



footprints

Bay Area Runner's Club Newsletter

June 2011

BARC NEWS

Hello fellow BARC members!

The summer racing season has officially begun and it's been great to see so many of you at BARC-assisted and other races! I just hope the warm weather will return and stick around this time. The cooler temperatures are great for running, but not what I associate with the summer months.

In this month's issue, you will see the return of the BARC member interview, a few BARC bits, and some important Cheesetown Challenge information. Thank you to all of you who send me stories, interviews, race forms, etc. You make my job as editor a lot easier!

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 at the Bay Area Family Y. All members are welcome to attend.

**The G-Town Runaround 5K Run/Walk
Saturday July 23, 2011
Gladwin High School
Gladwin, MI
Start Time: 9:30 am**

It is a great course through the city of Gladwin, with a mile of it on paved pathways through a shaded park that runs along the Cedar River.

People may register in advance at www.active.com. Search: G-Town Runaround or they may register on race day. I have also attached a copy of the registration form if you would like to print it and distribute it to your members.

It is cheaper to pre-register and we are also offering a family price this year and have added a kiddie dash if people want to make a fun family day of it!

All proceeds go to the Regina Graveline Memorial Scholarship.

Any race related questions may be sent to gtownrunaround5k@gmail.com

Cheesetown Challenge Information:

BIG CHANGE: THE CHEESTOWN CHALLENGE WILL NO LONGER BE USING THE PINCONNING HIGH SCHOOL DAY OF THE RACE LATE REGISTRATION/ CHECK-IN SITE!

CHEESETOWN DAY OF THE RACE CHECK-IN/LATE REGISTRATION WILL BE AT THE BOY'S & GIRL'S CLUB AT 201 NORTH STREET (This is the also the Friday night late registration/check-in site and awards ceremony site as in the past) OFF OF M-13 JUST NORTH OF WILSON'S CHEESE (GIANT MOUSE DISPLAY) IN DOC LETCHFIELD PARK

START AND FINISH AREA WILL ORIGINATE FROM THIS AREA. NO NEED TO SHUTTLE BACK AND FORTH FROM HIGH SCHOOL TO START & FINISH SITES!

ALL RACE SHIRTS ARE THE WICKING DRY-TEC STYLE WITH NEW CHEESEZILLA LOGO!

YES THERE WILL STILL BE PLENTY OF PINCONNING CHEESE GIVEN OUT! STILL GREAT FINISHLINE AMENITIES INCLUDING YOGURT PARAFaits, ICE CREAM SANDWICHES, POPSICLES, AND 5 DIFFERENT FRUITS!

BE THERE OR BE SQUARE! TO "FEEL THE POWER OF CHEESE!" CHEESETOWN CHALLENGE RACES SATURDAY JUNE 18TH 6:00 P.M.

MARTY SCHULTZ "THE HEAD CHEESE"

St. James Church in Bay City is sponsoring a mission trip to Zambia in August and would like to collect new/used running or walking shoes to send. The shoes should be in good condition and Ann Gasta will collect and store. Please contact Ann at annsrn@gmail.com. Also if anyone has any old hockey bags they would be excellent to use to ship shoes in.

We are sorry to report that long time volunteer Dolores Hensley passed away this week.

Shelters Funeral Home
250 N Mill St
Pinckney, MI 48169

Visitation:

Today, Thursday, June 16...5:00 p.m.-8:00 p.m.

Friday, June 17...11:00 a.m.-8:00 p.m.

Saturday, June 18...11:00 a.m....Services for Dolores will be held at the Funeral Home...

Notes and/or cards of sympathy can be sent to:

Harrison Hensley & Family
PO Box 770
Pinckney, MI 48169-0770

We offer our condolences to Harrison Hensley and family. Dolores will be missed by the running community.

The following was reported by the proud parent Amy Hadaway:
Just thought I'd let you know...Casey's 3200m relay team broke a 5 yr school record at their TVC meet in Carrollton last Tues, May 31. Casey is the anchor and after running and placing 1st in both the 2 mile and 1 mile prior to the 3200m relay she pr'd in her split with a 2:39(800m)...and took them to a team record of 11:06.6. She now has her name on the board at the Middle School TWICE.

Alden Burmeister had a successful operation since the last newsletter and is recovering magnificently. He hopes to come visit at the St Mary's race.

Dale Clyde ran in the 13.1 in Chicago...wow was it hot and the race was stopped ...so unofficial time of 2:09 in my first half ever!

Debbie Topham was the 2nd masters woman to finish the 30k Race Walk in Congers, New York on 10/31/2010 in a time of 3:15:54. This 30k was the USA Race Walk Championship.

An Interview with a BARC Member

Name, age, and where from?

Mark Satkowiak, 51, Pinconning, Michigan

How long have you been running/walking?

Off and on for about 28 years. Stopped running when I left the Navy and started back to running in late 2009.

How often do you run/walk each week?

I try to run/walk at least 5-6 days a week for at least an hour each day.

Why do you do it?

I run/walk for health reasons, such as losing/maintaining weight.

Do you get the runners high?

I have gotten the runners high and love running.

Do you run many races?

I try to run at least one race a month.

What was your favorite run?

My favorite run was the Charlevoix Half Marathon last year.

Do you read any books or subscribe to any magazine. Can you recommend one?

I have read the book "Run Less, Run Faster" and subscribe to both Runner's World and Running Times.

Who do you admire most? (either local or a celebrity).

I would have to say that I admire my friend, Heather, who has helped me with training plans, workout schedules and other training advice.



What is the most important thing you would tell a beginner?

I would tell a beginner to get good shoes and start slowly. Don't try to run as fast as the runners that have been doing it for a long time.

Does your spouse/ family approve of your running.

My family supports me in my running. Sometimes by being there to watch me run a race and other times by getting me gift cards to Runners in Bay City.

What do you eat to help maintain fitness?

I haven't really changed my eating habits too drastically, but I do try to stay away from the fast food restaurants.

How would you rate BARC or their events?

I would rate BARC as one of the best around and their events are top notch.

Is there a favorite place or course that you like the most?

I love the 5k course that we run for the Christmas / winter races.

Do you prefer to train with someone or be alone?

I have always trained alone, so I couldn't be sure if I would like it better to be training with someone.

Do you cross train at all?

During the summer months, I try to ride my bicycle at least once a week. Other than that, I lift weights and do some simple stretching.

Is running a hobby or a way of life?

It is more a way of life now that I have been doing it so much.

If asked would you travel and run with a famous person?

It would depend on where the run was and who it was with.

Do you think you will keep running long-term (like 60's, 70's & 80's)?

I plan on running as long as my health and body will let me.

Do you have any short term or long term goals?

Right now my goal is to complete a marathon before I turn 60.