



footprints

Bay Area Runner's Club Newsletter

October 2011

BARC NEWS

Hello fellow BARC members!

Happy Fall! I hope you all are enjoying the change of seasons and temperatures. It is the time of year for marathons and other fun races. I hope they all went well for those of you who participated in them.

Thank you to those members who suggested and contributed to the new sections starting in this month's newsletter. They include a Winter Guide to Layering (and more Medical Minute sections to come), and a Runner's Spotlight. If you have any other ideas for new sections, please feel free to let me know. This newsletter is as informational as it is because of all of our members' contributions!

Please keep the feedback, information, and pictures coming my way.

See you at the races!

Mallory
tennisfan03228@hotmail.com

BARC Bits

The next BARC meeting will be on November 10th at 6:30 p.m. at the Bay Area Family Y. All members are welcome to attend.

Inaugural Carrollton Marathon & Half Marathon
Individual and Team options

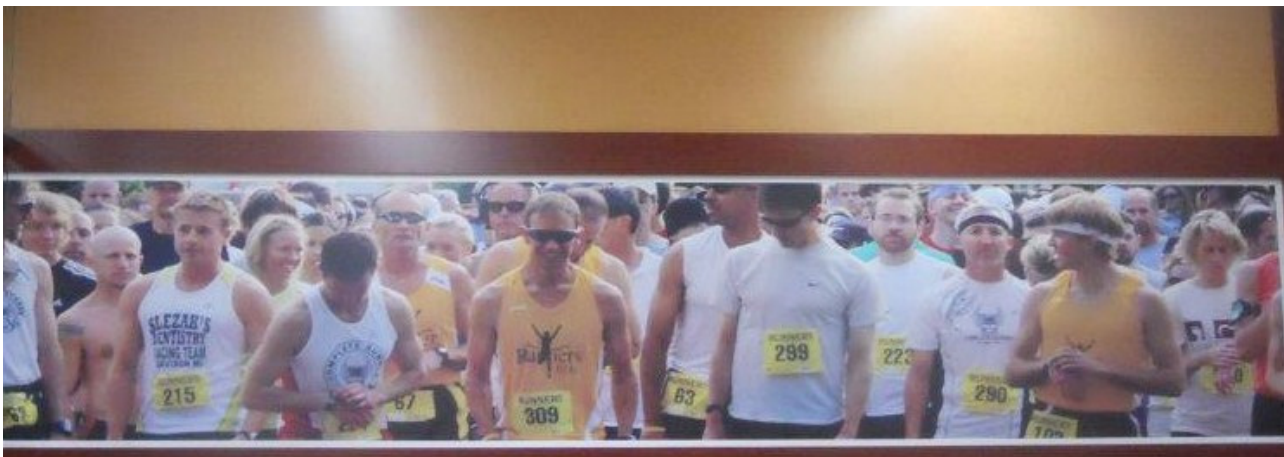
November 6th 8 AM

More information: contact Craig Douglas
cdouglas@carrollton.12.mi.us or
989 399 8860

Register on line at www.marathonguide.com
Registration form in this newsletter

The Tawas Triathlon Festival of Races was held on Sept. 10, 2011. BARC was well represented: Tammy Taylor, Kelly Derocher, Linda Flues, Cindy Tews, Ann Gasta, Todd Zwetzig, Steph Metevia, Kelly and Keith Richardson, and Jennifer LaFave. Thanks to all the BARC spectators for attending and cheering.

On September 24th, Tony Pingatore competed in the Sault St. Marie half-marathon winning his age group with a time of 1:55:33 as well as Karen Labean, who finished third in her age group with a time of 2:03:30. Nancy Smith competed and completed her 1st ever half marathon in a time of 2:05:56.



Mural at Midland Community Center



Cross Country Runners Spotlight

Madison Marciniak won the Bay County Cross Country Championship in a time of 20:06. Madi is the 1st Central girls' runner since 1996 to take home the individual championship for Central. This was an awesome win for Madi as she had surgery on her appendix just 2 weeks ago. Great going Madi!!



Madi Marciniak

Casey Hadaway had a PR at the Harbor Beach/Wagener Park Invitational on October 1st with a time of 19:42. Congratulations Casey!



Casey Hadaway

EDITOR'S NOTE: Attention parents/families/friends/coaches of Cross Country/Track team members: please e-mail me achievements, special moments, pictures, etc. of your athlete for use in future newsletters. 😊

CARROLLTON MARATHON &

1/2 MARATHON

8:00 AM STARTING TIME INAUGURAL EVENT- SUNDAY, NOVEMBER 6, 2011

CERTIFIED COURSE- A BOSTON QUALIFER! CERTIFICATION CODE: MI 09024 SH

Sponsored by the Carrollton Education Foundation.

Support from The Saginaw News, NBC 25, Dawn of a New Day, Carrollton Lions Club, and Anguiano-Moreno Agency Farm Bureau Insurance.

Net Proceeds to benefit Carrollton students' global studies. Starts & finishes at Carrollton High School, 1235 Maple Ridge Road. Locker rooms available.

Last Name _____ First Name _____

Birthdate _____ Age on Race Day _____ Gender (M or F) _____

Address _____ City, State ZIP _____

Daytime Phone(____) _____ E-mail address _____

Long-sleeve Wind Shirt Size S M LG XL XXL (Add \$2)

Please sign: *I certify that I have trained to participate in the event I have selected and authorize the use of my photographs and videotape. When I sign here, I acknowledge I agree to the conditions described.*

Signature _____ Date _____

Please make check payable to- ***Carrollton Education Foundation***, & send registration to: ***Carrollton Marathon, P.O. Box 517, Carrollton, MI 48724.***

Please circle the event and amount to be paid-

Marathon ** 6 person relay ** 1/2 marathon

now \$ 60 \$ 120 \$ 30

Course Records Men Women

Marathon Mike Aldrink 2:31:00 Obie Birru 2:58:58

1/2 Marathon John Nevens 1:19:44 Stacy Farrell 1:40:47

Wheel chair Doug Finkbeiner 1:38:50 none