



THE OREGON DISTANCE RUNNER

Volume 45, No. 4

November 2016

Step Up Your Winter Training With ORRC Track Workouts

ORRC hosts two track workouts each week for all paces of walkers and runners. If you have been looking for a way to mix up your training, get to know other members, or rack up miles for your 1200 Club submission, check these out!

Tuesday night track workouts recently returned to the Catlin Gabel School track, located at 8825 SW Barnes Rd. in Portland. (In the spring, the location will change again to the Cedar Hills Recreation Center.) The workout starts at 6 p.m. so plan to arrive by 5:45 p.m. so you can warm up properly. The Tuesday group hosts a pizza feed on the first Thursday of the month at Godfather's Pizza at 11140 SW Barnes Rd. in Portland.

Thursday night workouts are held on the track at Cleveland High School, located at 3400 SE 26th Ave. in Portland. Like Tuesday workouts, the Thursday workouts start at 6 p.m. so arrive early to warm up. On the first Thursday of each month, ORRC provides pizza after the workout for those in attendance.

Both Tuesday and Thursday night workouts wrap up around 7 p.m.

If you have never attended a track workout, here are some things to keep in mind:

- Warm up with some easy-effort walking or jogging. Runners may want to also do some "strides," which is running 50-100 meters at a gradually accelerating pace.
- Once your muscles are warm, you may want to do some light stretching.
- Track workouts are usually split up between "active" and "recovery" segments. The "active" segments will be run faster and the "recovery" segments should be run purposefully slow. ORRC track workouts employ recoveries that are half the distance of the active segment. So if you are running or walking 800 meters fast, your recovery should be 400 meters.
- If you are doing a speed segment, run in lane 1. Other runners and walkers can pass you if they are moving faster.
- If you are doing a recovery segment, check for passing traffic, then move out to the outer lanes.
- You do not have to do the full workout; feel free to do fewer intervals if you wish.
- Go ahead and cheer for those working out with you!

ORRC to Offer Four Half Marathons in 2017

Four ORRC events will field a half marathon in 2017, up from just two in 2016. The Vernonia Half Marathon was the club's only 13.1-mile long event for many years, until the Y2K offered the distance starting in 2015.

Next year, there will be half marathons added to the schedule at the ORRC Garlic Festival 10k/5k and at the Blue Lake Runs 15k/5k events. These additions to the race calendar mean there will be an ORRC half marathon in each season.

The additional distances offered at these events also mean there are great opportunities to become a co-Race Director. Working alongside experienced volunteer RDs, co-Race Directors support the planning and execution of ORRC events. Interested? Email volunteer@oregonroadrunnersclub.org!

ORRC Race Director Workshop Notes

ORRC hosted their bi-annual Race Director Workshop on October 1, 2016 at the Oregon Sports Offices in Beaverton.

The participants represented a wide variety of events from around the greater Portland metro area. Some who attended the free event are already involved in great events like the Portland Undy Run, which raises funds for the Colon Cancer Alliance; and the Jingle All the Way 5k on December 3, which is a race organized by students at Linfield College as a class project.

ORRC President Stephen Wright, Race Operations Director Patric Langley, and volunteer Race Directors Mark Barrett and Kelly Barten presented on topics ranging from permits and insurance to awards and social media.

The next ORRC Race Director Workshop will be held in fall 2018.

ORRC/Columbia Bank Turkey Trot at the Zoo
Thanksgiving Day - November 24
Register online at orrc.net
Earn \$5 in ORRC bucks if you use MAX!
Sign up today!
See p. 11 for details

Letter from the Editor

by Kelly Barten

THE OREGON DISTANCE RUNNER & WALKER

Winner of RRCA's 2014 Outstanding Club Print Newsletter Award

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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.



They say a picture is worth a thousand words, but I think I can sum this one up in just 16: A run with friends, followed by a beer with friends. The makings of a perfect day.

In a world where it can be hard for me to leave work at work and my kids rarely give me time at home to relax, the races that host a beer garden always make their way to the top of my list.

This year, the race at the top of that list was ORRC's own Best Dam Run. (The fact its name is a clever play on words doesn't hurt, either.) New at this year's BDR was a beer garden, where anyone 21 or older could enjoy the late September sunshine with a cold one.

As my friend Abby and I enjoyed our beers, we chatted with some other participants who were in the beer garden. We found that everyone in our little corner was also an ORRC member, and I realized how great it is to belong to a club where everyone could come from such different backgrounds. ORRC is open to all runners and walkers, regardless of their age, pace, running or walking goals, and experience.

The BDR beer garden was a lot of fun, but there are other ORRC races that allow for participants to spend time together after their hard work is finished. The Turkey Trot, for example, makes it possible for all participants to enjoy an afternoon at the Zoo

with their families and other participants. The first ORRC race of the new year, the Y2K, holds a well-attended pancake feed in the school cafeteria.

The next time you're hanging around after an ORRC event, ask someone if they're a club member. It's a great ice breaker, and you may find that they live near you and can tell you about a trail you've never run on before. Or you may find they're new to Oregon and want to know what your favorite race is.

Our club is made up of amazing people, all with their own stories to tell. Take advantage of the friendly post-race atmosphere at your next ORRC event and get to know more of them!



ORRC members Alison Heath, Kelly Barten, and Abby Meek at the 2016 Best Dam Run beer garden. (Alison was kind enough to hold her husband Michael's beer when he had to go track down a friend.)

Running Shorts



Nine runners from the Council on Licensure Enforcement & Regulation International Conference meeting in Portland this September went on an early-morning running tour of Portland. Led by ORRC President Stephen Wright and member Michael Allen, the 6 a.m. run included Tom McCall Waterfront Park and the Eastside Esplanade between the Steel and Tilikum Bridges. The runners, from England, Australia, Canada, Brazil, and Ireland, enjoyed Portland's early morning splendor and a break from their conference.

Save the date: Lagunitas Brewery will host 2017 ORRC Member Banquet

The 2017 ORRC Member Banquet will be held at the Lagunitas Brewery Community Room (237 NE Broadway, Portland) on Sunday, January 29. Be sure to mark your calendar for the free-to-members event, scheduled to run from 3 p.m. and 6 p.m. On-line member registration is already open, and is limited to the first 160, so sign up before it's sold out!

This year's banquet program will include free dinner and drinks (beer, wine, and soft drinks) along with awards and special recognition of ORRC's outstanding members.

