

STONEY CREEK RUNNING CLUB NEWS



Stoney Creek Running Club Volume 2, Issue 4
April 1, 2007

PRESIDENT'S CORNER

The pace is quickening within the SCRC as spring starts to unfold. Racing season is beginning as is speedwork the first Tuesday in May. We have members volunteering---to clean up our park, to help put on our first prediction run, to assist at the finish line at the Race for the Cure and to keep kids from getting lost in our second annual "Kids Run."

I have belonged to many organizations and one of the problems that I have noticed is that some 15 people seem to either run everything or do all the work depending on your point of view!! We definitely don't want anyone to think that our club is run by some private clique; however, as you read through this newsletter, note the names of the people that show up for the Board meetings, are officers of the club, volunteer at the various events, volunteer to host the monthly bagel event, and you could come to that wrong conclusion.

I understand that we are first and foremost a running club!! However, in order to create a viable and growing club, we do need volunteers, with over 100 members, all we need is for everyone to volunteer to assist in just one event and that would make us one of the most dynamic, envied and successful clubs in Michigan.

In the following pages you will find several events that need your assistance...please pick the one you enjoy and volunteer-----Thanks in advance!!

I received the following email from a runner who ran with us on Sunday March 11th:

"I had the opportunity to run with your group last Sunday. I am from Burlington Ontario where I run with the Running Room. I had a great run with your club and wanted to thank you for the warm welcome. Everyone was very friendly. I hope to join in again next time I am in the area. Thanks Again Ted".

I want to thank those who made Ted so comfortable---this is the atmosphere that we want to foster in our club and obviously we are succeeding!!

Finally, I want to remind all our hikers that Saturday March 31st is/was the last hike of the season. Hiking will resume in November. This has been a very successful new project and all the credit (and work) goes to **Catherine Serra**. Catherine, I want to offer our sincere thanks on behalf of the entire club!!!!

-Pat Roche



PRESIDENT'S CORNER	1
DR. MIKE'S MUSINGS	2
BOBBY SEZ	2
NEW MEMBERS	2
BIRTHDAYS	2
ON THE ROAD	2
BAGEL HOSTS	2
NEXT BOARD MEETING	3
UPCOMING RACES	3
SECRETARY'S REPORT	3
RACE RESULTS	4
RUNNING SCHEDULE	5
CLUB BENEFITS	6
BOARD MEMBERS	6
CURRELL'S CORNER	7
UPCOMING EVENTS	7

DR. MIKE'S MUSINGS

Volunteers Needed for the Stony Creek Spring Cleanup Saturday April 21.

We will be meeting at Eastwood Beach? (the parking lot on the right just before the boat launch) at 8:30am. Anyone wishing to run before can probably do a loop from the boat launch starting at 7am. Please wear something with the Stony Creek Running Club LOGO so others will see our presence. You may need boots depending where you end up walking. I suggest you bring a pair of work gloves, a few garbage bags and anything else you think you may need.

I have requested that we are assigned the boat launch to the 1 mile mark. Depending on how many volunteers we get I suspect we can finish earlier than noon. All help will be appreciated by the park and of course our club. If interested please email me at runyatesrun@sbcglobal.net or give me a call.

-Mike Yates

NEW MEMBERS

WELCOME

We are fortunate to have the following new members join the club during the past month: Glindon Ashbrook, Karen & Jim DeVleeschouwer, Jeannie McDonald, Martha & Peter Myers and Mary and Joe Robbe. Please make every effort to make them welcome!!

PREDICTION RUN

Upcoming Event - Leave Your Watch At Home

On Thurs., May 17th the club will hold it first prediction run at approx. 6:30 PM at the Stony Creek boat launch.

What is a Prediction Run ??? We will lay out an unfamiliar course of approx. 4-5 miles (exact distance yet to be determined) and participants will estimate how long it will take them to finish.

These estimates will be recorded. The course will be run and finishing times recorded - no wearing of watches allowed!

The percentage difference between the forecasted and actual time will be calculated to determine the winners of the new cars furnished by the club. The run is open to all club members. No age groups, no handicaps - speed is not a factor. The course will be paved path and trails. Exact distance will be disclosed prior to the run.

Volunteers will be needed. Contact me if you are interested.

