

ORRC Announces Support of “Race for the Redheads” 10k/5k



In early March, ORRC announced a new event for members to add to their calendar: the Race for the Redheads.

This event includes a 10k, 5k, and a race for the kiddos and is being planned in coordination with the American Association of Zoo Keepers and the Oregon Zoo to benefit the Sumatran Orangutan Conservation Programme (SOCP). As its name indicates, this nonprofit organization raises funds to help Sumatran Orangutans; the species have been deemed critically endangered due to loss of habitat and environmental stress caused by the unsustainable production of palm oil.

“Managing the benefit Race for the Redheads 5K, 10K and Kids Runs at Blue Lake Park on May 15th for The Oregon Zoo Keepers is such a natural for ORRC,” says ORRC President Stephen

**Sunday
May 15**
Blue Lake Park
9:00 a.m.

Wright. “It’s just one more example how ORRC’s volunteers’ efforts benefit the local community, our partner The Oregon Zoo and their zookeepers, as well as a more far-reaching worldwide program to protect the critically endangered Sumatran Orangutan. Great causes like this deserve our support.”

You can still register for this event online for \$35 if you sign up before May 14. On race day, registration increases to \$45. Keep in mind that Blue Lake Park requires a \$5 day pass if you do not have a State Parks pass.

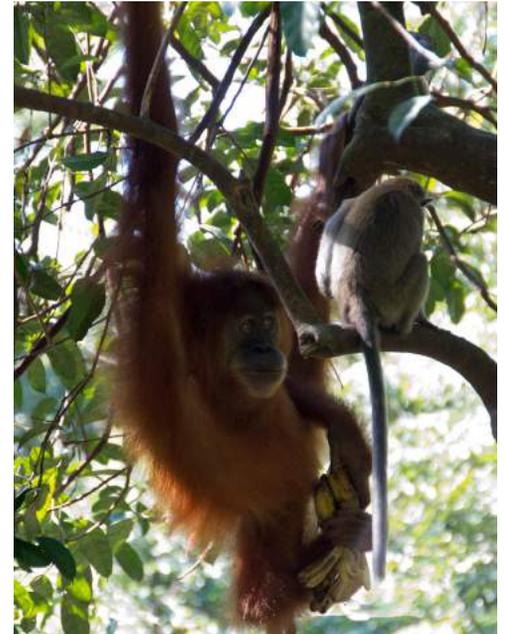
The free kid’s race will be great fun for your littlest runners, because it’s only about 100 meters. You can register your pint-size sprinter online ahead of time or day of race at no charge when you sign up. And if you have even *younger* runners, you can feel safe bringing them along with you for your race in a stroller!

Please note that Blue Lake does not allow dogs in the park, due to some sensitive natural areas.

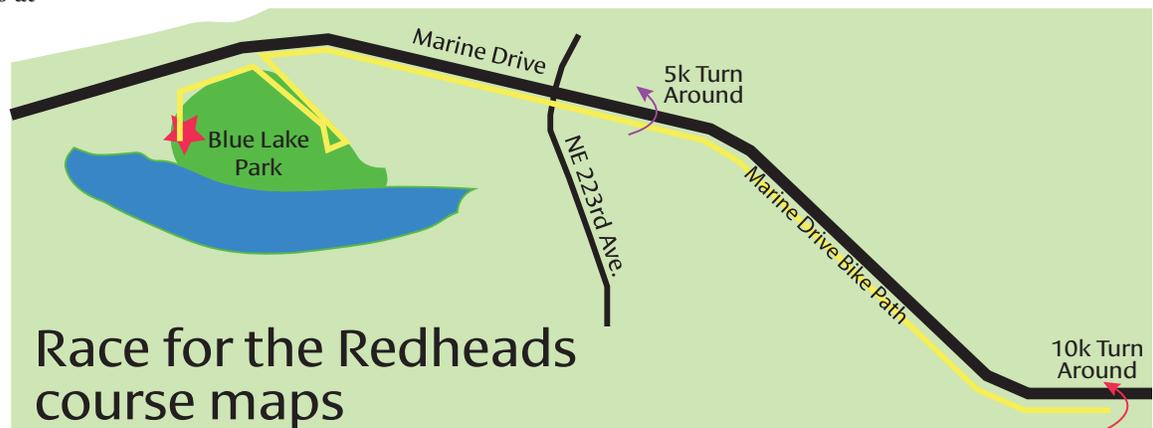
The course map is pictured below; the entire route is on paved surfaces and makes use of the park access roads and the Marine Drive bike path. From the start, all participants will run north on the perimeter road to a turnaround within the park. Then, heading back north, they will turn away from the start/finish to the bike

path that parallels NE Marine Dr. The 5k turnaround is just east of NE 223rd Ave. and the 10k turnaround will be marked with cones further down the path. Upon returning to the park, participants will retrace their steps to the in-park turnaround point and the finish.

This race is not a part of the ORRC 10k Series.



Credit: Scott Jackson



Letter from the Editor

by Kelly Barten

On April 9, I was in a good place. My daughter's 4th birthday party had gotten off to a great start and I was feeling pretty good about the next day's Vernonia Half Marathon for which I was signed up.

Then, at around 2 p.m., I started to feel a little chilly. And my muscles all started to feel a little crampy. Before long I was wearing two pairs of sweatpants, hunkering under two fleece blankets, and counting the minutes until my husband got home from his run and I could crawl into bed.

I knew that running the race wouldn't just be foolish - it would be impossible. Just climbing the stairs to my room left me weak and sweaty; 13.1 miles would have been a disaster. At the same time, though, I was secretly hoping that the chills, muscle cramps and headache would vanish and I'd be able to surprise the two friends with whom I'd planned to run at

the shuttle.

That didn't happen, and I spent "race time" in bed. Before long, photos and finish times flooded Facebook and I was impressed to see how well my two training partners and other friends running the half or full marathon had done.

Of course I felt like I'd missed out. It's likely I would have finished with a similar time had I been healthy. But I also felt extremely proud of my running friends as I watched photo after photo show up in my feed and getting texts announcing their finish times.

Fortunately for me, the ORRC race calendar (along with the excellent community race calendar in our region) offers any number of races throughout the year. As a matter of fact, I have already declared my intentions to run the 2017 Vernonia Half Marathon. So I'm in a pretty good place.



Yoshiyasu Yamakawa and Fumie Weiby having a nice run together at the 2016 ORRC Vernonia Marathon.

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ORRC Race Directors

Mark Barrett, Kelly Barten, Bonny Benton, Daniel Brewer, Dave Cook, Will Cortez, Dave Green, Mike Haedrich, Peggy Ayles Hartwig, Debbie Heiser, Bret & Gail Henry, Abby Meek, Karen Peterson, Valerie Pratt, Alan Smith, Steve Wright

All ORRC Race Directors are volunteers. Aside from learning how to put on an event with an accurate course, ORRC Race Directors receive complimentary entry to all ORRC races for the year. The club is always looking for new co-Race Directors. If you are interested, email raceoperations@oregonroadrunnersclub.org.

