

# Western Reserve Trail Running Newsletter

Monthly Newsletter

Volume 4: Issue: #8

August 2011



Follow us on [twitter](#)

Find us on [Facebook](#)

Join Our Mailing List!

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

Brabraqwdfewf3erf3ndo

## IN THIS ISSUE

[2011 Buckeye Trail 50k](#)

[XTERRA Northern Ohio Series Update](#)

[Leave No Trace Trail Half Marathon](#)

[Happy Trails!](#)

[WRTR Event Registration Updates](#)

[Spotlight Runner](#)

[XTERRA Ohio Trail Run Series](#)

[Burning River 100 Update](#)

[VR Corner](#)

[Race Calendars](#)

[WRTR Race Series](#)

## Race Report

**2011 Buckeye Trail 50k**

Kam Lee notches eighth win; Beth Woodward resets course record (again) in four-peat



## Plenty of 2011 trail races to go!

No need to feel depressed about summer coming to an end. Training for a late fall or early winter ultra will help keep you active and focused. [Run With Scissors Marathon and Double Marathon](#), [Bobcat Trail Marathon](#), [Bigfoot 50K](#) and [Waterfalls FA Run](#) will all have you out on the trails enjoying Ohio's peak autumn foliage. The beautiful scenery and cool temperatures will keep you motivated to stay with your running program all the way through 2011.

Time to get out there and experience what trail running in Northeast Ohio is all about!

Happy Trails!!

**Kate Koewler**  
WRTR Newsletter co-Editor

contact us via [email](#)

## Spotlight Runner *Doug Bell*



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

I have been married to my wife and training partner, Laura, for almost 29 years. We have two great children; Spencer will be a fourth-year

Photo by Greg Murray

July has come and gone and so has the 18th renewal of the Buckeye Trail 50-km. The 2011 event was held on July 16 under sunny skies and sweltering heat and for the second consecutive year a course record was broken. Another 151 ultrarunners added their names to the list of finishers of Northeast Ohio's summer classic.

After last year's hiatus from the traditional Oak Grove start-finish line due to construction, the course returned to the usual out-and-back route between the Brecksville Reservation and the Cuyahoga Valley National Park.

During a wet spring season, it was hard to imagine the BT anything less than a muddy, slick mess. But a lack of precipitation leading up to race day presented runners with a bone dry and fast trail. Again. This year marked the fifth consecutive year for unusually dry and fast racing conditions at the BT50K. But clear skies and and quickly rising temperature neutralized any advantage offered by the dry track.

The outstanding performance belonged to defending champion Beth Woodward. With a 15-minute lead at Pine Lane (25-km turn-around) Woodward's run eclipsed her own course record by over nine minutes, finishing in 4:22:48 and fourth overall. In four BT50K starts, Woodward now owns four wins and four of the top five spots on the all-time BT50K record list. Shanna Ailes (4:43:06) finished second place and recorded the sixth best result of all-time. Four-time champion Connie Gardner (4:56:22) finished third in a time ranking tenth all-time.

Top 10 all-time BT50k women:  
Beth Woodward, 4:22:48 (2011)  
Beth Woodward, 4:32:12 (2010)  
Beth Woodward, 4:37:15 (2008)  
Allison Had, 4:39:00 (2005)  
Beth Woodward, 4:42:27 (2009)  
Shanna Ailes, 4:43:06 (2011)  
Connie Gardner, 4:44:00 (2007)  
Shanna Ailes, 4:49:45 (2010)  
Jenn Dick, 4:51:20 (2005)  
Connie Gardner, 4:56:22 (2011)

In the men's race, last year's top three separated early from the field in the second mile. Shaun Pope, second place in 2010 and fresh off personal bests at Ice Age 50 and Western States, led veterans Kam Lee and Mark Godale into the valley. In contrast to last year's come-from-behind win, seven-time champion Lee took control of the race by the Pine Lane turn-around and held on to win in 4:10:54. Godale finished second in 4:13:26 and Justin Hayes third in 4:19:52. Lee's win ranked #14 on the all-time list.