-Jim Karner

BIRTHDAYS

Happy birthday to the following club members: Lisa Ballinger, Werner Eckardt, Lou Eble, Doug Faulkner, Marty Harrington, Luke Humphrey, Jim Laurie, Jim Karner, Dave Kutcher, Ed Skowneski, Mary Skowneski, Sharon Storrs and Paul Wheeler. An especially Happy Birthday to Frank Lamia, Ron Rabaut and Tonya Rice who are entering new age groups.



BOBBY SEZ

Hi Everyone,
Well it looks like warmer weather is just around the corner.

This also means events that we participate in as a club are also around the corner.

We have the Stony Creek clean up April 21, which Dr Mike captains. We are also planning a prediction run for May.

In June is the Race for the Cure where we help out with the finish line.

July is the Kids race- A date hasn't been decide yet but will be on a Wednesday and probably around the same time as last year.

If any of these events interest you and you feel you may want to volunteer for it. Please contact me and I'll put you in touch with the leader of these events.

Also would like to mention that we are still looking for volunteers for Bagel Sunday. Months August through December are open.

-Bobby Schreiber

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 together. Several of us are going to run the Fifth Third race in Grand Rapids, Rob Roy and Mark Carlson are doing the Flying Pig Marathon in Cincinnati on 5/5,, Pat & Mary Roche are running the Boston Marathon on 4/16 and Kathy Omilion is training for the Bayshore Marathon on 5/26.

BAGEL HOSTS

April 1, 2007

Ron Ramaut

May 6, 2007

Wayne Hanlon

June 3, 2007

Lou Eble

July 1, 2007

Currell Pattie

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!!

-Pat Roche



THANKS

Lisa Ensign for doing a fantastic job with the March bagel and hot coffee/chocolate event. The variety of goodies...bagels to muffins to cookies, candy, and the arrangement of the tables made the occasion all the more enjoyable.



DID YOU KNOW

If you have an article or story that you would like to see in the newsletter please contact Jamie DiGrande, jdigrande@yahoo.com. We are always looking for an interesting article to include in the newsletter.



SHARE YOUR PICTURES

If you have pictures that you would like to see in the next newsletter, please forward them to Jamie DiGrande at jdigrande@yahoo.com. Please don't forget to write the names of the person and/or people in the pictures. Also, don't be shy if you have a story send that too! The more exciting news we read about our member the better the club will be.

ROUTES AT THE READY

Here's something clever to help you family stay fit: a virtual pedometer, which allows you to map out any length route. Go to gmap-pedometer.com and zoom in on the map until you reach your neighborhood (or any location where you want to walk, run or cycle). Then mark your starting point by double clicking on it, following by more double clicks as you trace your route. The tool displays the distance traveled and plants a little flag for every mile covered. (from Better Homes and Gardens March 2006)

WANTED!!

If you are looking for a running partner for a time not listed on the schedule please contact **Pat Roche** 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.

DEADLINE

APRIL NEWSLETTER:

04/22/2007

NEXT BOARD MEETING

**Wednesday
April 11th, 7 P.M.**

Roche's Home
1920 Smallbrook Court
Troy, MI 48085
(248) 828-7303

UPCOMING RACES

Running & Legends

4/6 or 8 mile run thru subdivisions
Speaker: Dick Beardsley
6:30pm Royal Oak Store
<http://www.hansons-running.com>
or Don Jackson 248 616-9665

04/07/07

Flushing Runs
5K & 1/2 Marathon
09:30am Flushing
248 354-1177
<http://www.gaultracemanagement.com>

Continue on page 4

Continued from page 3

April Fools Run
5K 09:00am Clarkston
248 891-6571
<http://www.clarkstonchurch.com>

04/21/07
Sierra Club 3rd Annual
EnviRUNment
4Mile Run/2 Mile Walk
10:00am Kensington Metro Park
248 435-5277
<http://sierraclub.org/community/oakland/run>

Macomb Orchard Trail Run
4.5 Mile 9:00am
Shelby Twp.
586 822-3608
<http://www.macomborchardtrail.com>

Tax Trot 5/10 /15K
10:00am Flushing
248 354-1177
<http://www.gaultracemanagement.com/>

04/28/07
Trails End
5 Mile 09:00am Pinckney
<http://www.gaultracemanagement.com/>