Welcome New Members

Susan Asula
Charlene Bluth
Andrea Calhoun
Eric Dolezal
Eric Dubois
Rebecca Farrell
Kathy Fedr
Mark Francis
Joann Gadbow

Margo Glass
Mike Haedrich
Erica Hann
Kym Herrmann
David Hume
Julie MacFarlane
Bonnie New
Sandy Overstreet
Ann Sehdev

Alice Sigmund
Erica Swanson
Jillian Underwood
Marie Walkiewicz
Teri Wright
Lourdes Zakrzewski

Seeking volunteers!

**ORRC Garage
Cleanup Day**

**Sat., May 21st 9 a.m. - 1 p.m.
Public Storage
11160 SW Allen Blvd**

Running Shorts

ORRC board members present running safety tips to Beaverton High School students

On April 23, ORRC President Steve Wright and Board Member Alan Smith gave a presentation to Beaverton High School students about running safety. The presentation was part of an effort by Virginia Garcia Memorial Health Center School Based Program and Beaverton High School to create a student running program.

The ORRC board is working on developing a similar program for adults in the greater Portland community, as well as a self-defense workshop for personal running safety.

Alan Smith, ORRC Board Member, was the inspiration to create this community running information program, which is based on a similar program hosted by the Southern Arizona Road Runners as well as RRCA safe running programs.

Details will be announced to ORRC members as soon as they are finalized.



ORRC President Steve Wright presents at Beaverton High School. Credit: Alan Smith.

ORRC member creates the HDL Convertible headlamp

Mark Haedrich, an ORRC member that lives in NW Portland, has invented a cool new running gadget designed for runners. The Convertible is a very unique product and hard to sum up in only a few words. First, it is a headband that integrates a retractable skull cap. When the skull cap is not in use it can be discretely tucked away in a rear pocket designed into the headband.

Haedrich and his wife, who has been involved from the beginning, designed a smart module to be launched with the product. The smart wearable is a combination headlamp and camera. Most headlamps today cannot be customized to a runner's environment, but their 400-lumen headlamp can be customized through an app they designed to maximize the battery life for their run through the app.

The camera is a unique feature too. "Our camera is the first of it's kind designed for runners. Now, runners can record their runs and post the experience on social media. We are integrating a GPS, altimeter and accelerometer so all the important stats can be displayed on the video. With the integrated headlamp the opportunity to film in low to no light is phenomenal. Live streaming will now allow racers to share their entire race experience with family and loved ones like never before."

Keep an eye on the Convertible HDL for future modules that can be added, and keep your eye out for Mike at future ORRC events!

Sweepstakes: RunLites

ORRC members have a chance to win a pair of RunLites gloves, with super-bright LED lights embedded to keep you safe and seen when running in the dark. These half-finger gloves also have a key pocket and gel pouch.

To enter for a chance to win, simply visit ORRC.net and search for RunLites sweepstakes. The sweepstakes is open from May 1, 2016 and closes on June 15, 2016. One potential winner will be selected at random and that person will be contacted via email. They just need to respond to that email within three days to claim the prize, and then RunLites will send the prize directly to the winner!



First Thursday Urban Adventure Run, a free group run and walk, returns

The First Thursday Urban Adventure Run has become a tradition in Portland. Held on the first Thursday of each month between April and October at Fleet Feet Sports PDX, this is a free run/walk at which participants can win sweet prizes.

Participants can pre-register (for free) or at the event, which starts at 6 p.m. For a full hour, runners and walkers visit as many of the freshly-revealed checkpoints as possible and then return by 7 p.m. to drop their raffle tickets into the drawing.

Post-run festivities include music and beer, plus the chance to hang out with all your running friends. Fleet Feet Sports PDX is located at 2258 NW Raleigh; the First Thursday events are just a block away on NW 22nd between Quimby and Raleigh Learn more at fleetfeetpdx.com and click on Events.



ORRC President Steve Wright, Board Member Alan Smith, and member Margo Glass representing ORRC at the April 2016 First Thursday Urban Adventure Run

President's Letter

by Stephen Wright

As a student of history, I have been fascinated how leaders are able to inspire others. And when this inspiration leads to good, we are better off. One such leader who I have admired and studied is Winston Churchill. Most of his remarkable life story gravitates around WWII. However, there is another side of him, probably many sides of him, that are



either lost in time or overshadowed by his other accomplishments.

A walker, yes. But no, he was not a runner. Or at least the history books don't mention running as an attribute. But he had a gift of words, and has been quoted time and time again on a litany of topics. One quote that stands out more than more familiar quotes is this: "We make a living by what we get. But we make a life by what we give."

I don't know who coined the phrase "It's better to give than to receive;" it really doesn't matter. What matters here is that giving to others defines character. And

with that, I'd say: ORRC has a lot of character. Tons of it!!

Unlike most U.S. running organizations, ORRC's bottom line is not how much profit is generated for its investors. ORRC's bottom line is how much you, as a member, are able to give back to the community through volunteering at ORRC. And ORRC, as an organization well connected within the community, gives you that unique opportunity to volunteer in many flavors.

Obvious ways to make your contribution include volunteering at one or more of our 15 annual race events. It takes more than 700 volunteers to host these events each year. But this is just the beginning. ORRC booths appear at local expo and training events, at which it's amazing just how much excitement a few spirited ORRC members can generate. Just ask one of them.

Volunteers also make up ORRC's leadership and support positions. That's another 30 members.

Club volunteers also give their time and talent to local schools, teaching students running/walking safety techniques. Speaking of safety, ORRC will be hosting Defensive Running/Walking Training classes for the entire Portland metro region (details TBA). ORRC is also hosting a benefit 5k, 10k and Kids run on May 15 at Blue Lake Park for the Oregon Zookeepers as a benefit for the Sumatran Orangutan Conservation Programme. And this is just the beginning.

ORRC members' ability to give back is defined by you. Want to get involved? Feel good about giving back? Or be inspired by Churchill and "make a life by what you give?" Simply let us know; email volunteer@oregonroadrunnersclub.org. The possibilities are endless.

THE OREGON DISTANCE RUNNER

Winner of RRCA's 2014 Outstanding Club Print Newsletter Award

Editor: Kelly Barten
odrmagazine@gmail.com

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The Oregon Distance Runner is published each quarter: winter, spring, summer, and fall.

About ORRC

Oregon Road Runners Club is a non-profit organization promoting road racing, running and related activities, and information programs for both competition and recreation for the benefit of fitness, fun, health and quality of life. Membership in ORRC is open to everyone. ORRC is a member of the Road Runners Club of America.

Ready to get more involved?

Being a race director is a great way to give back to ORRC. Race directors receive free registration to all other ORRC events, and guidance along the way from experienced volunteers.

These ORRC events are looking for co-Race Directors:

- Best Dam Run, September 24 in Estacada
- Blue Lake Runs, October 15 in Fairview
- 2017 races: Y2K (January), Champoege Park Runs (March), Vernonia Marathon and Half Marathon (April)

If you're interested in any of these opportunities, email volunteer@oregonroadrunnersclub.org to get info.