Volunteers are needed to help make this event memorable in our new setting. If you are interested in helping plan, just email volunteer@oregonroadrunnersclub.org.

REGISTER ONLINE:
<http://tinyurl.com/Banquet2017>

Non-members can sign up for \$12. Note that when members register, the price will be shown as \$12 until the last page of the registration process where a \$12 discount is applied and you will not need to enter any payment information.

Hagg Lake Ultras going "cupless" for 2017 race

More and more distance events are going "cupless" in an effort to reduce the amount of waste produced, and the ORRC Hagg Lake Ultras are joining in.

All entrants for the 2017 race will be given an "UltrAspire" silicone cup to use at the race and then take home with them.

These 7-oz cups can be pressed flat and put in a pocket or running belt until you get to the next aid station.

Many participants at the ORRC Hagg Lake Ultras carry their own water with a handheld or backpack as well; however these silicone cups may be just the thing to fuel up on a little electrolyte drink or flat soda at the aid stations!

In addition to this change, the Tanner Creek Aid Station is being replaced by the Fenders Blue Aid Station, which is 0.75 miles further along the race course. The new location has less mud and will be protected from wind.

Registration opened on November 1; January 10th is the last day to register and order a race shirt. Race shirts are not included with race registration this year.

Get more details on the 2017 Hagg Lake Ultras on p. 12 or at the ORRC website.

ORRC Best Dam Run 10k earns special designation for 2017

Since 1958, Road Runners Club of America (RRCA) has awarded championship events through a competitive bidding process at the National, Regional, and State level to RRCA member clubs, such as ORRC, to promote the sport of distance running. The RRCA Championship Event Series is the largest grassroots organized running series in the US, attracting over 320,000 runners annually.

The goal of the RRCA Championship Event Series is to shine a spotlight on well-run events and to award top performing runners in the open, masters (40+), grand masters (50+), and senior grand masters (60+) categories for both men and women.

ORRC is pleased to announce the 2017's RRCA Western U.S. District 10K race has been awarded to ORRC's Best Dam Run in Estacada, Saturday, September 23. Come join us then.



1200 Club registration now open for 2017

The 1200 Club is back — and, thanks in part to Fleet Feet PDX — it's still free for ORRC members!

Anyone can register for this program, and miles can be earned by walking, running, or a combination. Both training and racing miles count.

Get more details on the 1200 Club and how to sign up for this unique challenge on p. 13.

What did you think?

After you participate in an ORRC event, send the Oregon Distance Runner your thoughts!

Simply send an email to us at odrmagazine@gmail.com with your comments, kudos and suggestions. Be sure to tell us which race you're writing about and you just might see your submission in the next ODR!

Letter from the President

by Stephen Wright

THE FOUNTAIN OF YOUTH IS IN REACH

While climbing Machu Picchu yesterday, I stopped to let younger hikers pass me. Today, I watched Peruvian marathoners running at 9,000 feet of elevation. After these two adventurous days, it became very obvious to me I'm not as young as I used to be. I found myself out of breath more often than ever before.

Birthdays are a "pleasant" reminder we have grown one year older, and with every decade we hit another special milestone. But after four or so of these milestones, we eventually start slowing down. That's no secret. I've found my mile splits have started to increase by about four seconds each year and my vertical "push" off is decreasing, with the result of less muscular power and less time in the air to swing legs forward. The concept of the "old man shuffle" has taken on a new, more personal meaning.

While new studies highlight some perceived negatives of aging in running and walking, the studies also provide some very important takeaways, and even some positives. For example, running and walking have been touted as magic wands against Alzheimer's disease and dementia. (Just Google "running/walking and alzheimer and dementia" for yourselves.)

To save you some time however, I've summarized the most recent data excerpts that show running and walking is not only healthy

for our bodies, but also for our minds, as we get older.

A recent study evaluated more than 153,000 runners and walkers for more than 12 years. It concluded that runners are at a reduced risk of dying from Alzheimer's.

Over the course of those 12 years, researchers found that runners who clocked more than 15 miles weekly were 40% less likely to die from

the risk of developing dementia by a whopping 30%.

Another study followed more than 2,000 men over a 35-year period and tracked their exercise and smoking habits. Regular exercise was found to be more important in reducing the risks of developing dementia later in these men's lives, than the factors of not smoking, moderate alcohol intake, healthy body weight and healthy diet.

In a controlled trial, one year of aerobic exercise, which included running and walking, resulted in a small increase in the size of the hippocampus, the key brain area involved in memory, which was the equivalent of reversing one to two years of age-related shrinkage.

ORRC actively supports runners and walkers of all ages, from the most unsteady toddlers at our "Tot Trot" to the most experienced age group participants. TV ads may promote magic drugs and

remedies promising to reduce aging, dementia, and Alzheimer's; but ORRC's athletes, at all ages, have that elusive magic wand at their fingertips that helps their bodies, spirits and minds stay younger longer.

Keep running and walking. Look forward seeing you at one of our upcoming race events.



Stephen Wright in Peru, October 2016

Alzheimer's. You 1200 Club members are right on-track! Walkers also experienced a reduced risk in Alzheimer's, provided that they expended the same energy as the runners did weekly.

Another report combined the results of 11 different studies that looked into the effects of physical exercise on thinking and memory of middle-aged people later in life. These findings have shown that regular exercise can reduce

Learn more: "How to Outrun Your Death Risk from Alzheimer's," February 2016 at alzheimers.net; "Running guards against dementia, keeps the brain's memory centre young: study," March 2014 at nationalpost.com.

Welcome new and renewing members!

Robert Aberle
Heather Acevedo
Stephanie Antipov-Kennedy
Laura Bright
Missy Byrne
Michael Carris
Holly Cook
Justin Cook
Wrigley Cook
Wyatt Cook
Jack Hager
Brett Hamilton
Margaret Hill

Philip Hillier
Michelle Huss
Michael Kerr
Jane Lange
Jennifer Langford
Tally Locke
John Major
Cristina Manier
Suzanne McLemore
Patricia Nossen-Johnson
George Paulson
Benjamin Peterson
Adam Rickard

Jennifer Sullivan
Kate Sullivan
John True
Casey Uehara
Chelsea Uehara
Jacqueline Uehara
Malcolm Uehara
Masaichi Uehara
Jill Walker
Richard Whitman
Michael Yoder
Jessica Young



Dual Duel Recap

by Kelly Barten



The Dual Duel is a unique race. There's no denying that: what other 10-mile track event actually *attracts* people? And why?

