

STONEY CREEK RUNNING CLUB

Volume 2, issue 9



51194 Romeo Plank Rd. #204

Macomb, MI 48042

www.stoneycreekrunningclub.org

September, 2007

President's Corner

Michigan is a great place to live year round but in my opinion you can't beat September in Michigan. The weather is fantastic...you've been running hard all year and now you can see the results...and the kids are back in school!! We will be changing the Tuesday night speedwork starting time shortly to allow for the longer runs and shorter days. As soon as the Hansons let me know I will send out an Alert.

Mark your calendars to reserve the evening of September 27th for the first Stoney Creek Running Club Appreciation Night at the Hansons. There will be pizza and refreshments, lots of camaraderie and additional discounts just for our members. It will take place at the Hanson Utica store at 8:00pm which will give everyone time to finish their run before the fun begins.

Our doc....Dr. Mike is on his way to Bordeaux, Franc to run the Medoc Marathon...you may have seen it on the Travel Channel--not ESPN. There are 14 wine stops and several sit down eating stops along the route. Some 80% of the participants run in costume...Dr. Mike is running as an engineer!! Good Luck Mike and take care of him Carol.

Dr. Mike arranged for two more participants in our Unique Benefits program just before he left for France. We have now added M. Maska Engraving (Mike Maska is one of the original members of the club) and Midwest Jewelry Services to our esteemed list. See the actual details in the Unique Benefit section. The holidays will be here shortly so these new additions are very timely.

The FREEP is coming up on October 21st and we again have been asked to host the 3 mile water stop. Jim Nardi has again volunteered to chair this event for us. If you are not participating

in the marathon please consider volunteering...this really is a fun experience!! Many of our members make it a family event bringing spouses, children, friends and neighbors. Please call Jim at 248 650-9789 and let him know how many are coming so that he can order the proper number of volunteer shirts.

We created the club bylaws two years ago prior to incorporating. The Bylaws Committee put much thought, a lot of discussion and reviewed dozens of other running club bylaws before developing what we now have. After two years it is apparent that several changes need to be made and as such I have appointed a new bylaws revision committee. We will be meeting by the end of this month and will have proposed changes to you by the end of October so that you can review them and vote on them at the annual meeting in December. That said—we want **your input!!** If you don't have a copy of the bylaws you can download one from our website www.stoneycreekrunningclub.org. We are lucky that our members have a great diversity of experiences and we hope that you can share your hopes for your club with us. Please email or call me and I will make sure your suggestions get distributed to the full bylaws committee.

Finally, and not too soon, we have elections for all offices coming up in December. Dr. Mike (chair of the nominating committee) is looking for members to run for every office. I have been told that some of our members were disappointed that they weren't invited to run last term...please, please take this as a personal invitation to you to run; your club wants you and needs you!! It doesn't take much time but is very rewarding. Call or email Dr.

Mike...addresses at the end of this newsletter.

As always, Happy Trails

-Pat Roche

Dr. Mike's Musings

Questionnaire Update

The results of the member survey were reported in the July Newsletter. They were discussed by the Board. In view of the low number of members wishing changes to the starting times no changes were made.

I would encourage those who wish to start later to try and make the earlier start time so we all start at the same time and place. The bigger the group at the start, the more likely new runners will find someone to run with at their pace.

Some lively discussion resulted from member's comments on requests for different places to run on our Sunday runs. We will try to introduce other options that will help keep us motivated and having fun. Watch the calendar for any new locations for starting our runs.

Using scientifically random variables my dog Strider and cat Poupee helped decide the winners in the drawing from those who responded to the questionnaire. Kelly Ferrell and William (Bill) House have won club shirts and should speak to either Pat or Joe to obtain their prize.

-Mike Yates

NEXT BOARD MEETING

WED September 19th 7:00PM
1920 SMALLBROOK CT.
TROY, MI 48085
PAT/MARY ROCHE'S HOUSE

Secretary's Report

The August 8th, 2007 meeting started at 7:10 pm. Board member Michelle did not attend.

Club members that attended were Mary Roche, Anita Karner, Rob Roy and Wayne Hanlon.

Treasurer's Report:

The balance is \$3106.92. The expenses for the month were \$217.82. This includes the kid's race. We have 133 members, 47 families and 86 single to date.

