

December 2006

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*Merry Christmas &  
Happy New Year!*



# THE RUNNER

## Staying Excited



Now that I have your attention, let's look at several ways to stay excited about running during this somewhat cold and dreary time of year that we call winter. I don't know about you, but it's a little harder for me to stay focused on running when it's real cold and gloomy outside with few races in site. So, let's take a fresh look at several ways to juice up your winter training or running.

First of all, have you checked out the new running site for our club? In case you haven't heard or had a chance to view it, it's at [www.owensbororunningclub.com](http://www.owensbororunningclub.com). Just viewing this site should help spark a little excitement about your running as you reflect on the race results for this past year. Make sure that you check out your competitions results so you know how hard you need to train this winter and early spring in order to catch him/her. That's right...we all know you do that...by the way, so does everyone else! There's also a calendar that shows upcoming events that we know about to help you plan your racing season. If something's not there that should be please let me know. All of the newsletters from 2006 are even posted. If you've missed any of them be sure to check it out...plenty of motivation and excitement there. There's even a photo section. It needs to be upgraded, so help by emailing me any photos that you might have of this years events.

Second, don't get down about having nothing to train for this winter. The Owensboro Parks & Recreation is holding the 9th annual Holiday Hustle 5k at Dairy Queen on December 2nd. That might be a done deal before you get this. But you get the picture, find a local 5k to hone your race skills or simply pace a slower friend and give a little back to the running community while enjoying this great sport.

If small local races don't do much to excite you about running this time of year, try training for a larger race such as a mini-marathon or marathon. The Hangover Classic 10 Miler in Louisville will be held on January 1st at 10:00 am. Check out their web-site at [www.cherokeeroadrunners.org](http://www.cherokeeroadrunners.org) if you're interested. I'd be looking at this race if my wife hadn't already roped me into to running another marathon. This is the option that we (my wife) decided for us for this winter. We're going to run the P.F. Chang Rock n Roll Marathon in Phoenix, Arizona on January 14th. I'm actually looking forward to this race as of right now. That could change suddenly, if you've ever trained for such an event you know what I mean depending upon the next long run. But anyhow, the point here is that focusing on this event has more than provided me with enough excitement and motivation to click off the miles when I might otherwise be backing off a little if not for the goal at hand.

Third and finally, do you realize what all that holiday eating can do to your awesome athletic figure? Is it worth enjoying that extra piece of pumpkin pie? Why sure it is...I'll just run an extra workout this week or put in a few extra miles! Yes, that is motivation enough for many of us to log plenty of miles this time of year. Plus, let's face it...it's much easier to maintain fitness than to completely blow it during the holidays only to have to train that much harder to gain it all back by spring racing season.



*If you have a tip or trick to share with other club members email them to me at [scottmuench@owensbororunningclub.com](mailto:scottmuench@owensbororunningclub.com)*



Whatever your motivation is to stay excited about running this winter, I hope that you enjoy your best winter running season ever. See you on the roads. Merry Christmas!

### **Successful Local Coach Writes A Book About Running**

In case you haven't heard, Tony Rowe has written a book on running. I'd tell you more about it, but I haven't read it yet. Most of you probably know Tony or at least the success of the cross country program at Daviess County High School. I understand there is some personal stuff in the book that lets the reader get a closer look at the coach and his family as well. Sounds like an awesome gift idea. The book is titled Trails, Trials, & Triumphs and is available at [www.tatepublishing.com/bookstore](http://www.tatepublishing.com/bookstore). The books retails for \$12.99 plus tax.

#### *A Training Tip That Can Save You Some Money*

*If you ever get caught out in the rain on a run, you can prevent your shoes from shrinking up on you by stuffing old newspapers in them. Newspapers will soak up the moisture. If you allow shoes to dry on their own or in a dryer they will shrink on you possibly causing your toenails to rub. This can be painful and expensive having to replace shoes that aren't worn out yet.*

**Many members have either sent in their membership dues or have paid them while at a club race. For anyone who hasn't yet paid their dues, all dues are due each November 1st. The club relies upon dues and sponsors to continue to be able to put on races. Please spread the word and remind other members to stay current with dues .**

**We want to welcome all new members to the club!**

**Also remember that unless requested, the newsletter will only be emailed out to members. Once again please remind other members to forward their email address in order to be put on the newsletter list. A few copies will be put out at the Athenian and Feet Fleet.**

Asked about their cross country season, two area coaches summarized their season for us. Thanks to both Coach Fortney and Coach Rowe for responding and for your dedication to our young athletes. We wish you both continued success!

