

THE RUNNER

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Ladies Running Group

By Scott Muench

I want to apologize for failing to mention the Ladies Running Group in the April newsletter. I got to meet some of them at the OCTC 5k run when they informed me of this grave omission. They're a fearsome group...don't cross them...trust me on this! For anyone who is interested in joining in on the fun, they meet at Legion Park at 5:00 p.m. during the week and usually around 7:30 a.m. on Saturdays. Sorry ladies! I hope this makes up for the mistake. If not, I'll have water waiting on you at the finish of the next race.

For those of you who can't make this group, remember that a coed group meets at Legion Park at 4:00 p.m. Monday– Friday and on Sunday mornings at 7:30 a.m. The Legend, Jimmy Brigrance, is finally back from his extended vacation and will be leading the Sunday morning group.



Check out the hardware that these ladies scored. Congratulations to each of you! Pictured from left to right are: **Darlene Hillard, Martha House, Louise Halsey, Suzie Kunze, and Sharon Griffin.** (Louise won the big cash giveaway so be sure to hit her up for a loan.)(By the way...love the running tights!)

Coach's Corner

By Steve Anderson



Thanks Coach Rowe! Trees are for kids Coach-sm (1/2 of the Bash Brothers)

Send in your favorite workout or running route to share with other club members



As a new racing season gets underway most of us are trying to get fitter & faster. While each of us accomplishes this task differently, the 'The Runner' staff decided to go to one of Owensboro's own experts on the subject.

Tony Rowe, Daviess County High School Cross Country & Track Coach, shared one of his proven workouts with us that will benefit all of us. He uses a 40/60 workout to help get his Panthers in shape and stay sharp.

"Although it can be done over varying distances or terrain, the team normally goes three miles on the road" This workout is really quite simple, with a watch and some cool running shoes you're ready to get started. "Run 40 seconds really quickand then back down for 60 seconds....40 seconds on and 60 seconds off.....and continue this pattern until the desired distance is covered" Really work the 40 second interval session.

Now.....It really doesn't get much easier than that! This is a great way to get in shape and stay sharp. Good Luck and we will see you at the starting line!

John Quiggens reports that many members have been very supportive to our pleas and have paid their club membership dues. Thanks goes out to all! For those of you who still need to pay your dues please mail them to: Owensboro Runners and Walkers Club, 124 East 25th St. Owensboro, Ky 42303. Remember that it takes all of us doing our part to support and promote running in our community.

Bruce Law Sighting

John Quiggens and Dennis Clark have reported seeing Bruce Law running-yes that's right...running! This might not sound like big news unless you know the whole story. Apparently, according to the gospel of John Q., Bruce hasn't run since 1998 or the last time he got married. It's rumored that Bruce is training for a 12 man relay to be held in Washington state. If anyone has an actual picture of Bruce running please be sure to send it in since few old timers will actually believe this story and most youngsters don't know Bruce.

New Section– Member Spotlight By Lisa Muench

Lee Anderson, a veteran runner, has been running for 32 years. He began running back in high school and has just kept on going. His wife Suzanne is also a runner and has been doing so for around 7 years. They have three children all of which have run at one time. Kaitlin (16) ran until 7th grade, after that she decided to focus on soccer. Their sons Pate an 8th grader runs for College View Middle School and Jesse a 3rd grader runs for Deer Park Elementary. Jesse and his Cross Country team were the Elementary State Champions last season.

Lee has been running a long time. He said “he keeps things interesting by running different types and lengths of races.” He has completed 15 marathons, a couple of triathlons, and many more races of all varieties of distances. He recently started running trail runs. In February of this year he ran Louisville’s ‘Lovin’ the Hills 50k’. Lee ran 31 miles through the scenic hills of Jefferson Memorial Forrest. He said, “It’s not about time, it’s about endurance.”

Lee also has a streak going; he has been running at least 2 miles a day since January 1, 2000. WOW, that’s six years and counting.... Good luck with that.

Lee is interested in running 24hrs either in a relay or as an individual; anyone else interested in anything like this should give Lee a call.

I would like to thank Lee for his time and sharing his experiences with us.

We will continue to spotlight club members in each newsletter. As we are, you will be amazed by what you’ll learn about other members and their experiences.

This is one of the beautiful scenes from the Lovin the Hills 50k Trail Run.