RENEW YOUR MEMBERSHIP OR REGISTER FOR ANY ORRC EVENT

ORRC.NET

Talking the Walk

by Lizzie Cheney

DISTANCE DREAMS: Half Marathons, Marathons and Other Long Adventures

Perhaps 10Ks are becoming “old hat,” or you are wondering exactly why all the fuss for a 6.2-mile race. You might be hungry for a new challenge and goal, or truly curious about how far you can go. If any of these statements are things you’ve been thinking lately, it might be time to seriously contemplate training for a marathon (or a half). But don’t fill out your entry form yet. There are issues to take into consideration, some very specific to walkers.

I have walked nine marathons, which by some standards is a microscopic pittance. The experience of doing a marathon is exciting, incredible, challenging, sometimes rough, and always rewarding. These events have taught me a lot about distance walking, and even more about myself. Given these experiences, I would like to pass along some information I learned (at times the hard way) that may help a potential marathon walker.

Excuse me, do you have the time?

The most significant factor for walkers doing long events is the amount of time they are on the course. This is not only a physical issue but a mental one as well. Time impacts the first step of a plan: selecting which marathon (or half) to enter.

Some marathons have a restrictive time limit, leaving participants on course at the end of a race facing traffic of all kinds. In contrast, some marathons are known to be “walker friendly.” These offer very generous time limits, and some have an “early start” option if more time is needed.

A couple of great marathons for walkers that I know of include the Portland Marathon and the Good Life Fitness Victoria Marathon (in B.C., Canada). There are many more great marathons for walkers out there, you just need to do a little research.

Make a plan - and follow it

The training mileage required for marathon or half marathon preparation will be nearly the same for both walkers and runners. For both it is a huge commitment, but for the walker, the time involved is far greater. So, as you are making your “marathon training plan,” check your calendar to be sure you will



Participating in 10k walks can be a great way to learn what types of hydration and nutrition work for you as you train for a half marathon or longer race goal. Above: Walkers at the 2015 ORRC Dual Duel Individual 10k.

have the hours necessary for training.

Another consideration in selecting your event is the time of year. I know I do not function well in heat, so I avoid any hot destinations or summer marathons. Remember that whatever environmental fallout the marathon runners will endure, you, as a walker, will be enduring it longer.

Hydration and Fuel

Fuel and hydration are other key issues, especially for walkers because they need to stay hydrated and fueled on the course for hours. During an event, the aid stations may be too far apart, from a time standpoint, for a walker’s slower pace. That’s why I always wear a hydration belt for longer distances. There are many brands on the market, but I recommend Nathan brand hydration belts (nathansports.com/hydration/hydration-belts).

A walker needs to carry highly nutritious, high-calorie, lightweight edibles such as nuts, raisins, and the like. Additionally, there are numerous products and bars on the market for athletes. Whatever you choose for your event, eat those same foods while training so you know they agree with you and give you the boost you need.

Form and function

Another very worthwhile endeavor for walkers who are planning on distance events is to learn about good walking form. Applying even a few of these principles can save a walker a lot of energy and improve their speed. Searching “Race

Walking” will show you many websites and videos from which to learn good technique for all types of walking.

Whether racing or not, nearly all the principles of good form are the same. Perhaps the most effective way to improve your form.

Get a little help from your friends

Training for a marathon takes strategy and knowledge. For these reasons and others, I joined a marathon training group. This helped me tremendously with useful knowledge, planning and motivation. There are several marathon training programs locally available, and most have walking groups.

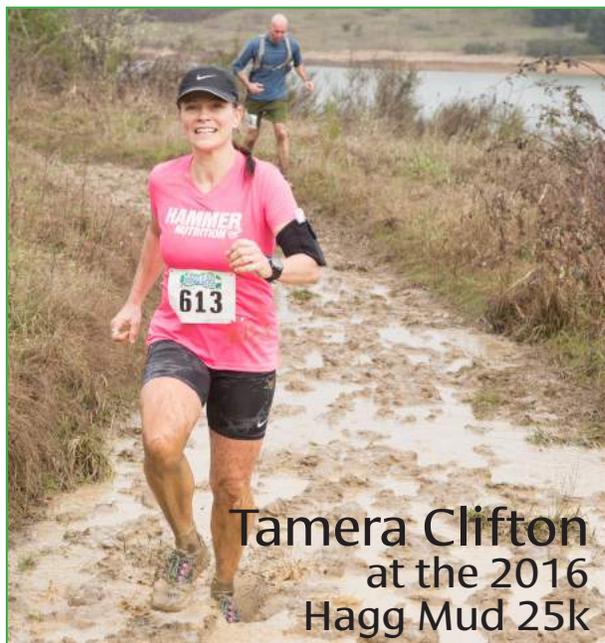
Three to consider are Team in Training (www.teamintraining.org), Foot Traffic University (foottraffic.us/the-programs/ftu/), and Portland Fit ([Portland fit.com](http://Portlandfit.com)). I selected the latter because I had friends already involved with the program I chose, which proved to be a wonderful experience that prepared me well for my first Portland Marathon. And, it was a ton of fun!

You got this

I hope those of you dreaming about doing a marathon (or half marathon) follow your dreams and jump in. It is an incredible and exciting challenge. And there is nothing like stepping over that finish line after a 26.2 mile trek!

Hagg Mud 25k & 50k Recap

by Kelly Barten



**Tamera Clifton
at the 2016
Hagg Mud 25k**

Two weeks after the 2016 Hagg Lake 25k, Tamera Clifton's shoes were still on her porch. The plan was to run them through the washer after a good hose down, to hopefully salvage them. "But if not," she says, "they had a good run."

It's common knowledge that ORRC's Hagg Mud Runs, offering a 25k and 50k each February, are an epic mud-fest. Unlike "mud runs" with cute little obstacles, Hagg requires nothing other than the slick climbs and slides, the shoe-sucking, sock-staining muck ... in other words, nature. So, how muddy was the 2016 race?

"Super muddy!" Clifton assured me. "I ran it in 2015, after a very dry winter, and while it was a very nice trail run, it did not feel like a mud run until we got to the mud pit at the end. This year it was so sloppy! There were some very slippery grades where I was just sliding toward a root and hoping it would put the brakes on for me. There were times I felt like I was running on ball bearings, because my feet were going in every possible direction. I was amazed at how many kinds of mud there were. There's the sticky stuff that hangs on to the tread, then the slippery-slidey type that had my feet going everywhere, and finally the deep squelchy mud that made sound effects and threatened to keep a shoe."

I served the club for six years as one of the RDs for this event, along with my husband Eric and our friend Todd Janssen.

This year, Eric and I stayed home (we didn't sleep in though ... with an 11-month old and an almost-4-year-old, you don't sleep in), but Todd ran the double. "It was really fun to run it - to see a lot of friends running and at the aid stations - and to be able to actually spend some time talking with them," he says. "As an RD, I never feel like I have the time to have a real conversation, but it was nice to actually have a conversation this time."

