

STONEY CREEK RUNNING CLUB NEWS

November 1, 2007



Volume2, Issue 11

PRESIDENT'S CORNER

It's hard to believe that Fall is here...especially after the long great Summer. Not wanting to jump ahead but now might be a good time to take stock of your accomplishments, your health, your walking and/or your running. No one said that you had to wait until January 1st to start your new programs, you can start right now November 1st and be two months ahead all next year!!

Once again, Jim Nardi and his crew did a fantastic job handling the wa-ter stop. Although the supply truck got to the stop late the combined SCRC and MS volunteers got everything set up with minutes to spare!! If you left anything in the drop box please pick it up this Sunday in the warming room. Anything not picked up will be donated sometime next week. If you didn't get your volunteer shirt please call me...Jim has many left over and will be out of town this weekend so I'll have them.

Have you seen the new club jackets?? Although the Board decided on the colors/style/design etc (from the many choices supplied by Joe) it once again was Joe Baldwin who did all the real work (took and gave out all the abuse) with the result being a jacket that exceeded all our expectations...thanks Joe for all you do for the club. Joe is now taking orders for shirts and jackets!!

Our Annual Meeting will again be at Jim and Kathleen Nardi's house (thanks to both of you for sharing your house with us this third successive year.) Please make every effort to join us there as this is the year that all positions are up for election and we will also be updating the by laws; we borrowed from many other clubs when we composed the original by laws...now it is time to make them reflect the uniqueness of our club.

You will receive a copy of the proposed by laws changes prior to Thanksgiving, —please review them and be prepared to vote on them at the annual meeting.

Never on to say "I told you so!" BUT

If you missed Dr. Mike and Carols Halloween party you really missed out. Over 100 of your friends (which included over 30 children) had a great time--at the ghoulish walk, the bonfire and this year viewing the stars thanks to Carols brother bringing his telescope!! **THANK YOU** Mike and Carol for hosting this wonderful event for us again this year!!!

We wish to offer club members Clint Veran, Jeff Gaudette, Luke Humphrey and the entire Hanson-Brooks Distance Project team our best wishes in their attempt to qualify to represent the USA at next years Olympics. The Olympic Marathon Trials are this Saturday in New York and we have a group of 35-40 supporters travelling to NY to cheer them on. The rest of us will be glued to our computers/radios perhaps TV's. We know how hard you've been working. Now is the fun time so enjoy the experience—you've earned it!!

We are looking for First Sunday Bagel Hosts for the next 24 months. If you have never hosted this event you'll be surprised how much fun it actually is. The club supplies the setups and the host sets it up in the warming room, buys the bagels, coffee and ?? (the club budgets and reimburses these expenditures). If you have done it in the past 24 months please re-up now. In either case, please call me and let me know which month you'd prefer.

Fin



Don't forget that daylight savings time ends this weekend!!

Finally, I wish one and all a Happy and Healthy Thanksgiving!!

-Pat Roche

Halloween BBQ

Last night was the annual SCRC Halloween BBQ, BONFIRE AND CHILDREN'S WALK.

Based on the number of members present it was a huge success. This year we had at least 92 club members, children and friends. As predicted last year counting my relatives and a few friends we went over 100 goblins at the annual event. This year we had at least 37 children and some immediately after arrival were inquiring about when will the scary walk begin. Most enjoyable (for witch Carol and myself) was the anticipation of Amy Laurie who undoubtedly had been asking her parents for weeks when she would be going on the scary walk. The weather was difficult for setting up the spooky items but Kathy Nardi called in her chits to make sure the rain was gone before 6pm. Additionally, the sky cleared up such that the moon was out during the walk and bonfire. Thanks to my brother-in-law Norbert an astronomy professor at Eastern Michigan who brought a high powered telescope. This enabled all those interested in the sky to take a peak at the moon and a Comet that was visible from 150 million miles away.

