

# SCRC NEWS

Stoney Creek Running Club

Volume 1, Issue 1  
January 1, 2007

## President's Corner

I want to take a moment to wish all of you and your families a very Happy New Year!!

Runners in general are very goal oriented—to win the race, to set a pr, to set an age group pr..to finish the race!

Whatever your goal is for this year remember that club members are there to help you attain your goal. This was brought home to me in an email that I received from one of our members shortly after the FREEP..she has given me permission to share it with you as I feel that it exemplifies what the members of the club can do for you.

A First Marathon  
My thanks go out to all my close friends and new friends in the Stoney Creek Running Club. I finally ran my first marathon this past October 29th, 2006. Thanks especially to Bobby

who rode the bike from mile 15 to 23 and carried my sport drinks and carried my excess layers of clothing I handed off to him. My friend Mary was waiting at the 23 mile marker to pick me up and help me to the finish line. She kept me going even though I was so tired, hurting and wanting to walk and rest on the course. (Thanks so much Mary.)

Gun time 7:15am and cold at about 34 degrees. The wind was blowing head on through-out most of my race but the sun was a nice welcome even though I forgot my sunglasses.

My goal was to finish under 5 hours. I know that sounds like a long time and it is but 26.2 miles is a long way. I was all trained last year to run the marathon but got a right foot stress fracture 3 weeks before race day. So I was quite determined

to finish the 26.2 miles this year no matter what. And I did. The first 13 miles were done in 2:19. Although I was already tired and my legs hurt I kept going. The wind was unbearable at times but I did finish at 4:59.25.

I Really Did It!!!! I was so tired and sore that the

*"26.2 miles is really a life changing experience."*

reality did not set in right away. But Thursday I was smiling ear to ear and feeling so proud of my accomplishment. What an awesome feeling. I did something I always wanted to do.

26.2 miles is really a life changing experience. Now I know I can do it. I will do another and new challenge. Boston is

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## Bobby Sez

Hi Gang: well, my chili party has come and gone. I'll be doing it again next year so if you didn't get a chance to make it this year maybe next year you can.

On to business. We are at the end of the year so don't forget to renew your membership with the club. If

your information hasn't changed (i.e. new email address or home address) just pay **Michelle** or a board member or better still just mail it in with the attached application.



If you know someone who

might be interested in joining the club please feel free to point them in my direction and I'll communicate to them all the information about the club.

Hoping that you had a merry Christmas and wishing you a happy new year!

-Bobby Schreiber

## Hiking/Walking More to Your Liking??

This past year the SCRC has had the pleasure of getting new members who have offered their time to help diversify the club. SCRC is based on running but at times not everyone is always up for a run. We pride ourselves in giving everyone an opportunity to explore additional activities and remain part of the club. SCRC has members at many different levels and is constantly growing.

Last year **Catherine Serra** joined the club and made a suggestion to add Hike/Walks

during the blistery cold months for a change of pace from running. So whether you wake up and want to run or if you are feeling that



knee, back, back pain etc... you can try hike/walking with other members of the club.

Catherine will be leading hike/walks from the West Branch trails of Stony every Saturday (weather permitting) for the months of January, February and March. Hike/walks will not be held if it is raining. If you are unsure of the weather conditions you can contact Catherine before 9:00am as you brave the cold and head out to Stony. Contact her at [catherineserra@yahoo.com](mailto:catherineserra@yahoo.com) or at 248 495-1630.

January 13th will be cancelled due to a scheduling conflict.

-Jamie DiGrande

## Thanks!!

**Bobby Schreiber** once again put on a great chili party after the Jingle Bell run; this was his sixth and I believe his best. If you ran the race and missed the party you really missed out!! Mark your calendar now to make the seventh on **12/09/07**.

-Pat Roche

## New Members

**Welcome!!!!!!**

We are fortunate to add the following brand new members to our club: Mark & Joann Carlson, Gary & Lisa Drake, Carolyn Henderson and David Rost.

Please make every effort to make them welcome.

## On The Road

If you are going to a race and are looking for someone to share a ride or room with we will be glad to use this column to help put you two to-

## We Remember

If appropriate, we will list members or families of same that are ill or have passed away.



