



# footprints

Bay Area Runner's Club Newsletter

## March 2011

## BARC NEWS

Hello fellow BARC members!

Thank you so much to all of you who came out to the final Reese race on March 5<sup>th</sup>. BARC was able to make a donation to the Reese Scholarship Fund thanks to your support. Results from the race are in this newsletter.

Our annual St. Pat's race was another huge success, even bigger than last year! Thank you for supporting our efforts by running/walking, sponsoring, and/or volunteering. It wouldn't be possible without all of you!

Thanks to member Brian Clark for submitting this picture of the St. Pat's start line!



I look forward to seeing you at upcoming races!

As always, please keep the feedback, information, and pictures coming my way.

Mallory  
tennisfan03228@hotmail.com

# BARC Bits

The next BARC board meeting will be held on April 25<sup>th</sup> at 6:30 p.m. at the Bay Area Family Y. All members are welcome to attend.

The second annual Ovarian Cancer Awareness 5K/10K Run and Walk will be on April 30<sup>th</sup> at 10:00 a.m. at Sebewaing Township Hall (14 East Sharpsteen St, Sebewaing, MI). A registration form is available online. To obtain a form and for more information, visit <http://thumb2run.weebly.com/contact-info.html>.

The Dawn Farm Ride for Recovery will take place at Dawn Farm in Ypsilanti on Sunday, May 1<sup>st</sup> from 8:00 a.m. until 2:00 p.m. Events include a 35-mile "Honesty" bike ride starting at 8:00 a.m., a 25 mile "Openness" bike ride starting at 10:00 a.m., a 5K/10K "Willingness" bike ride from 10:00 a.m. to 12:00 p.m. and a 5K/10K run at the same time. Visit <http://www.dawnfarm.org/events/ride-for-recovery> for more information or contact Mallory.

The Bad Axe High School Spanish Club will be hosting an El Cinco en Mayo 5K Run/Walk and Fun Run on Friday, May 6<sup>th</sup> with the Fun Run starting at 6:00 p.m. and the 5K at 6:30 p.m. Pick up a registration form at an upcoming race or contact Mallory for one.

The Pickerel Run will be held on July 3<sup>rd</sup> in Algonac. A 10K run starting at 8:30 a.m. will be followed by a 5K run and walk at 8:32 a.m. and a 1/4 mile Kids Minnow run at 10:00 a.m. To register, visit <http://www.active.com/running/algonac-mi/29th-annual-pickerel-run-10k-and-5k-2011> or contact Mallory for more information.

Happy Spring, Everyone!

\*\*\*\*\*Once again we are getting what I refer to as "teaser weather"...Just when you're basking in the warmer temperatures, clean roads and clear sidewalks, along comes Mother Nature to give us one last KICK! I promise you it is going to happen! BUT...the great thing about it happening this time of year, it doesn't stick around long! Enjoy your outside workouts when it's clear and BE CAREFUL when it gets nasty again.

\*\*\*\*\*I have some information on Dolores Hensley and want to share that with you since many of you know her and husband Harrison...

Several months ago I requested you send Dolores notes of cheer and support efforts to raise money for a wheelchair- accessible van. In conjunction with that I asked you to make every effort to participate in a race being held on Halloween, 2010, organized and put on for the "sole" purpose of raising money specifically for the van.

I am here to tell you that nobody can accuse runners of not having a heart. EVERYTHING, and I mean EVERYTHING, was DONATED to make this race happen. As a result, enough money was raised to purchase the van AND insurance. Participants came from Florida, Ohio, Indiana, Illinois, Mackinac Island, Beaverton, Cheboygan, etc., etc., etc. AND..the majority of the people attending knew Dolores and Harrison...there were many, many, many hugs and kisses given to Dolores in return for the many, many, many hugs and kisses she gave runners over the years as they crossed the finish line, received their award, or just because she could.

Because the race was held on Halloween, many ran in costume and a funny sight that was for all! Dolores and Harrison had many good laughs that wonderful Fall day!

