



THE OREGON DISTANCE RUNNER



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RunSignUp Selected for Online Membership System

As ORRC has grown, managing memberships has been a big project. Trust me — the person or persons in charge of keeping track of membership numbers and stats putting in a lot of volunteer hours!

Dick and Diane Bemrose managed memberships from 1998-2005, during which time Dick created a master database. In 2005, the Bemroses handed the reins over to Board Member Dave Green. He expertly managed memberships until just a few months ago, when the ORRC board announced (in December 2015) the adoption of RunSignUp as the new membership management platform.

This was a change many years in the making. Five years ago, with help from Liz Dauw, Green started researching options for membership record-keeping. At the time, his wish list included a platform that could manage photo files, membership records, online race registration, and social interaction. Now, with the redesigned ORRC website and the club's actively-growing presence on Facebook, the adoption of an online membership

database has checked all the boxes.

Members are able to claim their club membership online, which then opens the door to other benefits. All members should have received an email from RunSignUp in early January with a link, which pulls up your membership details including family or individual information, membership number, and membership expiration date.

By claiming your membership, any time you sign up for an ORRC event using your claimed membership account, RunSignUp will recognize you as a current member and apply the member discount. This is a great benefit to members because you don't have to worry about checking the wrong box and paying more by accident.

Automation of club membership processes will make it easier for our members to join or renew; and will ease the burden on club volunteers to manage the information.

RunSignUp founder Bob Bickell applied his years of work in technology to the online space back in 1994 to create a very secure platform for data. The company

takes a number of steps to ensure that your personal information and payment methods are not in a place where hackers could find them.

Like ORRC, member privacy and security is RunSignUp's most important consideration. "We are a fully secure site, we show no ads, we will never spam or solicit the runners and most importantly, we do not sell runners' data to vendors," Diselets explains.

RunSignUp is a quickly growing race registration platform, now in their 6th year of business. They went from 10,500 registrations in 2010 to about 2.5 million in 2015, and aren't slowing down. In talking with RunSignUp representative Jordan Diselets, I learned that their team is made up of extremely smart coders who "geek out about running."

If you didn't receive an email or need help claiming your account - or have any other membership questions - please send an email to ORRC VP of Membership and Technology Team, Alan Smith at membership@oregonroadrunnersclub.org.

Members Honored at Annual Awards Banquet

The following are the awards presented at the January 24th Annual Awards Banquet at Marylhurst University.

There were a number of errors in the age group awards that were later noted. Those errors have been corrected and reflected in this list. They were due to errors in volunteer reporting and not considering the requirement that an award winner needed to participate in three ORRC timed events.

Plaques not presented at the awards ceremony will be available at ORRC events, starting with Champoeq 10k, 20k and 30k on, March 5th.

Male Walker of the Year: Holland Golec
Female Walker of the Year Lizzie Cheney
Male Runner of the Year: Joe Dudman
Female Runner of the Year: Melissa Mocklin-Dwiggins
Male Master's Runner of the Year: Dean Anderson
Female Master's Runner of the Year: Barb Schimmel
Male 10k Series Overall Points Winner: Eric Holstrom
Female 10k Series Overall Points Winner: Lizzie Cheney
Male Overall Points Leader of the Year: Allen Sandstrom
Female Overall Points Leader of the Year: Kathy Gardiner

Participation Award: Allen Sandstrom
Volunteer of the Year Award: Diane and Dick Bemrose
Kathy Weidkamp Volunteer Award: Carole Reiley
Al Nakata Award: Bernie Blazek
Helen Lachman Award: Donna Parsons
Club Appreciation Award: Seed PDX
President's Award: Kelly Barten, Blake Timm, Michael Allen, Alan Smith



Photos: ORRC VP of Race Operations Patric Langley and VP of Membership Alan Smith; Joe and Fabiola Lopez