Terri Lemke (5:41:37) broke the women's 50-59 age record, topping Shannon Fisher's 6:01 in '09. Carson Heiner (6:11:13) reset the men's 60+ age record, bettering Daniel Bellinger's 6:25 in '09.

The Buckeye Trail 50-km, with its 18 years of history, has become a real community affair and a grass-roots effort led by Race Director Vince Rucci. An event that originally started as birthday fun now enjoys the help of an army of race-day volunteers.

According to Rucci, "The Buckeye Trail 50K started it all for ultra running in Northeast Ohio" and his goal is "to keep the true spirit alive for ultra running for years to come." Three years ago, Rucci instituted a volunteer requirement for BT50K participants where prior to race day each runner must give at least three hours of service to another trail race. As a result, the volunteer spirit has spread to other area races and Northeast Ohio's reputation for quality ultra-distance events continues to grow.

2011 results:  
<http://www.chanevevents.com/results/2011bt50koverall.txt>

All-time BT50K performance list and searchable database at Realendurance.com:  
<http://realendurance.com/AllTimeList.php?a=C560>

## XTERRA Northern Ohio Series Update

student at Rochester Institute of Technology studying video game design and computer science, Marissa is off to University of Miami in Florida to study marketing and communication (and to get away from the cold). So we are about to become empty nesters except for our two dogs, who also accompany me on many runs. I have owned and operated a coffee bar inside University Hospitals, Java Jive, for the last 18 years.

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

I started serious running in 2001 when I ran the Chicago Marathon. After about a dozen marathons as well as three Ironmans, I started looking for a change of pace. The JFK 50 caught my eye, and when I got in, I started training on the trails. I have been hooked ever since, competing in BT50, YUT-C 50, Run for Regis, and most recently the BR100.

### 3. You just participated in the BR100. What's your strategy to balance work and family life with a high mileage training plan?

An understanding and supportive family is definitely at the top of the list. It helps when your wife also trains for and competes in ultra events. She understands the commitment that is necessary to prepare for a race of the caliber of the BR100. But we also have understanding kids who are used to eating dinner after 9 p.m. and having us putting in long days of training during the weekend. From the business side, I am fortunate enough to have a flexible schedule that allows time for training. I also have a good staff in place that provides a level of comfort when I am away from the shop.

I will be honest, however; the best-laid strategy does not always work. During my preparation for BR, I had to fire one of my employees, which required me to be on site more hours than normal. My espresso machine also went belly up, and that required a lot of after-hours time with the repairman, creating a lot more stress. Bottom line is to be flexible and get ready to do your workouts at some weird times. You better be 100% committed, otherwise you will make excuses not to get your mileage in. And whether you want to or not, just prepare to be sleep deprived.

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

While working out in general has always been a stress release valve for me, being on the trails is even more so. I feel so fortunate to be near the beautiful trail system we have here in northeast Ohio; the hills, the rivers, waterfalls and some amazing views. I don't run with an iPod, but take in all the sounds of nature. I will never forget my night run last month, arriving at the Happy Days parking lot at 11 p.m., turning off my car headlamps, and witnessing the most amazing light show -- put on by the lightning bugs. While it is not the Rockies, I am always smiling when I'm close to nature. Being on the trails also allows me to forget the stresses of everyday life, even if only for a short time. You must focus entirely on the trail in front of you, so much so that you can't let your mind wander or you will quickly be flat on your face.

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

During the months of training, I basically eat what I want, but I do always start my day with a smoothie made up of a variety of fruits and vegetables blended with what I call my superfood boost - a mixture of a teaspoon each of raw cocoa nibs, shelled hemp seeds, flaxseed and chia seeds. It provides many of the required amino acids and nutrients one needs and provides me great energy. I highly recommend it, although it takes me about 20 minutes every night to prepare the smoothie for the next morning.

For the BR, I also tried a new tact and eliminated the sport drinks from my fluid intake. Instead of Gatorade or Heed, I mixed Carbo Pro and electrolytes in water and consumed it along with taking ThermoTabs hourly in the heat. The mixture removed sugar from the liquids and as a result, I had no stomach distress during the race.

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

While you need to get lots of miles on your feet, I also can't stress enough the value of doing core work several times a week. Furthermore, keep a positive attitude while training and especially during the race and most importantly, choose to have fun!