Well, the first thing to explain to people who haven't ever participated in this historic ORRC event is that the main event at the Dual Duel is a 10-mile, 2-person relay. Participants take turns rounding the track, handing off the baton in the designated exchange area. It's fast-paced, chaotic, and fun. Even the age groups are unique: a team's "age" is determined by adding the ages of the two team members.

There is also an individual 10k run on the track, which gives people a chance to truly test

their speed at the distance without any pesky inclines or sharp corners.

"Renovations to our traditional venue at Catlin Gable prompted us to move the event to our very welcoming friends at PCC Sylvania," explains volunteer Race Director Daniel Brewer. "The participants enjoyed the quiet atmosphere and low key nature of this venue. ORRC appreciates our friends at PCC for opening up their beautiful campus for the 45th running of the Dual Duel."

Next year will be the 45th Anniversary running of the Dual Duel. The race is scheduled for Saturday, July 29, 2017.

2016 Dual Duel 10-Mile Runner Relay Winners

- Women's: Team "Will You Accept This Baton?" – Tricia Morrison and Sarah Price, 57:26
- Men's: Team "Trenton Aaron" – Trenton and Aaron Lane, 55:10
- Mixed: Team "Go Blue" – Jeff Merrill and Lindsey Drake, 49:41

2016 Dual Duel 10-Mile Racewalk Relay Winners

- Women's: Team "Duelies" – Tricia Rosenkranz and Marek Zbiegen, 1:36:53
- Men's: Team "Hamilton & Burr" – Daniel Meyer and David Howitz, 1:35:40
- Mixed: Team "Fast Feet" – Claire Williams and Gordon Madden, 2:09:27

2016 Dual Duel Individual 10k Winners

- Men's Open: Toshi Nakamura of Wilsonville, 42:48
- Men's Masters: Rohit Grover of West Linn, 44:23



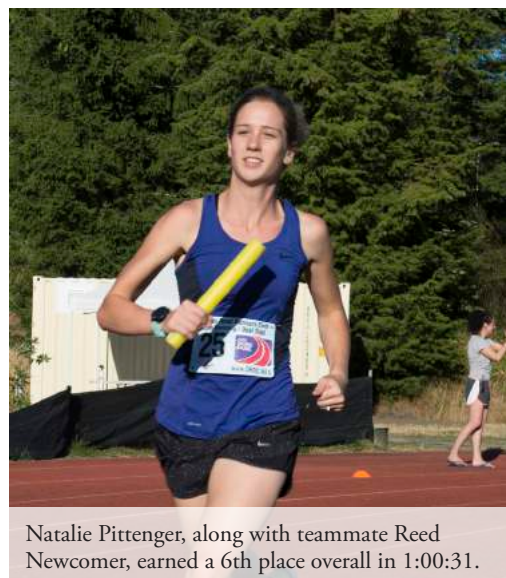
The overall winners of Team "Go Blue," Jeff Merrill and Lindsey Drake



One of the racewalkers of team Elsbernd-Watkins.



Amsale Rivers ran with teammate Maureen Kenny and earned first in the female 86-95 age division.



Natalie Pittenger, along with teammate Reed Newcomer, earned a 6th place overall in 1:00:31.

Dual Duel photos by Stephen Wright



Garlic Festival 5k and 10k Recap

by Kelly Barten



North Plains provides a beautiful and quiet setting for the ORRC Garlic Festival 5k and 10k.



Dave Ross nearing the final stretch on his way to the 5k win with a time of 19:38.



10k participants Marilyn Henkel (390) and Mary Frances Casciato (279) shortly after the race start.



Participants Elizabeth Montano (495), Jerry Jurdan (420), and Patti Aust (220) nearing the 10k finish.

2016 Garlic Festival 10k Walk Winners

- Women's Open: Tammy Willet* of Happy Valley, 1:09:54
- Men's Open: Greg Jacob* of Hillsboro, 1:11:02
- Women's Masters: Yvonne Steinmetz of Beaverton, 1:13:15
- Men's Masters: Jim Scheer of Vancouver, Wash., 1:27:09

2016 Garlic Festival 10k Run Winners

- Women's Open: Kari Rose of Hillsboro, 38:53
- Men's Open: Matthew Klein of Portland, 35:10
- Women's Masters: Renee Paradis of Portland, 47:32
- Men's Masters: "Anonymous Participant" of Portland, 41:21

2016 Garlic Festival 5k Walk Winners

- Women's Open: Elizabeth Herrin* of Portland, 41:30
- Men's Open: No entrants
- Women's Masters: Jo Ann Yates of Portland, 45:13
- Men's Masters: No entrants

2016 Garlic Festival 5k Run Winners

- Women's Open: Natalie Smith of Portland, 20:22
- Men's Open: Dave Ross* of Beaverton, 19:38
- Women's Masters: Carolyn Bostic of Aloha, 22:18
- Men's Masters: Dean Anderson of West Linn, 19:16

*Denotes Masters Participant

The sun was shining on the 300+ participants at the 2016 Garlic Festival Runs, held in North Plains on Saturday, August 13. Race categories included 10k run (the most popular event), 10k walk, 5k run, and 5k walk.

At a race where the slogan is "Fun Stinks," you might not be surprised to learn that the ORRC Garlic Festival Runs are held on the same weekend as the North Plains' community Garlic Festival. Even so, parking was a breeze for this event because other Festival programs were scheduled to start later in the day.

The courses this year were out-and-back routes that ran along Shadybrook Drive and then up the hill on NW Pumpkin Ridge Road. The 5k route turned around first while 10k participants got to enjoy more of the incline.

Racewalker Jim Scheer says this is a race he'd recommend to others, even though there are still some issues (as with many races) limiting walking awards to participants who walk the

entire way, as opposed to those who walk/run. "Nice time of the year, though, and if you like free garlic bulbs, it might work for you."

ORRC member and runner Marc Frommer concurred that the ORRC Garlic Festival is a nice race, adding, "There is a hill around 1.5-2 miles in that lasts for maybe 1/2-3/4 mile but it isn't too bad. After the race, you can hang out at the Garlic Festival and buy all kinds of good stuff. Plus there is a little parade afterwards."

There was a snafu with the race results; if your results are still not accurate please let the race organizer know by emailing raceoperations@oregonroadrunnersclub.org.

If you have been looking for a late summer half marathon, look no further. Next year, there will be a half marathon added to the ORRC Garlic Festival events. The 2017 event is scheduled for Saturday, August 12.