Continued next page

2015 Age Group Award Winners

2015 Female Age Group Award Winners

Female 30 - 34

1. Desiree Tanner

Female 35 - 39

1. Melissa Mocklin-Dwiggins
2. Tanya Corkum
3. Fumi Kelleher
4. Anna Alig

Female 40 - 44

1. Alicia Ackerman

Female 45 - 49

1. Brenda Fischer
2. Krista Harrison
3. Julia Reisinger
4. Wendi Autencio-Brooker
5. Tracy Reisinger
6. Julie Carter

Female 50-54

1. Sandy Bourne
2. Emmy Barnett
3. Jill Panches

Female 55-59

1. Lizzie Cheney
2. Bonny Benton
3. Debbie Heiser
4. Susanne Bailey

Female 60 - 64

1. Carol Mahoney
2. Judy West
3. Fenny Roberts
4. Susan Fugate

Female 65 - 69

1. Krystal Ashling

Female 70 - 74

1. Kathy Gardiner
2. Carole Reiley
3. Carol Craig
4. Barbara Wriggle

Female 75 - 79

1. Donna Parsons

2015 Male Age Group Award Winners

Male 30 - 34

1. Alex McGladrey

Male 35 - 39

1. Brian Everest
2. Scott Mocklin-Dwiggins

Male 40 - 44

1. Dean Anderson
2. Michael Allen
3. Stacey Heiser

Male 45 - 49

1. Brian Field
2. Dimitri Ashling

Male 50 - 54

1. Joe Dudman
2. Mark Takizawa
3. Jeb Smythe

Male 55 - 59

1. Eric Holstrom
2. Steve Mahoney
3. George Watson

Male 60 - 64

1. Charles Poutasse
2. Dennis Sullivan

Male 65 - 69

1. Holland Golec
2. Mike Misner
3. Bernie Blazek

Male 70 - 74

1. George Opsahl
2. Dick Bemrose
3. Ralph Brown
4. Rob Rickard

Male 75 - 79

1. Allan Sandstrom

ORRC Board of Directors

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ORRC Race Directors

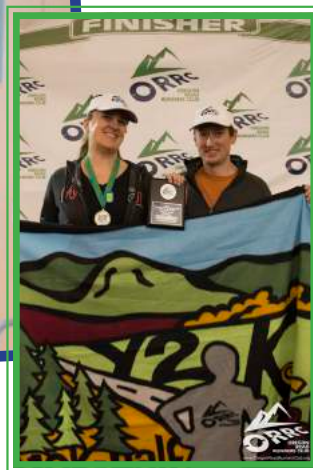
Mark Barrett, Kelly Barten, Bonny Benton, Daniel Brewer, Will Cortez, Dave Green, Mike Haedrich, Peggy Ayles Hartwig, Bret & Gail Henry, Abby Meek, Karen Peterson, Valerie Pratt, Alan Smith, Shannon Takizawa

All ORRC Race Directors are volunteers. Aside from learning how to put on an great 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.

Find ORRC 10k Series Award Winners online at orrc.net. Check out many more photos at orrc.smugmug.com.



Julia and Tracy Reisinger helped organize plaques and medals for the banquet.



Alicia Ackerman and friend with her awards and Y2K blanket.



Allen Sandstrom celebrates with Kathy Gardiner.

Running Shorts

Discount for ORRC Members on Twelve Bridges Relay

ORRC members can enjoy a 10% discount when registering for the 2016 Twelve Bridges Relay. The relay is scheduled for Saturday, June 4.

It is a one-day running relay for teams of up to six participants. There are 12 legs, and the course is an out-and-back that starts and finishes at the Jesse Mays Community Center in North Plains. Much of the route is on the Banks-Vernonia Trail, including a loop around Vernonia Lake at the end of leg 6.

Use code ORRC10 when registering your team online at onedayrelays.com.



Discount for ORRC Members on new Go Race Series

Save \$5 on your registration to the brand-new Go Race Series, presented by locally-owned Go Beyond Racing.

The Go Race Series takes place on four Wednesday evenings this spring. The start and finish area is at Tigard's Cook Park, with a 6:30 p.m. start time for each race. Distance for the races will vary between 3.2 and 3.7 miles. Race dates are March 23, March 30, April 6, and April 13.

Save \$5 online with code ORRC at gobeyondracing.com/races/go-race-series - this code is good through March 15, 2016.



Fleet Feet Sports PDX Offers Training Programs

You might recall that Fleet Feet Sports PDX became the sponsor for the ORRC 1200 Club in 2016; they also offer some great run/walk and run training programs.

No Boundaries, offered at both their Portland and Lake Oswego stores, is a walk/run interval-training program designed for people who are currently inactive or new to walking and running. This program is structured to help participants complete their first 5k race.

They also have 10k, half marathon and marathon training programs on deck for 2016 training. Check out all of the details and find the program that best meets your needs at fleetfeetpdx.com/training.

If you know the feeling of sheer exhilaration from meeting a goal and want to help someone else experience that same glow, then why not become a coach? Find out more by emailing Holly, Training Program and Outreach Manager at holly@fleetfeetpdx.com.

ORRC Member Discount at Foot Traffic Stores

ORRC has partnered with Foot Traffic to provide members with two amazing deals.

ORRC members will get \$25 off Foot Traffic University, a training program to help prepare for a variety of distances from a 5k to a full marathon. Note: you must register in-store to receive the discount.

The other perk for ORRC members is 15% off Saucony shoes and apparel at any of the three area Foot Traffic stores. Simply show them your ORRC membership card!



Discount for ORRC Members on Walk the Line Relay

There's a brand-new walking relay coming to town: the Walk the Line Relay. Get more info about it in Lizzie Cheney's column, "Talking the Walk," on p. 7.