As you know the girls team from Muhlenberg South captured the first ever State title for a Muhlenberg Co. team this fall in Cross Country. Suzanne Holt also captured the individual title. It was an exciting season from day one. The girls won 10 of 12 invitationals on the season and won the individual title in 11 of the 12 meets. In the regionals we had 6 in the top 9 and 7 in the top 11. At state the girls went 1, 4, 21, 22, 47 and won by a mere 5 points. 3 of the top 7 girls are still in elementary school. The future looks very bright at South.

Suzanne went to Footlocker and ran a PR of 19:08 also a school record, of which she held. She made the all south regional team which consist of 14 south states in the US. Suzanne was also named AA runner of the year, Girls Super team, All Area 2 runner of the year, and All Sr. team. She is being recruited by several D1 schools and will decide in the near future where she might attend. Louisville, UK, Eastern, Western, Furman, Centre to name a few are high on her list. Morgan Poore a Jr. also made first team All State, All Jr. Team, and All Area 2 team. Brianne Porter made 2nd team All State, and All Area 2 team. Lindsey Mathis a 6th grader made Honorable Mention all state, 1st team all state elem. All area 2 team. In 7 of the 12 invitationals we had 3 girls place in the top 5 of those meets. Over the last 12 months the girls ran 325 out of 365 days with their mileage close to 1900 miles during this period. On average, 6 miles per day, through rain, heat and cold, but it all paid off with a STATE TITLE. It was a very special season, One I will remember for ever.

Mark

Below is our teams website check it out. It has all our team stats for the season along with pics and more.

<http://www.athletic.net/CrossCountry/School.aspx?SchoolID=18094>

Here's a few facts about our team. After winning the Regional by placing 7 runners in the top 11 spots, we finished 4th at the state AAA meet, one point out of 3rd and 18 points from 2nd. Actually we put our 6th man in front of the 4th man of state runnerup Woodford County. Our scoring split -#1-#5 man- was just 6 seconds, which is unheard of and only 8 seconds from #1-#6. Guys that competed in the state meet for DC were seniors Jordan Clark, Jordan Payne, Brad Horn and Benji Whitehead as well as sophomores Blake Dickens, Wes Russelburg and Landon Taylor. God Bless You!

TRowe

2006 Race Schedule. (Additions are in bold text)

**19 34th Annual Turkey 5 Mile Run 2pm DCHS**

*(this is a club sponsored event...see you there)*

**23 Old National thanksgiving Day 5k run/walk 6th & Court St Evansville, In 9 am 812-474-2222 ext 340  
December**

**2 Holiday Hustle 5k Dairy Queen Hwy 231 Owensboro, Ky 8:00am 270-687-8700**

**2 St. Jude Marathon/half-marathon Memphis, Tn www.stjudemarathon.org**

**2 Jingle Bell 5k Arthritis foundation 101 SE 1st St. Evansville, In 9:30 am 812-474-1381**

**8 Snowflake Derby Phys Activities Center USI Evansville, In 10 am Mike Hilyard 812-465-1232**

2007 Race Schedule

**1 Hangover Classic 10 Miler Louisville, Ky www.cherokeeroadrunners.org**

**14 P.F. Chang Rock n Roll Marathon Phoenix, Az www.rnrz.com**

**\*\*\*If you know of other races or events that need to be in the newsletter be sure to let us know\*\*\***

**Try out these awesome running websites next time you're goofing off at work.**

**[www.owensbororunningclub.com](http://www.owensbororunningclub.com)**

**[www.tristaterunner.com](http://www.tristaterunner.com)**

**[www.midwestrunning.com](http://www.midwestrunning.com)**

**[www.bgrr.com](http://www.bgrr.com)**

**[www.nashvillestriders.com](http://www.nashvillestriders.com)**

**<http://gerwc.com/>**

**[www.coolrunning.com](http://www.coolrunning.com)**

**[www.cherokeeroadrunners.org](http://www.cherokeeroadrunners.org)**

**[www.runnersworld.com](http://www.runnersworld.com)**

**[www.26m.com](http://www.26m.com)**

***If you know of other cool running websites be sure to share.***





## Runners' Supplements at a Glance

As a runner, you've probably wondered at some point about "natural supplements". Is there something out there to make you stronger, faster, leaner; or, something to ease those aching joints? As a pharmacist, I know there are thousands of products on the shelves- the "herbal", "natural", "miracle" products can be confusing. I'll try to shed some light on the most common supplements that you can buy over the counter that may be helpful at some point in your running career.