# Secretary's Report

Minutes of the 2nd annual meeting which was held on December 8th, 2006 at the Nardi's house.

Meeting started at 7:40pm. All board members, with the exception of Bob Allen, were in attendance. In addition there were 27 non-board members present.

### Treasurers Report:

\$2,725. has been collected to date for dues and \$827. from shirt sales. Balance after expenses is \$569.99.

### Old Business:

- a) **Joe Baldwin** states that during the year he ordered 210 shirts and still has 37 in inventory.
- b) **Jim Karner** personally bought 13 sweat shirts and has 1 left.
- c) Bobby's chili party will be December 10th 5:00pm.
- d) **Catherine Serra** is leading a hike/walk every Saturday until the end of March. It is at 9:30am at the West Branch site of Stony Creek providing it isn't raining.
- e) Joe mentioned that there may be changes to the water stations next year. details to follow.

### New Business:

- a) Joe Baldwin discussed the men's and women's Olympic Marathon Trials. Anyone interested in going to these events speak with Joe.
- b) **Chrissy** will be leading a snow shoeing group in the near future (check the Alerts if we get snow).
- c) **Jim Karner** discussed the Michigan Senior Olympics which will take place in Rochester and Stony Creek this summer. They are looking for volunteers for the 5 day event...check with Jim Karner for further information. He additionally mentioned that the Sierra Club is putting on a race in April and he is looking for volunteers, again contact Jim if interested.
- d) **Michelle Sebal**y has designed a form for critiquing various races that you may attend. The form will be on the website shortly. Please download it and share with the club what you like or don't like about particular races.
- e) **Kathy Nardi** mentioned that there are still CD's remaining of our Kids Run that took place in July....contact her at 248 656-9116 if you are interesting if getting one.

-Kathy Omilion

## WANTED!!

If you are looking for a running partner for a time not listed on the schedule please contact **Pat Roche** [pm7303@aol.com](mailto:pm7303@aol.com) and he will try to get you in contact with someone.

Or if you would like to e-mail your name, running pace, and time available it will be posted in the next Newsletter under the WANTED section.



## Next Board Meeting

WEDNESDAY Feb. 14, 7 P.M.

### Roche's Home

1920 Smallbrook Court  
Troy, MI 48085  
(248) 828-7303

## Errors and Omissions

I know you will find this hard to believe, but sometimes I make a mistake. In this column I hope to correct them!

## DEADLINE

FEBRUARY NEWSLETTER:  
**01/20/2007**

## Did You Know?

If you have an article or story that you would like to see in the newsletter, please contact **Pat Roche**. We are always looking for an interesting article to include in the newsletter.

# January Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 <i>New Year's Eve</i>	1 <i>New Year's Day</i>	2 5:45 pm Stony Creek (Boat Launch)	3 9:30 am Stony Creek (Boat Launch)	4 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	5	6 8:00 am Stony Creek (Boat Launch) 9:00 am (West Branch) - Hike
7 8:00 am Stony Creek (Boat Launch) <b>BAGEL DAY!</b>	8	9 5:45 pm Stony Creek (Boat Launch)	10 9:30 am Stony Creek (Boat Launch)	11 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	12	13 8:00 am Stony Creek (Boat Launch)
14 8:00 am Stony Creek (Boat Launch)	15 <i>Martin Luther King Jr.'s B-day</i>	16 5:45 pm Stony Creek (Boat Launch)	17 9:30 am Stony Creek (Boat Launch)	18 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	19	20 8:00 am Stony Creek (Boat Launch) 9:00 am (West Branch) - Hike
21 8:00 am Stony Creek (Boat Launch)	22	23 5:45 pm Stony Creek (Boat Launch)	24 9:30 am Stony Creek (Boat Launch)	25 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	26	27 8:00 am Stony Creek (Boat Launch) 9:00 am (West Branch) - Hike
28 8:00 am Stony Creek (Boat Launch)	29	30 5:45 pm Stony Creek (Boat Launch)	31 9:30 am Stony Creek (Boat Launch)	1 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	2	3 8:00 am Stony Creek (Boat Launch) 9:00 am (West Branch) - Hike

## Running Schedule



The winter brings icy terrain to some of the running trails in Michigan, so the club will meet at Stony Creek for ALL of January and February Sunday

runs. On occasion alerts will be sent via e-mail with any changes or additions to the schedules. When spring arrives please share any new trails that might be fun for the club to try. All ideas are always welcome.

