

STONEY CREEK RUNNING CLUB NEWS

Stoney Creek Running Club

October 1, 2007

PRESIDENT'S CORNER

Don't let our great Michigan weather fool you....it really is Fall and with that...The FREEP!! Good Luck to all that are participating in the various races and for those not please consider joining us for a celebration at the three mile water stop. See Jim Nardi's column later in this newsletter.

The Hanson's have been great supporters of our club and its two predecessors for over 19 years but they outdid themselves last Thursday. Over 40 of our members enjoyed the Hanson first SCRC Appreciation Night. If you weren't there you missed not only the additional store discounts but the pizza, liquid refreshments, camaraderie and all the inspiration and advice you could handle. Thanks to Kevin, Keith, Don, Bob and their entire crew!!!!

Joe Baldwin has informed me that the club jackets are in the hands of the embroiderer and should be available by the end of the month. The weather should be cooling down soon and you may want to call Joe and order your long sleeve club shirt...just a thought.

Mark your calendar to reserve December 7th for the annual club meeting and election of officers. It will be again held at Jim and Kathy Nardi's house (thanks in advance for your

generosity). There will be additional information in the upcoming newsletters.

Congratulations to Dr. Mike for completing the recent Medoc Marathon in Bordeaux France...he only gained 4 pounds!! See his column later in the newsletter. By the way, the picture shows how he usually dresses when away from the club—quite fetching I'd say!

I'm still waiting for input from you as to any changes you would like us to consider in the by-laws. Dr. Mike is also getting frustrated in his attempt to obtain members willing to run for several open offices...we really don't want to frustrate the good doctor, do we?? Call him and let him know that you would consider running for one of the board or officer positions.

The New Year will be soon upon us and again I'm scheduling our Bagel Sunday Hosts. Please let me know which month you'd prefer soon before all the good months are gone.

Finally, it is with sadness that I have to say goodbye to two of our members...Vista Beasley who has just moved to Miami...she would love to hear from you if you're in the neighborhood and Jeff Gaudette who is moving to Charlotte, NC to take a position at

Queens College as assistant track coach—congratulations Jeff and good luck at the Trails.

Welcome New Members

We are fortunate to have the following new members join the club during the past two months: Regina Bono, Dan & Vicki Haggerty, Gary Hanafee and Harold & Kim Jacobson. Please make every effort to make them welcome!!

-Pat Roche

Birthdays

Happy Birthday to the following club members: Bob Allen, Kevin Hanson, Carolyn Henderson, Rose Palchesko, Andrea Schreiber, Steven Uhrh and Eckhard Weihs. An especially Happy Birthday to: Karen Frontera, Jeff Gaudette, LeeAnn Maska, John Tarrantino, Mike Ward and Eckhard Weihs who are entering new age groups.

Volume 2, Issue 10

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Secretary's Report

September 19th, 2007 the meeting started at 7:00pm. Joe Baldwin did not attend.

Club members there were Anita Karner, Mary Roche, Wayne Hanlon, Pete & Holly Minjoe and Mark Carlson.

Treasurer's Report

The balance is \$2547.79. The expenses for the month were \$681.13. The club has 138 members. There are 50 family and 88 single members to date.

Old Business

- a) The club jackets are being embroidered at this time and will be ready soon.
- b) We are accepting volunteers for next year for the Bagel hosts. This is the first Sunday of every month.
- c) The SCRC night at the Hanson's Utica store is September 27th. Bob Busquaert will be available at the store at 8:00P.M. Pizza will be provided.
- d) SCRC would like any ideas or suggestions for the by-law changes. Please contact Pat.
- e) The Hanson's will not be at the Lake Orion store for the last Sunday of the month run.
- f) Per Joe Baldwin there are no reservations left for attending the upcoming marathon trials.

New Business

- a) The next board meetings are October 10th and November 14th.
- b) We are working on a replacement for the newsletter editor. More info to follow soon.

- c) Mark Carlson has volunteered to help design changes for the membership card.
- d) The board discussed and suggested ideas for the Bagel Sunday.
- e) We discussed new ideas for team runs and relays for next year.

Meeting adjourned at 8:50pm.

