

Western Reserve Trail Running Newsletter

Monthly Newsletter

Volume 4: Issue: #9

September 2011



Join Our Mailing List!

Visit us online at wrtr.org

Brabraqwdfewf3erf3ndo

IN THIS ISSUE

[Green Jewel 50k](#)

[XTERRA Northern Ohio Series Update](#)

[The Barkcamp Race](#)

[Bobcat Trail Marathon](#)

[Run With Scissors Marathon & Double Marathon](#)

[WRTR Event Registration Updates](#)

[Race Calendars](#)

[Spotlight Runner](#)

[YUTC](#)

[XTERRA Ohio Trail Run Series](#)

[VR Corner](#)

[Burning River 100 Update](#)

[WRTR Race Series](#)

Green Jewel 50K
March 3, 2012



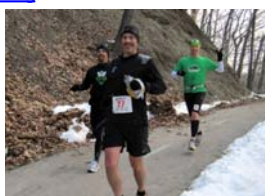
The Fifth Annual Green Jewel 50K will take place on Saturday, March 3, 2012 at 7AM starting at the Marina in Rocky River.

The point-to-point course showcases the Cleveland Metroparks. Runners start at Scenic Park (near the Marina) in Rocky River along the Valley Parkway to the Oak Grove Picnic Area in Brecksville.

The 2011 event was won by Shaun Pope (3:32:47 - Course Record) and Lee Conner (4:09:30).

More information at: <http://www.greenjewel.org>

Note: the fee increases on January 1, 2012.



Share your favorite trail

Runners are creatures of habit. While this is great for keeping on a training schedule it can unfortunately lead to boredom when we stick to running on our favorite trails over and over every weekend.

It's the perfect time of year to discover and explore the vast trails available to us in northeast Ohio. If you have a favorite trail you'd like to share please feel free to email me at the link below with a brief description and photo from the trail. I will feature the trails I receive in upcoming newsletters.

Happy (NEW) Trails!!

Kate Koewler
WRTR Newsletter co-Editor

contact us via [email](#)

Spotlight Runner Melissa Terwilliger



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

My name is Melissa Terwilliger and I am 27 years old. I grew up in Buffalo, New York and lived there until I was 17. From there I moved to Pennsylvania and then to Ohio, achieving degrees in Environmental Science and Biology. When I am not running or spending time with friends and family, I am working as a Wildlife Specialist at The Cleveland Museum of Natural History. I take care of, train and teach people about our collection of over 80 native Ohio animals. Everything from bobcats and otters to eagles and snakes...I love my job!

2. What prompted you to begin running trails?

When I was in middle school my mom suggested that I get involved in something extracurricular. I quickly joined the chorus but that didn't last long (anyone who has heard me sing knows why). Soon after this, a friend tried to convince me to join the cross country team with her. I had never once thought seriously about running before this moment, but the way she described it, it sounded like fun. As I got older I began to LOVE running. I wanted to explore more...most of all, the places cars could not go. I stumbled onto the Buckeye Trail and it opened up a whole new world of running for me.

3. What's your favorite aspect of running trails, especially

XTERRA Northern Ohio Series Update

The final races of the 2011 XTERRA Northern Ohio Series took place on August 27 (XTERRA Oak Hill) and September 3 (Leave No Trace Trail Half Marathon).

Results for both races and all previous races in the series are available at <http://www.xterraohio.com>.

Congratulations to the Northern Ohio Series Champions! Regional Champions are awarded free entry into the XTERRA Trail Run National Championship - an off-road half-marathon to be held in Snowbasin, Ogden, Utah, in September.

You can see the final series results at <http://xterraohio.com/results/2011XTERRANorthernOhioSeriesPointsFinal.pdf>. Thank you for your participation in the 2011 XTERRA Northern Ohio Series! Look for some changes and some additional races in 2012!

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

XTERRA SOUTHEAST OHIO SERIES The Barkcamp Race

Saturday, October 1, 2011
Belpre, OH

Autumn is the perfect time for an Ohio road trip! Why not check out The Barkcamp Race at Barkcamp State Park in Belmont, OH.

This 13.1 mile race in the rugged hills of southern Ohio promises to be challenging and fun with over 2,400 feet of gain.

Registration and more race information is available on their website www.thebarkcamprace.net or contact co-RD Rod Miller at millerrodnev@scbglobal.net.



Bobcat Trail Marathon

"Top 10" Reasons to Run Bobcat



1. If you stay at the Lodge, you take a few steps out the front door to the starting line and your room is only a few steps past the finish line.
2. It is the only permanently marked trail marathon in the country. (Thanks again to Brandon & Courtney Russell for helping us mark the course.)
3. You are running besides a lake at nearly all times.
4. Lunch is waiting at the finish line - included in your entry.
5. Burr Oak State Park has blocked off ALL reservations for their lodge and cabins for us and us alone.
6. No additional fees when registering online.
7. It "feels" like an ultra-marathon. Stocked aid stations with typical aid-station "fare" and it's actually longer than 26.2 miles so technically, you could call it "ultra."
8. Gender specific long sleeve 1/4 zip tech shirt at packet pickup. **NEW IN 2011 - medals to all finishers.**

ultras?

There is so much to love about running trails but I think my favorite part of all is how pure the sport of trail running is in every way. I love the sights, sounds and feeling of nature around me. When I am out on the trails it is not only a time to challenge myself but to reflect on just how lucky I am to be able to live the life that I do. I know whether I am having a good day or a bad day it will only get better after a run on the trails.