The inaugural XTERRA Girdled Rd. 10K took place on Saturday, August 6 at Girdled Road Reservation in the Lake Metroparks Reservation in Concord, Ohio. Charles Novak (42:41) and Kelly Zaleski (49:31) won the 10K race which included 66 finishers. The course features a relatively non-technical trail, starting at the Southern entrance of the park with a relatively flat terrain before heading towards the more hilly and forested Northern section of the Park.

The Second Annual XTERRA Oak Hill Trail Run will take place on Saturday, August 27 starting and finishing at the Oak Hill trailhead in the Cuyahoga Valley National Park. The 5 mile course is relatively flat - except for a 1/4 mile near the 3.5 mile mark - but features some very technical trail. It's a great race for both the beginner trailrunner, looking for a shorter course, and the experienced one, looking for some challenging trails.

Results for the XTERRA Girdled Rd. race and links to online registration for the Oak Hill run are available on the XTERRA Ohio web site at <http://www.xterraohio.com>.

Updated standings for the Northern Ohio Series will be available here after September 1, 2011:

<http://www.xterraohio.com/docs/2011NorthernOhioSeriesPoints0712.pdf>

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

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").

**Leave No Trace  
Trail Half Marathon  
Saturday, September 3, 2011**

# LEAVE NO TRACE

T R A I L   H A L F   M A R A T H O N

Many of us frequent the roads, towpath, and trails in the [Cuyahoga Valley National Park](#) on a weekly basis. Few of us have had the chance to soak up the challenging and scenic trails that run throughout Camp Manatoc. The Leave No Trace Trail Half Marathon was established, in part, to provide area runners the opportunity to experience these trails first hand.

[www.akronhistory.org](http://www.akronhistory.org) provides some background information about the facility. "Manatoc's rich tradition started even before it opened in June 1932. Karl Butler was physically disabled and confined to a wheel chair, but he had the heart of a giant. While on a trip to California, he visited a Boy Scout camp and envisioned a similar, first-rate camp for the youth of Akron. A few years later, in declining health, he revised his will bequeathing his summer home and farm to the Boy Scouts. Three days later, he died. A stipulation in his will was that the Boy Scouts would have to raise money for buildings, improvements, and additional land. Mind you, the stock market had just crashed and the country was in the midst of the "great depression". Still, Akron's three biggest rubber companies: Goodyear, Goodrich, and Firestone, pledged \$100,000. The good people of Summit County added another \$142,000. A part of Truxell Road was relocated so Salt Run could be dammed for the creation of a 6 acre lake (now drained.) A dining hall was constructed, predominantly out of chestnut, with a capacity to serve 400 hungry youth. Three lodges, a "trading post," and the rustic, fort-like entrance were also built. Today some 4000 Boy Scouts a year still experience "the spirit of Marnoc" (love of the outdoors) said to dwell in the woods of "the high plateau" Camp Manatoc.

The [Leave No Trace Trail Half Marathon](#) is part of a weekend of outdoor festivities led by [331 Promotions](#), a local mountain biking group. 2010 saw the first edition of the race where we shared the trails (and obstacles) with the mountain bike group. Our race leads the weekend starting early Saturday morning. The course follows the mountain bike course as it winds through the woods. There plenty of turns and twists along the way. Runners pass by some of the bike bridges and obstacles along the 13.1 mile route. A long swooping turn towards the finish allows spectators to see everyone finish. Whether you are a novice or experienced trail

## XTERRA Ohio Trail Run Series

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)  
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>



## 2011 Burning River 100 Race Report



The Fifth Annual 2011 Burning River 100 (BR100) is now history. The race, which again served as the USATF 100 Mile Trail National Championship, was won by Dave James in 15:57:43 and Connie Gardner in 19:01:39. The race featured a record number of runners at the Start at Squire's Castle in Willoughby Hills: 278. Of those, 150 crossed the Finish Line in Downtown Cuyahoga Falls within the 30 hour time limit. Thank you to all of our runners, volunteers, and sponsors who have helped to grow the BR100 over the years. More information, including complete 2011 results, are available on the event web site at <http://www.burningriver100.org>.

runner, the Leave No Trace Trail Half Marathon is one NOT to miss.

