

# Western Reserve Trail Running Newsletter

Monthly Newsletter

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## XTERRA Northern Ohio Series Update

Two more XTERRA trail runs in the Northern Ohio Series are in the books.

At the XTERRA Chapin Forest 8K Trail Run in Lake Metroparks in Kirtland on June 26, Kyle Bowman won in 31:25 with Lee Connor taking the Top Female honors in 36:46.

On July 9, the XTERRA Mohican 19K Trail Run was won by Jack St. Marie (1:20:59) and Beth Woodward (1:25:00). Also worth noting, in second place overall, was 13 year-old T.J. Hooks in a time of 1:22:32!

Updated standings for the Northern Ohio Series are available here: <http://www.xterraohio.com/docs/2011NorthernOhioSeriesPoints0712.pdf>

Next up on the XTERRA Northern Ohio Series schedule are the final events in the series:

8/6 - Girdled Road 10K (Concord Twp)

8/27 - Oak Hill Trail Run 8K (Boston Twp)

9/3 - Leave No Trace Half Marathon 21K (Peninsula)

For more information go to the web site <http://www.xterraohio.com> or Facebook group: <http://www.facebook.com/xterraohio> (click "Events").

2012

## Go for the Goal

One of most rewarding aspects of trail running is the confidence and thrill that comes with achieving personal goals; reaching higher mileage, tackling more challenging routes, setting new PRs.

While we receive help through the support of our friends, family and incredible local running community, in the end, the runner is the one taking each step forward and there is a honest sense of pride in acknowledging our accomplishments.

Next time you're out on the trail consider where you started and how far you've come in reaching your own personal goals. Take a moment to feel the joy of it.

Happy Trails!!

*Kate Koewler*

WRTR Newsletter co-Editor

contact us via [email](#)

## Spotlight Runner *Holly Rucci*



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

I'm 27 years old and I work part-time at Caribou Coffee in Hudson, OH. I'm married to Vince Rucci, owner of Vertical Runner, and we have a beautiful one year old daughter, Gianna. We also have two pooches; Sadie and Timber, who share our love of running. I studied Nutrition and Dietetics at Kent State University and spend most of my free time outside or in the kitchen. I love to cook and have taken up an interest in sustainable agriculture. I think it would be great to see everyone grow their own food and learn to cook using fresh, seasonal ingredients.

### 2. What prompted you to begin running trails?

My now husband, Vince, encouraged me to give trail running a try shortly after I started working at Vertical Runner in 2007. I was captivated from the beginning because it reminded me of exploring in the woods as a child. You feel so much more relaxed when you're out there. It's just you and the trail and you're surrounded by the beauty of nature.

## Green Jewel 50K March 3, 2012

Registration is now open for the 2012 Green Jewel 50K that will be held on Saturday, March 03, 2012 from 7:00 AM - 2:00 PM.

The Green Jewel 50K is a running event that showcases the Cleveland Metroparks. Running from the Scenic Park (near the Marina) in Rocky River to the Oak Grove Picnic Area in Brecksville. The point-to-point course is mostly run on the All Purpose Trail (asphalt) with another 5 miles or so on roads.

The early entry fee for 2012 is \$55 and now includes morning transportation from the Finish Line to the Start. More information available at <http://www.greenjewel.org>.



## Help Grunt Girl Racing Shatter the Silence Thursday, August 18th

The second annual STS, a 7-mile trail race is adding a unique twist to the event.

"We are literally giving a voice to sexual assault victims," say Race Directors, Stacy Rhea and Andrea Chisnell.

"We are asking survivors to wear the dark purple race shirt," Rhea said.

Rhea is a survivor, and is the first to wear the purple shirt. It's a bold move, but Rhea says someone needs to do it, why not her.

"When I introduced the idea to the team," Rhea said, "more than five GGs stepped up and said they would wear purple with me. I had no idea we had that many survivors on the team."

For those who want to support the event, and run, you can order a white race T-shirt.