2006 Race Schedule. (Additions are in bold text)

May

- 6 Toyota Spring Day 8k Princeton, IN 9:00 a.m.
- 13 Solarbron 10k/2m Evansville, IN 812-985-0055
- 13 BBQ Fest Run Texas Gas 270-926-YMCA**
- 20 Energy Run 5k Rockport, IN 9:00 a.m. 812-897-1669
- 20 Barren River 5k Classic 1-800-325-0057
- 20 Bellevue Biathlon**
- 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 (This is a club sponsored event...see you there)**

Email any information concerning races that I've missed to muenchds@omu.org

June

- 3 YMCA Kroger 5k Kroger Starlight Dr. 270-926-YMCA**
- 3 Loogootee Summerfest 5k Loogootee, IN 812-295-3254 ext.402
- 10 YMCA Lakewood Valley Whitesville, KY www.owensborotriathlon.com
- 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 (This is a club sponsored event...see you there)**
- 4 Firecracker Run 10k/5k Sebree, KY 270-835-7811
- 21 Night Flight University of Southern Indiana 8:00 p.m

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

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 (this is an awesome event...see you there)**

October

- 8 Evansville Half Marathon Evansville, IN 8:00 am 812-426-6210x3314
- 14 Curtis Hamilton's A.G.Edwards 10k YMCA 270-926-YMCA**
- 21 Medical Center 10K Classic Bowling Green, Ky**

November

- 19 34th Annual Turkey Run 2pm DCHS (this is a club sponsored event...see you there)**

Jimmy, The Legend, Brigrance lets some of his racing secrets slip out before the 2005 Evansville Half-Marathon.



At The Races- OCTC 5K Run

By Lisa Muench

Due to storms the prior evening, the OCTC race was quite cool and breezy. Despite the cool temperatures over one hundred runners and walkers came out to race. Many fans were rooting their favorite runners on along the course. The college put on a great race and gave out some very nice prizes. Several club members won umbrellas and sweat shirts. OCTC also gave away a \$250 cash prize that was won by club member Louise Halsey.

Thanks to all the volunteers who made this race a success. Congratulations to everyone who participated, and we'll see you 'at the races!'

OCTC 5k Results

Rey Alvarez and **Katelyn Jones** were the male and female winners Saturday in the Owensboro Community & Technical College 5K Road Race Fun Run.

Alvarez completed the course in 15 minutes, 39 seconds. Jones finished in 19:48.

Male age division winners were: John Gleason (14-and-under, 19:40), Matthew Wallace (15-19, 17:09), Jonathan Lynn (20-24, 27:26), **Chad Payne** (25-29, 17:21), **Tim Riney** (30-34, 17:49), Pat Hardesty (35-39, 22:47), **Scott Muench** (40-44, 17:30), Larry Arnett (45-49, 20:05), **Paul Heady** (50-54, 19:43), **Donald Knieriem** (55-59, 20:47), **Mike VanCleve** (60-69, 21:50) and **Gene Clark** (70-and-over, 33:03).

Female age division winners were: Madison Mills (14-and-under, 21:24), Brittney Quinn (15-19, 44:54), Beth Fedor (20-24, 29:38), Sarah Mueller (25-29, 21:06), Sonya Simpson (30-34, 25:27), Michelle Mattingly (35-39, 21:12), **Darlene Hillard** (40-44, 23:36), **Susie Kunze** (45-49, 25:30), **Martha House** (50-54, 24:03), **Louise**

Louisville Mini-Marathon April 29, 2006

Trevor Neal	1:27:45
Derek Wethington	1:35:44
Steve Anderson	1:35:59
Nathon Cobb	1:37:32

Country Music Half-Marathon

Brad Loucks	1:27:32
Todd Wilkerson	1:53:52
Laura Baker	2:16:10
Kelly Burke	2:14:09
Kelly McClelland	2:10:40
Bob Hunzinger	2:00:00

Country Music Marathon

*Cathy Goetz	3:48:04
*Phillip Payne	3:36:22

Sorry if we've missed anyone...The Country Music Marathon result site was corrupted.

"Where are they now?"

By Steve Anderson

When you think of Daviess County High School dominating distance runners in the past 8-10 years one name always comes to mind. That name is David Christian. David, a 1999 graduate, was and still is a very determined and hard working athlete. He had numerous outstanding accomplishments and still holds a many D.C.H.S. records.

David was a three time 3A cross country champion, 1500m indoor track champion, 1600m indoor track champion, and a 3200 outdoor champion. He also was a member three time state champion 4 x 800m outdoor relay team. During his tenure at D.C.H.S, David won a total of 23 individual and team championships. Outside of his awards at Daviess County, he also made it to the national spotlight as well. David was a two time Foot Locker finalist, two time Kentucky runner of the year, two time honorable mention All American in cross country and also won the Gatorade runner of the year for state of Kentucky. He was also featured on the High School page of Running Times magazine in the July-Aug issue in 1999.

David went on to continue his running career at North Carolina State University where he earned 5 time all ACC Track & Cross Country honors. He was also the ACC indoor track champion one year. David also had the privilege of running in the NCAA cross country championships three times.

David is now engaged and resides in Raleigh NC and is the head coach of cross country & track at Broughton High School. He also teaches language arts.

There you have it, a lot of history, and where they are now. If you're ever in Raleigh be sure and stop by Broughton High School and visit one of Owensboro's own.



The post race ceremony at the OCTC 5K run. We all saw many familiar faces and a few new ones. Congratulations to all who participated.

Tri-Fever

A medical advice column

By Tim Leachman

Attention runners. There is a serious disease spreading through the running community like a wildfire called tri-fever. In this column I will explain what it is, why it is spreading so fast among runners, what it does, and how you can avoid it.