-Kathy Omilion

Race Results

Detroit Zoo

5K Run Ron Ramaut 22:22 PR/1st
AG

10K Run Walt Storrs 46:56

Milford

30K Lou Leble 2:36.00

North Country Trail Marathon

Marathon Virgil Johnson 4:10.35

Novi Fit Tri Dave Kutcher 1st AG

MI Championships Dave Kutcher 2nd AG

If your times aren't shown above it is probably because your e-mail or phone call arrived after the newsletter went to press. We love to share in your successes and would be glad to include them next month. Sharing your results encourages everyone so please don't hesitate to share just because you didn't hit your goal; the fact that you tried and finished may be all the encouragement one of our members needs to try!!

Please call me at 248 828-7303 or e-mail me at pm7303@aol.com with your results.

-Pat Roche

Thanks

To Jim Gilroy for hosting the September Bagel Sunday. Your outgoing personality and positive attitude made quite an impression on several of our new members....Thanks!!!

Did You Know

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

-Pat Roche

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.

DEADLINE FOR NOVEMBER NEWSLETTER 10/22/2007

Errors and Omissions

I know you will find this hard to believe but sometimes I make a mistake and in this column I hope to correct them!!

Last Month I completely lost the column welcoming our new members...I did prepare it but in the cutting and pasting part I forgot to paste --I apologize to all that were neglected and have included all in this months edition!!

FREEP Water Stop

The Detroit Free Press Marathon and Half Marathon is Sunday 21st October.

The Club is running the Water Stop at the 3 Mile Point and I need volunteers.

to help as indicated in the last newsletter.

Besides the playful company, hot coffee/chocolate, and probably a bagel or

two; each volunteer gets a free Marathon Volunteer T shirt! **CAUTION** if there is a limit on the number of shirts they will give me, the first volunteers will get T shirts until the allocation is used up!

This is the best water stop on the course! The runners come by in a fairly close grouping and as a result we'll be finished in plenty of time to go and watch the Half Marathon finish or provide support to a runner on the course.

We will be playing some upbeat tunes for the passing runners too as well as passing out water.

Again this year, for **CLUB RUNNERS and HANSON MARATHON CLINIC PARTICIPANTS**, there will be several large cardboard boxes placed before the actual water stop for you to "dump" whatever clothing items you'd like a chance at getting back. Put your name/number on it beforehand and just "dump" it/them into the boxes. Items will be air dried and brought to the Boat Launch at Stony Creek Park the next Sunday (5 Nov) for you to pick up. This is also the Club's monthly coffee and bagel event so come out for the run and pick up your dirty laundry. Use

your judgment, no guarantees, but most likely you'll get your items back the next Sunday at the boat launch.

IF YOU CAN HELP OR IF YOU HAVE ALREADY VOLUNTEERED, PLEASE RESPOND TO ME BY E MAIL:

jamesnardi@hotmail.com or call:
248 656-9168

I need every volunteer's T shirt size, email address, and phone # so I can order the correct sizes and let you know the location and time we need to start!

Thanks,

- Jim Nardi

Fall Running

Schedule

Tuesdays 6:00pm Hansons Speedwork

Dodge Park

Thursdays 6:30pm Hansons

Royal Oak Store

5:45pm Paint Creek

Duck Pond

Saturdays 8:00am Stony Creek

At the boat launch area.

Sundays October

First 10/07 8:00am Stony

Creek at the boat launch area

Join us for Bagels/Coffee 9 to 10:30am plan your run accordingly.

Second 10/14 8:00am Paint

Creek at the Duck Pond

Third 10/21 8:00am Stony Creek Boat Launch area (**this month only due to marathon**)

Fourth 10/28 8:00am Hansons

Lake Orion Store

November

First 11/04 8:00am Stony Creek boat launch area. Join us for Bagels/ Coffee 9 to 10:30am plan your run accordingly.

Various groups of members run during the week at different times. If you are interested in running with them call me at 248 828-7303 and I will put you in touch; likewise if you would like to invite members to run with you during the week

FRENCH MARATHON

As many of you already know I went to medical school in Bordeaux France. It had been a dream to do the Marathon du Medoc just north of Bordeaux for many years. This year while training for the marathon I reviewed the brochure many times. Each time I learned something new. It is said that this is the longest marathon in the world. When you find out that there are 26 wine tasting stops along the route you understand how staggering makes the course longer. My Garmin registered 26.6 miles and I know I was only a tenth of a mile from the start. In addition they advise "those without costumes to stay home". Without a doubt the costumes were extraordinary. Traditional Military costumes, chariots which were flanked by a group who took turns pedaling the course while the other teammates ran. There were nuns, priests, clowns, elephants, men dressed like woman need I say more. One of the funniest experiences was watching some runners grab an extra water bottle to quench their desire to splash the easily surprised observers who were not paying attention. Music, music no as many music orchestras there were wine stops.

