

July 30, 2007

It's been a busy week for all this month: company, running, walking, traveling, races, biking, sailing, kayaking, etc. One more month of "summer", so keep up the miles and other summer activities.

Race results: These are some of the results our club members have accumulated this month.

If you are interested in the **Indian River results**, I have put ALL on an excel sheet and can easily send them to you if you wish (please request them because some members do not have excel or fast enough computers. It is a 159 KB report; not big). Sarah Furman, Luke Oberhall, Jeremy Egas, Amanda Montei were the overall winners in the 5 and 10K races. There were 38 in the 10 K and 45 in the 5 K, a new record for the Indian River Kiwanis race. Everyone who won their age groups in the 5K set a course record!!! Winning 1st in their age groups:

5K: Jeremy Egas – 17:36, 1 of 7, Eric LaCross – 16:41, 1 of 1, Amanda Monthei – 22:42, 1 of 9, Katie Kolb 27:36 – 1 of 2, Sally Bataran – 26:44, 1 of 2 (our Barb Minier was 2nd with her speed walking at 38:28), Sue Patrick 1 of 2.

10K: Luke Oberhall – 1 of 3, 38:15; Matt Bolinger – 39:46, 1 of 6; Brian Burns – 45:17, 1 of 3, Brent Cook – 1 of 2, 55:02; Bill Robson – 49:25, 1 of 3; Sarah Furman – 43:04, 1 of 4, Robin DeBlake – 1:05:01, 1 of 1; Dorothy Johnson – 1:04:17, 1 of 1.

Also participating from the club were Vini Stahl (in the stroller that came apart), Chad Stahl, D Cook, Doug Engler, John Johnson, Joe Haslitt, Muffie McCauley, Trudy Maves, Charles Vickers, Barb Vickers. Hope I didn't omit anyone.

I asked a few members to send me a report of their races so I will copy/paste them here: (If you have more to contribute on any of the races, please send me a little report...it helps me a lot!)

From Jim Elzinga regarding Petoskey 5K Bear River Crawl:

Getting back to you regarding the 5K BEAR RIVER CRAWL held yesterday in Petoskey. They had approx. 125 runners on a warm muggy morning.

The course and organization was okay, but they only gave medals to the first place person in each age group. Club members who participated were myself (1st - 70+), Linda Halford unknown position, and Bob Esford who would have placed first if they had an age group for him.

Lou Bauer showed up for support, but was unable to run. He was banged up quite badly from being hit from behind by a Mt. biker on the N. Country trail last week.

From Larry Huff regarding Alpenfest:

Alpenfest was warm and humid as usual...no disappointment there. Kayln ran 1:18, I was 1:07 and Bill Ahrenburg (Cheboygan Lumber) was 58:59.

From Matt Bolinger, regarding his Wolverine 5K:

Saturday June 28th: Slightly before registration started, 7am, the rain was pouring down. By 7:15 it had started to clear up and the runners began to show up to register for the 8am 5K race. The start of the race began on the new pavement on Trowbridge Rd and proceeded to the soggy gravel. After the runners made the turn onto the trail the footing was soft under foot from the multiple showers over the previous 24 hours. Everyone worked hard to finish with a slower than normal time due to the soft wet terrain. Jeremy Egas had his eyes on breaking the 5K course record of 17:57 set by Brian Council in 2006, but fell a little short with his 18:09 finish. Jeremy was able to set a new 1 mile course record with a time of 5:19 beating Matt Bolinger's 5:35 record set the previous year. Matt finished close behind in 5:31

Charlevoix / Venetian 5 and 10 K:

It was a sunny, clear morning on their new beautiful route, with the 5K and the first half of the 10K looping along Lake Michigan and the 2nd half of the 10K looping along beside Lake Charlevoix, rolling up and down.