### Tuesday\*

**5:45pm** Stony Creek-Boat Launch

(contact: **Pat Roche** 248 828-7303 or Pm7303@aol.com)

### Wednesday\*

**9:00am** Stony Creek-Boat Launch  
(contact: **Jim Karner** 248 651-9627 or jimanitak@aol.com)

### Thursday\*

**6:30pm** Hansons Royal Oak Store  
(contact: store manager 248 616-9665)

**5:45pm** Stony Creek-Boat Launch  
(contact: Pat Roche 248 828-7303 or Pm7303@aol.com)

### Saturday\*

9:30am Stony Creek-West Branch area for Hike/walk on back trails  
(contact: **Catherine Serra** 248 495-1630 or catherineserra@yahoo.com)

**8:00am** Stony Creek-Boat Launch

### Sunday

**8:00am** Stony Creek-Boat Launch

\*The Tuesday, Wednesday and Thursday Runs as well as the Saturday morning hike/walk are subject to change so please call to confirm both the times and locations.

## Upcoming Races

### **01/01/07 Resolution Run**

5K Run & Walk--Lake Orion  
10:00am start  
Contact: Amy Lieblein 248  
693-9742

### **01/13/07 Snowflake Run**

5K/10K Run  
5K Walk  
10:00am start--Flushing  
Contact:  
www.gaultracemanagement.com  
om or 810 487-0954

### **01/13/2007 Portland**

#### **Winter Run**

5K Run  
10:00am start--Portland, MI

Contact:

www.portlandrunningclub.ho  
mestead.com or 517 647-  
7873

*Voted the favorite small race  
in Mid-Michigan*

### **01/27/07 Paint Creek**

#### **Trail 25K/50K**

9:00am start--Rochester  
Contact: Craig Mulhinch at  
248 646

### **02/07/2007 Don's**

#### **Bumper Run**

6 mile run around Stony  
Creek  
6:15pm start  
Entry Fee \$0  
Contact: Don Richmond 313  
227-2866

## Birthdays

### **Happy birthday to the following club members:**

Jason DiGrande, Erika  
Erich, Keith Hanson, Tom  
Borgula, Martin Horneck,  
Sigrid Horneck, Chuck  
Maxwell, Trudy Miller,  
Cheryl Nowacki, Hank  
Osier, Currell Pattie, Mary  
Roche and June Yaeger.

### **An especially Happy Birthday to those members entering a new age group:**

Tom Borgula, Joann  
Carlson, Tracey Rizer and  
Gary Sproat.

### **Belated Happy Birthdays to:**

LeeAnn Bury and Joe Burns  
who were overlooked last  
month due to operator  
error----my sincere  
apologies!!!

## SCRC Board Members

### **Pat Roche** (President)

(248) 828-7303

[pm7303@aol.com](mailto:pm7303@aol.com)

### **Dr. Mike Yates** (Vice

President)

(248) 969-1323

[runyatesrun@sbcglobal.net](mailto:runyatesrun@sbcglobal.net)

### **Michelle Sebaly**

(Treasurer)

(586) 677-9883

[gmsebaly@comcast.net](mailto:gmsebaly@comcast.net)

### **Kathy Omilion** (Secretary)

(248) 608-2601

[katlady1120@yahoo.com](mailto:katlady1120@yahoo.com)

### **Bob Allen** (Newsletter)

(313) 886-4454

[ballen@crain.com](mailto:ballen@crain.com)

### **Bobby Schreiber**

(Membership)

(586) 725-3827

[pm0bms@yahoo.com](mailto:pm0bms@yahoo.com)

### **Joe Baldwin** (BOD at

Large)

(586) 731-0153

[joerun1971@aol.com](mailto:joerun1971@aol.com)

### **Jim Karner** (BOD at Large)

(248) 651-9627

[jimanitak@aol.com](mailto:jimanitak@aol.com)

### **Currell Pattie** (BOD at

Large)

(586) 354-3666

[currellpattie@hotmail.com](mailto:currellpattie@hotmail.com)

### **John Adair** (Webmaster)

(586) 684-8200

[jadair2@adairserves.net](mailto:jadair2@adairserves.net)

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an elite marathon and you have to qualify before you can enter it. My age group says I must finish a marathon in 4:15:59 to be qualified and accepted to run Boston. Some day hopefully I will do Boston! That is my new challenge. For right now I am pleased with myself for running the Detroit Free Press Marathon in 2006.