For those of you who have Relay you will understand are more rustic that those there were 7 bathrooms open. By the time I got to flushing. Along the route strategically not placed spaces between the rows of

The timing chip was ber so they only recorded crossed the finish line. No in the back of the pack.

Water was provided either bottles which were given think there was Gatorade addition to the wine were nanas, orange slices and

miles. At about 20 miles the real food started to come out. First there were oysters on the half shell and ham from Bayonne. Just before 40K you could eat a little bit of brisket (stewed meat). After 40K there was wine and cheese followed by ice cream on a Popsicle stick (really tasty).

When you crossed the finish you received a shoulder/back pack with a fanny belt inside. You then obtained your sheriffs badge marathon medal and a bottle of wine.

Carol met a group from Seattle where one of the runners trained real hard with his longest run of 4 miles to prepare him to make it to the halfway mark where the Chateau Mouton Rothschild was serving wine. Not a bad goal to make it to a wine stop and just drink.

My time was slow and I have a long list of excuses in my head where they will stay. As my first marathon since back surgery it was my fastest since turning 60. This was without a doubt one of the best all around marathon experiences I have ever experienced.



lack of music there were along the course as

done the Great Lakes that French Water stops on the Relay. At 8am, with 6 locked and 1 the toilet it had stopped bathroom stops were unless you count the vines.

imbedded in your num- the time when you adjustment for starting

in plastic cups or small out all along the race. I as well. Refreshments in usually, dried fruits, ba- more about every 3

STONEY CREEK RUNNING CLUB BONFIRE AND HALLOWEEN WALK

ALL KIDS SHOULD BE IN COSTUME

(If not in costume the Goblin may steal there goody bag)

ADULTS are encouraged to be in costume-surprise for best costume.

Date: Saturday October 27th

TIME: 6:00pm until the fire goes out

LOCATION: DR. MIKE'S (with WITCH'S PERMISSION)
888 WALKER ROAD, LEONARD, MI 48367

DIRECTIONS: NORTH ON ROCHESTER ROAD
LEFT AT 32 MILE ROAD (ROMEO ROAD)
RIGHT ONTO WALKER ROAD
(First St before Addison Oaks Park, on the right)
Go 0.9miles house is on the right.

BAR-B-Q HOT DOGS AND HAMBURGERS
CHICKEN AS WELL, 1or 2 Boca Burgers
POP also know as SODA

BRING A DISH TO PASS CHILDREN BYOB &
CHAIR FOR BONFIRE VIEWING

PLEASE CALL OR EMAIL DR. MIKE AT:

RUNYATESRUN@SBCGLOBAL.NET

Or CALL 248 969-1323

I would like to know by October 20th how many members will be planning to show up so I can get an adequate supply of food, condiments and utensils. Please call/email me and let me know if you are planning to attend, how many people you plan to bring and what type of dish to pass you would like to bring.

-Dr. Mike and Good Witch Carol

Hello Friends & Clients,

I write this email to you with both exciting and disappointing news. I will start with the exciting part and you will soon see where the disappointment sets in. A couple of weeks ago I was approached by a well-known coach in the US about the opportunity to train with him in Charlotte, NC. While training with him I would also undertake the role of assistant coach at Queens College in North Carolina.

At first I was hesitant to taking the position because I really like doing massage and I love the clients that I currently have. However, after thinking about it over many a mile, I decided that the opportunity just couldn't be passed up. It has always been a career goal of mine to become a head coach at the college level and usually a new coach has to start at the bottom and volunteer his services before he is even offered an assistant position. This opportunity would leap frog me over those years of sleeping in the office with no rent money. In addition, after talking with the head coach, I was told that my training for the upcoming Olympic Trials both in the marathon and on the track would not be compromised and I would be able to devote plenty of time to my training. After stepping back and looking at things both in the short term and future, I have decided that this is an opportunity I have to take.

With that being said, it means I will be leaving Michigan and Peak Performance. I truthfully tell you that I will miss working with all of you and I am very fortunate to have formed amazing relationships with some of you and I will miss our sessions together. However, I understand that the therapy I provide has become a very important aspect of your training and life and I have done my best to provide a solution to your massage needs.

