

Owensboro Area Runners and Walkers Club

APRIL 2006



GATE RIVER 15K RUN MARCH 11, 2006

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Look for this newsletter on the club website in color.

2006 Officers:

John Quiggins, President

Richard Bennett, Vice-President

Jay Burns, Treasury

Tim Leachman, Secretary

It's That Time Again Folks

You know what I'm talking about, even before you read this article. It's time to get back out in that yard and pick up the sticks and winter debris, spray the yard, and mow the grass. It's time to scratch off some of those honey-do's from that ever growing list. But most importantly, it's time to add a few extra miles and get serious about running since warm weather and the spring racing season is right around the corner.

It seems like my list of things to do continues to grow and grow. Eventually some of the less important items simply fall off the list to make room for others. I really enjoy being outside and even doing yard work when time allows, but it sure is hard to spend much time in the yard this time of year for a runner. With work, raising kids, dealing with all that life throws at you, and that darn yard work only so much time is left for what most of us really love to do....run!

Most of the runners that I've talked with over the last month have been ramping up their weekly mileage in order to properly prepare their bodies for what lies ahead. Getting older doesn't seem to help this process when you simply look at the physical side of things, but the experience gained through the years really pays off when switching gears in ones training. Like many of you, I like to look back at old running logs to help me prepare for the up coming racing season. By looking at your old running logs you can see how many miles you were able to put on without breaking down. If like me, you've found that breakdown point a time or two, you know exactly how many miles you can put on before you'd better start being very careful. You know the point...where you'd better not miss taking a vitamin one day, or run that speed session faster than needed, or extend that long run beyond that magical ten percent rule.

I just want to encourage everyone to get outdoors and take a friend, neighbor, or family member walking or running. Whether your running is for fitness, racing, or both have fun and enjoy one of your best seasons ever.

We will be needing much help keeping this newsletter alive and well. We want to send a call out to all coaches, medical providers, and experienced runners to provide the club with knowledgeable information. Training articles, medical updates, and running experiences will be most helpful to club members.

At The Races.....

By Lisa Muench

Can you believe it? The racing season is already upon us. Over the last couple of weeks, several club members have traveled afar to run some interesting races.

The Anderson's and Muench's traveled south to Jacksonville, Florida to run the Gate River 15K the weekend of March 11th. While there Steve and Scott were able to rub shoulders with Meb Keflezighi and Bill Rogers.

The next Saturday, March 18th, the running club was well represented at the Tom King 1/2 Marathon in Nashville, Tn. The 1/2 marathon finishers include Jimmy Brigance, Chad Payne, Paul Heady, Harry Roberts, John Quiggens, and Lou Wilkerson. Chad, Harry, and Lou all ran a PR for the 1/2 marathon distance.

Also on March 18th (Scott's 40th birthday), he ran his first race as a master runner at the St. Patrick's Day 5k in Evansville, In. I had black balloons and streamers waiting for him at the finish with everyone screaming happy birthday as he crossed the line. He was so embarrassed....it was great!

I would like to continue writing about races near and far that you have run. Please send race information that you wish to share with club members to lisamuench@rvbh.com or call me at 270-685-4884.