The course this year was slightly different than before. The start/finish area was moved from the Sain Creek Pavilion to Boat Ramp C, which offers a larger pavilion and is adjacent to the large parking lot. The new RD for the event, Karen Peterson, orchestrated this change and it

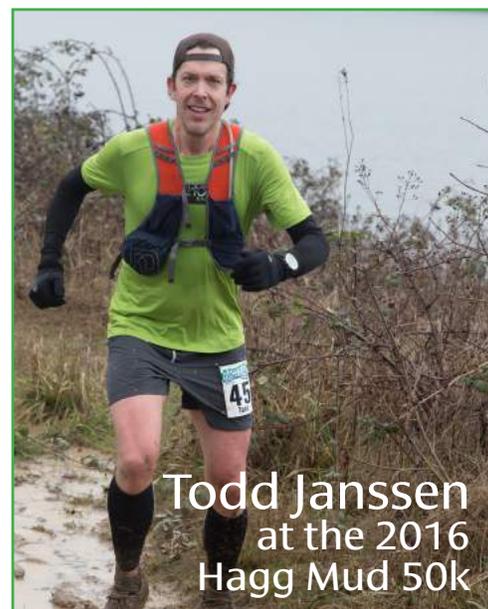
was met with approval from participants. "It definitely made it easier for everyone to get to and from their cars after the race and probably a much more relaxed start for everyone since they could get back to their cars easily after packet pickup," explains Janssen. "Karen did a great job, especially since she was the only RD," he continued. "Things were really well organized and everything seemed to go really well."

The change in the start location also meant a slight change in the location of the turnaround for the out-and-back section. Then it was onto the main trail, circumnavigating the lake. The distance between aid stations at Hagg can make it a challenge for those used to road courses where aid stations are usually located every few miles, but experienced trail runners were ready for the mileage. Clifton packed a few of her favorite Hammer Gels for the run, but the two aid stations were "very well stocked with a smorgasboard of snacks from sweet to savory." She discovered that orange slices make an excellent companion to Hammer Gel.

The condition of the trail prevented the top course records from being broken in 2016, but participants still had fun. Clifton, who wasn't expecting a super-fast time, did "reasonably well" at her goal: staying off her backside. "It's fun to get sloppy, and trail runners are a friendly bunch, so I had a number of fun conversations along the way," she says.

Janssen, who ran the double (the 50k on Saturday and the 25k on Sunday), proved that doing so was as hard as he thought it would be. Five years ago when we first introduced the double, there were very few participants signed up for the challenge. "People who do the double used to be crazy, but it is becoming more normal now ... the first couple of years, people were shocked that a handful of people were going to run both days, but now there are many people that do it. I think it's just part of the trend of ultra runners doing longer races and looking for tougher challenges." Fortunately for those ultra runners, and those just looking for some good, dirty fun, the ORRC Hagg Mud runs will be back next February!

Hagg Mud photos by Kristen Nelson.



**Todd Janssen
at the 2016
Hagg Mud 50k**

2016 Hagg Mud 50k Results

Men's Open: Zach Gingerich, 4:16:54
Women's Open: Pam Smith*, 4:38:30
Men's Masters: Derek Wright, 4:21:11
Women's Masters: Marta Fisher, 4:48:15

2016 Hagg Mud 25k Results

Men's Open: Josh Fry, 1:53:50
Women's Open: Andrea Jarzombek*, 2:06:29
Men's Masters: Adrian Olmstead, 2:00:50
Women's Masters: Ann Ciaverella, 2:27:39

*Denotes masters athlete



Champoeg Park Runs Recap

by Kelly Barten



The 2016 Champoeg Park Runs were anything but routine for volunteer race directors Shannon Takizawa and Valerie Pratt. Just a few months before the event, they learned that a footbridge on the course might not be useable for the race, but didn't receive a definitive answer until just a week beforehand.

Thanks to ORRC's ability to email participants before the race, nearly everyone who was registered was well aware of the course change before they arrived on Saturday, March 4th. Just in case anyone missed the email, pre-race announcements filled everyone in on the details.

Instead of the usual 10k loop, this year's course consisted of repeated 5k loops. 10k runners and walkers completed two loops, 20k participants got to do four, and 30k participants covered the route six times. Volunteers were stationed at every intersection, whether the course turned or continued straight, and employed a sense of humor as they got to see all participants multiple times.

The first event of the day was a Volunteer 10k. Those who helped out at the race were given the option to run their 10k early, which allowed them to staff key positions at the main 10k race.

Next up was the start for the 20k and 30k. The gentle downhill start led to the flat road, followed the park access road towards the RV camping area, and used the park's trail network. Multiple aid stations meant that hydration was always just around the corner.

After the turnaround, runners heading back towards the start/finish area were on the asphalt path but still visible to those on the "out" portion of the loop, running on the road. The opportunity to wave and cheer on friends was taken advantage of, and this section seemed to go by quickly each time.

I ran the 20k, and found the repetition of running 5k loops wasn't too bad, and that knowing the route helped me run faster than I had expected on my last circuit. Even more fun was the ability to cheer on nearly all of my other running acquaintances at some point, which doesn't usually happen on your regular race course!

10k Run Winners

Male: Eric Dolezal, 35:04

Female: Karlyn Nieland, 39:34

Male Masters: Mike Mertens, 36:26

Female Masters: Melissa Mocklin-Dwiggins, 45:59

10k Walk Winners

Male: Bob Grable, 1:15:14

Female: Lynette Hawkins*, 1:15:02

Male Masters: Dick Bemrose, 1:22:04

Female Masters: Fenny Roberts, 1:15:26

20k Run Winners

Male: Dean Anderson*, 1:17:39

Female: Stephanie Henstrom*, 1:23:03

Male Masters: Eric Holstrom, 1:33:51

Female Masters: Brittney Forster, 1:28:40

30k Run Winners

Male: Dave Harkin*, 1:50:22

Female: Nikki Rafie*, 2:25:54

Male Masters: Brian Davis, 2:07:30

Female Masters: Paula Harkin, 2:34:09

*Denotes masters

Vernonia Marathon and Half Marathon Recap

by Abby Meek and Kelly Barten

The weather for the 11th Annual Vernonia Marathon and Half couldn't have been better—no rain, no wind, and overcast skies made for fantastic race day conditions. The 670 runners participating in the event this year were as friendly and supportive as always, which is one of the main reasons why members of the running community love to participate in ORRC events.

For Nikki Mueller (in the pink shirt at the finish-line photo below), the run was the complete opposite of her previous distance race, the 2016 Shamrock Run. “The difference between the Shamrock Run and the Vernonia Half Marathon was like night and day,” she said. “Shamrock had what has become traditionally rainy, cold weather that is honestly pretty miserable, coupled with some sizable hills. The weather for Vernonia was perfect ... a little overcast but not chilly at all, and flat and scenic.”