So anyone even thinking about running a marathon in the future, I will be there to encourage you, support you and even help you stick to your training program. I may not be fast but I am

consistent. An as the saying goes "if I can do it---you can do it". You can only have "ONE" First Marathon. The First one is the best!!! Thanks to all!!! Thanks to Walt and Bobby and all the volunteers for a great water stop too. It was music to my ears...(Kathy Omilion)

Congratulations Kathy... hopefully we both can get to the starting line at Boston shortly!!

As you read the balance of this newsletter note how many different people are contributing to make this club the success it is...pay

attention to another fact--- many of these same people weren't even members this time last year!! I hope this shows how open the club is to your new ideas---please don't hesitate to call or email me if you have an idea that you think other members would enjoy. If the snow ever comes we are planning at least one snow shoe outing and also some cross country skiing...do you have any ideas that you would like to share??

By the way...if you haven't sent your dues in yet please download the app and send it in with your check today....thanks.

## Club Benefits

### **Kraft Chiropractic Clinic**

168 W. Auburn Road  
Rochester Hills  
(248) 299-2620  
(100 yards West of Rochester Road on south side of Auburn Road )

### **First adjustment, exam and x-rays are FREE!!!!**

When you call for the first appointment, mention that you are a member of the Stoney Creek Running Club. That's all that's necessary.

### **Peak Performance Massage Therapy**

Therapeutic and sports massage  
134 W. University, Suite 102  
Rochester , MI 48307  
(248) 941-0194  
PeakPerformanceMI@gmail.com

Jeffrey D. Gaudette specializes in athletic and performance-enhancing massage. As a professional runner with the Hansons-Brooks Olympic Development Project, he has firsthand knowledge of the specific injuries that plague endurance athletes.

Members of the SCRC receive a discount of \$10 off a one-hour session and \$5 off a half-hour session. When you call for the first appointment, mention that you are a member of the SCRC.

### **Hanson's Running Shops**

10 percent discount on all non-sale items; this is in addition to their own discount, which is based on the number of shoes you buy. All you have to do to get the discount is show your club membership card.

### **New Unique Club Benefit**

**Jim Karner** has succeeded in obtaining a special club discount from the Running Gear Stores for those of you living west of the park...as follows:

Running Gear will offer a 10% discount to all SCRC members on all non-sale shoes, wearing apparel and accessories. It is applicable at all 3 stores. You must show your SCRC membership card to obtain the discount.

Locations are:

125 S Livernois, Rochester Hills  
9937 E. Grand River, Brighton  
5390 Dixie Hwy., Waterford

# So You'd Like a SCRC Club Sweatshirt?!

## Sweat shirts with club logo:

We will need a minimum purchase of 12 shirts. The following colors will be considered - White, Grey, Lite Blue, Pink and ..... The thought is that any other colors may clash with logo colors or the logo may not be entirely visible. Several different type

shirts can be ordered. Talk to me about ordering special types from a catalog, which I have. The shirts will be 50/50 cotton, polyester with a minimum of shrinkage.

They will be available for 25 dollars in colors and 23 dollars in White. "Hoodies" will be available at

27 dollars.

If you are interested Please contact **Jim Karner** at 248-651-9627 or email at jimantak@aol.com

When we have enough responses for shirts we will place the order - by the end of January.