Join us on race day for this rare opportunity to tackle the trails of Camp Manatoc.

## Happy Trails! By Nick Billock



I remember it vividly as if it were yesterday. Several months ago, I last stepped on a trail and knew it would be the last for quite awhile. I hiked and ran about 6 miles at West Branch State Park in southern Portage County with my 10 year old daughter. It was still cold but Spring was dying to be sprung. Gorgeous sun, beautiful trails, and buds on the trees which would soon blossom. We jumped over streams, stopped to throw rocks across the surface of the cold reservoir, and soaked in everything the trail would give back to us.

For the past several months, I've been a half world away and have only been dreaming of my beloved trails in northeast Ohio. Luckily, we have such a strong contingent of trail runners in Ohio that I've been able to live through them through pictures, online postings of their runs, and through LIVE race day webcasts. From the hills of Oil Creek State Park (home of the Oil Creek Trail Runs) to trail races throughout Ohio, including last month's 5th Annual Burning River 100, I've watched those buds on the trees I saw in March bloom, the Spring rains drench the trails, then the heat of Summer arrive along with its trademark humidity and occasional thunderstorms and lightning shows. Still, the trails thrive and always wait for us. No matter what is going on in our lives, we can "escape" to the trails and all is well for at least awhile. Doesn't it seem like the trails always give us back so much more than just a soft surface to run on? They are magical and never fail!

As August is half over already, schools are about to be back in session, and September beckons, I hope you can find the time to keep heading out to trails wherever you may be. We are so greatly blessed in not only northeast Ohio but all over in Ohio and neighboring Pennsylvania. I will tell you that if you love the trails as much as I do, they bring about a "completeness" when you're on them. Having been without them for several months now, I crave them now more than ever. I often close my eyes and imagine just laying down in the stream crossing about 1 mile from Pine Lane on the Buckeye Trail, or sprinting down Rollercoaster Hill just after the Piano Keys en route to the Boston Store, or standing at the feet of Buttermilk Falls and gazing at the layers upon layers of rock which are thousands of years old while my feet soak in the cold water. On one day, even...July 30th to be exact, I imagined having soaked shoes from standing in the dew-covered grass at Squire's Castle.

I'll see many of you soon and look forward to sharing the trails. If nothing else, meet me the day after Christmas at Lock 29 for the Waterfalls Run. Nothing but fun with friends and a visit to Blue Hen, Buttermilk, and Brandywine Falls. Born 5 years ago out of a desire to celebrate the year and welcome in the new year with friends, the Waterfalls Run has become a celebration of our trails and friendship within our community. I hope you can join us!

You can also read race reports, view race photos and more on our Facebook group page:

<https://www.facebook.com/groups/47929771716/>

Burning River gear, including 2011 technical tees (new item, available now for purchase through August 26), is available for purchase in our online store: <http://burningriver100.org/store/>

Mark your calendars for the Sixth Annual Burning River 100 which will take place on July 28-29, 2012 and will once again host the USATF 100 Mile Trail National Championship. Registration is now open and early entrants can get a discounted entry fee of \$150 through August 20.

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



Top left: women's winner Connie Gardner; Top right: men's winner David James.

Thanks to Eric Lammers & Greg Murray for photos

## VR Corner by Vince Rucci

Muddy Paws Trail Race Recap



Happy Trails!

## WRTR Registration Update

### Shatter the Silence Trail Run

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

### Leave No Trace Half Marathon

- Saturday, September 3 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).

## 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.

It was another great year for the Muddy Paws Trail Races!

The threat of thunderstorms made race day registration turnout out less than normal, but we were still able to donate over \$3k to the Humane Society of Greater Akron! Over the past six years the race has now raised more than \$20k for animals in need! The race meant a lot to me this year since our oldest dog and best running dog, Dexter, passed away this past March. The 2 Mile Trail Run with your Dog was titled the Dexter 2 Mile Memorial Trail Run. My friendship with him and all of the time we shared on the trails is what inspired me to start Muddy Paws, so he will always be remembered!

Links to race results and race photos can be found at <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)

## 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.

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)



Try it FREE today.