Photos by Stephen Wright



Greenway Trail Trial 10k Recap

by Kelly Barten

Labor Day 2016 was a beautiful sunny day which provided an amazing setting for the ORRC Greenway Trail Trial. There were 24 finishers in the walk competition and 215 in the run, but the race course was never crowded thanks to the event's unique time trial start. "You get to come at your convenience and run/walk with friends," says participant Dick Bemrose of the race's multiple-hour start time. Competitors left the start in small groups every few minutes; results determined by chip-timing. The race offers a different type of challenge for participants because they aren't going head-to-head with those running around their pace. Jeff Huber, owner of Huber Timing which timed the Greenway Trail Trial, says "Sometimes people who are hoping to win their age group ask to see the results before starting the race, so they can plan their race."

So what else is different about this event? "The biggest difference I notice is the flow of finishers at the finish line," says Huber. "Instead of the fastest runners arriving at the finish line first, the last few years it's always been the middle of the pack runners that arrive first at the finish line." In other words, it's your chance to cross the finish line ahead of Joe Dudman. And, adds Bemrose, the "race snacks are outstanding."

The 2017 race is scheduled for Monday, September 4 and registration will open early next summer. Be sure to mark your calendar for this super-cool event!



Caitlyn Lotspeich of Portland approaches a bridge on the Greenway Trail at the 2016 ORRC Greenway Trail Trial. Lotspeich ran an 8:33 pace which earned her a 53:01 finishing time.

"The time trial format is a unique racing challenge. You lose the benefit of running in a group, but you don't have to worry about being out-kicked at the finish. The time trial is truly yourself versus the clock."

- Dean Anderson, 2016 Men's 10k Winner

2016 Greenway Trail Trial 10k Walk Winners

Women's Open: Laurie Westenberg* of Portland, 1:11:32

Men's Open: Edward Lipski* of Vancouver, Wash., 1:22:28

Women's Masters: Patricia Nossen-Johnson of Happy Valley, 1:13:51

Men's Masters: Dick Bemrose of Gresham, 1:24:36

2016 Greenway Trail Trial 10k Run Winners

Women's Open: Renee Paradis* of Portland, 44:02

Men's Open: Dean Anderson* of West Linn, 39:18

Women's Masters: Sherri Carothers of Vancouver, Wash., 46:55

Men's Masters: James Carothers of Vancouver, Wash., 39:53

*Denotes Masters Participant

Photos by Stephen Wright



Portland's Ralph Nelson was enjoying himself and the scenery on his way to a 1:19:45 finish.



Sivakumar Mudanai of Hillsboro, smiling on his way to a 51:38 finish.



Erin Rickards of West Linn looks strong on her way to a 57:08 finish.



Susan Hays of Portland earned 3rd in her age group with a time of 1:28:39.



Best Dam Run and Walk 10k Recap

by Kelly Barten



Participants Kim Batchelor, Jill Gilbertson, Susanne Bailey, Steve Robinson, Michell Robinson, and Nancy Fisher were all smiles at the start. Photo by Kelly Barten.

Despite low clouds early in the morning, the 2016 Best Dam Run was run under mainly sunny skies on Saturday, September 24. A popular race for those looking for a fast 10k, the course is primarily downhill with a very gentle decline that is almost hard to notice most of the time. There's one uphill, which I had been told "wasn't too bad," but I thought it was a pretty serious hill. The final mile, however, was once again primarily downhill/flat.

The course (even with the hill) is great. The quality of the course is reason enough to sign up for this race. You run along the Clackamas River and the dam, of course, on a closed road for five miles. Just past the 2nd aid station, the course zips through a large parking area and up a driveway ... this is the hill. At the top, flaggers stop traffic so you can safely cross the highway and then run on the shoulder into town.

Clackamas River Growlers was on-site pouring for those of legal age that were ready for a cold one in the race's friendly beer garden. There was ample food and drink, some vendors, and awards and raffles.

Goals for the 2017 race include reducing the wait time for the shuttle (both the walk and run starts were delayed to allow all participants time to arrive at the start) and to increase the number of porta-potties at both the packet pick-up area and the race start.

This is definitely a race to add to your "must run" list as it is fast and (mostly) flat. It's always run on the 3rd weekend of September, a weekend traditionally blessed with clear skies, so keep an eye on the ORRC website for news on the 2017 race, which was recently named the RRCA Western U.S. District 10K for 2017.

"This race had a lot of very positive elements - the weather, the scenery along the river and reservoirs, the road surface, and the post-race hospitality in Estacada, but the beer garden was a great finishing touch."

- ORRC Member Steve Corbato of Portland



The walk start was designated for competitive walkers and those planning to walk and run during the race. Here, Mallory Hamann (220), Mamie Choy (102), Renee Kimes (297), Mary Wiseman (pink shirt) and Jamie Theander (533) are in the first half-mile of their 6.2-mile adventure. Photo by Stephen Wright.



Steve Corbato of Portland on his way to a post-race beer. Photo by Stephen Wright

2016 Best Dam Walk 10k Results

Men's overall winner: Bruce Powers, 1:13:58
Women's overall winner: Fenny Roberts, 1:13:58
Men's masters winner: Edward Lipski, 1:21:05
Women's masters winner: Lizzie Cheney, 1:14:47

2016 Best Dam Run 10k Results

Men's overall winner: Alex Cameron, 33:21
Women's overall winner: Karlyn Nieland, 38:37
Men's masters winner: Dean Anderson, 37:27
Women's masters winner: Renee Paradis, 42:07

Blue Lake Runs 15k and 5k Recap

by Kelly Barten

The forecast for Saturday, October 15 was an echo of the 1962 Columbus Day Storm. Races at the Oregon Coast and were postponed due to high winds and metro area residents buckled down with a flashlight at hand, but fortunately, the weather was not nearly as bad as anticipated.

The ORRC Blue Lake Runs went on as scheduled and the strong winds (for the most part) held off until the event drew to a close. A number of registered 15k participants switched to the 5k, including Allen Sandstrom, who earned a 1st place finish in his age group.

Even so, a number of those who had signed up decided not to head out to the race. There were 64 finishers in the 5k run and 10 in the 5k walk; the 15k saw only 48 finishers.

For 2017, the Blue Lake Runs will include a half marathon. Next year's race is scheduled for October 14, 2017.