Mueller isn't the only one who noticed that the ORRC Vernonia Marathon and Half Marathon is a unique event. RRCA-certified coach Diane Lechner, shares her thoughts on what makes the race different. “A few features of the Vernonia Marathon

set the race apart from others,” she says. “It's a point-to-point race, so runners park at the finish line and take a bus to the start. The marathon path is an easy, smooth asphalt surface with a few scenic bridges and train trestles along the route. Nestled in tall trees, the majority of the race is run under high leafy branches, protecting runners from direct sunlight - what marathoner doesn't enjoy shade!? Unlike many races, participants run free from the distraction of motorized vehicles, yet there are many places along the course where the trail is car-accessible and runners can be supported by family and friends.”

Lynnette Nguyen (pictured below in the photo on the right, with Lechner) added the 2016 Vernonia Marathon to her race calendar with the goal of running a Boston Qualifier. “I would recommend others to this race for sure,” she says. “I love the course because you have energy to work hard the first half and the second half is easy flat. Although I went downhill too fast ... that caused my time slow down when I got to the flat section, and because I got cramps at mile 22 too.” Nguyen, who worked with Coach Lechner to

prepare for the race, narrowly missed a BQ but ran a personal best marathon time. “I might run this race again next year,” she adds.

For those of you thinking the same as Nguyen, Lechner offers some insight how she would approach this amazing course. “The key to a successful Vernonia Marathon is running an even effort,” she explains. “This means strategically breaking the race course into “chunks.” Flat portions of the course should be run at your average goal race pace. The phase of the slight uphill grade, your pace should slow down a few seconds per mile and runners should not run with too high an effort. Those seconds can then be offset by a slightly faster (but disciplined) pace on the gradual downhill miles. The key is not spending too much effort on the climb or descent so in the last five miles, your legs can finish the race strong.”

Parking was ample and shuttle service to and from the start line was smooth, with very minimal wait time. Aid stations along the course were well-stocked with water, Gatorade, Gu and other assorted snacks.



Nikki Mueller and Abby Meek after the 2016 ORRC Vernonia Half Marathon. Credit: Hai Nguyen/Sunstone Running Club



2016 ORRC Vernonia Marathon finisher Lynnette Nguyen receives a hug from coach Diane Lechner after running a PR. Credit: Hai Nguyen/Sunstone Running Club

The volunteers at the aid stations were one of the highlights of the race, with their enthusiastic smiles and hilarious t-shirts (volunteers from Banks High School wore “beach body” t-shirts) and encouraging signs (such as, “Run faster, Sasquatch is behind you!”). If there was ever a snafu “behind the scenes” you never knew it.

Volunteer race director Mark Barrett is to be commended for the hours and hours of planning and prep before, during, and after the race. He will be the first to give

credit to all of the support he receives from the community, but Barrett does an amazing job captaining this event.

A big thank you to all of the volunteers that helped hand out packets, direct race traffic, serve soup, take photos, cheer on runners and help with all of the other tasks associated with putting on a fantastic race year after year. A special thanks to the Vernonia Track Team (who are currently raising money for their new track), Banks Soccer Club, Vernonia Boosters, Girl

Scouts Troop 40107, and the Atkinson Running Club for their service.

Thanks to the efforts of these volunteer groups and individuals who gave up their Sunday morning to help out, the 2016 Vernonia Marathon and Half Marathon came off without a hitch. Get this on your to-do list for 2017 and we will see you there!



Hossein Baghdadi rounds a corner on his way to the 2016 ORRC Vernonia Marathon title, with a finish time of 2:48:52. Credit: ORRC race volunteer



Half marathoners Dawn Smith, Danielle Silva-Luethe, and Kelsey Elrod speeding along one of the most scenic points on the course. Credit: ORRC volunteer

Half Marathon Winners

Male: Matt Spear, 1:12:25
 Female: Amy Vantassel*, 1:21:17
 Male Masters: Scott Gravatt, 1:21:49
 Female Masters: Dawn Smith, 1:32:20

Marathon Winners

Male: Hossein Baghdadi, 2:48:52
 Female: Jodi Stilp*, 3:18:57
 Male Masters: Juan Diego Franco, 3:08:43
 Female Masters: Vanessa Heber, 3:20:19

*Denotes Masters

As of April 24, 2016, there were more than 660,000 page views of the 2016 Vernonia Marathon and Half Marathon photos. SmugMug account. Thanks to Michael Allen, Patric Langley and others for all your wonderful work in bringing memories to life.



Peter Lamb looking happy with how his marathon was unfolding. Credit: ORRC volunteer



RD Mark Barrett reads raffle numbers after the 2016 race.



Preview: Up the Lazy River 10k

by Kelly Barten

This issue of the ODR was timed to reach your mailbox before the ORRC Up the Lazy River 10k. This race, now my own personal favorite (because I'm one of the volunteer race directors), falls on Memorial Day, which is Monday, May 30 this year.

There is an important change related to parking for this year's race. The main parking lot at Mary S. Young Park will still be available, but we are reserving a number of the spots adjacent to the dog park for community members that are visiting the dog park. We have made arrangements with West Linn Lutheran Church, located at 20390

Willamette Dr., to allow for ORRC event parking in their lot.

Signage and volunteers will lead participants from this lot, down Mark Lane, and onto a short footpath that opens up right at the race's finish line. The walk from this parking lot is less than a half mile. Because of this logistical change, there will be bag check available for the UTLR.

It's awards that make this race different. The first is the UTLR's designation as the ORRC Master's Championship race. At UTLR, age groups are slightly different for

runners and walkers 40 or better: they're separated by months rather than years. Each age 40+ gets its own age group, with ribbons for the top finishers for each birth year.

The second award is unique to the UTLR, and is named for Nancy Hinkle, an ORRC member who ultimately lost her life to breast cancer. When she was 41, she bested all competitors – male and female – to win the race; it is therefore awarded to the first 41-year-old woman to cross the finish line.

New this year is a different type of award, one created to celebrate speed. Male finishers that complete the 10k faster than 42:00 and female finishers that clock a time faster than 48:00 will receive the UTLR Speedster Hat, sponsored by our dear friends at Portland

Running Company. These hats will be embroidered with the race logo and year on them, and will only be ordered once results are final.

This "Lazy" race starts at 8:30 a.m., giving you both an opportunity to hit snooze and still make it to afternoon Memorial Day BBQs.

Walkers and runners will start together, but with a divided corral, so that both groups of competitors have unhindered access to set their pace. Signage at the race will indicate where runners and walkers should place themselves at the

line. Additional placards will allow other participants to line up according to their anticipated race pace.

Because both the start and finish are chip-timed, you will receive an accurate time even if you can't cross the start line right away.

