps volunteering will help generate some good karma towards the next one. (It certainly can't hurt!)

But mostly, it's all about the love, right? And if you love running trail races you better find a way to love volunteering for them. The races you fight to get a spot in and curse when you don't **could not be held without volunteers**. Challenge yourself to volunteer 25% of the races you plan to run this year. If you're looking to run four races, volunteer for at least one. Ten races? Go ahead and volunteer for three. As runners we need to realize that even though trail races are selling out in a few days or even hours - if there are no volunteers then there is no race. Period.

Happy Trails!!

Kate Koewler

WRTR Newsletter co-Editor

contact us via [email](#)

Forget the PR - FINAL REPORT
by: Rob Powell, Kim Love & Jamie Farley

I am sitting here thinking to myself, what should be in a race report? I thought about describing the nearly 3700 feet of climb for



in Cumberland.

As to be expected, the recent rains brought an extremely muddy course. However, race day proved to be perfect with overcast skies and high 50's during the run. Overall winners of both 5K and 10K races had the unique opportunity to have a photo taken with a baby cheetah as part of their prize!

The race saw a spike in participation compared to the past few years, making it the 2nd largest EcoThon in the 13 year history of the event.

[Click](#) for race results and photos.



Mens 5K Winner Dylon Graham
with a fellow runner!

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

- Thursday, August 18, 2011
- Registration now open!

the 50k or 2100 feet for the 25k runners; including Big Ass Hill two times for the 50k. I thought about

describing the cold, early-April river crossing that made runners shutter as the water surrounded their waist. I even thought about focusing on the last minute course change due to the recent rains and trail closings.

I sit here reading the many runner and volunteer e-mails and blogs, reviewing their pictures of me greeting them at the finish line with a hug or hand shake to present their buckle...then it hit me. I knew - they all say it best! After all, our race is about tradition and getting them to go to the next step... to go long!

3rd year volunteer and Ultra Runner Kim Love wrote; a race doesn't begin when you cross the start line. A race begins a few years before.

Where friends are running trails together and the idea of being able to share their trails with others begins. Where new trails are found, and the comment, "well, you can forget about your PR on this one!" is uttered.

Ideas become a solid plan. Mileage is established. Permits are secured. The first race takes place. A success. Year Two follows. Another sell out.

Tradition: the handing down of statements, beliefs, legends, customs, information, etc., from generation to generation, especially by word of mouth or by practice.

Year 3 seemed to be a change for us. It felt like our race matured. Maybe it was the new location, having a conference center with heat, electricity, restroom facilities. It felt like we had come of age. We had a sell out race, and were excited to share a new course with old friends and initiate new friends to our beloved Mohican trails.

You may notice I keep saying "we" and "our". The race is the baby of Rob Powell, the Race Director. When Rob mentioned he was starting this race, and said he needed my help, my answer was yes. Whatever I can do to help Rob with this race, our race, I do. There is a bunch of us that have been with the RD since the beginning. Another tradition. I know what I will be doing around the third weekend of April every year.

I think "our" race has been getting better with each year. There are some veterans of the FTPR race, and then there are folks who ran FTPR for their very first ultra! They sure did not pick an easy one for their first!

1st year volunteer Jamie Farley wrote: Honestly, this race moved me in several ways. I couldn't believe how gracious the runners were toward us. The way everyone bonded and the runners embraced the tough portions of the course with great enthusiasm. All this has motivated me to take the next step and run an ultra. I am running Grand Island trail marathon in the upper peninsula of Michigan in July this year.

Seth Chin Parker making that hand over fist climb in his 50k race!

- 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.

So in closing I can only tell you that it has been an honor being a race director for all of you who come to these trails. The money raised and then donated is a great thing that we ultra runners do for our communities and it makes me happy to be part of it. Thank you to all the volunteers who make this race so great! To the over 200 runners thank you so much!

I am now going to take off my Race Director hat off and put my old trail shoes back on. It is great to be part of such a wonderful race event the past three years however, I am an Ultra Runner and there are new traditions to create.