First, it is important to know that OTC supplements are just that. The FDA classifies all these as "nutritional supplements" because they do not undergo the extensive studies that prescription drugs do. Therefore, info on them is much less-side effects, interactions with other medications, warnings. SO, if you take other medications, or have a medically treated condition, always check with your doctor or pharmacist before starting something new. Just because you can buy it over the counter, or it is "natural" does not mean it is safe for everyone.

Aside from training, nutrition may be the most important influence on our running. Multivitamin/mineral supplements do not appear to increase performance in runners who already receive recommended daily allowances in a well balanced diet. However, I would recommend a vitamin/mineral supplement in the athlete who is trying to control or lose weight while still training strenuously. Vitamins C & E have been rumored to improve athletic performance, but I could not find proof.

Chromium is a mineral that helps the body maintain normal blood sugar levels. It has been studied for its' potential in altering body composition. Research has shown suggestions of increased fat loss and lean muscle tissue gain. However, we can achieve that if we just run more, can't we?! Recommend to leave this supplement in questionable file.

Iron is important for runners, especially women and high distance runners. Iron-deficient runners tire more easily. Iron is necessary for oxygen to be transported to & within the muscle cells. It is essential to have your iron status checked by your doctor first before taking an OTC supplement. There are different types of deficiencies, and also excess amounts can be harmful.

One of the most commonly used nutritional supplements used for joint health is glucosamine/chondroitin. Many controlled, well-conducted studies have shown the significant effects of reducing symptoms of "wear and tear" on the joints. Reduction in pain and stiffness usually occurs over months, then the dosage should be lowered for maintenance. The supplement may be combined with SAME, which seems to possess anti-inflammatory, pain-relieving properties.

These supplements can help some runners, but they can't take the place of healthy, safe running. If you are wondering about something, grab me at one of the races and ask. Remember to smile and have fun when you run!

Lisa Clark

*Thanks for a wonderful article Lisa. If anyone else would like to contribute to the newsletter please send in any information to [scottmuench@owensbororunningclub.com](mailto:scottmuench@owensbororunningclub.com)  
We are always looking for medical, training, motivational, and adventure articles.*

## Winter Running Land

By Tim Leachman

It was the last week of December 1996, the temperature was around 30 degrees and there was roughly 4 inches of fresh snow on the ground. I called my friend, Bruce Law, and asked if we were still going to go on our daily run. In typical Bruce fashion he replied, "Is there some reason we wouldn't". I decided what the heck, and headed over to Bruce's house certain it would be a small crowd and a short run.

When I got to Bruce's house I was surprised to find several people stretching in the living room floor. Paul Heady, Earl Cavendar, Dennis Clark, Karen Foster-Smith, Darlene Hoagland, Clint Bivens, and Sara May had all braved the elements to be part of the daily run. As we headed out the door, and with the snow still falling, I feared we were wasting our time and embarking on an effort in futility. But as the miles passed and with the crunch, crunch, crunch of the fresh snow under our feet, what started as a run turned into a laugh fest. First a few light-hearted jabs started flying and it wasn't long before a full-fledged snowball fight had broken out. Grown men and women as happy as school children, a day I'll always remember.

I share this story with you for one reason. Once again the season that most runners dread is upon us, winter. The season many refer to as "the off-season". Not only because there are no races but also because some even stop running for a few months. For most of us the next race is in early April and excuses are easy to find. I submit to you that this is not a time to dread but rather an opportunity to embrace.

Winter is the time for what Bruce termed LSD, long slow distance. A solid base is the first step to a productive race season and LSD is the way to a solid base. But with the winter season upon us, the pressure of a solid race time is temporarily lifted. This is the time to take in all the beauty that surrounds us, to enjoy the crunch of fresh snow under your feet, and to share a few laughs with your running friends.