Walk the Line is scheduled for Saturday, July 9, 2016. It is a 33-mile relay divided into six legs; set up for solo walkers or 2- and 3-person teams. The course starts at Vernonia Lake Park and finishes at the Jesse Mays Community Center in North Plains.

Use code ORRC10 when registering your team online at onedayrelays.com.



ORRC Sweepstakes Updates

Congratulations to ORRC member Ariann Dorland on being selected as the winner of a **Milestone Pod!**

Remember, if you ran either the Portland Marathon or Half Marathon, or are planning to run the ORRC Vernonia Marathon or Half Marathon, you can enter the **Embody Achievement sweepstakes**, too! Simply post a photo of yourself with your finisher medal from either of those events and tag it #EmbodyAchievement, or email your photo to odrmagazine@gmail.com. We'll select one winner at random from all eligible entries to win a beautiful sculpture that has rings on which you can proudly display your finisher medals. Learn more about Embody Achievement at embodyachievement.com.

We will continue to look for products to give away through sweepstakes, so keep your eyes open for announcements of upcoming giveaways in the ODR.

Welcome New Members

Alison Baird	LeeAnne McAfee
Nicky Baker	Ralph McAfee
Pam Brown	Ryan McAfee
Douglas Buchanan	Tabitha McAfee
Nels Carlson	Tyler McAfee
Marjorie Carothers	Philip Mcguigan
Sherri Carothers	Marilyn Mcguire
Diana Crumpton	Abby Meek
Ariann Dorland	Karlyn Nieland
Ben Douglas	Wendy Olson
Sarah Drummond Hays	Andrew Ostrin
Louise Dunne	Elia Ostrin
Melissa Fey	Ken Ostrin
Dianna Fisher	Deanna Richardson
Tracie Flannigan	Jay Richardson
John Frazier	Nicolaus Rock
Madison Frazier	Augie Rodegerdts
Wanda Frazier	Chris Rodegerdts
Jessica Fredrickson	Eddie Rodegerdts
Susan Gill-Ostrin	Irene Rodegerdts
Rhea Grover	Olivia Rodegerdts
Rohit Grover	Emily Sheldon
Uma Grover	Harper Sheldon
Erica Hann	Jonah Sheldon
Kaili Hardy	Emily Sheldon
Endi Hartigan	Richard Sheldon
Jackson Hartigan	Kristen Siefkin
Patrick Hartigan	Jennifer Smirl
Matthew Hiltbrand	Abigail Smith
Katie Humm	Mikel Smith
Priya Jamkhedkar	Thomas Smith
Emmanuelle Jarmon	Riley Snook
August Johnson	Adam Stewart
Jack Johnson	Donald Stutzman
Scott Johnson	John Tate
Stefanie Johnson	Megan Turner-Baxter
John Kelsch	Kendra Vann
William Kelsch	Sherri Vann
Melody Lee	Nalani Wineman
Ghent Lummis	Andrew Young
Ginger Lummis	Richard Young
Juliana MacFarlane	Robert Young
Mark Marchese	Lourdes Zakrzewski



Alex McGladrey and Erin Chapman won their respective age groups at the 2015 ORRC Banquet.

Letter from the Editor

by Kelly Barten

This new format of the ODR is the result of changing times and a renewal of the club's dedication to its members. By reducing the size of the publication, the club will save money that will be put towards other member benefits. You might also notice that rather than two co-Editors, there is just little old me. My skilled cohort, Blake Timm, recently started an amazing new job and has trusted me with the reins. That means that I'm flying solo, so your feedback, suggestions, and submissions are most welcome!

We will continue to highlight ORRC events and news, and also feature interesting information from the larger running and walking community. A notable positive addition to the ODR is a column with content specifically for walkers — Lizzie Cheney's "Talking the Walk" will appear in every issue. We will also continue to rely on our members to tell us what they think is important. Whether you want to write an article, submit a Letter to the Editor, or just suggest a story idea, you can email me at odrmagazine@gmail.com.

As the days get longer and the chances to run in the sun improve, there are more and more races on the calendar. As I'm sure you know, ORRC puts on some amazing events. Hopefully the previews in this issue of the ODR get you excited for your next event - I know I've been counting the weeks for my first post-baby #2 half marathon. Even though the ORRC Vernonia



Running on the Banks-Vernonia Trail with fellow member Abby Meek (in the white hat).

Half Marathon isn't until April 10, I'm planning my weekend mileage plan to line up with the ORRC Champoeg Park Run 20k. It will be easier to do my long run with hundreds of other people on a course where there are restrooms and aid stations along the way. If this sounds like a great plan to you, I'd like to point out that the ORRC Champoeg Park Runs also include a 10k and a 30k, in addition to the 20k.

Another good way to put some spark in your step is to sign up to volunteer. Watching other walkers and runners push through their roadblocks can be a huge emotional boost and propel you

out onto the road. In addition to ORRC events, there are many, many local races that need volunteers to help hand out bibs, direct runners, and distribute awards.

