



# footprints

Bay Area Runner's Club Newsletter

**December 2008**

**BARC NEWS**



Hello fellow BARC members!

I hope that you are all staying warm and safe from all of the snow that we have been getting lately!

Thank you to all who came out and supported BARC in the first Reese Winter Road Race on December 6<sup>th</sup>. The roads were snow covered and a brutal southwest wind was blowing, which kept the wind chill in the single digits. In this series you acquire points at each race towards a prize after the 4<sup>th</sup> race. On this snowy day, there were 72 participants accumulating points. Pete Bartels won overall in the 10K.

Since it is the holiday season, I would like to take this opportunity to thank the people who work so hard with me to get this newsletter prepared and sent out: Linda Flues, Gary Scott, and all of the BARC members who send me information when they get a chance. You all make my job so much easier and I appreciate you!

It is a new month, and we are always growing as a club. This month, I would like to welcome the following new members to BARC: Cathy Ringey (Midland), Kelvin Grant (Alma), David Fackler (Bay City), John Howell (Saginaw), Denise Kayner (Essexville), Mike Wagner (Caro), Nick Lynch (Bay City) and Harry Gabalis (Caro).

As always, please keep the comments, information, and pictures coming my way.

Happy Holidays! See you at the races!

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# BARC Bits

The next BARC board meeting will be held Saturday, December 20 at the Bay Co. Community Center following the BARC Christmas Race. Election of officers will take place at this meeting. Anyone wishing to be considered for any officer position should contact Mallory McCracken, Marty Schultz, or Tony Tusinski. All members are allowed to vote.

On 11/22/08, several club members traveled to Bad Axe to do the Pat Kellerman Memorial Turkey Trot 5K Run and Walk. It was one of the coldest days of the year so far with a brisk wind in the final mile. The 1<sup>st</sup> place prize was a turkey and the following members bagged their turkey: Lisa Fleming, Teresa Martin, Linda Flues, Greg Thomas, Al Gabalis, Jeff VanDusen, Frank Johnson and Leonard Block. 2<sup>nd</sup> place was a pumpkin pie and 3<sup>rd</sup> place was a quart of cider. Several club members got pie and cider. Ted Davenport, Shelley VanDusen, Mallory McCracken, Misty Schalk, Brian Herek, Nick Lynch, Dale Ernst, Reed Swanson, Mike Klosowski, Dennis Meck, Rich LaBombard, Tom Selby, and Mark Vick all competed in the 5K run. Lynette Heinlein and Rod Craig won the turkey in the 5K Walk. Harry Gabalis placed.

Get well wishes to Charlie Keene. We hope you will be back to help with timing and to do all the behind the scenes jobs you do soon. We miss you.

Eileen Kern ran a 5K in Ann Arbor on 9/28/08 called the Big House Big Heart. The race starts outside the U of M stadium and proceeds on the city streets around the campus. The cool part of this race is that it finishes by going through the tunnel and onto the 50 yard line of the U of M football field. As you finish your picture is on the big Megatron screen in the end zone. Around 7,000 runners participated and pizza and cookies were served after the race. All proceeds go to the Mott Children's Hospital and for ALS research.

A large contingent of runners went to Grand Rapids on 10/19/08 to do the  $\frac{1}{2}$  and full marathon. In the marathon, Jessica McKee qualified for Boston with a time of 3:38:17; Jeff VanDusen qualified with a time of 2:59:47; Tim Flues qualified with a time of 3:20:47; Chuck Haertel qualified with a time of 3:25:38; Craig Douglas had a time of 4:32:18; Tony Tusinski qualified with a time of 3:59:08; Scott Peterson had a time of 3:30:36; Ann Gasta qualified with a time of 3:46:59; Pete Bartels had a time of 3:32:27; and Ron Strachan qualified with a time of 3:05:58. In the  $\frac{1}{2}$  marathon, Jennifer Williamson had a time of 2:15:30; Cadia Humpula had a time of

1:40:30; John Metevia had a time of 2:11:23; Lisa Fleming had a time of 1:52:56; Linda Flues had a time of 2:30:42; Lynette Heinlein had a time of 1:53:41; and Sarah Willard had a time of 1:52:55. What was especially nice is that Tammy Taylor, Sam SanMiguel, Chase SanMiguel, Kristi Jeske, Mark Vick, and Tammy Metevia all came and cheered for the group. Also Lisa's parents, Sarah's family, Jessica's family, and Cadia's boyfriend were there for support. Another possible road trip may be planned in 2009.

In the Chicago Marathon, Walt Fitzhugh had a time of 5:08:22, John Buday had a time of 3:54:29, Cindy Tews had a time of 4:30:48, George Lukezic had a time of 6:00:53, Lawrence Keeler had a time of 5:22:23 and Samantha Moelter had a time of 5:31:00. For the second year in a row, this was an extremely hot and humid race and it took its toll on everyone.

The Detroit Free Press Marathon was held on 10/19/08 and the following competed in the full marathon: Michele Gunkelman with a time of 6:35:02; Frank Johnson with a time of 4:07:15; and Stevin Wiederhold with a time of 4:50:47. The following competed in the  $\frac{1}{2}$  marathon: Misty Schalk with a time of 2:27:45; Jason LaFave with a time of 1:16:10; Tiffany Giattino with a time of 2:20:55; and Cathy Ringey with a time of 2:17:08.