Going the Distance for a Cure
6 Mile Run & 3 Mile Walk Stony Creek
Metro Park 09:30am
Teri Schuller: 248 627-5850 or
www.tntwalkcoach@yahoo.com

04/29/07
Trail Marathon
Marathon & ½ Marathon
07:30am Pinckney
<http://www.gaultracemanagement.com/>

05/12/07
Fifth Third Bank Races
25K and 5K Runs
08:00am Grand Rapids
www.53riverbankrun.com

05/19/07
Healing Hands Run and Walk
5K Run and 5k Walk
09:00am Flint
Contact:810 230-6492 or
www.gaultracemanagement.com

SECRETARY'S REPORT

Meeting started at 7:11pm. Board members not in attendance were Dr. Mike Yates, Currell Pattie and Jamie DiGrande. Club members that attended were Anita Karner, Wayne Hanlon, Holly Mandy, Pete Minjoe, Mary Roche and Rob Roy.

Old Business:

- a) Joe Baldwin stated that the jackets were not a go because of not enough of the selected jackets were available for a club order. It was suggested that we think about looking at team jackets. It would provide a larger selection. He will be checking out the nylon type jacket and will report back at the next meeting.
- b) Sunday hosts for Bagel Sunday are still needed for August through December.
- c) The date for the Stony Creek Cleanup is April 21st. We need and welcome volunteers...contact Dr. Mike or Pat.
- d) The Prediction Run will be the third week of May.(More details later in this newsletter.)
- e) The Race for the Cure is June 16th. We need volunteers to help at the finish line.
- f) Jim Karner is ordering some more sweatshirts. It will be \$27 for a hoodie and \$21 for a crew neck sweatshirt.

New Business

- a) We are setting up a By-Law Review Committee and are looking for volunteers; so far the following have offered their services: Pat Roche, Dr. Mike Yates, Bobby Schreiber, Joe Baldwin, Michelle Sebal and Rob Roy.
- b) Our new club photographers are Rob Roy and already appreciated volunteer—Catherine Serra. Volunteers are always welcome.
- c) There was a discussion as to direct voting on issues by members. This will be reviewed by the By Law Review Committee.

- d) In the near future we will add a new feature for the newsletter. It will be a picture and bio of new club members. Michelle came up with this new idea and Bobby has volunteered to help with the Bio write up.
- e) Our next Board Meeting will be April 11th, again at the Roche's house.
- g) Open discussion: club member Pete Minjoe told us about the Macomb County bike trails. The Macomb Orchard bike trail may be completed by this summer. The Stony Creek to Metro Beach bike trail should be done in 3-5 years. Rob will check out some bike/running trails for us to run on. Details will be available in the near future.

Meeting adjourned at 8:52pm

--Kathy Omilion

RACE RESULTS

03/25/07

Shamrock Shuffle 8K

Jeff Gaudette 24:01 5th overall!!
Clint Verran 24:02 6th overall!!
Ron Rabaut 40:00 PR!!

ING Georgia Marathon

Mark Carlson 6:10:13
(didn't you just do 42 miles in Orlando..Incredible!!)

Please call me at 248 828-7303 or e-mail me at pm7303@aol.com with your results. We all would like to share in your successes. (PR)

April 2007						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:00 am Stony Creek (Boat Launch) BAGEL DAY!	2	3 5:45 pm Stony Creek (Boat Launch)	4 9:00 am Stony Creek (Boat Launch)	5 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	6	7 8:00 am Stony Creek (Boat Launch)
8 8:00 am Hart Middle School 	9	10 5:45 pm Stony Creek (Boat Launch)	11 9:00 am Stony Creek (Boat Launch)	12 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	13	14 8:00 am Stony Creek (Boat Launch)
15 8:00 am Paint Creek Cider Mill	16	17 5:45 pm Stony Creek (Boat Launch)	18 9:00 am Stony Creek (Boat Launch)	19 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	20	21 8:00 am Stony Creek (Boat Launch)
22 8:00 am Paint Creek Duck Pond	23	24 5:45 pm Stony Creek (Boat Launch)	25 9:00 am Stony Creek (Boat Launch)	26 5:45 pm Stony Creek (Boat Launch) 6:30 pm Hansons Royal Oak	27	28 8:00 am Stony Creek (Boat Launch)
29 8:00 am Hansons (Lake Orion)	30					

RUNNING SCHEDULE

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*

8:00am Stony Creek (Boat Launch)

*The Tuesday, Wednesday and Thursday Runs are subject to change so please call to confirm both the times and locations.