Darlene Foye (128), Debbie Knippert (160), and Lisa Dobbins (124) at the 2016 Blue Lake Runs.

2016 Blue Lake Runs 15k Run Winners

Women's Open: Allie Keogh, 1:00:05
Men's Open: Scott McCulloch, 58:38
Women's Masters: Judith Faulkner, 1:22:38
Men's Masters: Rohit Grover, 1:05:18

2016 Blue Lake Runs 5k Walk Winners

Women's Open: Patricia Nossen-Johnson*, 35:20
Men's Open: Ron Rushford*, 31:51
Women's Masters: Lisa Ross, 35:24
Men's Masters: Edward Lipski, 40:18

2016 Blue Lake Runs 5k Run Winners

Women's Open: Emily Norquist, 23:01
Men's Open: Eric Dolezal, 18:23
Women's Masters: Dana Harris, 23:21
Men's Masters: Tom Dempsey, 19:16

*Denotes Masters Participant

Photos by Bernie Blazek



Allen Sandstrom (221) and Edward Lipski (177) certainly look like they are having fun!



Lisa Ross (218) and Patricia Nossen-Johnson (205) demonstrating great racewalk form.

Talking the Walk

by Lizzie Cheney

STAYING ON TRACK IN THE OFF SEASON

Challenging weather doesn't mean a hiatus from fitness. I have found that working out in the rain is invigorating and delivers a boost of endorphins. The following article outlines some strategies for embracing the elements and maintaining fitness through the drearier months.

MOTIVATION

The most important ingredient for any exercise endeavor is motivation! You need to **want** to do it.

One way to stay motivated is to enter at least one event that occurs in late winter or early spring. This gives you a goal to keep in sight, and offers more purpose to your workouts. A very fun event in which I participate is the ORRC Y2K 10K, which is scheduled for January 7, 2017 in North Plains. (There is also a half marathon.)

Another way is to find a workout buddy with whom you maintain a regular schedule. It's often easier to show up for someone else rather than just yourself.

You may also be energized by joining an organized training program, such as Foot Traffic University (<http://foottraffic.us/the-programs/ftu/>). Starting up in late January, this program offers weekly coached runs and walks to prepare for a 5k, 10k, or half marathon. It's a great way to train, as well as find workout buddies. And your ORRC membership allows you a discount on this program.



GET THE GEAR

Assuming you are committed to getting out in the weather, you will need to dress the part. For safety and comfort, it is worth doing some research and making careful purchases for your "Winter Wardrobe."

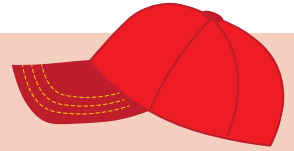
Even in rainy weather, I rarely wear a raincoat while speed walking because I tend to get too warm. But if I am in for a long walk and the clouds have unhinged, I am very glad to have my jacket. For those who prefer a more leisurely pace, a rain jacket can make the difference between "refreshing exhilaration" and "soaking-wet misery."

When choosing a rain jacket, choose one that is comfortable, waterproof, lightweight and breathable. Finding all these features in one jacket does not come cheap, so always check the clearance racks first. A jacket that is all of the above is very worth the investment and can be worn for many other things besides training walks. An important note: always follow the laundering directions to the letter. If this isn't done, a waterproof garment can quickly become "not-so-waterproof."

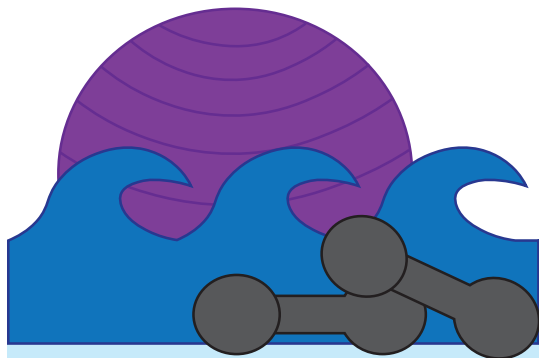
When it comes to shoes, I just wear my usual walking shoes and accept the reality that my feet will get wet. I am aware that there are waterproof running/walking shoes available, but they can be expensive and not always effective. When I get home after a wet walk, I remove my shoe insoles and let everything air dry.

Regarding hats, a beanie will keep you warm, but not dry. If it's raining, wear your usual running hat with a bill, which will keep water from running all over your face. If it is cold as well, wear a headband of some kind under (or over) your hat to keep your ears warm.

Safety trumps everything and it boils down to you being seen, and you being able to see. Make sure some of your clothing is brightly colored (do not dress like a vampire). Wear reflective extras such as a vest, ankle or armbands, etc. There are many bright, blinking and reflective accessories from which to choose. If you opt to walk predawn or after dark, you will need to be able to see the terrain. Headlamps are a great choice for this. Nice lightweight ones are available at most running stores. Nathan is a company that makes some good models.



INDOOR OPTIONS



If, despite all the above rainy-day tips, you decide that you want to work out, but not in the elements, there are many ways to accomplish this. Most any form of exercise will benefit your walking, so try doing new things at the gym.

Embrace cross training! Experiment with swimming (my personal favorite), weight training, or commit to a stretching program. The gym I frequent offers unlimited classes for free, so any time of year, if I'm feeling bored or burned out, I'll mix it up and try a new class every few days for a while.

Have some fun exploring Pilates, Plyo, Circuit training, Barre Technique, Yoga, Cycling, etc. If a gym is not an option, there is an ocean of exercise videos available. Browse Amazon and read some of the reviews before purchasing a DVD. Also, the library has various workout videos to checkout. Another great resource is the internet. There are YouTube videos and many websites dedicated to exercising. One website that I frequent is myfitnesspal.com. This site has workouts, challenges, demos, nutrition information and many other fitness topics and tools.

Regardless of what fitness endeavor you choose, make sure you enjoy it. After all, it's the "fun factor" that will keep you motivated and coming back for more.

ORRC/Columbia Bank Turkey Trot at the Zoo: Race Details

by Kelly Barten

Thanksgiving is fast approaching, and with it the family-friendly ORRC/Columbia Bank at the Zoo Turkey Trot!

The Turkey Trot employs a wave start, to avoid congestion at the start of the 4-mile run/walk. The start is located on the road in front of the World Forestry Center.

- 8:00 a.m. – Wave 1: runners
- 8:10 a.m. – Wave 2: walkers
- 8:20 a.m. – Wave 3: runners and walkers
- 8:30 a.m. – Wave 4: “late starters”

The 1/2-mile “Tot Trot” will start at 9:30 a.m. near the Oregon Zoo’s Amphitheater. The “Tot Trot” also employs a wave start, based on participant age and number of participants.