A trusted friend and colleague, Colleen Verschaeve, will take over as the President of Peak Performance and run the day-to-day operations. In addition, I will be hiring at least one if not two other therapist to take over my role in the company. I feel every client I work on is unique and I approach our sessions together with different techniques, pressures and styles and I want to make sure that I provide everyone with the best solution to my hands. I will use the knowledge I have of our sessions together with my comprehension of each therapist's specialties to suggest to you the best possible therapist for your needs. Obviously you are under no obligation to continue working with Peak Performance but I hope I can provide the best solution for your therapeutic needs. If you do not hear from me personally in a few weeks or have any questions please feel free to email me yourself at jeffreygaudette@gmail.com or call me on my cell phone at (937) 216-4815.

Again, it was a pleasure working with each and every one of you and I wish you the best in all your upcoming endeavors. Never hesitate to drop me a line or ask any questions.

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

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.

Currell's Corner

Sleuths

I peaked at the wrong time this year.

January.

And, looking back in my trusty "The Compete runner's Day-By Day Log and Calendar" (29 of them, and counting, going back to the Jim Fixx era), I can see why. You may recall some mild days in January, so I did some uncharacteristic early Winter speed-work: tempo runs around 21 minutes, and 8 by 440s, using the Stony bike path. No races then, and February mixed a couple of competitions with more tempo runs, with a resulting decent (for me anyway) set of March races. For the rest of the year, thankfully incomplete, I haven't quite raced as well. And that's because I haven't trained as well.

Running diaries, logs, records, etc., whether written down in the time honored way or logged on a computer, provide a lot of information, albeit after-the-fact. You just have to ferret it out and apply it forward. The most important subject is injuries. Remember how you consistently insisted to run long and on concrete the day after races? And ended up with a sore left hamstring? It's all there in your running record. The year before, you opted for soft trial runs after races, and no injuries followed. You can look it up, as that great marathoner Yogi Berra says.

Sure, you can run in a downloadable "computer" shoe, and get accurate pace, distance and weather info (and maybe midsole springiness deterioration someday), but you don't need all this. But do record your psychological state, in any event. Consistent lethargic runs can suggest overtraining, and eventual staleness, turning into injury.

Again, the only useful way to secure value from your diary is to apply pertinent info in a proactive way. Simply understanding the causes and effects from runs past is informative only in an historical sense. If certain training habits helped before, closely follow them again. It even may offset the aging process, for a while anyway!

-Currell Pattie

2007 SCRC Board

President.....Pat Roche

248 828-7303

pm7303@aol.com

Vice President...Dr. Mike Yates

248 969-1323

runyatesrun@sbcglobal.net

Treasurer.....Michelle Sebaly

586 677-9883

gmsebaly@comcast.net

Secretary.....Kathy Omilion

248 608-2601

katlady1120@yahoo.com

Newsletter.....TO Be Determined

Membership.....Bobby Schreiber

586 725-3827

pm0bms@yahoo.com

BOD at large.....Joe Baldwin

586 731-0153

joerun1971@aol.com

BOD at large.....Jim Karner

248 651-9627

jimanitak@aol.com

BOD at large.....Currell Pattie

586-354-3666

currellpattie@hotmail.com

Webmaster.....John Adair

586 684-8200

jadair2@adairserves.net

Upcoming Races

10/06 Red October Run

10K, 5K and 5K walk

09:50am Wayne, MI

<http://www.oakwood.org/redoctoberrun>

313 586-5486

10/06 Run Like a Mother

10K, 5K and 5K walk

09:30am Metro Park, Harrison Twp

586 420-7670

10/14 Utica Education Run

5K Run 1 Mile Walk

9:30am Stony Creek/Eastwood Beach

586 801-8764

www.ueaonline.org

10/21 Detroit Free Press/Flagstar

Marathon, Half Marathon

07:15am Detroit

<http://www.freepressmarathon.com>

10/27 Mackinac Island Great Turtle

½ Marathon & 5.7 Mile Run

11:30am Mackinac Island, MI

810 659-7576

www.runmackinac.com

NEXT BOARD MEETING

WEDNESDAY October 10th

7:00PM

Pat/Mary Roche's House

1920 Smallbrook Ct.,

Troy, MI 48085

248 828-7303

NEED TO FIND US??

51194 Romeo Plank Rd. #204

Macomb, MI 48042

www.stoneycreekrunningclub.org