Sundays

04/01

8:00am Stony Creek (Boat Launch)

04/08

8:00am Hart Middle School

04/15

8:00am Paint Creek Cider Mill

04/22

8:00am Paint Creek Duck Pond

04/29

8:00am Hansons Lake Orion Store

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.

Running Gear

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.

NEED TO FIND US????

51194 Romeo Plank Rd. #204
Macomb, MI 48042
www.stoneycreekrunningclub.org

BOARD MEMBERS

Pat Roche

(President)
(248) 828-7303
pm7303@aol.com

Bobby Schreiber

(Membership)
(586) 725-3827
pm0bms@yahoo.com

Jim Karner

(BOD at Large)
(248) 651-9627
jimanitak@aol.com

Dr. Mike Yates

(Vice President)
(248) 969-1323
runyatesrun@sbcglobal.net

Jamie DiGrande

(Newsletter)
(586) 360-7192
jdigrande@yahoo.com

Currell Pattie

(BOD at Large)
(586) 354-3666
currellpattie@hotmail.com

Michelle Sebaly

(Treasurer)
(586) 677-9883
gmsebaly@comcast.net

Joe Baldwin

(BOD at Large)
(586) 731-0153
joerun1971@aol.com

John Adair

(Webmaster)
(586) 684-8200
jadair2@adairserves.net

Kathy Omilion

(Secretary)
(248) 608-2601
katlady1120@yahoo.com



CURRELL'S CORNER

Night Moves

Before I retired in '04, I had very strange (to some, anyway) training habits. As in: maybe 75% of my miles were run at night. Pretty late too...almost always after 9:30 PM, and many after 10. Only on the weekends, on holidays, or for races did those Asics see the light of day. We are talking tens of thousands of miles, and it seemed (and seems) utterly normal to me.

It has advantages. You are anonymous observer, and very few are observing you (true, this leads to a safety concern, which we will cover later). It is quiet, not so windy, pollution levels are down, and it is just you and the road. You learn who keeps their Christmas lights on until St Pat's Day. And, if Nature Calls, let's just say the nighttime is your friend. But do find out where the larger evergreens reside.....

Some moonlit, snow covered Michigan nights are so bright that you can read a newspaper, even the small agate type relegated to the U of M's latest basketball woes. On the other hand, the darkest I ever have seen was one memorable UP run in Munising; you literally could not see your shoes.

In the late '70s and early '80s, Shelby Township was semi-rural, and you could run down the middle of 24 Mile between Romeo Plank and Schoenherr, moving over only for the odd car that came by. No longer, of course, so you wind your way in and out of the various subs.

Safety is the byword. Reflectors on your shoes (virtually all brands have them now), same for clothing, and wear light colors, too. If there is traffic, face it, same as you would during the day. Under some conditions, it actually is safer to run at night, since it is hard for an approaching car (a quiet Lexus, maybe) to sneak up behind you, since the headlights are the giveaway. This wouldn't work for Tobacco Road runs in North Carolina, where the moonshine haulers drive with lights off, sometimes. The Feds, you know...And yet another reason to embrace the Michigan running scene.

There's a lot more to noir running, but I'll leave it for you to discover. Sure, it is a bit of a loner thing, and not a top choice for the extremely social SCRCers among us. I'll say one thing, though: running at night by yourself, you look around at the world at rest, and you swear that you own the place.

--Currell Pattie

UPCOMING EVENTS

April

21st Stony Creek Cleanup
Contact: Dr. Mike

May

17th Prediction Run
Contact: Jim Karner

June

16th Race for the Cure
Contact: Pat Roche

July

Kid's Run
Contact: Jim Karner

August

25th Post Crim Party
Contact: Pat Roche

September

Open for ideas!!!

October

21st Marathon Water Stop
Contact: Jim Nardi
27th Bonfire (t)
Contact: Dr. Mike

November

Cardboard Classic Run
Contact: Joe Baldwin

December

Annual Meeting
Contact: Pat Roche
Bobby's Chili Party
Contact: Bobby Schreiber

If you have any ideas, we are only too glad to entertain them...please let any officer or member of the board know and from recent experience you know we will discuss them.