St. Patrick's Day 5k Evansville March 18, 2006



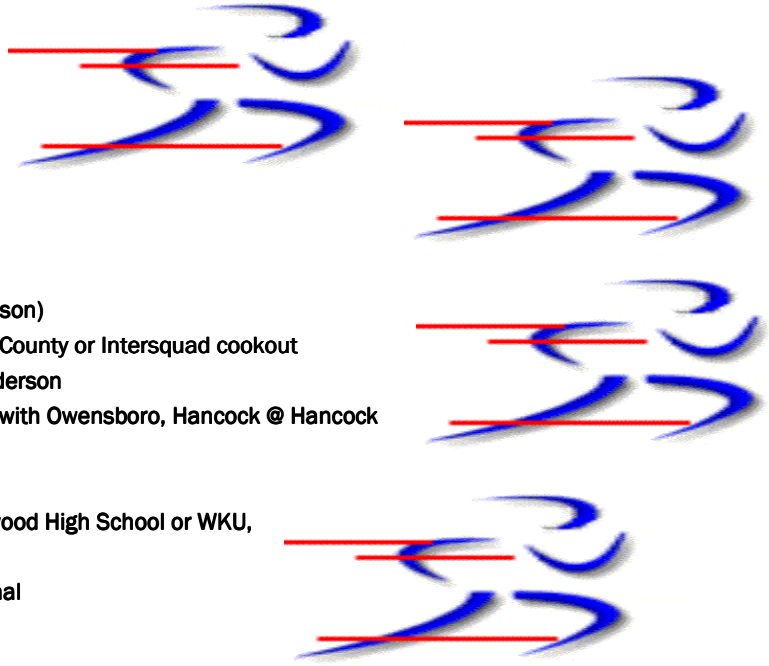
2006 GATE RIVER 15K HART BRIDGE



Please send in race photos for events you have run to share with other club members!

High School Running

We need all local coaches to send us information about what's going on with their programs. Training and staying injury free articles are most welcome!



AHS Girls Track and Field Schedule

Tuesday, 4th April	Boys Dual Meet @ DCHS
Saturday, 8th April	Apollo Invitational
Monday, 10th April	Tri meet @ D.C (with Henderson)
Saturday, 15 April	Meet of the South, Marshal County or Intersquad cookout
Monday, 17th April	Dual meet @ Apollo w/ Henderson
25th April	Possible (Tri Meet with Owensboro, Hancock @ Hancock
Friday, 28th April	Warren East Raider Run
<u>2nd May</u>	<u>City Co. @ D.C</u>
6 May	Great Gator Classic, Greenwood High School or WKU,
9th May	Fresh/Soph@ Owensboro
Saturday, 13 May	Henderson County Invitational
15 May	JV Relay@ Owensboro
Saturday, 20 May	DCHS Invitational
TBA	Regional Meet @ Greenwood or WKU
TBA	State Meet

** I'm still waiting on the OHS & OCHS schedules and will post them when I get them. Good luck to all of our area teams!*

DC Men's Track & Field 2006 Schedule

<u>Indoors</u>		
Jan 21	Wildcat Classic	Lexington
Feb 4	Nashville Classic	Nashville
Feb 18	Kentucky Invitational	Lexington
Mar 4	Mason Dixon State Indoor	Louisville
<u>Outdoors</u>		
Mar 17	Red/White Intersquad	Home
Mar 21	City/County Practice Relay	Apollo
Apr 4	Owensboro Catholic	Home
Apr 8	Austin Peay Invitational	Clarksville, TN
Apr 10	DC, Apollo, Hend. Co.	Henderson
Apr 15	Midwest Invitational	Indianapolis, IN
Apr 18	DC, Catholic, Owensboro	Owensboro
Apr 22	Hopkinsville Invitational	Hopkinsville
Apr 25	DC, Grayson Co	Home
Apr 28		
May 2	City-County Championship	Home
May 4	Jeffersonville Invitational	Jeffersonville, IN
Or		
May 5	Twilight Relays	Marshall Co.
May 9	DC Fresh-Soph Roundup	Home
May 13	Henderson Co Invitational	Henderson
May 15	Owensboro JV Relays	Owensboro
May 20	DC Invitational	Home
May 25-27	Regional Championships	Bowling Green
June 1-2	State Championships	Lexington