Old Business:

a) Joe has the ordered jackets and is waiting for the jackets to be embroidered.

b) Joe and Michelle are working diligently on updating the SCRC monthly calendar on Google.

c) We still need two volunteers for Bagel Sunday for November and December. Please step right up. We would love to meet you and the whole club would benefit.

d) Our club member John Hofmann wrote a very nice letter about our recent Kid's run. The article may be printed in the Runner's World magazine, pictures included.

e) There will be a prize for 2 club members for replying to the recent survey of Dr. Mike's.

New Business:

a) The future board meetings are September 19th and October 10th.

b) Our editor, Jamie DiGrande, has resigned. We are looking for a new editor.

Jamie will assist the new editor if necessary.

c) The special SCRC night at the Hanson's store will be in September. The exact date will be determined shortly.

d) A membership list was suggested by club member Mike Ward. The vote was 4 to 3 that we will have a membership list provided once a year. Club members will opt out not to be on the list. Next June 2008 the list will be in the newsletter.

e) There are requests for SCRC to sponsor more races in the future. This is still under discussion. Pat will appoint a sponsors committee in the near future.

f) The cost of printing, mailing and handling time of the newsletter has required some discussion. There will be some changes made for next year. More info to follow soon.

g) Club member Dave Kutchner has suggested running at the Nature Center as a Sunday run. Pat will check with Gary, results to follow next month.

h) Publicity in - regarding columns in various papers was a suggestion made by Catherine Serra. Our board member Currell Pattie has volunteered to write a variety of articles in the various papers as desired in the near future.

i) Open Discussion

1) Series of prediction races was suggested by John; we need more detail/discussion.

2) Jim Karner suggested a Prediction run at Belle Isle. More discussion at next meeting.

Meeting adjourned 9:47 PM

-Kathy Omilion

Race Results

07/29/07 Chicago Fleet Feet
Martha Meyers 25.34

08/11/07 Sleepy Hollow Legend 5 Mile
Joe Burns 44:07 1st AG

08/18/07 Stoney Creek Relay
Kelley F's Team 5:01:58
Hank O's Team 5:33.31
Mary R's Team 6:40:04
Pastor Mike's Team ????

08/25/07 Crim 5K
Martha Meyers 25:32
Harminder Mann 29.43

Crim 10 Mile
John Hofmann 1:41:29
Rob Roy 1:35:08
Bobby Schreiber 2:10:22

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)

Upcoming Races

09/08 Mackinac Island
8 Mile Run/Walk
09:30am Mackinac Island
810 487-0954 or
www.gaultracemanagement.com

09/15 St.John Applefest
5K Run/Walk 10K Run
09:00am Fenton
810 714-2846

09/15 28th Grosse Pointe
5 & 10 K Run, 5K Walk
09:00am Grosse Pointe
No contact info supplied

09/16 Hansons 16 Miler
08:00am Royal Oak
www.hansons-running.com

09/16 Run Wild for Zoo
5 & 10K Runs
08:00am Huntington Wds

248 541-5717 or
www.runwilddetroitzoo.com

09/22 Kensington Challenge
5K Run & Walk, 15K Run
09:00am Kensington Metro Park
734 332-9129 at www.aatrackcluboorg

0923 Annual Lions Club
09:00am Birmingham
5 & 10K Runs/1 Mile Walk
248 354-1177

09/29 Diehls Ciderfest Run
1 & 4 Mile Run/1 Mile Walk
08:30am Holly
248 320-8167 or
www.diehlsorchard.com

09/30 Boyne 2 Boyne
08:00am Boyne Mountain
Marathon, ½, 10K & 5K

810 714-5768 or
www.3disciplines.com

09/30 Turning Out to End
Domestic Violence
Tara Grant Memorial Run
5K Run & 2K Walk
10:00am Stony Creek
586 463-4430 Or
www.turningpointeinc.com

09/30 Hansons 16 Miler
08:00am Grosse Pointe
www.hansons-running.org

10/21 Detroit Free Press/Flagstar
Marathon
Marathon & ½ Marathon 07:15am
Detroit
www.detroitmarathon.com
313 222-6676

On The Road

Let us know if you are going to a race and are looking for someone to share a ride or room with and we will be glad to use this column to assist you.

Summer Running Schedule

Tuesdays* 6:30pm Dodge Park—
Hanson's Speedwork
(contact: Pat Roche 248 828-7303 or pm7303@aol.com)

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

*5:45pm Paint Creek Duck Pond.
(contact: Pat Roche 248 828-7303 or pm7303@aol.com)

Saturdays 8:00am Stony Creek At the boat launch area.