I'll see you out there!

Shout-out Routes: Gresham Run Club Route from Café Delirium

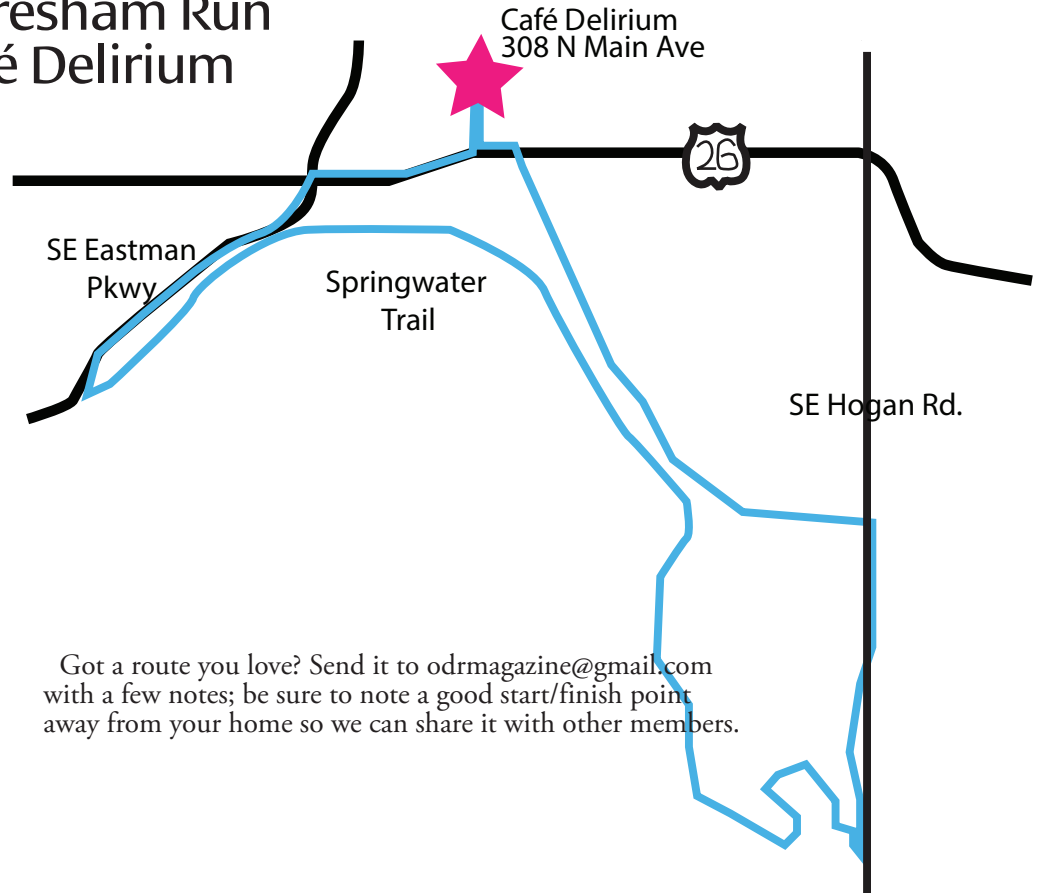
Submitted by Randy Lauer

This 6.5(ish) mile run starts & ends at Café Delirium in Historic Downtown Gresham (308 N Main Ave, Gresham, OR 97030). Café Delirium is a great place for a warm, post-run cup of coffee or a snack to refuel for the rest of the day.

This run winds through the Old Roberts neighborhood, up Hogan towards Persimmons, hit the straights on the Springwater Trail, then ends back in downtown Gresham.

This run is one of my staples and I absolutely love how you get to see some of the best parts, and some of the best small businesses Gresham has to offer. For me, one of the most important parts of running in this community is giving back to it whenever possible. I feel this route allows us that opportunity by reminding our runners what it is that Gresham has to offer.

Visit the ORRC website to find a link to this route, where you can get turn-by-turn directions.



Got a route you love? Send it to odrmagazine@gmail.com with a few notes; be sure to note a good start/finish point away from your home so we can share it with other members.

THE OREGON DISTANCE RUNNER

Winner of RRCA's 2014 Outstanding Club Print Newsletter Award

Editor: Kelly Barten
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The Oregon Distance Runner is published four times per year by Oregon Road Runners Club, 4840 SW Western Ave., Beaverton, OR 97008. It is mailed without charge to all club members. Submissions are welcome and may be emailed to the editor.

Contents of The Oregon Distance Runner represent the views of the contributors, not necessarily those of the editorial staff or the board of directors. Oregon Road Runners Club assumes no responsibility for the content of the articles.

Submissions to The Oregon Distance Runner and advertising are due by the last Wednesday of the month one month before the publishing date.