Winter is an opportunity, an opportunity to get that solid base established but more importantly it is an opportunity to create memories, like those I have from the winter of '96, that last a lifetime. One such opportunity will occur on January 1<sup>st</sup>, 9am, at Ben Hawes State Park. It will be the continuation of a tradition that started over 30 years ago, an informal gathering of runners, and an opportunity to establish 2007 as a year of running. Many people have new years resolutions but here we have an opportunity to start ours off with action instead of words. Do yourself a favor and embrace **The Opportunity**.



Tim and wife Cynthia at the Jimmy Brigance 4 Mile Night Race.

Thanks for all the help Tim. We all really appreciate the great articles you write for the newsletter. We wish you a speedy recovery. I hope that ankle heals by early spring so we can hammer on the bikes when we're not running.

# RACE DAY RACE DAY

OMU Power Run 5k Results

September 31, 2006

## ROAD RACING

### 34TH ANNUAL TURKEY RUN

#### Sunday's results

Overall male winner: Drew Hawkins 27:36.

Overall female winner: Katelyn Jones 33:08.

#### Male results

**Masters:** 1-Barry Ross 29:17, 2-Scott Muench 30:15.

**14-and-under:** 17-Jacob Roberts 34:19, 19-Adam Rumohr 34:30, 26-Nick O'Bryan 36:38, 27-Brenton Smith 36:39, 28-Sam Sheffer 36:57, 29-Chase Geary 37:00, 69-Brandon Whistle 46:28.

**15-19:** 2-Willie Polio 28:20, 8-Chris Zachary 32:14, 12-Evan Crowdus 32:46, 21-David Dooper 35:08, 51-Sam Roberts 41:06.

**21-24:** 16-Brian McPherson 33:31.

**25-29:** 6-Davey Mills 31:57, 61-Todd Rice 44:10, 81-Nick Oller 52:15.

**30-34:** 43-Michael Reed 39:16.

**35-39:** 5-Scott Buser 30:38, 23-Dean Roberts 35:51, 36-Lou Wilkerson 37:54, 54-Steve Mattingly 42:06, 85-James Crabtree 56:40.

**40-44:** 15-Wesley Noble 33:24, 35-Don Mitchell 37:53, 73-Jeff Johnson 46:57.

**45-49:** 7-Larry Arnett 32:12, 9-Ricky Jagers 32:16, 20-Mitch Settle 35:01, 22-Don Moore 35:41, 31-Tracy Jones 37:42, 37-Mark Hamilton 37:57, 40-Dan Goedde 38:18, 41-Wyndall Smith 38:22, 44-Jeff Foreman 39:18, 46-Dave Roberts 39:48, 55-Bob Hunzinger 42:17.

**50-54:** 10-Tony Rowe 32:20, 11-Richard King 32:29, 25-Danny Wooton 36:37, 38-Rick Dorniny 37:59, 42-Joe Bob Pierce 38:46, 70-Jeff Fillman 46:29.

**55-59:** 30-Terry Potts 37:42, 45-S. Dooper 39:23, 49-Carl Runyon 40:08.

**60-64:** 33-Mike VanClever 37:45, 56-Montie Edwards 42:21.

**65-and-over:** 50-Sonny Potts 40:48, 53-Lee Striegel 41:49, 86-Delbert Gray 57:15, 88-Roy Stutsman 1:04.04.

**Age division not submitted:** 58-Richard Bennett 43:30, 63-Gary McCormick 44:29, 80-Tim Morgan 48:56.

#### Female results

**Masters:** 47-Darlene Hillard 39:50, 48-Martha House 39:56.

**14-and-under:** 18-Maddie White 34:23, 82-Kristen Bergern 52:28, 84-Leeanna Bell 55:56.

**15-19:** 24-Bethanie Roberts 35:53, 34-Katie Sue Thorpe 37:46, 57-Andi Eckstein 42:25, 64-Nikki Rouse 44:39.

**25-29:** 14-Angela Reckelhoff 33:20, 65-Misty Fenwick 45:22.

**30-34:** 32-Laura Mackey 37:44.

**35-39:** 52-Kyle Foster 41:33, 66-Jennifer G. 45:28, 68-Michelle Jones 46:15, 75-Cindy Harris 47:07, 79-Wendi Morgan 47:51.