DC Girl's Track & Field 2006 Schedule

<u>Indoors</u>		
Jan 21	Wildcat Classic	Lexington
Feb 18	Kentucky Invitational	Lexington
Mar 4	Mason Dixon State Indoor	Louisville
Mar 11	Western Ky HS Meet	Murray
<u>Outdoors</u>		
Mar 17	Red/White Intersquad	Home
Mar 21	City/County Practice Relay	Apollo
Apr 3	Henderson Co	Henderson
Apr 8	Apollo Invitational	Apollo
Apr 10	DC, Apollo, Hend. Co.	Henderson
Apr 15	Midwest Invitational	Indianapolis, IN
Apr 18	DC, Catholic, Owensboro	Owensboro
Apr 18	Logan Co (JV only)	Logan Co
Apr 22	Bulldog Classic	U of L
Apr 25	DC, Grayson Co	Home
Apr 29	Prom	
May 2	City-County Championship	Home
May 6	Great Gator	Bowling Green
May 9	DC Fresh-Soph Roundup	Home
May 13	Henderson Co Invitational	Henderson
May 15	Owensboro JV Relays	Owensboro
May 20	DC Invitational	Home
May 25-27	Regional Championships	Bowling Green
June 2-3	State Championships	Lexington

Tell us about races we've missed:
Phone: 270-685-4884
Email: muenchds@omu.org

We're on the Web!
www.eteamz.com/oarwc

CLUB MEMBERS:

Visit these websites for races and running/walking health tips:

- www.runnersworld.com
- www.highschoolrunners.com
- www.women-running.com
- www.newrunners.com
- www.kidsrunning.com

Websites to visit to check on update race calendar information in the tri-state area:

- Bowling Green—www.bgr.com
- Evansville IN—www.gerwc.com
- Louisville—www.cherokeeroadrunners.org
- www.tristaterunner.com
- Nashville—www.nashvillestriders.com
- Illinois—www.river2river.net

Is your membership due?



April and May are membership amnesty months. Don't worry about past years dues not paid. Simply pay this years dues

2006 Race Schedule

We suggest that you verify all data concerning the races listed below. Please check our website (www.eteamz.com/oarwc) often for updates and entry forms.

April

- 1 Spring 5k Classic Dale Hollow Lake State Park 1800-325-2282
- 8 OCC 5k Owensboro, KY Legion Park
- 8 Swamp Stomp 5M/1M run Terre Haute, IN
- 15 Papa John's 10 Miler Louisville, KY 502-479-8786
- 15 Spring Fitness Festival 5k Glasgow, KY 270-678-7633
- 22 Tri-Fest Classic 5k Henderson, KY 270-831-1527
- 22 St. Jude Miracle 5k Princeton, IN 812-385-5676
- 23 French Lick-West Baden Marathon www.flwbcc.com
- 29 Downtown 5k Spring scurry Evansville, IN 812-424-2986
- 29 Derby Festival Marathon/Mini Louisville, KY www.derbyfestivalmarathon.com
- 29 Country Music Marathon/Mini Nashville, TN www.cmmarathon.com

May

- 6 Toyota Spring Day 8k Princeton, IN 9:00 a.m.
- 13 Solarbron 10k/2m Evansville, IN 812-985-0055
- 20 Energy Run 5k Rockport, IN 9:00 a.m. 812-897-1669
- 20 Barren River 5k Classic 1-800-325-0057
- 20 Run for the Roses 5k Morganfield, KY cruz256@adelphia.net
- 20 Armed Forces Day 5k Jasper, IN 812-357-2792
- 27 Century Alum. Relay for Life 5k

June

- 3 Loogootee Summerfest 5k Loogootee, IN 812-295-3254 ext.402
- 10 YMCA Lakewood Valley
- 17 Green River 5M 8:00am Morganfield, KY 270-526-6827
- 24 Russellville Romp 5k Russellville, KY

July

- 1 Rockport River Run Rockport, IN 812-649-5739
- 2 Owensboro 10 Miler 7am Downtown
- 4 Firecracker Run 10k/5k Sebree, KY 270-835-7811
- 21 Night Flight University of Southern Indiana 8:00 p.m.