Michele Gunkelman recently moved back to the area from Indiana. She currently is the new director of residential life at Saginaw Valley State University and started her new position in August of 2008. Michele is a walker and we welcome her back to the area.

One of our members received the 2008 Lorene R. Fischer Award for Student Nurses at Saginaw Valley. Tiffany Giattino's commitment to community service earned her this award. Tiffany attends SVSU and is scheduled to graduate from the nursing program in May 2009.

At the Brooksie Way  $\frac{1}{2}$  Marathon on 10/5/08, Ann Gasta had a time of 1:40:27; Reed Swanson had a time of 1:39:09; Jane Matthews had a time of 2:50:45; and Bill Rodgers of Boston had a time of 1:39:29.

Mark Vick ran a 10K at Central Lake near Bellaire on 11/1/08 in 68:41. What was unique about this race is there was a mile-long hill which challenged all of the participants.

Mike Suski and Troy Frank did the Big Strides, Baby Steps 5K run in Grand Blanc on 10/11/08. Mike finished in 19:48.

We would like to take this opportunity to recognize one of our members, Alden Burmeister. He has had several health issues this past year and they have reduced his breathing capacity and necessitated the use of oxygen on a regular basis. In spite of this, Mr. Burmeister has competed in several local events and completed them. We wish him all the best for the upcoming year and admire all that he has accomplished this past year.

Are you interested in joining another running club in addition to BARC? Saginaw has just started a local Runner's Club. Check out their website at [www.SCRMI.com](http://www.SCRMI.com) for more information.

A new Runner's store has opened in Saginaw. The store is located on Bay Road between Shattuck and Weiss streets. It opened on November 1<sup>st</sup>. A Ladies' Night was held there on November 14<sup>th</sup>. A great time was had by everyone. There were free foot and neck massages, wine from Cork and Ale, food from the Menu Planner, and lots of promotional giveaways.

On 11/15/08, Mike Klosowski and Mallory McCracken participated in the Undy 5000 5K run in Tempe, Arizona. The weather was pleasant: very warm, but not humid. Over 1200 people participated in the 5K run or 1 mile walk, which was extremely impressive for a first time race. The race was to raise awareness for colon cancer and each participant received a pair of boxer shorts.

A number of BARC members participated in the Run like the Dickens races on December 13<sup>th</sup> in Holly. Members running in the 5K were Andra Stackhouse, with a time of 26:37, Connie Kudrow with a time of 29:02, Mike Klosowski with a time of 24:51, and Leonard Block with a time of 25:53. Jane Matthews walked in the 5K with a time of 41:35. Members running in the 10K were Lisa Fleming with a time of 51:00, Jeff Van Dusen with a time of 40:36, Mark Vick with a time of 1:09:00, Teresa Martin with a time of 49:36, and Lynette Heinlein with a time of 53:40.

If you are interested in a club (iRun) shirt, there are still some left! Linda has 5 small, 3 medium, 3 large, and 5 extra-large shirts left at \$12.50 each. She also has iWalk shirts in the following sizes: 3 small, 1 medium, and 1 large. She will have them at our December 20 race and also at the January races. She also has 11 cotton iWalk shirts at \$5 each.

Don't forget to check the BARC website (<http://www.barc-mi.com>) for race results, a membership form, pictures, and much more!

# BARC Members on the Run



Misty and Mallory at the Turkey Trot on November 22<sup>nd</sup>.



Jeff, Lisa, Shelly, and Rich at the Turkey Trot on November 22<sup>nd</sup>.



Ted (BARC's President) enjoying the post-race refreshments at the Turkey Trot on November 22<sup>nd</sup>.

# Interview with a BARC Member

**Name, age, and where from:**

Teresa, 50, Freeland

**How long have you been running?**

7 years.

**How often do you run each week?**

3 to 4 days.

**Why do you run?**

I love it.

**Do you get the "runner's high?"**

Sometimes.

**Do you run many races?**

Yes.

**What was your favorite run?**

The Capitol City ½ Marathon.

**Do you have any books or magazines that you would recommend?**

Runner's magazine.

**Who (local or a celebrity) do you admire most?**

Craig Douglas.

**What is the most important thing that you would tell a beginner?**

Have fun and don't worry about your times.

**Does your spouse or family approve of your running?**

Yes.

**What do you do to help maintain your fitness?**

I eat foods with iron in them.

**How would you rate BARC or its events on a scale of 1 to 10?**

Nine.



**Is there something that you would like to see changed?**

Yes. I think senior discounts should be offered.

**Is there a favorite place or course that you like the most?**

The Rifle River Recreation Area.

**Do you prefer to train with someone or alone?**

With someone.

**Do you cross train at all?**

No.

**Is running a hobby or a way of life for you?**

A way of life.

**If asked, would you travel and run with a famous person?**

Sure.

**Do you think you will keep running until you can't anymore?**

Yes.

**What are some of your short or long term running goals?**

To keep improving my times.