For full details and to register, click here:  
<http://www.active.com/running/peninsula-oh/shatter-the-silence-trail-run-2011>



### 3. What's your approach to nutrition both in training and during Ultras?

I would say that nutrition is very individualized. I have tried a variety of products and have found that no one specific thing is going to work for everyone. I try to stay as hydrated as possible, both on and off the trail, and eat a clean, healthy diet. I have learned what works best for me by experimenting with different products during the long training runs. It's really important to listen to your body to figure out what YOU need at different points during a race. A lot can happen when you're out there for a long time. If you feel good after the run, there's a good chance you must have been fueling smart during the run!

### 4. What's your favorite aspect of running trails, especially Ultras?

I absolutely love that the terrain is constantly shifting. You never get bored when you're running on trails! You have to pay close attention to your footing at all times. I also like that it's physically more challenging than running on the road. Aside from the challenges, there's something to be said about how wonderful it feels to feel so connected to the earth when you're out there for a long time. It's truly amazing.

### 5. Do you have any goals or races you're looking forward to this year?

My target race for this year is the BT50K\*. I have been training for this race since December. I have had some great races this spring leading up to the 50K and I look forward to hopefully setting a new PR.

### 6. Is there anything else you would like to share:

For those of you out there with young children, you know how challenging it is to balance parenting and a training schedule. I knew right after the birth of our daughter that I wanted to train for another ultra, but I felt that I did not have the time to put toward training. I kept putting it off and felt that I ought to be spending that time with my daughter. I finally made the decision that I was ready. After forcing myself out the door for my five days a week of training, I started to feel like myself again (finally). I also became more confident about being a new mom.

It really has paid off and I'm so proud to be setting a great example for Gianna. I have actually had the best running season of my life. One thing that I've learned is that life is what you make it. You can spend all of your time making excuses or you can get up and make your dreams happen. I would like to thank my husband for all of his encouragement along the way and for giving me all the tools I needed to succeed.

*\*Holly had an awesome race the the BT50K - with a 6:06! Way to go Holly!!*

## 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)

## 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!
- Click [here](#) for more information

### Leave No Trace Half Marathon

- Sunday, November 4, 2011
- Registration now open!
- 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).

- 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)
- 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>



## Burning River 100 Update



The Fifth Annual Burning River 100 Mile Endurance Run (BR100) is just around the corner. With 278 entrants at the time of this writing, we still expect to be close to 300 runners when the race starts at 5AM on July 30 at Squire's Castle. The BR100 will once again be serving as the USA Track and Field 100 Mile Trail National Championship and will offer a total of \$10,000 in prize money.

If you are interested in helping out and becoming part of this great event as a volunteer - working at an aid station or the Start or Finish lines, helping mark the course the days before the event or helping at race registration the day before the event - please contact our volunteer coordinator, Suzanne Pokorny, at [suzanne@burningriver100.org](mailto:suzanne@burningriver100.org) or follow the link on the web site at: <http://www.burningriver100.org>.

During the event you can follow the race at our webcast and through our webcast at <http://burningriver100.org/webcast.html> and our new Twitter feed: <http://twitter.com/#!/BurningRiver100>.

You can also ask questions on our Facebook group: [https://www.facebook.com/home.php?sk=group\\_47929771716](https://www.facebook.com/home.php?sk=group_47929771716).

For more information go to the [web site](#) or [Facebook group](#).

## 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](#)

## 2011 WRTR Race Series

Muddy Paws Trail Race - Saturday, July 23rd

**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.

### 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.



The Muddy Paws Trail Races have something for everyone! All events start/finish at Pine Hollow, located off of Quick Rd. in the CVNP. Participants come out to enjoy the trails and support a great cause. Competitive trail runners, first time trail racers, dog lovers, and Humane Society supporters all find a home at Muddy Paws.

The 5 & 10 Mile trail races are challenging and many have stated that this is definitely one of the toughest races around, no bones about it! The 2 Mile Trail Run with your Dog gets a new name this year. It will now be known as **Dexter 2 Mile Memorial Trail Run with your Dog** in remembrance of our dog Dexter who passed away in March.

Please throw yourself a treat and sign up for the Muddy Paws Trail Races! Remember that all net proceeds from Muddy Paws are donated to the Humane of Greater Akron!!! We can always use volunteers at the event as well, so if you are interested in helping out contact [vince@verticalrunner.com](mailto:vince@verticalrunner.com)

For more information on Muddy Paws visit:  
<http://www.muddypawsrun.org>



**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)

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)