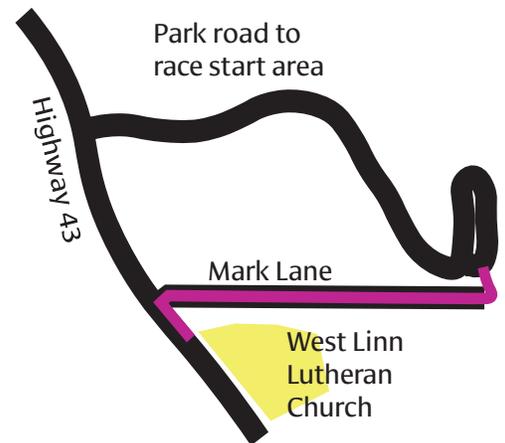
We recommend that participants do not push their little ones in this race for two reasons: First, because the course includes a section on the shoulder of Highway 43 (which is not closed to traffic); second, because the finish is on wood chips and that would be difficult with a stroller. Participants are encouraged to leave their four-legged running companions at home for the race, but if another family member will be able to mind them, Mary S. Young Park includes an off-leash dog park.

You can pick your packet up on race day starting at 7:15 a.m., or pick it up on Saturday, May 28 between 11 a.m. and 1 p.m. at Portland Running Company (10029 SW Nimbus Ave. in Beaverton). In addition, if you spend at least \$50 at packet pick-up, you'll receive a Portland Running Company tech shirt for free!



Eric Holstrom at the 2015 Up the Lazy River

**Monday
May 30**
Mary S. Young Park
West Linn
8:30 a.m.



Follow the path marked in pink on this map from the West Linn Lutheran Church to the start area.

Preview: 5 on the 4th

by Kelly Barten

Monday
July 4
Wilsonville
9:00 a.m.

It's not too early to start planning your 4th of July festivities, which could begin with a 5k that is free for pre-registered ORRC members.

That is right—free for ORRC members. All you need to do is register online by before midnight on June 30, 2016.

If you're not an ORRC member, this is a great time to join! Non-members can register for \$23 until May 31, 2016, and then for just \$26 afterwards. Day of race registration for members and non-members is \$26.

The ORRC 5 on the 4th has a long history as a family-friendly run. Although the distance has changed a few times, what hasn't changed is the low-key atmosphere and friendly volunteers. The kids run remains a popular event, where parents either run alongside their patriotically-dressed little ones or cheer from the sidelines.

There is a costume contest at the ORRC 5 on the 4th, with prizes awarded for individuals and groups. In the past, we have seen frilly red, white and blue

tutus, superhero tights and capes, and all manners of be-sparkled headbands with "doodle-boppers." Our members certainly have creativity when it comes to getting all decked out to celebrate the 4th of July!

The course is a simple loop around the surface streets and campus connectors at Mentor Graphics, located at 8005 SW Boeckman Rd. in Wilsonville. There are a few hills, but the final half mile makes up for them as you wind your way to the finish on shaded roads.

Although official times are not kept for the ORRC 5 on the 4th, there is a clock set up so walkers and runners can log their own finish times.

The funds raised from this year's race will be donated to a program that supports a women's running program at Coffee Creek Correctional Facility. Volunteer Race Director Alan Smith invites participants to bring new or barely-used women's running shoes (especially sizes 9, 9.5, and 10), barely-used sports bras, and new socks to the race for donation to this program. This program is coordinated by ORRC member Trisha Swanson and Reason to Run.

This is a great event at which to log some volunteer hours. In addition to course positions, you could volunteer at check in, day of race registration, or the start or finish line. Remember, in order to be eligible for age-group awards, you must volunteer at least once in addition to participating in at least three events.





Preview: Dual Duel 2-Person Relay & Individual 10k

by Kelly Barten

The 2016 Dual Duel will be at a different location than in years past. This year's race will be at PCC Sylvania in SW Portland. Facility updates at Catlin Gabel School, where the race is usually held, is the reason for the temporary shift in venues. The 2017 race should be back at Catlin Gabel.

Fortunately, the course remains the same: a series of left turns. This is one benefit of a track event. Another unique aspect of this event is how easy it is to cheer on your teammate or friends, since they're always within sight.

Dual Duel is one of the longest-running ORRC events. 2016 marks the 44th anniversary of the 10-mile 2-person track relay and individual 10k. Equally competitive for walkers and runners, the individual 10k at Dual Duel provides one of the few opportunities in the Portland

metro area to record a 10k time on a track.

There is also a quarter-mile kid's race, which is free. This event will be the first run at the 2016 race, starting at 6:20 p.m. The 10-mile relay and individual 10k both start at 6:30 p.m.

The 2-person team age groups are designated in a unique and creative way. Rather than both team members having to be in the same age group, their ages are added together. So you will see age groups such as 100-110, which could be made up of runners aged 45 and 60 or two 50-year-olds. Divisions are also separated into male, female, and mixed.

You can register online for the 2016 ORRC Dual Duel before June 1 for \$25. There will also be day of race registration at PCC Sylvania starting at 5 p.m.

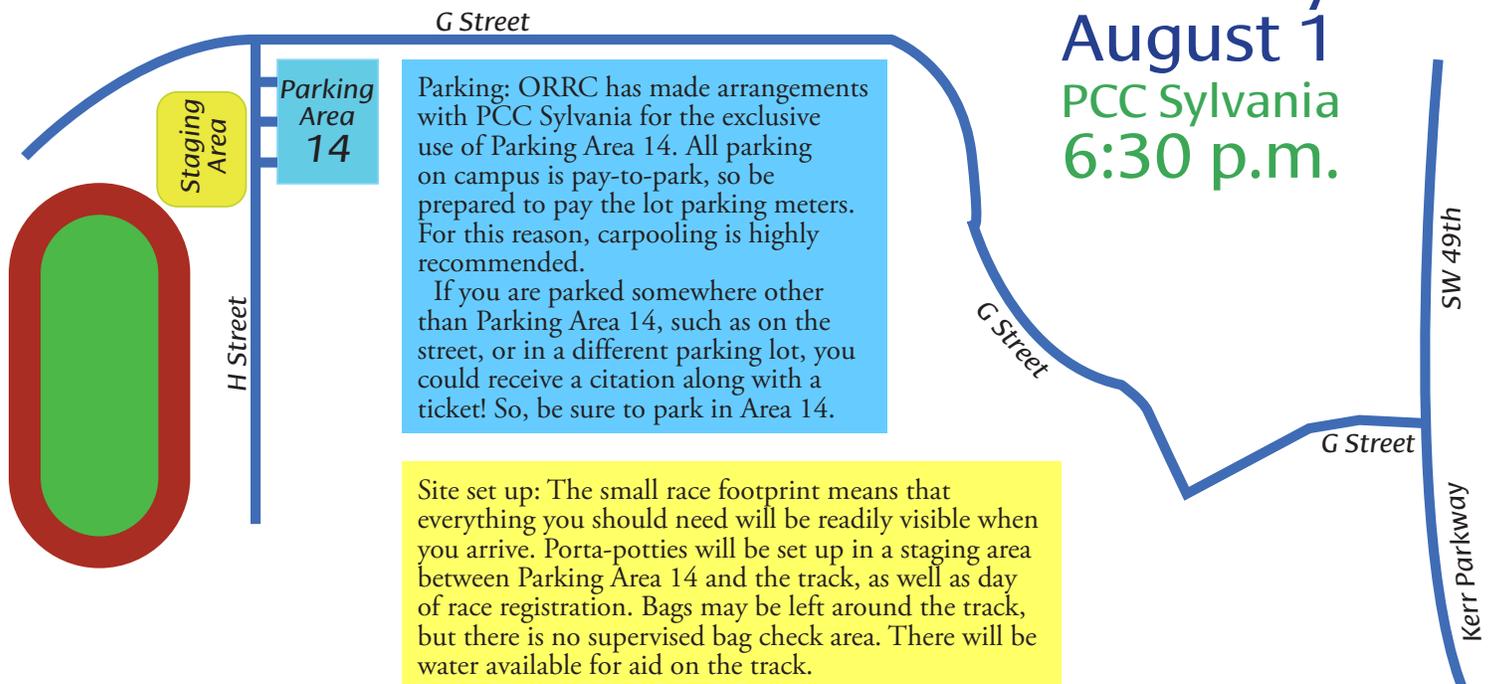


Runners at the 2015 ORRC Dual Duel.