-Jim Karner

## Race Results

### Roseville Big Bird 10K

Virgil Johnson 43:58 (pr)

### Birmingham Jingle Bell 10K

Mike Schwedt 46:10 (pr)

### New Baltimore Jingle Bell 5K:

Joe Baldwin 21:24  
Paul Ballinger 18:49  
Clarence Bury 22:12  
Bob Gazda 19:59 2<sup>nd</sup> AG  
Tina Gazda 23:23  
Wayne Hanlon 25:55  
John Hofmann 30:21  
Ann Jacob 30:44  
Virgil Johnson 20:35 (pr)  
Erwan LeLoch 20:29 3<sup>rd</sup> AG  
Holly Mandy 31:09  
Chuck Maxwell 27:50  
Peter Minjoe 23:15  
Maureen McWilliams 26:11  
Jim Nardi 26:15  
Kathy Omilion 30:20 3<sup>rd</sup> AG  
Hank Osier 21:37 3<sup>rd</sup> AG (did full marathon in Huntsville, Alabama the day before!!)  
Currell Pattie 24:41

Mary Roche 30:20 3<sup>rd</sup> AG  
Pat Roche 25:09 1<sup>st</sup> AG  
Rob Roy 27:29  
Michelle Sebaly 20:15 1<sup>st</sup> AG  
Marvin Stevenson 34:42  
Walt Storrs 26:49  
Bonnie Sumner 33:21

**There are probably many results that have not been listed and we'd love to!!**

**Please either call me or e-mail me with the results so that we can share in your successes. (PR)**



## Bagel Hosts

### First Sunday Bagel Hosts

#### January 7, 2007

Paul Ballinger

#### February 4, 2007

Catherine/Jamie

#### March 4, 2007

Lisa Ensign

#### April 1, 2007

Ron Ramaut

#### May 6, 2006

Wayne Hanlon

If you would like to help out with this hosting about once every two years please call me or Bobby and we will include you in the schedule---very little work but really very important and a lot of fun!!

## Thanks!!

Thanks to Tracey and Jeff Rizer for the wonderful job they did in hosting the bagel and coffee/Gatorade social on the first Sunday of December.

# Stoney Creek Running Club

51194 Romeo Plank Rd. #204  
Macomb, MI 48042  
[www.stoneycreekrunningclub.org](http://www.stoneycreekrunningclub.org)



## Currell's Corner

### **BELIEFS**

Over the years since the Seventies Running Boom, a number of cherished beliefs related to our sport have changed. For example, Conventional Wisdom held that, if you waited until you were thirsty, especially during a long, hot race, you waited too long, and that you should have hit the aid station in a preemptive way. In the last few years, though, a few runners actually have died from too much fluid intake during races. This is termed hyponatremia, or low blood sodium concentration, and slower runners doing ultras may be at higher risk. Of course, the risk of too little hydration still is there, and each runner is an experiment of one.

*"if you waited until you were thirsty, especially during a long, hot race, you waited too long"*

And here's another that the

Hansons have championed... most of us don't need to do the Sainted Twenty Miler while prepping for a marathon. In fact, it may be counterproductive; something like 16 may work a lot better. True, ever since Pheidippides croaked after his 490 B.C. run to Sparta, runners, coaches and just plain pundits endlessly have argued how many miles (cubits, back then?), how often, how many weeks, etc. But the Hansons marathon training program has worked for many, and arguably is the first schedule that seriously has challenged the Sunday AM Big Two Oh. The proof is in the pudding, if you will permit a little mixing of metaphors.

Long Slow Distance (LSD) has taken its knocks, too. Running Guru Joe Henderson never meant it to be a complete substitute for speedwork, but a number of runners understood it this way. And a few actually thrived on this system, mainly for the simple reason that they were overdoing the speed stuff in the first place, and (wonder of wonders)

they weren't getting injured any more! The Truth is an artful blend of moderate running and the harder workouts. Mastering that blend for each of us is a personal issue, and an important one at all levels of running. It separates the 2:08 from the 2:09 marathoner, as well as the 25 minute 5Ker from the 25:15 one.

Back to the fluid intake question, and you will like this one...in those prehistoric, pre-Gatorade days, a few marathoners would place spouses, significant others or friends at, say, the 24 mile mark, with a...beer. True. A flat, defizzed one, if you don't mind, and please make it a Stroh's if you're doing the Freep. The idea was that the alcohol got into the bloodstream faster than anything back then. This of course assumes that the person holding the brew didn't get it into his bloodstream beforehand.

- Currell Pattie