First, what it is. Tri-fever is an addiction caused by extreme satisfaction with yourself for completing 3 separate athletic events without taking a break. The 3 events are swimming, biking, and running.

There are many reasons this disease is spreading so fast among runners. Runners have a tendency to excel in triathlon events because they are already “cardio-fit”. It is very easy for a runner to become an excellent biker yet a real struggle for a biker to become an excellent runner. Learning to be a good swimmer, much like being a good runner, takes some serious work yet pays huge dividends to a runner. Even the most fit runners will be challenged by swimming. Sprint distance triathlons require roughly the same energy level and commitment to training as a mini-marathon, and most of you know the sense of pride and satisfaction that comes from completing one of those.

What it does. Tri-fever causes extreme emotional euphoria and here’s how. Biking is much easier on the knees than running yet provides a good cardio workout while strengthening the leg muscles, which in the long run will improve your running. Swimming will vastly improve lung capacity. It expands the lungs and teaches you how to push on even when you can’t seem to catch your breath. These two disciplines will improve your running while helping to tone and shape your body.

If all this sounds like something you want to avoid the easiest way is to stay away from those who have already acquired it. Tri-fever is highly contagious; therefore, you must avoid people such as Scott Muench, Joe Polio, Sharon Griffin, and Darlene Hillard. Also, Chad Payne has been displaying the early signs of tri-fever such as investing in a bike, getting extremely jacked when talking about his recent rides, and running better than ever.

Tri-fever has no regard for age, race, gender, or social status. Be very careful runners, you’re all at risk.



The May Newsletter for the Owensboro Runners & Walkers Club

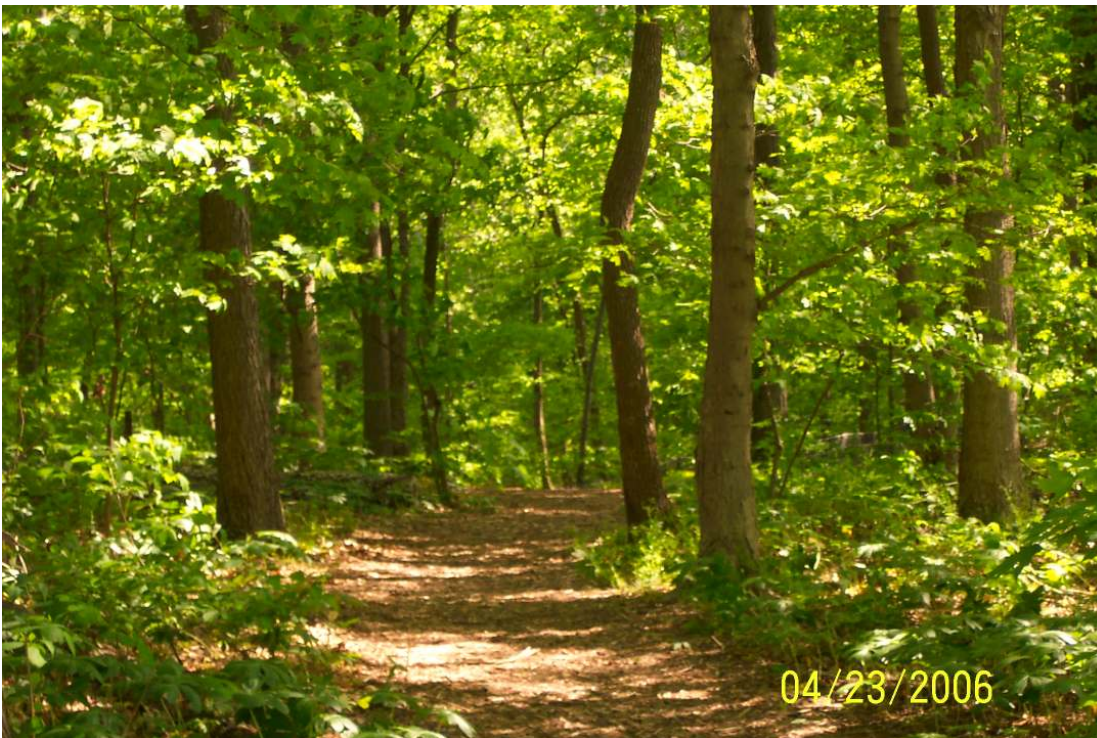
The Runner

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Please Let Us Know If You Have Moved!

EMAIL ME TO GET ON THE NEWSLETTER EMAIL LIST– YOU’LL GET TO EXPERIENCE EVERYTHING IN COLOR.

Please don't be shy! Tell us if you like or dislike the new name and format of the newsletter. (muenchds@omu.org)



Do you know where this photo was taken? If so, be the first to email or call and win a free appetizer from the Pelican Bucket. Thanks Andy! (Be specific)

Send me a photo of from your favorite run route, just nothing real obvious like last months photo. Congratulations to Harry Roberts for correctly guessing Airport Rd for the April issue.