



# footprints

Bay Area Runner's Club Newsletter

**April 2011**

**BARC NEWS**

Hello fellow BARC members!

Happy Spring! I hope this warmer weather is finding you healthy and is giving you motivation to train harder and participate in more races.

Along with the warmer weather comes a chance to do more traveling and experience races from all over the state. If you have an interesting race story that you'd like to share, please send it to me. You will find one of them in this month's BARC Bits section. I'd also like to include any pictures that you take at the races.

Welcome to all the following new members, Bree Myers, Pinconning; Amy, Scott, and Casey Hadaway, Vassar; Debra Todd, Kawkawlin; Debra Weber, Sanford; Joe Storey, Birch Run; Chris, Mary, Melissa, and Bryanna Secor, Bay City; Jason LaFave, Sanford; Colleen Gray, Saginaw; Mark and Becky Larive, Bay City; Stephanie Metevia, Bay City; Gwen Ostrosky, Livonia; Barney Torzynski, Kawkawlin; John and Ashley Shankool, Essexville; Chris Matzke, Bay City; Jennifer Butch, Bay City; Chelsea Paladi, Bay City; James Hoeft, Chesaning; Keri Laczko, Sterling; Laura McDonald, Midland; and Olivia, Todd, Grace, and Aiden Zwetzig, Essexville;

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 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.

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 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.

Tony Tusinski completed the Sarasota 1/2 Marathon in Florida on March 13, 2011 in a time of 1:54:30.

The 5K Run for a Cure will take place in Caro on June 4<sup>th</sup>. Visit [www.5krunforthecure.com](http://www.5krunforthecure.com) for registration details and more information or contact Mallory for a form.

A note from Marty Schultz/The Head Cheese:

There's a special pre-entry discount deadline of May 1st. Entries are discounted \$2 for no shirt entries and \$3 for shirt entries for both 5 mile and 2 mile races by this date plus \$4 discount on the Iron Cheese 5 mile and 2 mile combined race entry! Also Walkers will no longer be included with the 2 mile runners' division awards. Walkers will have their own separate Open Division! Race Check-in will also now be at the Boy's & Girl's Club and the races will now Start from there and Finish at the same nearby Doc Letchfield Park Finish line as in the past. No more need to shuttle from the former high school start line to the park finish line and the 5 mile start area. We are pushing to have 1000 entries this year! You can enter online at [www.cheesetownraces.com](http://www.cheesetownraces.com) plus pull off entry forms there to mail in or email [marcheese@charter.net](mailto:marcheese@charter.net) for more info. So start telling everyone to "Get Your Cheese On!" Saturday June 18th 6:00 P.M. at the CheeseTown Challenge Races!

A note from BARC member Bill Schafer:

I ran a 3:53 at the Martian Marathon on April 2 in Dearborn and qualified for Boston next year. Now I am hopefully successful at an attempt of getting accepted. Any help will be appreciated. There is a new system for 2012 so hopefully that will give me a better chance of actually getting in (with my time being +5 min better than the qualifying minimum I get to enter on the 5th day of entries in September).

If anyone is interested the training plan I used, it is the absolute best plan for getting oneself ready for a BQ pace. I used the "Less is more" plan that appeared in the Jan. issue of Runners World and wholeheartedly endorse this method as what brought me through and gave me a PR of better than 18 minutes over my previous PR (2007 Columbus). Big THANK YOU's go out to Kevin and Keith Hanson for sharing this plan with all us middle of the pack runners. If you follow this plan it will produce. This was my 5th marathon and this time I never "hit the wall". This plan flat out works!

Leonard Block was there too. He ran the 1/2. By the way it is a great place to run a BQ as it is usually good weather (although first weekend in April can bring anything - right?) but the course is excellent for there are only gentle rolling hills and the course is most all run on the Hines Parkway with lots of geese and ducks landing in the surrounding waters of the Rouge River.

# Spring 2011 Race Schedule

<b>Sat. Apr. 16, 2011</b> <b>9:00 AM</b>	<b>Bangor Township Schools "Achieve Your Dream" Scholarship Race</b> 5k run, 2 mile walk <a href="http://www.bangorschools.org">http://www.bangorschools.org</a>	<b>Bay County Community Center</b> Lynne Moore 989-684-8121 Tina Rogers
<b>Sat. Apr. 16, 2011</b> <b>11:00 AM</b>	<b>Miles for Mary 2011</b> 5K Run, 1.5 Mile Walk <a href="http://www.facebook.com/#!/miles4mary">http://www.facebook.com/#!/miles4mary</a>	<b>Reese High School</b> Elizabeth Taylor 989-326-2123 Jamie Wark 989-239-3602
<b>Sat. Apr. 23, 2011</b> <b>11:00 AM</b>	<b>Great Lakes Loons Pennant Race</b> 5K Run, , 1 Mile Fun Run <a href="http://www.MyMcc.org">http://www.MyMcc.org</a>	<b>Dow Diamond, Midland, MI</b> Gigi McIntyre 832-7937 ext.2
<b>Sat. Apr. 23, 2011</b> <b>9:00 AM</b>	<b>Eagle By the Bay 5K Run/Walk</b> This will be an environmentally-conscious, family-friendly event to celebrate the natural resources <a href="http://www.barc-mi.com/addEvent.php">http://www.barc-mi.com/addEvent.php</a>	<b>Finn Road Park. 2300 North Finn Road, Essexville, MI 48732</b> Rich Van Tol 989-233-8729 Ellen Lutz 989-894-0055
<b>Sat. Apr. 30, 2011</b> <b>8:15 AM</b>	<b>Carrollton Lions Club Walk/Run for the Blind</b> 5K Certified course, friendly participants, proceeds go to LEADER DOGS for the BLIND, a great cause	<b>Carrollton High School</b> Craig Douglas
<b>Sun. May. 1, 2011</b> <b>12:00 AM</b>	<b>Freeland Walleye Festival</b> 5K Run & Walk <a href="http://www.freelandlionsclub.com/WalFest.html">http://www.freelandlionsclub.com/WalFest.html</a>	<b>Freeland MI</b> Lori Brown 989-274-9495 Freeland SportsZone 989-695-2000