Those starting off their Thanksgiving with ORRC are encouraged to ride the MAX train, which stops directly in front of the World Forestry Center. As a bonus, all participants who

ride MAX will receive \$5 in ORRC bucks, good towards ORRC race registration or membership. If you choose to drive, be prepared to pay \$1.60/hour for parking at the Zoo starting a 9:30 a.m. (You may be done by then, though.)

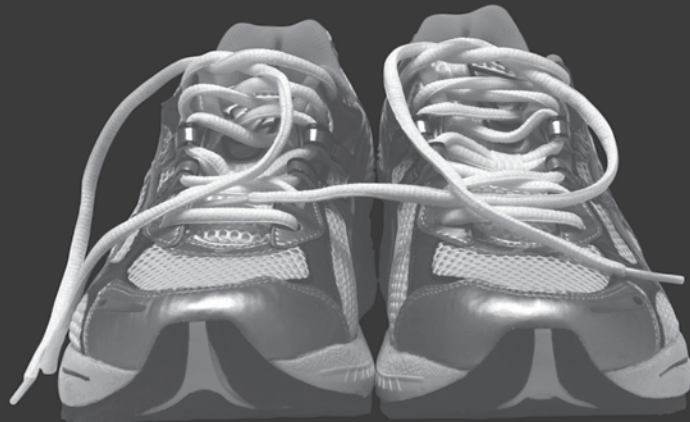
Day of race registration and packet pick-up will open at 7:00 a.m. in Cheatham Hall, which is next door to the World Forestry Center. Participants can also pick up their packets on Wednesday, November 23 between noon and 5:45 p.m.

Cheatham Hall will be the location for the race’s bag drop area. When finished with your run or walk, you will need to pick up your belongings in Cheatham Hall. A limited number of Turkey Trot long-sleeve t-shirts are available for purchase there as well.

You can register online for \$40 for the 4-miler and for \$25 for the “Tot Trot.” Registration for the “Tot Trot” includes

one ticket for a grown-up to enter the zoo for the kids’ race with their kiddo, and a kid’s t-shirt.

ORRC relies on a large number of volunteers for the Turkey Trot, which raises thousands of dollars for the Oregon Zoo. To volunteer, call 503-646-7867 or email the Race Director at turkeytrot@oregonroadrunnersclub.org.



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Preview: ORRC Y2K Half Marathon and 10k

by Kelly Barten



An uncharacteristically-bundled up Joe Dudman at the 2016 Y2K 10k. Photo by Stephen Wright.

Start your year off right at the ORRC Y2K Half Marathon and 10k in Forest Grove! This growing race is scheduled for Saturday, January 7th, with all participants starting together at 9 a.m. The course is open for three hours.

If you sign up ahead of time online, the half marathon is \$65 and the 10k is \$40. ORRC members will save \$10 when they register online. You can also sign up day-of-race, but the prices of \$75/\$50 do not come with the ORRC member discount.

Half marathon participants will receive a unique Y2K stadium blanket with their registration. If you're running or walking the 10k, you can get one as well for only \$20.

Both courses include their fair share of hills, but they will be well supported. The hardest thing might be deciding what to wear for your race! ORRC race veteran Joe Dudman explains his

strategy: "I prefer to race in a short-sleeved shirt, so that's what I would put on first, but for this race I take a duffel bag with a long-sleeved tech shirt, a light running jacket, a warm hat, and a couple pairs of gloves, just in case. Even if the official temperature is not that cold, the wind chill factor can make you shiver!" 10k walkers and runners can refuel with Gatorade and water at miles 2 and 4.5. Half marathoners will see a total of six aid stations, at miles 2, 4, 6, 7.5, 9.5, and 11.5. The last few aid stations will have Gu and other snacks in addition as well.

After the race, all participants and volunteers are invited to enjoy a hot pancake breakfast in the Tom McCall Elementary School cafeteria. The overall open and master's winners will be awarded plaques, and age group ribbons will be handed out to the top five finishers in each age group.

Preview: ORRC Hagg Lake Ultras 25k and 50k

by Kelly Barten



Christine An, the birthday girl, having a great time with Mud Alley. Photo by Kristin Nelson.

The ORRC Hagg Lake Ultras will return the weekend of February 18 and 19, 2017. The races start and finish at Boat Ramp C.

Christine An, pictured at left, ran the 2016 25k on her birthday. "I love running Hagg Lake," she says. "The race timing is always around my birthday, and I have friends that run it with me to celebrate my birthday. We get to train through the winter together, and at the race, we get to enjoy the scenery, splash around in the mud, feel accomplished when it's over, and hang out with an inviting running community. I will go back again every year I can!"

The 50k is run first, on Saturday, and the 25k is held on Sunday. The start time for the 50k on Saturday is 7 a.m., and all participants must complete their first lap by 12:30 p.m. to avoid being pulled from the course. The 25k start time is at 9 a.m. on Sunday.

There are a few changes for the 2017 race. In addition to going "cupless" (see

Running Shorts on p. 3), the 2nd Aid Station (formerly Tanner Creek) has moved to an area called Fenders Blue. This new location is more protected from the wind and slightly less muddy.*

Also new this year is the removal of a participant cap; but don't delay in signing up because the last day to order the race shirt will be January 10, 2017. This year's race registration will no longer automatically include a shirt.

Continuing the tradition started a few years ago, there will be two Training Runs. The first is on January 14 and the second, which will also serve as a Trail Work day, will be on January 28. Both Training Runs will start at 8 a.m. from the Elks Picnic Area.

Registration opened on November 1 on ultrasignup.com, but there's a link from orrc.net/events as well.

*The ODR makes no specific guarantee that there will actually be less mud.

1200 Club Registration for 2017 Now Open!

by Julia Reisinger

... and ORRC would like to thank to Fleet Feet Sports PDX for their continued sponsorship of this membership opportunity.

Do you want to give yourself a challenge for 2017?
Why not try joining ORRC's 1200 Club?

ORRC encourages members to join the 1200 Club to promote consistency, and a healthy running and walking lifestyle for its members.

What is it?

The 1200 Club is a recognition program for any club member who runs or walks 1,200 miles in one year (averaging 100/month, or about 25/week). The year spans from January 1 through December 31.