It appears that there was enough food with way too many sweets left over. One of the highlights of the evening was the adult costumes. Congratulations to Martha and Harold who split the prizes for best adult costumes. The bonfire was slow to ignite but rapidly became too hot to approach. We would like to extend a thank you to those adults who assisted with food place-

ment, child supervision and clean up. Not counting our European friends, the Karner's invited friends from Portland (possible our furthest guests) to help with setting up the food placement-a special thanks to Bev from Carol for all her assistance. The clean up has begun and should be completed just in time to start setting up for the next Halloween Walk. Witch Carol the next Monday left town on her broom and would not commit to another Halloween Bash-she is still in shock from having 100 people invading her Cauldron.

-Mike Yates

Secretary's Report

October 10th, 2007 the meeting started at 7:05pm. Jim Karner did not attend. Club members there were Meg Crandall and Mary Roche.

Treasurer's Report

The balance is \$2423.73. The membership is at 138.

Old Business

The club jackets will be ready this weekend per Joe Baldwin.

Please volunteer in 2008. We need first Sunday of the month bagel hosts.

By-law committee will have meeting for the by-law changes October 13th.

October 27th is Dr. Mike/ Carol's Halloween Party. Kids in costume, adults also.

Three prizes awarded for costumes.

New Business

The next board meeting is November 14th.

Membership cards and applications are being designed and created for 2008.

The BOD discussed changes to the number of meetings for next year.

Several new ideas about running at different locations were discussed.

Inviting another Running Club to one of our runs was discussed.

Party idea for February was discussed.

Meeting adjourned 8:35

-Kathy Omilion



**SPRING
AHEAD—
FALL
BEHIND!!**

Form

Yes, I know...I have lousy running form. The basic problem is that I don't pick up my feet. They skim the surface like an Everglades hovercraft. Videos of me participating in long past Corporate Sports Battle events are difficult to watch. My problem became painfully (literally) obvious recently on a night run, right out the front door. Two minutes into the run, a car came down my street. No big deal, but I often switch to the sidewalk until the car passes. Big mistake; just one inch of unevenness between the sidewalk sections was enough to put me arse over teakettle, as our running pals from Merry Olde would put it. Luckily, I rolled into the fall, and escaped with nothing more than scraped palms and a little wounded pride. Just mark me down for a couple of falls per year, with winter of course being the biggest contributor.

To the interested and experienced observer, running styles and peculiarities provide considerable entertainment. After a while, our form is so familiar that you can put a name to a runner, even when hundreds of yards away. ("Oh, there's A.J., with the short mincing steps, pretty good posture, elbows high, and head ever so slightly to the left"). That sort of thing. By the way, some noteworthy road racers somehow survived "bad" form. For example, Bill Rodgers has an odd sideways elbow swing with one arm, and Al Salazar moves with a shuffling, low leg lift style. Don't mention this to their New York City marathon competitors, winning a bunch between them.

Next season, check out the faster

folks at the Dodge Park Tuesday speed workouts. Some of them have rather unusual form signatures, as it were. Maybe they would even be

they on faster if worked improving style. Easier said done, and especially true for us slower runners. Running form mostly occurs naturally, with your body compensating for any biomechanical shortcomings. You may notice that the best form often occurs with kids running just for the fun of it, outside of competition.

After watching elites in a 10K or marathon on TV, their efficient form sets an example, and if I jump out the door immediately after the race, Sauconys to the ready, I semi-consciously mimic what I just observed. Of course, I'm not coming close, but maybe improving a bit. At least the inspiration is there. The best panacea for form and running economy simply is to do speed workouts with others of equal or slightly better ability. Again, it is that osmosis thing, because your form may improve by example, as well as through your effort to keep up.

During races, I hear a lot of funny stuff. Like: "You look like you're race-walking". Or: "You should be a race-walker". But my favorite went like this, in a past New Baltimore Jingle Bell Run...(Heard just behind me)...Runner A: "Hey, this old guy looks like he's racewalking". Runner B: "Yeah, but he's ahead of us".