The Oregon Distance Runner is published in March, June, September, and December.

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

We are also looking for volunteers to help with general registration support and race preparation.

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

President's Letter

by Stephen Wright



In the past, Oregon Distance Runner Editor Kelly Barten has given me a topic to write about. This time, I'm on my own.

I probably took as much time figuring out what to write about than actually writing it, but I decided to discuss ORRC's community footprint, which is much greater than what we normally give it credit for. And in the end, I settled on two examples, a recent email I received, as well as a description of which benefits come with ORRC membership.

Yesterday, I received an interesting question that seems to frequently reappear in my inbox, in different flavors ... why not change our club name to something like Greater Portland Metro Running Club (GPMRC) or Greater Portland Running Club (GPRC), since our membership mainly lives in the greater Portland metro region? A good question that I thought deserves an answer. But on second thought, I thought this question was probably asked because most of us don't know the role ORRC plays on a statewide basis. I had some explaining to do then which is repeated now. So here goes:

ORRC was incorporated "to promote cooperation and develop strong bonds with other Road Runner Clubs . . ." as one of three stated missions. This mission, and our statewide presence, is as true today as it was in 1977 when ORRC was incorporated.

ORRC is the only club of the 20 Oregon-based Road Runner Clubs of America (RRCA) clubs hosting annual statewide RRCA Race Director workshops, RRCA Certified Coaching seminars and the RRCA Oregon Championship race events. In its early days, ORRC also assisted other clubs as they were starting out.

ORRC has also been fortunate to have some of its members serve as past and current Road Runners Club of America (RRCA) Oregon State Representatives. The title comes with numerous statewide responsibilities, all under the umbrella of promoting statewide RRCA's many services and programs.

So in that regard, ORRC services are not limited to hosting 15+ annual events and providing outstanding membership benefits. ORRC presence is felt throughout Oregon in support of other clubs' and organizations' runners, walkers, coaches and race directors. Hence the "Oregon" in ORRC.

The second topic involves ORRC member benefits. When asked to name one ORRC benefit, most members may respond: "a \$5 race registration discount." But that's just the beginning. As boring as it may seem, let me list the others; some old, some new.

Every time you shop for athletic apparel, chances are you have the opportunity to receive up to 20% off your purchase, especially if you shop at Portland Running Company, Foot Traffic, and Sports Authority. And that list of stores is actively growing as we partner with other Portland metro stores.

Socializing is a big ticket item among many ORRC members. ORRC hosts two track workouts: On Tuesdays on the West Side (Catlin Gabel in fall and winter and Cedar Hills Rec Center in spring and summer), and on Thursdays at Cleveland High School. The first week of each month, the workout includes free pizza. What better way to train than to polish off a workout with pizza (and maybe a beer) with friends. Socializing also includes our January annual awards banquet, a time we royally celebrate our runners, walkers and volunteers. Other social events are in the planning stage.

Do you run and/or walk an average of 25 miles weekly? A beautiful high-tech running jacket could be yours for the asking, if you just log your miles. Join our 1200 Club sponsored by Fleet Feet Sports PDX and learn more.

This great publication, the ODR, is also yours each quarter, with fascinating stories, news on upcoming races, and results worth reading about. Keep up with what's going on with your club and the ever-growing running community.

ORRC doesn't just host running events. It actively offers a lot more to its members and other Oregonians, once you start digging.

Thinking it Wanting it Doing it – the Mind as Athlete

by Steve Strauss

I was recently given the opportunity to explore the topic of mental fitness, by means of an extremely enjoyable and impressive new book from Matt Fitzgerald called “How Bad Do You Want It? – Mastering the Psychology of Mind Over Muscle.” Each chapter tells a vivid story of an elite endurance athlete – in running, triathlon, cycling, or rowing – who rises up to meet a major challenge or who transforms in some other way to become a champion who fulfills potential or surpasses expectations. In each case, it is not a physical performance alone, but one driven substantially by a mental revelation and a strengthening of the athlete’s capacity to psychologically endure.

Although training the mind to enhance performance is nothing new, Fitzgerald asserts that we have a newly effective field of study to draw from. To fully appreciate his assertion before taking it all in, I chose to immerse myself first in some of the traditional methods of sports psychology. To achieve this, I began by reading “The Champion’s Mind – How Great Athletes Think, Train and Thrive,” by Jim Afrenow.

Here I found plenty of encouragement to visualize, recite mantras, and “chase gold” in both on-field and off-field endeavors. The author does a fine job of helping the reader to formulate a world-class game plan, strive to take control of your destiny by being your best self day after day, and steer your mind-set to positive affirmation, determination against all obstacles, commitment to constant growth, and leadership development. While Fitzgerald touches on these concepts and acknowledges their value and importance, he has much else to present.