The purpose is meant to be a challenge that we anticipate about 10% of club members achieve. There is no charge, but participants must be current ORRC members.

Anyone who completes 1,200 miles in one year receives a jacket, and in subsequent years, receives a patch to add to the jacket.

Since 2013, ORRC has had 428 members attempt this challenge, and 252 participants received jackets.

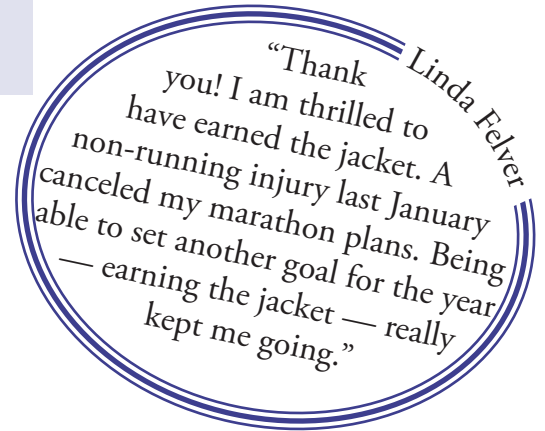
Cumulative mileage from all participants through 2015 shows club members have circumnavigated the Earth 28 times, and we've reached the moon twice!



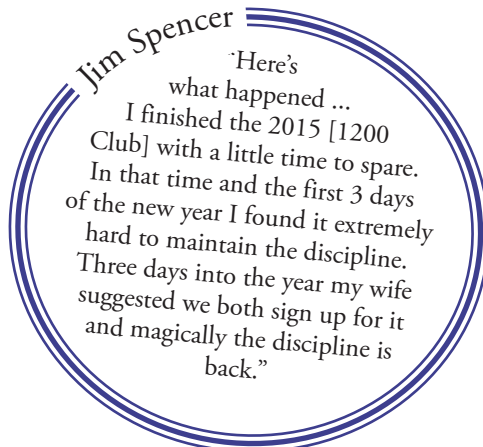
Anna Alig picked up the 1200 Club Jacket she earned at Fleet Feet Sports PDX in February 2016.

To register go online to:
<https://runsignup.com/Race/OR/Beaverton/ORRC1200Club2017>

For more information on program rules (e.g. deadline to register, when and how to submit mileage and which miles count and which don't), go to the 1200 Club page on the ORRC website at <http://orrc.net/events/1200-club/>.



Krista Harrison and Emmy Barnett look great in purple ... and those jackets go so well with the ORRC running hat, don't they?



Debra Brown has a big fan for her efforts that earned her the 1200 Club jacket for 2016.

Photos by Julia Reisinger



40 members have already reached the goal for 2016

48 members were on or ahead of pace through September

Keep moving!

1200 CLUB UPDATE

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.

Alicia Ackerman	585.65	Peter De Graff	1198	John Hinshaw	802.98	Jay Richardson	371.35
Lisa Albrecht	793.55	Sam Del Biaggio	596.3	Lynell Hoffer	592	Rob Rickard	504
Anna Alig	1137.3	Douglas Denney	1694.2	Eric Holstrom	1294	Irene Rodegerdts	803.12
Doug Allen	1113	Janelle Dickerson	749	Eileen Holzman	632	Joe Rogerson	458.03
Michael Allen	1243	Laura Donnelley	871.31	David Hopper	1387.1	Christina Rose	484
Dean Anderson	1461	Ben Douglas	954	David Hume	1483.95	Ron Rushford	847.16
Erik Anderson	860.91	Debbie Dunham	848.36	Jim Huntzicker	697.37	Kevin Rutherford	613.84
Jim Armstrong	903.9	Louise Dunne	786	Priya Jamkhedkar	276.56	Erin Sands	449.04
Linda Armstrong	274.79	Alicia Kay Eagan	412.76	Emmanuelle Jarmon	560.58	Allen Sandstrom	1033.6
Demetra Ashling	1278	Chicory Eddy	934	Nareudee Jayanama	494.28	Jim Sapp	1122
Krystal Ashling	871	Eb Engelmann	1241.5	Kelly Johnson	1010.17	Katy Schnoor	604.3
Susan Asula	800	Melanie Erskine	246.57	James Keane	938.81	Debbie Scroggy	376.58
Patti Aust	690	Brian Evans	1414	Brandy Kelly	644.71	Bradlee Seehafer	772.9
Susanne Bailey	774.45	Linda Felver	776.05	Eric Kelso	1193.72	Sharon Serra	1618.7
Nicky Baker	878	Brian Field	1284.5	Geri (Alisha) Kern	954	Kelly Sestero	153.96
Barbara Balko	950.7	Brenda Fischer	816.55	Eric Klein	1305.2	Mary Ellen Smith	531
Kim Barnes	527.4	Dianna Fisher	1077	Barbara Larrain	547.23	Barbara Smythe	624.2
Emmy Barnett	774.57	Sarah Fitch	879.5	Fabiola Lopez	1211	Carl Sniffen	982.05
Mark Barrett	775	Shawn Fitzgerald	1434.7	Kay Ludolph	809	Jim Spencer	690
Deri Bash	879	Christina Flaxel	1104.37	Robert Lynes	1210	Libby Spencer	540.25
Robert Becken	1660.81	CJ Follett	1088.85	Juliana MacFarlane	1005	Becky Springer	865
Shannon Belford	913	Susan Fraser	935	Scott Maclay	950	Steve Starkey	1469
Todd Bellamy	819.6	Mary French	829.4	Carol Mahoney	1016	Carrie Stein	789.32
Brenda Bentley	942.75	Aleta Fullenwider	802	Steve Mahoney	1085	Dana Stern	918
Stephanie Bolson	1085	Juanita Funkhouser	316.85	Donavon McCutcheon	845	Cristy Stimmel	845.5
Laurie Bond	908	Kathy Gardiner	918	Phil McGuigan	830.25	DC Stimmel	877.5
Sandy Bourne	1028	Loraine Gendron	1245	Roger McKay Jr	953	Shelan Stritzke	528.59
Lise Brackbill	788.6	Margo Glass	716.08	Lena Mohajerin	864.7	Dennis Sullivan	1416
Paul Braghero	1193.54	Doug Goebel	1322.96	Laura Morrison	1269.76	Shirley Sullivan	1392.5
Gregory Brennan	983	Amanda Goldberg	802.65	Cindi Morrow	737.05	Desiree Tanner	862
Hal Brockman	1182	Mike Goodner	98.47	Meagan Mower	1350	Brandi Tarrel	1087.8
Christina Brown	698.76	David Graham	1302	Teresa Nowicki	391	John Tate	1378.88
Deborah Brown	1566.6	E. David Granum	1298	Shaun O'Connor	976	Blake Timm	733.3
Patricia Byrne	941	Nancy Gronowski	831.2	Kari Overman	153.79	Kimberly Turner	1295
Claire Carder	890.75	Rohit Grover	1311.79	Sandy Overstreet	738.51	Megan Turner-Baxter	827.6
Bill Carley	974.4	Debbie Hall	873.42	Margie Palmrose	1049.95	Kerri Tyler	858
Matt Civis	432	Stacey Hanf	1464	Renee Paradis	2035.99	Wenonah Usher	683
John Clements	809	Erica Hann	926.65	Phil Parnell	239.71	Sherri Vann	843.97
Tamera Clifton	879.7	Tom Hansen	961.5	Jill Pex	569.09	Marie Walkiewicz	1287.39
Brian Cooper	1822	Patrick Harbison	409.6	Christine Pherson	687.3	Laurie Westenberg	596.5
Lis Cooper	906.75	Steven Hardy	834	Joel Phillips	553.14	Carolyne Westlake	510
Susan Cooper	1284	Susan Harlan	781	Susan Potts	1279.3	Helen White	810.55
Steve Corbato	926.2	Krista Harrison	913.41	Stacy Powell	715.39	Stuart White	833
Laura Coyle	279.51	Patrick Hartigan	875.59	Jill Panches	1239	Andrew Young	447
Carol Joy Craig	464.84	Jim Hawley	1268.4	Paul Raines	516.97	Michael Young	266.66
Pamela Cunningham	731.7	Michelle Haworth	1124	Julia Reisinger	816	Richard Young	928
Kristopher Damiano	1624.2	Susan Hays	607.05	Tracy Reisinger	880	Lourdes Zakrzewski	989
Susan Decker	2914.5	Debbie Heiser	958.3	Deanna Richardson	204.73	Gary Zimmerman	966.4
Patrice De Graff	1396	JP Himmelberg	665.5	Eric Richardson	166.1		