**40-44:** 74-Angie Hamrick 47:06, 76-Sherri Worth 47:13, 77-Maria Moore 47:17.

**45-49:** 67-Dede Foreman 45:30, 78-Janet Reid 47:17.

**50-54:** 59-Claudia Roberts 43:42, 60-Susie Kunze 43:43, 62-Angie Wooton 44:16, 71-Sharon Griffin 46:38, 89-Kathy Foster 46:38.

**55-59:** 72-Darlene Hoagland 46:40.

**65-and-over:** 87-Carolyn Decker 57:18.

Men's Division

Women's Division

Overall Scott Muench, 16:55

Dana Grand, 20:44

Masters Greg Peters, 18:39 Lisa Muench, 21:28

Grand Masters Jason Reffett, 20:32 Wanda Woolard, 32:04

14 and Under 1st Daniel Southard, 19:20 Sydney Loucks, 23:04 2nd

Wesley Morris, 19:34 Adrian Gregory, 27:39 3rd

Stephen Hardy, 26:00 Arden Gregory, 28:35 15-19 1st

Josh Broadley, 17:28 Holly Anderson, 22:44 2nd

Xavier Clark, 19:01 Beth Peters, 27:04 3rd

Chris Roberts, 21:05 20-24 1st

Ryan Baker, 18:41 Melissa Humphrey, 30:33 2nd

Matt Reffett, 21:17 3rd

Brian Mason, 22:02 25-29 1st

Chad Payne, 17:07 Misty Fenwick, 22:35 2nd

Rodney Stephens, 17:52 Audrey Cannon, 24:37 3rd

Nate Pagan, 18:31 Suzanne Cecil, 25:02 30-34 1st

David Taylor, 18:22 Amy Abel, 22:49 2nd

Stephen Orsburn, 22:23 Lexie Blue, 24:09 3rd

Michael Reed, 23:01 Sherry Abney, 27:06 35-39 1st

Jason Yoder, 18:41 Michelle Mattingly, 20:46 2nd

Jonathan Duke, 20:07 Christina Howard, 23:32 3rd

Brad Dedman, 20:37 Theresa Hayden, 25:19

OMU Power Run 5k Results continued

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40-441st

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Tony Sook, 22:32Suzanne Stetter, 24:142nd

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Curtis Hamilton, 23:50Terri Anderson, 24:273rd

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Mark Dunaway, 24:28Jackie Shown, 25:4945-491st

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Chris Reid, 21:26Janet Reid, 27:162nd

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Mark Hamilton, 21:47Sally Phillips, 32:373rd

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Dan Goedde, 21:49Lee Ann King, 37:4650-541st

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Bob Riley, 21:50Connie Johnson, 33:202nd

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Rick Dominy, 22:09Nita Schroader, 33:453rd

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Marty Bumm, 22:52Rese James, 44:2955-591st

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Carl Runyon, 22:44Sheila Abel, 44:252nd

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Larry Miller, 26:33Bettye Cain, 46:363rd

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Luis Ortiz, 27:38 60-641st

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Harry Purdy, 22:16Sue Brown, 33:492nd

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Montie Edwards, 24:19Judy Knight, 45:373rd

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David Orsburn, 30:53Peggy Hicks, 43:3765 and Up1st

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Ray Boutin, 22:21Marie Montanez, 41:232nd

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Delbert Gray, 32:10Doris Clark, 45:293rd

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Roy Stutsman, 34:53

Be sure to check out the club site at [www.owensbororunningclub.com](http://www.owensbororunningclub.com) for other race results and information.

We have the Evansville Half Marathon & the Medical Center 10k results linked online.

# The Runner

**www.owensbororunningclub.com is the new website for the club. We've had several people saying that they've been routed to the old club site when searching for the new one. This will not happen if you simply type the above address into the address bar...it will take you directly to the site. There is no need to type this address in the search box of your home page.**

Let us know if you have any news, articles of interest, race results, upcoming events, etc. that you wish to share with the club.

**Start of the 2006 OMU Power Run 5K on Sept. 31st.**

**175 runners/walkers came out to enjoy the great weather.**

**See all photos at [www.omu.org](http://www.omu.org)**