- Currell Pattie



Fall Running Schedule

- Tuesdays 5:45pm Paint Creek
At the Duck Pond
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 **November**
- First** 11/04 8:00am Stony Creek at the boat launch area
Join us for Bagels/Coffee 9 to 10:30am plan your run accordingly.
- Second** 11/11 8:00am Hart Middle School
- Third** 11/18 8:00am Paint Creek
Cider Mill
- Fourth** 11/25 8:00am Hansons
Lake Orion Store
- December**
- First** 12/02 8:00am Stony Creek boat launch area. Join us for Bagels/ Coffee 9 to 10:30am plan your run accordingly.

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

Upcoming Events

November	Cardboard Classic Run	Joe Baldwin
December 7	Annual Meeting	Pat Roche
December 9	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 .

First Sunday Bagel Hosts

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 Bobby and we will include you in the schedule---very little work but really very important and a lot of fun!!.

-Pat Roche

Thanks

Thanks to Jane Otto for the wonderful job she did in hosting the bagel and coffee/Gatorade social on the first Sunday of October. I was told that the bagels were the freshest of any supplied so far!! They were still being baked when the run started at 8:00am. Boy have you made it difficult for the next host!! . Your added goodies were especially appreciated!!

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 piece to include in the newsletter. -Pat Roche

SCRC Board

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**DEADLINE FOR December
NEWSLETTER: 12/21/2007**

**NEXT BOARD
MEETING
WEDNESDAY
November 14th
Pat/Mary Roche's**

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!! Please feel free to bring them to my attention!!

We Remember

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

CONTACT INFO:

**51194 Romeo Plank Rd
#204**

Macomb, MI 48042

www.Stoneycreekrunningclub.org

Upcoming Races

11/11/07 Cardboard Classic

8K Trail Run

10:00am Independence Oaks

Clarkston FREE!!

<http://www.dukerdog.com/cardboardclassic> or
Mark Neal at 248 650-9815

11/11/07 **Roseville Big Bird**

10K, 4K and 1 Mile

10:00am Roseville

<http://www.roseville-mi.gov> or 586 445-5480

11/23/06 25th Annual Detroit

Turkey Trot Races

10K/5K and 1 mile

07:30am Detroit

www.detroitturkeytrot.org or
313 247-4149

Birthdays

Happy birthday to the following club members: John Arsen, Steven Benedetti, Martha Childs, Jim DeVleeschouwer, Karen DeVleeschouwer, Lisa Drake, Ellen Hanlon, Nancy Hofmann, Art Kussner, Patrice Lamia, Jasvir Mann, Holly Minjoe, Kathy Omilion, Eric Peabody, Marvin Pelot, Jackie Rzepcki, Marvin Stevenson and King Yaeger. An especially Happy Birthday to: Kathy Bansek, Mark Carlson, Kim Jacobson, Shannon Shea and Howard Thomas who are entering new age groups.

Race Results

09/29/2007 Akron Road Runner Marathon

Browyn Roberts 4:51:27 first
marathon!

10/21/2007 FREEP

5 K

Nina Mann 42:58

Jasvir Mann 48:57

Half Marathon

Brian Mabee 1:58:30

PR

Lori Mabee 3:04:16

Rob Roy 1:58:31

PR

Hank Osier 1:58:32

Kathy Omilion 2:17:06

Holly Minjoe 2:19:47

Marathon

Mark (Mr. Incredible) Carlson 6:11:19

Virgil Johnson 3:36:34

Pete Minjoe 4:40:45

3 Person Relay

Harminder Mann 3:53:29

10/27/2007 Mackinac Great Turtle 1/2Mar

Half Marathon

Lou Leble 1:41:25

10/28/2007 Marine Corp Marathon

Glen Ashbrook 3:38:58

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)

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.

Boston Qualifying Standards

2003 Boston Marathon Qualify		
Age Group	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:30	4:00
50-54	3:35	4:05
55-59	3:45	4:15
60-64	4:00	4:30
65-69	4:15	4:45
70-74	4:30	5:00
75-79	4:45	5:15
80+	5:00	5:30

Remember., successful people are just ordinary people with an extraordinary amount of persistence and determination.

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 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.

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 simply 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
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**HAPPY
THANKSGIVING!!**