2006 Race Schedule Continued

August

- 5 Fifth Third 5k Evansville, IN 812-426-6210 x 3314
- 5 Owensville Watermelon Run 4M/2M Owensville, IN 8:00am
- 5 Jasper Wettlauf 5k Jasper, IN 812-481-2442
- 12 Evansville Otters Stadium 5k Evansville, IN www.gerwc.com
- 12 Jimmy Brigrance NIGHT 4 Miler Ben Hawes Park 7pm

September

- 4 Run for Sight 5k Bowling Green, KY www.bgrr.com
- 9 CMC 10k Evansville, IN 812-426-6210 x 3314
- 30 OMU Power Run 5k Owensboro, KY 270-926-3200 x 336

October

- 7 Jesse James 5 Miler Russellville, KY
- 8 Evansville Half Marathon Evansville, IN 8:00 am 812-426-6210x3314

November

- 19 34th Annual Turkey Run 2pm DCHS

*This is by no means a complete list of area road races. Please consult area club websites to help verify dates and times for each event due to changes.

Membership Dues

As many of you already know, club memberships were due in November. Single memberships cost \$15 and family memberships cost \$20. At the last meeting it was decided upon to forgive past due dues. Simply pay the 2006 year dues, and we'll remind everyone in the October newsletter to send in dues for 2007.

Please mail in your membership dues to John Quiggins 124 E. 25th Owensboro, Ky 42303. **Do your part and help support the club and promote running in your community.**

Running Groups

Anyone interested in running as a group, meet at Legion Park (J. R. Miller Blvd. and East Byers) Monday through Friday at 4:00 p.m. and on Sunday mornings 6:30 a.m. and 7:30 a.m. This will allow us to run as a group, but you will still be able to run at your own pace and course. Another option for club members is Monday, Wednesday, and Friday at 7:30 a.m. A group is meeting at the Athenian YMCA (650 Chuck Gray Court). Look forward to seeing you!



Sponsors Needed

We are asking for your help in locating sponsors for our races. Please call John Quiggins at 926-6399 if you know of anyone that might be interested in sponsoring our races. We are also looking for door prizes and items to put into the race packages that are given to each racer. The running community has been very supportive of several business and services in the Owensboro area. Help us reach out to these companies and individuals to help us promote running and fitness in the community.

Road Racing Results

6TH ANNUAL ST PATRICKS DAY 5k MARCH 18TH, 2006 9:00 a.m.

Place	Name	Age	S	Time	Pace
1	KEVIN SMITH	20	M	16:22	5:16
2	SHANE THREAD	42	M	16:33	5:20
3	TIM ROMAN	29	M	16:37	5:21
4	MATT BARTSCH	23	M	16:54	5:27
5	Danny Jr. Goodman	30	M	16:59	5:28
6	Scott Muench	40	M	17:20	5:35
7	KENNY GOLDMAN	47	M	17:41	5:42
8	AARON TAYLOR	16	M	17:45	5:43
9	JASON SPINDLER	31	M	17:46	5:43
10	JERMEY ARVIN	16	M	17:50	5:45
11	JERMEY KNARIAN	15	M	17:54	5:46
12	CARLOS SANCHEZ	39	M	18:09	5:51
13	KENJI HEILMAN	34	M	18:09	5:51
14	CHRIS THOMAS	41	M	18:33	5:59
15	CURT KINGHT	54	M	18:46	6:03
16	Roger Westerfield	43	M	18:51	6:04
17	DIXON BRYCE	28	M	18:57	6:06
18	BRIAN RAINEY	42	M	19:02	6:08
19	Charles Holmes	46	M	19:07	6:10
20	DREW SHETLEY	16	M	19:14	6:12