*(THE Tuesday AND THURSDAY RUNS ARE SUBJECT TO CHANGE SO PLEASE CALL THE CONTACT PERSON TO VERIFY TIMES AND LOCATIONS.)

Sundays **September**

First 09/02 8:00am Stony Creek at the boat launch area; Bagels/Coffee (9 to 10:30am-plan your run accordingly)

Second 09/09 8:00am Paint Creek Cider Mill

Third 09/16 8:00am Stony Creek at The Nature Center

Fourth 09/23 08:00am Paint Creek Duck Pond

Fifth 09/30
8:00am Hansons Lake Orion Store

October

First 10/07 8:00am Stony Creek at the boat launch area; Bagels/Coffee (9 to 10:30am-plan your run accordingly)

Currell's Corner

Rant

It's finally September, and forget those slightly disappointing July and August races. The 3H Monster (hills, heat, humidity) got you again, and look at it this way...you trained pretty hard this Summer, and with the Fall races in cool weather approaching, you can register some decent times, using your hot weather training as a base. On the subject of races, will you allow an extended whine? Don't get me wrong; even a most disastrously planned race is preferable to none at all. And, have you hugged a race volunteer lately?

Anyway, here goes...Do you ever get that warm feeling when you see the race people laying out the course on race day? Sometimes, it's OK, but usually it's like: "Hey Bubba, Gee, our Whatsamatta U 5K is an hour away, so why don't you jump in your Beater Ford F-150 Pickemup, and measure the course. Shee-it, a 5K is about 3 miles, ain't it, so just measure 3 on your odometer". So you get a 2.8 mile 5K, but at least you thought you had a PR.

Here's another, and the race will remain anonymous to protect the guilty (no

it won't; it was the Freep). When you completed a mile, you would see 1. a mark on the road, 2. the clock, and 3. the person calling splits, all in different places, and pretty spread out, too. Which is correct? (I assume the marker, and for me I guess it is all academic, since in a marathon, they might as well time me with a sundial).

A funny one, and they meant well. At a recent small "hometown" 5K, the last water stop handed out expensive bottled water, full bottles mind you, with the tops still sealed! Not useful but, hey, it's the thought that counts. Another: An Oakland Co. 4 miler promised a postrace "Afterglow". We paid Good \$ for this one, so lay on the bagels, doughnuts, fruits, Gatorade! Know what we got? Water only, and it wasn't even cold. Bummer...

Here's a strange one from the early 80s, compliments of the Stony Creek Distance Run, when they still ran it on a Thursday morning...when you completed the race, you were confronted with ten separate finish lines and corrals, sorted by age group and gender. Yeah, you'd better check out the finish line beforehand. And what about the "I'm Fed Up With The Race Director Business" 10K, when they've lost sponsorship, or one person had to do all the work, or they lost \$, or something. You stand

at the Start, and the guy just says " Ready, Go"...there is a lot of welled up anger there. (And here I am complaining about multiple finish lines; you're lucky if there even will be one).

But enough of this negativity. Some of the finest races are the inaugural ones, where the entire town supplies enough food, drinks and other goodies to do a major marathon proud. They have tons of smiling volunteers, and five year age groups five deep, to age 80 (the local Beancounters haven't caught on yet). But let's be honest; what really makes a race worthwhile is an honest effort and a decent time, on a reasonably accurate course. Beats a \$2 medal any day

--Currell Pattie

Upcoming Events

<u>Month</u>	<u>Event</u>	<u>Contact</u>
September 06	Run to Metro Beach then picnic at Janes'	Jane Otto
September 27	SCRC Nite At Hansons (watch for ALERT)	
October 21	Marathon Water Stop	Jim Nardi
October 27	Carol & Mikes Bonfire	Dr. Mike
November	Cardboard Classic Run	Joe Baldwin
December	Annual Meeting	Pat Roche
December	Bobby's Chili Party	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.