Most of Afrenow’s book resembles an encyclopedia of ideas, presented one after another, many worthy of the reader’s pause for reflection. He reiterates with great effect how important it is to compete in the moment, and to move quickly beyond mistakes and poor performances to allow for your best to still show through. This is a good lesson for runners who dwell too much on what went south during a training program or important race – the perspective needs to shift to appreciating the effort, savoring the highlights, and turning the lessons of underachievement into better outcomes at the next opportunity. Mid-run, this also translates to staying invested to achieve the most you can that day, regardless of pace or place; to never rule out a comeback in the day’s performance; and to always salvage something good out of the session.

Fitzgerald’s presentation, in contrast, is deliberately not a how-to book, and is ultimately better for it. His digs into the very soul of his athletes to uncover innate traits and learned behaviors in ways that draw the reader right into the competition being described. Even without expounding on the science, which he also performs extremely well, this is a fantastic group of stories being told with literary skill far beyond most sports books.

Convincingly, Fitzgerald builds not so much a tool chest but an arsenal, incrementally and at length. Yes, you need the passive desire to win, but more importantly the aggressive refusal to lose

– the former gives you the chance but the latter secures it. Instead of hoping for the best, anticipate something worse so that by accepting the expectation of difficulty you are neither surprised nor upset by it. Be aware that time goals can be motivators (barriers to be broken) but also crutches (barriers to be obeyed), and you need to balance these to effectively push beyond arbitrary limits. Understanding the dangers of self-undermining creates the opportunity to redirect our energies towards brushing off the

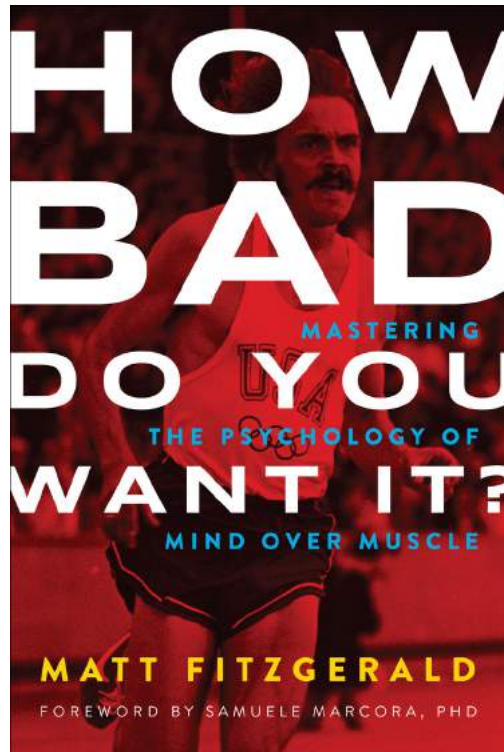
inner critic and finding the freedom to flow. Embrace failure as the catalyst for developing your own style of fresh resolve and more effective resilience, and also be inspired by others who have overcome real physical disadvantage by discovering adaptations managed within their body’s neurological systems. Honoring the concept of diminishing returns and trusting your instincts can shape a training program where less is more and backing off moves you forward. External forces like the group effect and the audience effect should not be overlooked in the quest for success, and at any level there is then also a success effect to tap into. Passion is both highly personal and universally necessary, as are the methods for eradicating anxiety while doing our chosen activity, so that we can do it both well and enjoyably.

All the profiled athletes, and all the masterful storytelling, and all the research presented to back up the concepts he is illustrating, become a cohesive effort by Fitzgerald to document the connections between the showcased sporting accomplishments and the mental fitness skills that propel those successes. But it is

a process each athlete, and the reader, develops in their own way, through their own character and experiences. The burgeoning Psycho-biological Model he highlights clearly deserves attention, and, for Fitzgerald, forms the foundation for constructing your own arsenal.

In the concluding chapter, Fitzgerald does an honorable job of tying everything together. This is no surprise – I’d been waiting for it the entire book, but was confident it would occur. Mental fitness is ultimately about training ourselves to reach more of our true potential. And, fortunately, relating the lessons contained in these richly detailed stories of elite performance does translate to the middle and back of the pack. When all is said and done, our own road to uncovering effective motivations (why push our limits) and coping skills (how we get ourselves to endure the suffering) is extremely unique. The rewards are as much in personal discovery as anything tangible on a stop watch or among race results. When we discover the value of what we want and the worth in striving for it, we win.

How Bad Do You Want It? Mastering the Psychology of Mind over Muscle by Matt Fitzgerald with a foreword by Samuele Marcora, PhD is available from VeloPress. Paperback, 240 pp., \$18.95
mattfitzgerald.com or velopress.com



Talking the Walk

by Lizzie Cheney

Editor's Note: A few months ago, I received an email from member Lizzie Cheney about including more articles about walking in the ODR. I'd seen her name on registration lists and knew she was a champion of walking, and we were changing the format of the publication at the time. I was thrilled when she agreed to become our walking columnist; this is her first installment of "Talking the Walk," with news and information for the Oregon walking community. If you have a question for Lizzie, a suggestion, or news to share about walking, email us at odrmagazine@gmail.com.