Mater Dei 5K March 4, 2006

1. Jesse Davis	15:34.05
2. David Tyler	15:35.90
3. Mike Hillyard	16:10.95
4. Andrew Krack	16:30.29
5. Danny Goodman	17:06.86
6. Tim Roman	17:20.33
7. Scott Muench	18:04.78
8. Mike Landy	18:13.44
9. Kenji Heilman	18:18.39
10. Eric Sammet	18:19.62
11. Matt Feller	18:31.51
12. Dean Roberts	18:44.03
13. Casey Schneider	18:50.47
14. Jeremy Knarian	19:06.91
15. John Quiggins	19:14.53
16. Bill Hussmann	19:15.93
17. Bob Barber	19:41.77
18. Chip Stuart	20:08.63
19. Natsuki Yamamoto	20:23.43
20. Joe Wallace	20:48.47
21. Angela Reckelhoff	20:59.79
22. Scott McDurmon	21:20.26
23. Patrick Montgomery	21:22.38
24. Barry Ellerbrock	21:52.80
25. Janet Beamer	21:55.62
26. Mike VanCleve	22:19.47
27. Darian Knight	22:38.97
28. Jeff Bone	22:40.10
29. Gary Merkel	22:44.95
30. Ray Graham	22:53.37
31. Jim Memmer	23:11.60
32. Randy Russell	23:21.33
33. Jonathan Klassy	23:22.23
34. Quinn Schroeder	23:28.31
35. Michele Applegate	23:32.65
36. Cathy Downes	23:33.04
37. Ron Angermeier	23:38.22
38. Mike Boatman	23:58.53
39. John Verkamp	24:02.52
40. Logan Folz	24:09.77
41. Dennis Wanne- muehler	24:13.50
42. Tamara Schroeder	24:20.52
43. Chuck Wingert	24:34.58
44. Chuck Wingert	24:36.54
44. Renae Egli	24:42.44
45. Tom Anderson	24:52.48
46. Angie Wooten	25:03.37
47. Jerry Reininga	25:40.10
48. Danny Trusty	25:45.04
49. Jared Beamer	25:57.50
50. Reed Kress	25:59.98

Tom King 1/2 Marathon 3/18/06

Nashville, TN

CHAD PAYNE	1:21:28(PR)
JIMMY BRIGANCE	1:21:43
PAUL HEADY	1:29:20
HARRY ROBERTS	1:32:55
LOU WILKERSON	1:40:45
JOHN QUIGGINS	1:40:48

Gate River 15k Championships

Jacksonville, Florida March 11.06

SCOTT MUENCH	59:08
STEVE ANDERSON	1:09:20
LISA MUENCH	1:19:27
TERRI ANDERSON	1:45:37

Anthem 5k classic Louisville, KY

Nate Pagan	19:56
Brent Mesplay	21:20
Theresa Hayden	26:35

Rodes City Run 10k Louisville, KY

Bob Riley	47:30
Theresa Hayden	52:51
Joe Glenn	59:51

Email us with your race results if you want them to be posted at muenchds@omu.org

Limited space will prevent us from being able to post entire race results. We will try to include club members we know about.



How's your memory?

Can you identify where this photo was taken? Hint: It's on a fairly familiar running route in Owensboro.

The first person to email or call me with the correct answer wins \$10 off \$50 purchase from **Fleet Feet**.

Good Luck to all! (If your business wishes to sponsor this section let me know)

muenchds@omu.org

270-315-8340

NEWSLETTER SPONSORS NEEDED

We are in need of sponsors to help support our monthly newsletter. If you have a business, service, or practice that benefits from our running community we want to encourage you to sponsor our newsletter for one month a year. We would like to provide a newsletter each month when possible, so we need twelve sponsors to step forward and meet the need. Our time putting the newsletter together is donated, but there are expenses such as printing and mailing that need to be covered. Any and all help is appreciated. It currently cost the club a little over \$100 a month to publish the newsletters. Each sponsor will only have to donate \$100 and will receive recognition in each newsletter throughout the year. If you want to help please call John Quiggens at 270-314-1918 or Scott Muench at 270-315-8340.

Let us know if you have a change of address!

IF YOU WANT ON THE NEWSLETTER EMAIL LIST PLEASE LET US KNOW.



124 East 25th Street
Owensboro, Kentucky 42303