Race Results:

<http://www.mohican50k.com/>

Facebook page with more photos:

<http://www.facebook.com/pages/Forget-the-PR-Mohican-50k/157495701241>

Note: [Samatha Goresh](#), the Ohio University student who took the picture above will be completing an audio slide show of the Forget the PR, Mohican 50k & 25k documenting the beginning to the end of the race. The presentation will be available in the next few weeks and WRTR will make the link available as well as on the FTPR web site.

Trail Runner Spotlight: Stacy Rhea & Andrea Chisnell

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 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.

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.

Brazilian Grilled Flank Steak

Barbecued meats (churrasco) are served in churrascarias, Brazilian barbecued-meat restaurants, with a salsa-like sauce as an accompaniment. Since hearts of palm show up at every salad bar in these restaurants, we've added them to the sauce to give it a tasty twist.

8 servings | Active Time: 30



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

STACY: I live, eat and breathe health and fitness. My professional career spans 20 plus years helping people from all walks of life improve their health and live an active life. I've had the great fortune to work with two of the leading sports nutrition companies: EAS and MetRX. I have also competed in natural bodybuilding shows. Currently, I am the Director of Public Relations for Fitness Together, a franchise of five personal training studios throughout the greater Cleveland area. I spent four years as the editor of Ohio Sports & Fitness magazine.

ANDREA: In my professional life, I have spent the last 10 years working for Lawson Products, Inc. in Independence, OH as a Manager of Service Operations. Behind the scenes, I co-parent a wonderful 10 year old son and spoil my 3 year old running mate, Bayla, the official Grunt Dog. I was active with the Northern Ohio Chapter of Team In Training for 7 years volunteering as both participant and coach for their cycling teams. With the development and growth of Grunt Girl Racing, I've had to place more focus on GG's, stepping down from my volunteer duties with TNT. I happen to come from an athletic background, playing Division I Volleyball at Central Michigan University, followed by several years playing doubles on the beach to taking up cycling as a recreational sport.

2. What prompted you to start [Grunt Girl Racing](#)?

STACY: The motivation to start the areas only all-women's multidiscipline team is two-fold. First, there was a need. Most teams/clubs have one focus. In today's racing scene, more and more women are entering the running/cycling and multisport arena. Offering a team that does everything from 5Ks to off-road adventure provides a

minutes | Total Time: 30 minutes

Chef Bill Bailey

www.playingwithknivesandfire.com

Ingredients

Steak

- 6 cloves garlic, minced
- 1/2 small hot pepper, such as jalapeño or serrano, minced
- 2 teaspoons extra-virgin olive oil
- 1/4 teaspoon kosher salt
- 2 pounds flank steak

Salsa

- 1 14-ounce can hearts of palm, drained, halved lengthwise and thinly sliced
- 4 medium tomatoes, chopped
- 1/2 cup chopped red onion
- 1/2 small hot chile, such as jalapeño or serrano, minced
- 1/4 cup chopped fresh cilantro
- 2 tablespoons red-wine vinegar
- 1/4 teaspoon kosher salt

Preparation

1. Preheat grill to high (see Broiling Variation).
2. To prepare steak: Combine garlic, hot pepper, oil and salt in a small bowl. Rub the mixture on both sides of steak.
3. To prepare salsa: Combine hearts of palm, tomatoes, onion, hot pepper, cilantro, vinegar and salt in a medium bowl.
4. Reduce grill heat to medium and grill the steak 4 to 6 minutes per side for medium-rare. Transfer to a cutting board, tent with foil and let rest for 5 minutes. Cut the steak across the grain into thin pieces. Serve with the salsa.

Nutrition

Per serving : 215 Calories; 8 g Fat; 3 g Sat; 4 g Mono; 37 mg Cholesterol; 7 g Carbohydrates; 29 g Protein; 2 g Fiber; 341 mg Sodium; 627 mg Potassium
1/2 Carbohydrate Serving
Exchanges: 1 vegetable, 4 lean

greater platform for learning and trying new things.

Second, while I consider myself to be an athlete, I am not the best nor am I the fastest. I don't win races. Most of the time, I don't even place in the top three. Seems that is the criteria to be on a team. I found that to be disappointing and frustrating. Being part of a team is empowering. Creating GGR allowed us to provide the foundation for women to grow, learn, and experience the race scene in a non-intimidating atmosphere.