Being an avid walker who loves competing, I feel so fortunate to have found ORRC! This terrific "running" club has made me, and other walkers, feel very welcome.

Starting in 2015, ORRC began hosting some walking races (concurrent with runs) and offering separate awards for the walkers, including all of the events that are in the 10k Series. You don't need to be entered in the 10k series to participate in any of these events.

Having separate timing and placing for walkers creates far more excitement, because walkers have a clearer view of how they stand against other walkers, and even have a shot at placing. When competing in running-only event, walkers end up competing only against themselves and the clock, and hope there are still people left at the finish line to offer water and cheers for them.

The very best thing I have found about the walking events has been the camaraderie among the walkers. We all gather together at the start, wish each other a great race, check in with each other on the course, cheer for each other at the finish and enjoy hearing each other's post-race recaps. At these events, I have met many wonderful people who share my passion for walking, some of whom I now call 'training partner.'

Another reason having walking events is a smart move for ORRC is that the Portland Metro has a huge walking "culture" made up of people walking for health, fitness and competition, and the number keeps growing. As our population ages, some runners and other high-impact sport participants may decide to make the switch to walking for a low-impact alternative.

Walking means many things to different people. The term "walk" covers a wide spectrum, spanning from elite race walking to someone taking a leisurely stroll. The term "race walking" is a very specific term



Race walkers at the 2015 ORRC Dual Duel.

and pertains to a type of walking that adheres to two primary rules in order to be legal in competition. These are:

- 1) At least one foot must be touching the ground at any time.
- 2) The leading leg must be straight at the knee from the time it touches the ground until the time it passes under the body and crosses the vertical axis.

During race walking competitions, judges are on the course to watch for infractions of these rules. A walker may be disqualified for an illegal gait.

After many events, I have overheard runners discussing the race and, almost with shame, fess up to the fact that they "walked" part of it. Walking does not have to be synonymous with "failure" to a runner. With some training and work on form, those "walks" that occur during a run can be far speedier than one might expect, yet still offer recovery.

There's a flip side to this, too. I had the opportunity to watch Bowerman Track Club's Erin Gray, an amazing race walker, attempt to qualify for the 2016 Olympic Trials in the 20k. As soon as she crossed the finish line and rejoiced briefly, her coach told her to go cool down. Her "cool down" was a two-mile run!

It seems that every year there are more opportunities for walkers to compete. Coming up this summer is an event that I am particularly excited about: on July 9th, the Walk the Line Relay will be held starting in Vernonia and ending in North Plains, Oregon. This new relay by Double Dog Dare U, organized by ORRC's own VP of Race Operations Patric Langley. The one-day, all-walking relay is

approximately 33 miles and each relay team is made up of up to 3 participants, plus a volunteer from each local team.

This relay will offer a great team experience and a fun warm up for the Portland to Coast Relay. I also think it would make a terrific first relay for any walker interested in giving relays a try

My own experiences with relays have been wonderful, wild and fun! The excitement of being part of team is hard to match. If you are interested in recruiting a couple of friends and entering the Walk the Line Relay, the web site is: onedayrelayseries.com/walk-the-line.html

And, while on the topic of walking relays, there is Portland to Coast, also an all-walking relay. It is easy to find a team in need of a walker on the PTC Team Matching page at: htcteammatching.createaforum.com/

To learn better walking form, find out about race walking technique or seek a marathon training program, there are many great walk-related websites and online videos to guide you through your walking endeavors.

Here are a few to get you started:

General walking information sites:
thewalkingsite.com
wondersofwalking.com
rwnw.org

Training program sites:
foottraffic.us/the-programs/ftu/
portlandfit.com/

Have fun and keep walking!



Y2K Half Marathon & 10k Recap

by Kelly Barten

Despite below-freezing temps and a brisk wind, the 2016 Y2K Half Marathon and 10k turned out to be a very pleasant run. The sun was shining and participants were in a great mood – there’s something about the first race after the holidays; everyone is in a mellow mood and ready to get moving on making the new year great.

The packet pick-up for this race is inside the cafeteria at Tom McCall Elementary. Around the perimeter of the gym, tables were set up for 10k Series participants to drop their names in the raffle and pick up their great-looking 10k Series jackets. I worked at the packet pick-up table and had the most fun handing out soft and warm Y2K blankets to those who’d ordered them.

“One of the best parts about this event is the access to the cafeteria before and after the race. It is nice to have a heated area to stretch in and do the normal pre race tasks, involving bib pick up and ensuring you are ready to run,” said half marathon participant Brian Bernier of Forest Grove. “It also provides a handy place to consume the tasty post race pancakes.”