2007 Board Members

President.....Pat Roche 248 828-7303 pm7303@aol.com	Membership.....Bobby Schreiber 586 725-3827 pm0bms@yahoo.com
Vice President...Dr. Mike Yates 248 969-1323 runyatesrun@sbcglobal.net	BOD at large.....Joe Baldwin 586 731-0153 joerun1971@aol.com
Treasurer.....Michelle Sebaly 586 677-9883 gmsebaly@comcast.net	BOD at large.....Jim Karner 248 651-9627 jimanitak@aol.com
Secretary.....Kathy Omilion 248 608-2601 katlady1120@yahoo.com	BOD at large.....Currell Pattie 586-354-3666 currellpattie@hotmail.com
Newsletter.....Pending	Webmaster.....John Adair 586 684-8200 jadair2@adairserves.net

Birthdays

Happy Birthday to the following club members: Jim Gilroy, Daniel Gutek, Wayne Hanlon, Catherine Otto, Jane Otto, Ray Pihlaja, Sharon Ramaut, Joe Robbe, Greg Sebaly and Gary Smith. An especially Happy Birthday to Shirley Kussner, Harminder Mann and Jeff Rizer who are entering new age groups!!

Thanks

To Brian and Lori Mabee for the great jobs the did...first in hosting the August Bagel Sunday and then the Post-Crim Party. The bagels were great...the cookies/muffins were great....the company was great and the liquid refreshments were spectacular!! I missed the Post Crim party due to family obligations but from what I've heard it truly was my loss----but what should I have expected!! It seems that whatever Lori and Brian touches turns out magnificently!! Thanks again for all you do for the club...the two of you are truly assets to the club!!

First Sunday Bagel Hosts

October 7, 2007

Jane Otto

November 4, 2007

Kelley & Chuck Ferrell

December 2, 2007

Jeff & Tracey Rizer

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

-Pat Roche

Deadline for the October Newsletter is September 25th

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.

Unique Club Benefits

Peak Performance Massage Therapy

(Therapeutic and Sports Massage)

134 W. University, Suite 102

Rochester, MI 48307

248 941-0194

www.peakperformance.cc

Jeffrey D. Gaudette (massage therapist) specializes in athletic and performance-enhancing massage. As a professional runner with the Hansons-Brooks Olympic Development Project he has first-hand knowledge of the specific injuries that plague endurance athletes. Members of the SCRC receive a discount of \$10. off a 1 hour session and \$5. off a ½ hour session.

When you call for the first appointment mention that you are a member of the Stoney Creek Running Club.

Hansons Running Shops

10 percent discount on all nonsale 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.

Runnin 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.

Moosejaw

Provides members of the SCRC with a 10% discount on any regular priced item and an additional 5% off any sale item; discount is available anytime at any location. Discount does not apply to boats and food items and is for in-stock items only. You also get 5% in Moosejaw Rewards Points with every

purchase; go to

www.moosejaw.com/rewards for details. If you prefer to shop online simple use the code "moose" to get your discount.

Closest location: 322 N Adams, Rochester Hills, MI 248 375-5800.

FuddruckerS

Located at 40995 Van Dyke at the corner of 18 mile road in Sterling Heights.

Club members will now receive a 10% discount on any food and non-alcoholic beverage purchased. Show your SCRC membership card and receive your discount. The discount is valid when you join the Tuesday post speed training group for dinner and any night you dine at the 18 mile location.

Hanson's Coaching Services

We would like to provide members of the Stoney Creek Running Club with discounts on all coaching services:

Services include:

Vo2 max/Anaerobic Threshold testing

Regular price \$90.00

SCRC price \$65.00

Metabolic Testing

Regular price \$90.00

SCRC price \$65.00

"Hands-Off" Training Schedules

Regular price \$120.00-\$240.00

SCRC price \$ 90.00-\$\$180.00

"Hands-On" Coaching

Regular price \$250.00/12 weeks

SCRC price \$200.00/12 weeks.

Check out www.hansons-running.com for more information on services, or email Luke Humphrey at humphrey.luke@yahoo.com.

Office Location 3 South Broadway

Lake Orion MI 48362

Phone: 248.693.4883

KRAFT CHIROPRACTIC CLINIC

165 W. Auburn Rd., Rochester Hills
248 299-2620

(100 yards West of Rochester Rd. on
South side of Auburn Rd.)

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 and that's
all that's necessary.

M. Maska Engraving

420 Main Street

Rochester, MI

248 652-0455

***20% off any hand or machine
engraving on all metals; expert
at free hand designs. Medical
alert bracelets engraved.
(Long time club member)***

Midwest Jewelry Services, Inc.

420 Main Street

Rochester, MI

***20% off any jewelry item for
club members; just show your
membership card. We also do
watch repair and custom
designs.***