How to find the race:

The address for PCC Sylvania is 12000 SW 49th Avenue in Portland. Perhaps the easiest way most participants will get there is by taking SW Capitol Highway to where it meets SW 49th Ave, which then into Kerr Parkway. The main campus entry off this road first crosses G Street, a paved road around the campus perimeter. Upon entering campus, a right turn onto G Street will quickly take you to the parking area and track.





Preview: Garlic Festival 10k & 5k

by Kelly Barten

Head to North Plains on Saturday, August 13, where “fun stinks.” This slogan for the North Plains Garlic Festival is especially true at the ORRC Garlic Festival 10k and 5k ... at least at the finish line.

As part of the 10k series, this race has grown over the past few years. The 10k course heads quickly out of North Plains from the start line at the Jesse Mays Community Center, then runs through the beautiful Oregon countryside. Within the first mile you will enjoy views of rolling farmland, which gives way to the manicured greens and artistic hazards at Pumpkin Ridge Golf Course.

After wrapping around the back of the links, the 10k course follows down a long,

gradual hill and then takes a few quick turns back into town. After just a few blocks in front of private homes, there’s a final turn to the finish line.

The 5k course takes a different tour, skirting the city of North Plains in a clockwise direction. Volunteers will be posted at turns on the course to keep participants going the right way. Both the 10k and 5k courses are posted online at orrc.net.

ORRC members can sign up online for the 10k for \$35 or the 5k for \$30. Day of race registration is also available, starting at 7 a.m.

After the race, you may want to stick around and enjoy the Garlic Festival activities, including local food vendors, craft booths, and a parade. Or you may want to check out one of the many nearby peach orchards and pick enough to bake a fresh peach pie (or two).

Saturday North Plains August 13 8:00 a.m.



Preview: Greenway Trail Trial 10k/5k

by Kelly Barten

Looking for a fast course to test your end-of-summer 5k or 10k fitness? Why not really challenge yourself and run both distances? It’s easy to do it all at the ORRC Greenway Trail Trial.

Because of the unique time-trial start, you can select your own start time. Runners will start in small groups every few minutes from the covered pavilion at Greenway Park, located at the corner of SW Hall Boulevard and SW Parkview Loop. You may start any time between 8:30 a.m. to 11:45 a.m., as long as you

can finish your race before 12:30 p.m.

Then, if you so desire (and have time), you can start AGAIN and run the other distance.

The unique schedule of this event also makes it very easy for parents of small kiddos to *both* race - simply take turns. As one of you runs or walks, the other can supervise the little ones at the playground at Greenway Park ... or the one just 100 meters away at Greenway Elementary School ... or one of the multiple playgrounds along the Fanno Creek Trail.

Want to support a friend who runs or walks at a slower pace than you, but don’t want to give anything less than your best for your own race? This is also a great race for that! You can wear your bib and clock your best effort, then join your friend for their race on your cool-down.

The flat, wide asphalt path at Greenway Park, which joins up with the larger Fanno Creek Trail system, is a great place to

run. The staggered start means that you can race with a jogging stroller without worrying about clipping the heels of those in front of you, and you’re likely to receive cheers from regular trail users out for their ride, walk or run.

Registration will open soon at orrc.net. Remember, ORRC members save \$5 when they sign up online!

The Greenway Trail Trial also gives you the chance to volunteer before or after your race and take care of your volunteering requirement for the 2016 age-group awards. Simply email volunteer@oregonroadrunnersclub.org and let them know when you’d like to run your race.



Participants waiting for their staggered start time at the 2015 ORRC Greenway Trail Trial.

Monday Sept 5 Beaverton 8:30 a.m.



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There are 236 ORRC members signed up for the 2016 edition of ORRC's 1200 Club presented by Fleet Feet Sports PDX. A running jacket is the reward for members who reach 1,200 miles for the first time in the 1200 Club, while those repeating the feat earn a patch to add to their jacket. Learn more: email 1200club@oregonroadrunnersclub.org or visit the ORRC website.

Mileages below represent mileage submitted for January through April 19, 2016. Participants have until the end of each month to submit their mileage for the previous month; therefore these totals may not accurately list a member's mileage for March or April.