Since the inception of GGR, we have had several newbie athletes join us. Some had never raced before. During their first year with GGR, the gals participated a variety of road races, several trail races and a few duathlons. This year, they are taking up a notch and preparing for longer distance trail races, half marathons and cyclocross races.

ANDREA: Honestly, we recognized the need for a team encouraging all women of any age, no matter the fitness level, to train and participate in multiple activities and events. The idea is for a non-intimidating environment supporting every effort and personal firsts and bests for many participating. We want to make sure everyone knows, the expectation is to participate, not necessarily win. It's exciting to witness the personal growth, increase in self-confidence and a development of "sisterhood" amongst the team.

3. What is your favorite aspect about running trails?

STACY: My favorite aspect about trail running: It never gets boring. With trail running, you have to be aware of your surroundings, especially your footing. Time goes by much quicker too. You feel alive in the woods. In addition, trail runners are unique people. Unique in the sense that they are competitive, but yet supportive of others. There is a camaraderie among trail runners that is nonexistent in other sports.

ANDREA: The trails offer a sense of peace, energy and physical challenge unlike that of the road. It's a true personal accomplishment to complete a trail run given the trail, it's terrain and distance. You are never bored on the trail and it demands constant attention for not every step is the same or consistent.

4. What races are you most looking forward to this year? What goals have you set for yourself?

STACY: I have two key races this year: BT50K and REV3 70.3 triathlon. My goals are simple: enjoy every moment of training with friends and race day experiences. As long as I cross the finish line, with a smile on my face, it was a successful race.

ANDREA: I simply look forward to competing and training with the team. Spending time training and competing with friends offers a wonderful outlet from your every day. As far as events are concerned, the big event for me is the Buckeye 50K in July. I simply want to run it smarter than last year. If my time is improved, that's a bonus. I plan to

meat

cross-train a little more this year than last, combining my competitive trail season with cycling races and hopefully, adventure races.

Tips & Notes Broiling variation:

Instead of grilling, in Step 1 position oven rack 6 inches from the heat source and preheat broiler. In Step 4, cook steak on a broiler pan under the broiler until medium-rare, turning once, about 10 minutes total.

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.

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>



VR Corner
by Vince Rucci

"Father, Mother, Baby, and Running? How running fits into family life so everyone can stay sane!"

A runner wants to run! We are wired to get in the miles and driven to train. There is no way we could ever imagine our lives without running playing a major role. So when life happens and change is inevitable, it is important that all of us learn to adapt. One of the ultimate life changing experiences is the addition of a baby. This is especially true for runners! Mom and dad can no longer go out for a run when they please and being able to run together becomes almost impossible. A jogging stroller can come to the rescue, but one is still always at the mercy of the baby. So how do father, mother, baby, and running fit into family life so everyone can stay sane? Simple answer is that it just does.

Running stays a part of your life if it is important to you. This does not mean racing every weekend or putting in high mileage training weeks, but rather realizing that running is more influential on our lives than we give it credit for. Life comes at us fast and sometimes we do not even realize how quickly time is passing by. When it comes to running, I always think back to something my 9th grade football coach told me: "Rucci, excuses are like buttholes (he said something else but this is an article about family!), everyone has one and everyone of them stinks!" He was right in his gross yet metaphorical approach to letting me know to suck it up. There are plenty of excuses out there just waiting for us to reach out to snatch one up to use at our disposal. A baby changes your life forever, this statement is not intended to have a negative connotation. It is the most powerful and uplifting experience one could ever imagine. Although at times stressful and confusing, the ability to love, protect, and care for your child is amazing.

Here are some suggestions for getting keeping running part of your life after the addition of baby:

- Run early in the morning while everyone is still in bed
- Ask family and friends to be a babysitter while you and your wife go out for a run
- Get the baby used to being in the baby jogger when they are young...6 months is the minimum suggested age for a jogging stroller
- Learn to be a tag team...one goes out the door for a run and upon returning the other parent goes out for their run
- Take the something is better than nothing approach...you might not be able to go as long as you used to but you can still go!
- Keep your runs close to home...drive time to and from the trails can easily be run time!

So is life harder now than before baby? Of course! Is life over now because of baby? Of course NOT!



Vertical Runner
HUDSON, OHIO

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

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