Before the start of the race, everyone sang Happy Birthday to Dolores because she was celebrating her 80<sup>th</sup>!!!!

The event had 3,400 entrants and enough money was raised to buy the Hensleys a NEW full-size wheelchair-accessible van. Originally, organizers hoped for enough money to purchase a used van, but because of the generosity of so many people, they have a BRAND NEW VAN!

Many of you do not know our friend Dolores received recognition as Michigan Runner Magazine's Contributor of the Year in 1994 and Harrison received that same award in 2008.

As of this writing, Dolores is back in the hospital. Once again I am asking you to send her a note of cheer: Dolores Hensley, P.O. Box 770, Pinckney, MI 48169-0770...Please keep Dolores and Harrison in your prayers.

\*\*\*\*\*TID BIT: Recently, a long time friend of mine decided she wanted to incorporate running into her fitness program. When asking for advice on how to get started I didn't want to overwhelm her so I stuck to very basic information. Although some believe clothing to be important, it really is not. Unless, of course, you want to make some kind of FASHION STATEMENT then there certainly is plenty of places to make those purchases.

I concentrated on running shoes and suggested she try on as many different types as she could to determine a good fit. I have my preference, but needed to make sure she chose what she felt was best for her. Unfortunately, for her anyway, she selected a shoe that was over \$100+...talked into by the salesman (as she related the story). That is not to say that particular shoe would not be good for someone else, but the salesman did not have her true interest at heart.

We put together a beginning program...a little at a time...no running everyday with increases of not more than 2-Percent each Month for 3-months...(based on her overall fitness level and endurance).

The inevitable happened...she became injured and was told she had shin splints. Ummmmmmmmmmmmmm...I suggested before giving up and doing the routine treatment of ice and light stretching, she purchase a different pair/brand of shoes...Explaining the price of the shoe does not

equal the level of endurance nor performance. She took the advice and now has a pair of shoes that are comfortable and offer the necessary support along with NO shin splints.

My point is this: If a salesman/woman tells you that you have to "break in" a pair of running shoes before they become comfortable, WALK OUT OF THAT STORE and save your money. Try on 100 if you have to, but they should be comfortable the moment you put them on your feet. And, yes, sometimes the ones that are comfortable the moment you put them on, may not be the shoe for you, BUT at least you will know how to select a shoe for YOU! Shin splints is just an easy diagnosis to make and many people who think they have shin splints, do not have them at all. The shin hurts most times because the calf is very tight. Easy stretching in the evening before bedtime, in the morning before the run, and a few minute after the run will ease the discomfort.

\*\*\*\*\*Congratulations to all of the little Leprechauns who ran on Saturday, March 19<sup>th</sup> and to all who ran/walked on Sunday! I hope the wind was at your back!

Happy St Paddy's!

Respectfully Submitted

Marlene Christoff Sundberg

## **Runnin' Ramblin's**

### **By: Lenny "Square Wheels" Block**

After the Spirit of Winter race, at some point during the post-event socializing, the talk was focused on what would happen the following week (February 26<sup>th</sup>) and where. As it was, no one knew of any race within reasonable driving distance. So, some friends decided to meet and do a practice run on the 26<sup>th</sup> at the State Park trails. At that time, there were several enthusiastic "maybe"s.

Well, the morning came, and I drove into the parking area about 15 minutes before the starting time. Don Lynch was already there and had checked out the trail conditions. Temperature was pleasantly cold (high 20's), but some lengths were snow-covered and slippery in a few places. Geez, there were only two of us there. Oh, another vehicle pulled in. It was Mike and Mallory Klosowski all the way from the Thumb. Whew, I'm glad Don and I showed up too. It would have been quite pathetic if they had pulled into an empty parking lot or if they drove all that way and the locals wouldn't show up. While waiting, hoping someone else might show, I enlisted their participation with a photo project for the St. Pat's awards. I would try to photograph three "ghost runners" that could be etched into the plaque awards. After a few "takes," we realized that nobody else was going to show up.