Alicia Ackerman	0	Sam Del Biaggio	294.6	John Hinshaw	291.65	Eric Richardson	82.4
Lisa Albrecht	281	Douglas Denney	594.6	Lynell Hoffer	101	Jay Richardson	19
Anna Alig	493.2	Janelle Dickerson	250	Jeff Hollamon	0	Rob Rickard	175
Doug Allen	382	Brian Dickinson	95.76	Eric Holstrom	334	Irene Rogederats	301.08
Michael Allen	402	Laura Donnelley	330.19	Eileen Holzman	233	Joe Rogerson	232.4
Dean Anderson	433	Liz Dooley210		David Hopper	630	Christina Rose	209
Donna Anderson	0	Ben Douglas	312	Joy Hrenko	159.3	Don Royal61.5	
Erik Anderson	322	Sarah Drummond	26.93	David Hume	520.54	Ron Rushford	232.71
Jim Armstrong	333.62	Debbie Dunham	329.42	Jim Huntzicker	244.76	Kevin Rutherford	196.41
Linda Armstrong	96.87	Louise Dunne	#REF!	Priya Jamkhedkar	109.2	Sonni Rychlik	38.7
Demetra Ashling	323	Alicia Kay Eagan	110.67	Jane Jaramillo	125.48	Erin Sands	244.44
Krystal Ashling	332	Chicory Eddy	315	Emmanuelle Jarmon	167.92	Allen Sandstrom	369.8
Susan Asula	256	Eb Engelmann	546.9	Nareudee Jayanama	174.57	Jim Sapp	445
Patti Aust	84	Melanie Erskine	95.33	Ashley Johnson	202	Robyn Schamberger	38
Susanne Bailey	289.3	Brian Evans	549	Kelly Johnson	334.29	Katy Schnoor	149.9
Nicky Baker	320.2	Howard Fan	0	James Keane	262.15	Debbie Scroggy	319.88
Barbara Balko	330.7	Linda Felver	366.75	Brandy Kelly	247.59	Bradlee Seehafer	244.9
Kim Barnes	119	Brian Field	422.96	Eric Kelso	461.52	Sharon Serra	570.7
Emmy Barnett	290.3	Karen Fifer	0	Geri (Alisha) Kern	316	Kelly Sestero	12.71
Mark Barrett	292	Brenda Fischer	235.1	Eric Klein	505.9	Mary Shen	168
Deri Bash	160.7	Dianna Fisher	186	Patric Langley	88	Gregory Smith	0
Robert Becken	644.67	Sarah Fitch	378.5	Barbara Larrain	147.42	Mary Ellen Smith	159
Julie Beko	0	Shawn Fitzgerald	644.2	Cyrus Lawrence	0	Barbara Smythe	171.8
Shannon Belford	328	Mike Flanigan	164	Fabiola Lopez	449	Carl Sniffen	366.2
Todd Bellamy	105	Christina Flaxel	398.45	Kay Ludolph	151.5	Kurt Sommer	0
Richard Bemrose	261.63	C.J. Follett	338.29	Robert Lynes	466	Jim Spencer	321.5
Brenda Bentley	295.1	Susan Fraser	185	Juliana MacFarlane	379	Libby Spencer	242.25
Stephanie Bolson	425	Mary French	328.05	Scott Maclay	405	Becky Springer	400
Laurie Bond	330	Amy Frommherz	159	Carol Mahoney	397.7	Angela Stacklin	145.96
Sandy Bourne	404.1	Aleta Fullenwider	287	Steve Mahoney	444	Steve Starkey	521
Lise Brackbill	286.9	Juanita Funkhouser	136.37	Hilary Matarazzo	203.59	Carrie Stein	301.86
Paul Braghero	451.25	Kathy Gardiner	311	Donavon McCutcheon	343	Dana Stern	232
Nathan Bregel	0	Loraine Gendron	424	Phil McGuigan	218	Cristy Stimmel	316
Gregory Brennan	372	Margo Glass	300.68	Roger McKay Jr	291	DC Stimmel	360
Hal Brockman	375.5	Doug Goebel	419.87	Lena Mohajerin	304.5	Shelan Stritzke	257.08
Christina Brow	325.56	Amanda Goldberg	174.05	Laura Morrison	442.21	Dennis Sullivan	410
Deborah Brown	393	Mike Goodner	10.46	Cindi Morrow	270.15	Shirley Sullivan	509
Patricia Byrne	341	David Graham	802	Mariah Mower	0	Desiree Tanner	312
Claire Carder	328.2	E. David Granum	386	Meagan Mower	295	Brandi Tarrel	376
Bill Carley235.7		Nancy Gronowski	178	Chere Nicholas	0	John Tate	498.2
Sean Carver	0	Robit Grover	553.05	Teresa Nowicki	166	Noel Tavan	340
Matt Cavis	189	Mary Sue Haener	0	Shaun O'Connor	382	Blake Timm	190
John Clements	429	Debbie Hall	350.15	Victoria O'Kain	205	Kimberly Turner	525
Tamera Clifton	306.7	Stacey Hanf	584	Kari Overman	37.29	Megan Turner-Baxter	323.3
Carrie Conte	83	Erica Hann	287.2	Sandy Overstreet	283.51	Marilyn Tycer	0
Brian Cooper	415	Michael Hansen	281	Margie Palmrose	352	Kerri Tyler360	
Lis Cooper376.4		Tom Hansen	360.3	Renee Paradis	822.53	Jay Udelhoven	0
Susan Cooper	519	Patrick Harbison	33	Phil Parnell	97.1	Wenonah Usher	274
Steve Corbato	316.8	Steven Hardy	313	Jill Pex	103.04	Sherri Vann	314.5
Erin Coyle219		Susan Harlan	299	Margurite Pfoutz	223.48	Marie Walkiewicz	332.7
Laura Coyle	129.22	Samantha Harmon	334.1	Christine Pherson	279.3	Laurie Westenberg	161.5
Carol Joy Craig	173.44	Krista Harrison	458.41	Joel Phillips	210.54	Carolyn Westlake	190
Diana Crumpton	0	Patrick Hartigan	315.08	Susan Potts	454.3	Helen White	260
Catherine Cuda	0	Gary Hartill	153.31	Stacy Powell	301.57	Stuart White	276
Pamela Cunningham	125.8	Jim Hawley	674	Jill Panches	157	Andrew Young	109
Kristopher Damiano	561.2	Michelle Haworth	387	Paul Raines	207.32	Michael Young	207.32
Susan Decker	1141	Susan Hays	169.85	Julia Reisinger	201	Richard Young	318
Patrice De Graff	377	Debbie Heiser	311	Tracy Reisinger	248	Lourdes Zakrzewski	343
Peter De Graff	275	JP Himmelberg	296	Deanna Richardson	40.38	Gary Zimmerman	297.6



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Table of Contents

Run for the Redheads 10k, 5k, Kids Race	1
Editor's Letter	2
Running Shorts	3
President's Letter	4
Talking the Walk: Distance Dreams	5
Hagg Mud 25k/50k Recap	6
Champoeg Park Runs Recap	7
Vernonia Marathon and Half Marathon Recap	8-9
Preview: Up the Lazy River 10k	10
Preview: 5 on the 4th	11
Preview: Dual Duel 2-person 10-mile relay and Individual 10k	12
Preview: Garlic Festival 10k/5k	13
Preview: Greenway Trail Trial 10k/5k	13
1200 Club Update	15

This Month's Contributors:

Kelly Barten, Lizzie Cheney, Abby Meek, Kristen Nelson, Hai Nguyen, Scott Turner, Stephen Wright

THE OREGON DISTANCE RUNNER

MAY 7 • SATURDAY • HAGG LAKE RUNS 10.5-MILER, 10K, 5K • HAGG LAKE

MAY 15 • SUNDAY • RACE FOR THE REDHEADS 10K, 5K • BLUE LAKE

MAY 30 • MONDAY • UP THE LAZY RIVER 10K • WEST LINN

JUL 4 • MONDAY • 5 ON THE 4TH 5K • WILSONVILLE

AUG 1 • MONDAY • DUAL DUEL 10K AND 2-PERSON 10-MILE RELAY • PORTLAND

AUG 13 • SATURDAY • GARLIC FESTIVAL 10K/5K • NORTH PLAINS

SEPT 5 • MONDAY • GREENWAY TRAIL TRIAL 10K/5K • BEAVERTON

SEPT 24 • SATURDAY • BEST DAM RUN 10K • ESTACADA

OCT 15 • SATURDAY • BLUE LAKE RUNS 15K/5K • FAIRVIEW

OCT 29 • SATURDAY • AUTUMN LEAVES 50-MILER AND 50K • CHAMPOEG PARK

NOV 24 • THURSDAY • TURKEY TROT AT THE ZOO 4-MILER • PORTLAND

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