Mileages above represent mileage submitted for January through October 1, 2016. Participants have until the end of each month to submit their mileage for the previous month; therefore these totals do not list a member's mileage for October.

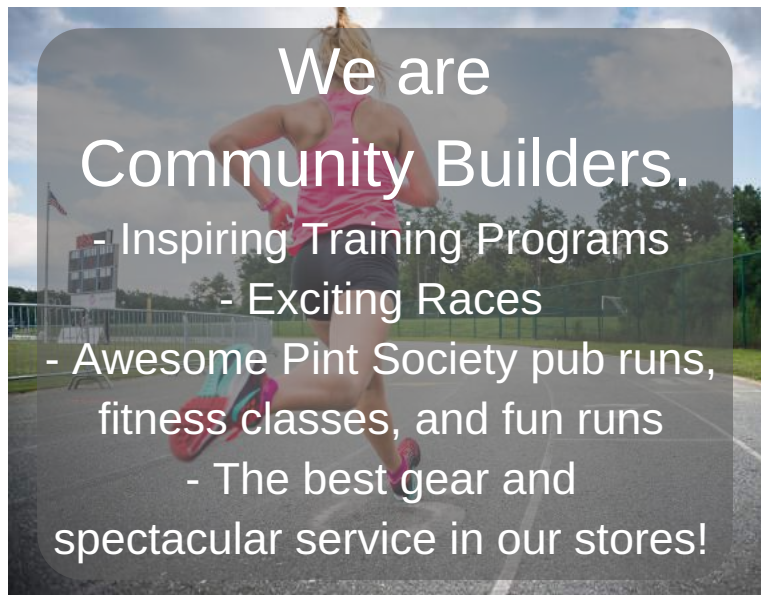
Names in red are on pace to reach the 1200-mile mark by hitting 900 miles through the end of September. Those in blue have already done it! If your name isn't "in the red," don't despair—you have time to make up the mileage. Be sure to submit your mileage each month!



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This Month's Contributors:

Kelly Barten, Bernie Blazek, Lizzie Cheney, Kristin Nelson, Julia Reisinger, Stephen Wright



THE OREGON DISTANCE RUNNER

- NOV 24 • THURSDAY • TURKEY TROT AT THE ZOO 4-MILER • PORTLAND
- JAN 7 • SATURDAY • Y2K HALF MARATHON AND 10K • FOREST GROVE
- FEB 18 • SATURDAY • HAGG LAKE 50K TRAIL RUN • HAGG LAKE
- FEB 19 • SUNDAY • HAGG LAKE 25K TRAIL RUN • HAGG LAKE
- MAR 4 • SATURDAY • CHAMPOEG PARK RUNS • CHAMPOEG PARK
- APR 9 • SUNDAY • VERNONIA MARATHON AND HALF MARATHON • VERNONIA & BANKS
- MAY 6 • SATURDAY • HAGG LAKE RUNS 10K, 5K, AND 10.5-MILER • HAGG LAKE
- MAY 29 • MEMORIAL DAY (MONDAY) • UP THE LAZY RIVER 10K • WEST LINN
- JUN 21 • WEDNESDAY • SUMMER SOLSTICE 5K • LOCATION TBD
- JUL 4 • TUESDAY • 5 ON THE 4TH 5K • WILSONVILLE
- JUL 29 • SATURDAY • DUAL DUEL 10-MILE RELAY AND INDIVIDUAL 10K • LOCATION TBS
- AUG 12 • SATURDAY • GARLIC FESTIVAL 10K, 5K, AND HALF MARATHON • NORTH PLAINS
- SEP 4 • LABOR DAY (MONDAY) • GREENWAY TRAIL TRIAL 10K • BEAVERTON
- SEP 23 • SATURDAY • BEST DAM RUN 10K • ESTACADA
- OCT 14 • SATURDAY • BLUE LAKE RUNS 15K, 5K, AND HALF MARATHON • FAIRVIEW
- OCT 28 • SATURDAY • AUTUMN LEAVES 50K AND 50-MILER • CHAMPOEG PARK
- NOV 23 • THURSDAY (THANKSGIVING) • TURKEY TROT AT THE ZOO

**You still have time to sign up for the
ORRC/Columbia Bank Turkey Trot at the Zoo!**

Get more details inside on p. 11.