4. What's your approach to nutrition both in training and during ultras?

Nutrition when training is something I am constantly working on and trying to perfect. One thing that I have learned is that during training or a race you need to continuously fuel. I am a minimalist (sometimes to the extreme) and for the longest time I thought I could train with minimal fuel and hydration. This was a horrible mistake and although I could do the training on little fuel I was not getting the best out of my workouts/races and was having a hard time recovering. Now I make sure to take in 100 calories after every 30/45 minutes of running and at least 16oz of fluid. It is unbelievable how much it has helped me. It does get hard sometimes, though, especially towards the end of a long run or race to force myself to keep eating and drinking this frequently. "Mind over matter" is something else I am continuously practicing.

5. What has been your most challenging ultra and what did you take away from the experience?

Honestly, all of the ultras that I have completed have been challenging in one way or another and that is what keeps me coming back for more.

However, my most memorable ultra was in the Grand Canyon. My friend and fellow trail runner Melissa Cairns and I headed out to the Grand Canyon last May to meet other runners from around the US in an attempt to run Rim-to-Rim-to-Rim in one day. It was the most amazing adventure that words really cannot describe.

We came back with a sense of accomplishment, lots of laughs and an even better friendship. Trail runners are some of the best people on earth :)

Youngstown Ultra Trail Classic Saturday, September 18

On September 17th, the 7th edition of the [Youngstown Ultra Trail Classic](#) will take place.

YUTC is a low key event where the goal is all about the participants and volunteers enjoying their day in the park. The race has two distances on offer, a 25K, which is already sold out for 2011, and has sold out every year that this distance has been offered, then the signature run of YUTC, the 50K.

The course is mostly wooded single track with plenty of shade along the route. The race winds through Mill Creek Park and goes along all three lakes in the park, as well as some waterfalls and the participants get to cross the Covered Bridge next to Lanternman's Mill as well.

Aid stations are about 4 miles apart for the entire distance, so plenty of opportunity to get rehydrated and refueled during the race.

There will be a minor change for next year, but to all participants this change should be transparent.

This will be the last year that Bob Combs will be the Race Director for YUTC, as he now resides in Colorado. Bob has led this event from its inception through some minor tweaks to improve the race experience to what it is today, a great day spent enjoying the trails at Mill Creek Park.

Next year Jim Harris will step up to the effort to put on the race.

9. Elevation similar to the Buckeye Trail 50K.

10. The course, the people, and the strong sense of "community" amongst the running community. You can see it and "feel it" when you view the pictures from last year.

This race **WILL** sell out. The Lodge and cabins **WILL** sell out. Don't wait another day to register and make your reservations! Anyone wanting to reserve a room at Burr Oak should contact Cathi Jones at 740-767-2112 ext. 402 directly. She will be able to take care of all accommodations.

All WRTR newsletter subscribers can get \$15 off the current \$95 registration by using code BOBCAT2012.

Run With Scissors Marathon & Double Marathon Race Preview

The 2011 [Run With Scissors](#) will be held on Sunday, October 30th.

There have been some minor changes in the course in order to make it closer to a true Marathon (really). Another change is the 8 AM Marathon start, this will reduce the amount of traffic on the trail at the start. The Double still begins at 5 AM which seems early but I want all to have plenty of time to finish in the daylight. You may still drop to the Marathon from the Double and be credited for your Marathon finish. Chef Bill will again be providing great food for all the finishers in both events and the change in start time will allow the Marathon finishers to grab a bite to eat sooner than was the case in the past.

Run With Scissors is meant to be a fun event, as always, costumes are encouraged! We had some great ones last year and I hope you all will outdo yourselves in that regard this year. ALL profits will be donated to various charities and we thank you in advance for your help in that regard. There will also be a 50/50 drawing held to raise additional funds. Last year's winner, Terry Hawk, donated his winnings as have all the past winners.

This year Co Race Director Shannon Fisher will be running in the Marathon. Needless to say that will increase the need for help putting on the event. RWS is a WRTR event and as such helping out make you eligible for series points.

There is still time to enter as the run has not filled yet. As a WRTR event you can expect that it will fill soon, so don't delay. Enter before the end of September and save some money to buy those 50/50 tickets!

Thanks,
Roy Heger/Shannon Miller Fisher
Co RD's, RWS



Marathon & Double Marathon

WRTR Registration Update

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



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>



VR Corner by Vince Rucci

Hard to believe but on September 20th Vertical Runner will be 8 years old!!

Along the way we have always made sure to stick to our core focus of trail running. We pride ourselves on being a store for all runners and want everyone to know that they can find a home at [Vertical Runner](#).

Over the years it has been great to see the trail running boom take off in northeast Ohio. Our store has played a large role in getting more runners out on the trails. Thanks to all of you for your loyalty to our store and to our events! We wish all of you a very prosperous fall racing season!

See you at the store soon...



- 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.

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](#)

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.

Thanks!
Vertical Runner

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

Burning River 100 Race Update



The Fifth Annual Burning River 100 Mile Endurance Run will again serve as the USA Track and Field 100 Mile Trail National Championship. To date, 72 people have registered for the event which will take place on July 28-29, 2012.

More information about the event, including a list of the entrants can be found at <http://www.burningriver100.org>. Also check out our Facebook page at <http://www.facebook.com/groups/47929771716/>



Register and discover how much fun a 100 miler can be!

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