We eventually agreed that Mike and Don would lead and Mallory and I would follow because we are slower. We would experience clear walkways and some snow-covered slippery sections. There were also trodden-down packed snow trails. Some distance down the course, Don and Mike waited for Mallory and I to catch up. Mallory didn't care to run on any more "Witchy Wolf" trails, so we decided to run on the adjacent cleared roadway. Don volunteered to run/jog with Mallory so I could get in some speed-work with Mike. Down the road a ways, I asked how many miles. The answer was 2.6. That was far enough for me. I walked back to Don and Mallory. Don ran up to join with Mike. Mallory and I headed back walking knowing that, at some point, the other two would catch up and pass us to the finish. All the time while running and walking, we visited, talking about this and that.

At the parking lot, we decided to go out for lunch at the Mussel Beach Restaurant we passed on our running odyssey. I recalled childhood memories fo the Wenona Beach Amusement Park in the 1960's. All of us fondly remembered things from the by-gone era of our younger pasts. Everyone was happy with the dining experience. It was tasty, some homemade, and not too expensive. We agreed we would try to this again, maybe after the Beach Wellness event. I was especially pleased with that because it was my suggestion to eat there.

We all had a most excellent time, had a good practice run/walk, and ran a few extra miles because of the company we had. We ended with a hope of doing this again. This was one of those rare most enjoyable times that happen only once in a while; the other kind of a Runner's High. Hope to see you again!

## **A Note from the Editor**

**By: Mallory Klosowski**

**I just wanted to take the time to thank Leonard, Don, and Mike for being willing to let a slower person like me run with them at the State Park trails in February. I enjoyed the conversation and the exercise very much! I also really appreciated the fact that I was never left behind, especially because I am not very familiar with the area. I wish that I could say it made a huge difference in my Reese race time (which was the following weekend), but the weather was awful that day and I was more focused on just finishing than I was on improving my time. I have to say that my favorite part of the day was the food and socializing at the Mussel Beach restaurant. My favorite part was the piece of cherry rhubarb pie that I split with Leonard for dessert!**

**All of this being said, thank you to all of my BARC and running/walking friends who always cheer me on, sometimes finish races with me, and encourage me to keep training and keep trying. It means so much! Thank you for letting me be the editor of this newsletter for so long and for giving me such a great circle of friends to spend time with. 😊**

# Spring 2011 Race Schedule

- Sat. Mar. 26, 2011** **10:00 AM** **BASH 4 Mile Run/Walk and Youth Run/Tot Trot**  
**2011 BASH Four Mile Road Race, a fundraiser for the Hemlock Public Schools' Peggy Munger Scholarship**  
**<http://www.hemlockbash.org>**
- Hemlock High School,**  
**Hemlock MI**  
**TERRY KEYSER**  
**989.642.5253**  
**TOM LOCKWOOD**  
**989.642.5287**
- Sat. Apr. 16, 2011** **9:00 AM** **Bangor Township Schools "Achieve Your Dream" Scholarship Race**  
**5k run, 2 mile walk**  
**<http://www.bangorschools.org>**
- Bay County Community Center**  
**Lynne Moore 989-684-8121**  
**Tina Rogers**
- Sat. Apr. 16, 2011** **11:00 AM** **Miles for Mary 2011**  
**5K Run, 1.5 Mile Walk**  
**<http://www.facebook.com/#!/miles4mary>**
- Reese High School**  
**Elizabeth Taylor 989-326-2123**  
**Jamie Wark 989-239-3602**
- Sat. Apr. 30, 2011** **8:15 AM** **Carrollton Lions Club Walk/Run for the Blind 5K**  
**Certified course, friendly participants, proceeds go to LEADER DOGS for the BLIND, a great cause**
- Carrollton High School**  
**Craig Douglas**
- Sun. May. 1, 2011** **12:00 AM** **Freeland Walleye Festival**  
**5K Run & Walk**  
**<http://www.freelandlionsclub.com/WalFest.html>**
- Freeland MI**  
**Lori Brown 989-274-9495**  
**Freeland SportsZone**  
**989-695-2000**