Participants and results:

5 K: Jeremy Egas – 17:31, 3 of 7; Luke Oberhall – 17:39, 4 of 15; Aaron Keshick – 19:03, 1 of 12; Jim Elzinga 25:58, 1 of 3; John Johnson – 26:22, 4 of 6, Linda Halford – 38:56, 7 of 9; Mary Beckelhimer (John's sister from NY) – 50:02, her first ever walk, 1 of 2; Tom Rinefierd (Mary's fiancée and his first walk – 50:02, 5 of 6

10 K: Matt Bolinger, 38:44, 1 of 7; Laura Johnson (John's sister-in-law from GA) – 45:37, 2 of 14; Dorothy Johnson (John's wife) – 62:05, 2 of 2.

After was the elite 12 men and 12 women running the Ryan Shay mile. Those 4:03 minutes were very speedy. I understand there is a photo of me with the winner (Grant Robison) of the elite race with his arm around me! Check it out on Run Michigan.com photos of that race! I did get great shots of all 24 crossing the finish line, if anyone needs them.

Sarah Furman - Mullet Lake Triathlon:

Another successful Patrick gathering, sharing the fun with their friends and anyone else who wished to swim, bike, run alone or in a team. Hopefully Sara will email me a report of the club members who participate. All I can remember is that the water was a bit choppier than previous years and that the Joe Haslitt/Trudy Maves team did not finish because Trudy proudly stopped in the middle of the bike portion to change a flat tire all by her self. What a winner (or winner?)!!! AND...THE MCCAULLEY/NICHOLAS FAMILY DID NOT SHOW BECAUSE BABY GLE WAS JUST BORN! Congratulations to Grandma Muffie and Grandpa Dave, Uncle Kody, Aunt Amanda and Aunt Heidi!!!

PS: Results of the tri just arrived... Scott Cecil set a new course record of 1:20:28, Sarah Furman was female winner with 1:40:19 and the winning team was Triple E with Mike, Mark and Sue, a time of 1:19:49. Familiar names competing are the Patrick gang, Barb and Chuck Vickers, Amanda Monthei, Bill Robson, Paul Kreche.

Grand Island 10K:

All I know is that Brent and Robin Cook and Kayla Stokes and Larry Huff were there and enjoyed the race but didn't see any real bears!

Mark your calendar for the final official 2008 summer potluck/trail run on Monday, August 25th at Evergreen Sanctuary, 3 miles east of Wolverine at 6:15-6:30 PM. This is the BEAUTIFUL land where Dave and Muffie work. You won't want to miss this event or the food. Bring a dish to pass, your own drink and your own dishes/"silver". We will meet at the high school at 6:00 for caravanning or carpooling, just as we did in July, going to Lou Bauer's.

Thanks Lou for hosting the July potluck/run. Those of us who showed up, enjoyed the nice easy trail/road run before the nice food and much fellowship after, overlooking the shores of Crooked Lake. Many of you missed the lovely setting. Next year???

Brent Cook and Robin DeBlake/Cook just left Petoskey today for going back to Brunswick, Georgia to start teaching August 4th. They have been running with us this past 2 summers and we look forward to their permanent move/retirement to Petoskey next year. Brent is generously donating club t-shirts to us and suggested that perhaps we put a price on them for a bit of club revenue. So, he will be putting his designer to work next week and we should have them for use next season. Send me your vote of colors. They will be a cotton blend.

Please join us for walking on the trail at 8:00 AM on Mondays and Fridays. The flowers and animals are so great right now. Animals seen while walking: fox, deer, turtle, rabbits, bikers, and runners.

And join us on Monday and/or Tuesdays at 6:00 PM for running or walking at the Inland Lakes high school.

Help encourage everyone to be active, even if it's too fast, too slow, too long, too short, too hot, too cold. Together, we can continue! Bring a friend or two!!!

Check the web site for upcoming area events, birthdays, etc. Send me your birthday. Coming soon: photos and newsletter on the web: www.indianriverstriders.com.