The legendary Ralph Brown kept the crowd updated with announcements, and before long he let us know that it was “fifteen minutes to the race start.” Everyone headed outside and gathered near the start line. A few quick instructions and we were off! All participants started together and shared the course for about the first three miles. Volunteers manned each intersection and cheered on the sea of bright colors and fuzzy beanies soon to be covered in frost.

There was only one section, in the 4th mile, where the wind got me. I’ll admit, my friend and I were ready to be done (and glad we hadn’t signed up for the half marathon). We were only half-joking when we asked a spectator walking her puppy if she wanted us to exercise him so he could pull us up the hill.

The hill. The last half-mile of this race has a killer hill. It goes around a curve, so you can’t see how long it is; and it also hides the school, so you can’t see the finish line. This is where my previous Y2K experience came in handy. As we passed two people on the hill, we got them to start running again because they believed me when I told them how little we had left. And I was not lying! Top of the hill: beautiful view of a volunteer, less than a hundred meters away, pointing us to the finish. Past the timing mats, volunteers grabbed our chips, and we headed inside to put our sweats back on and warm up.

Hot chocolate, griddle-fried pancakes, and awards were waiting for us back inside the school, where we caught up with friends who’d run the race.

The ORRC Y2K is a great way to kick off the new year. It’s a no-pressure race with great volunteers and a beautiful course. Volunteer race directors Bonny Benton and Mark Barrett did a wonderful job! Keep an eye out for the 2017 edition - and be sure to add it to your calendar.

Half-Marathon Winners

Male: Jeffery Alberghini, 1:21:19
Female: Carolyn Sykes, 1:38:59
Male Masters: Rich Stamps, 1:27:57
Female Masters: Barb Schimmel, 1:47:54

10k Run Winners

Male: Christopher Roth, 37:09
Female: Karlyn Nieland, 41:41
Male Masters: Dean Anderson, 37:49
Female Masters: Renee Paradis, 43:16

10k Walk Winners

Male: John Norton*, 1:21:12
Female: Lizzie Cheney*, 1:16:37
Male Masters: Gary Shank, 1:24:55
Female Masters: Fenny Roberts, 1:17:04

*Denotes Masters

Photo by Michael Allen



Judy West

Judy, a familiar face at ORRC events, competes as a walker, usually in her trademark sandals. She was a vital part of the volunteer team at the 2016 Y2K. Co-Race Director Bonny Benton says, “Judy West was the star that day. She served as our volunteer coordinator and made sure key areas were covered, despite having last minute volunteer cancellations. When the race started and she realized the Forest Grove Policy Dept hadn’t showed up at the busy intersections, she took action and went to the first intersection to provide traffic control and called us to let us know of the problem.”

ODR: How long have you been an ORRC member and why did you join?

West: A surprisingly long time as I looked back to answer this question. It’s been at least 7 years. I joined because of the events and stayed because of the people. The 5 year age brackets made placing a possibility and walkers were welcomed.

ODR: What’s a great book you’ve read recently?

West: My most recent favorite book is *The Boys in the Boat*, about the UW rowing team which won the 1935 Olympic gold medal. Even though I knew how it would turn out, it was gripping, insightful and inspiring from beginning to end.

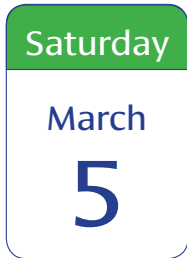
ODR: Do you have a favorite ORRC event?

West: Can’t say I have a favorite. I’ve done all but the ultra events and the mud run, and they each have their own special uniqueness.



Preview: Champoeg Park Runs

by Kelly Barten



When: 20k & 30k: 8 a.m.
10k Walk: 8:30 a.m.
Kid's Run: 9:30 a.m.
10k Run: 10:30 a.m.

Where: Champoeg State Park at
8239 Champoeg Rd NE
Saint Paul, Ore.



Photo by Janelle Dickerson

The running yampah is back! What's a yampah, you ask? Well, as we learned in 2015, "yampah" is a Kalapuya Indian word for the edible root — sort of like a carrot — that historically grew where Champoeg State Park is now. Hence the running yampah.

Like last year, participants at this year's event that run the 20k or 30k will also have a finish time recorded for the shorter distances they complete. So if you run the 30k, you will also receive credit for the 20k and the 10k. The course is a 10k loop through the park, run twice and three times by 20k and 30k participants, respectively.

Online registration is open until midnight on March 3, 2016. The 10k is \$40, the 20k is \$45, and the 30k is \$55. ORRC members will save \$5. All 10k Series participants are automatically registered for the Champoeg Park 10k and do not need to register again, but you can upgrade to the 20k for \$10 or the 30k for \$15. This will still include you in the 10k, for series standings.

A number of participants use the 30k run as a good training run to gauge their fitness for April's Vernonia Marathon. With only five weeks between the two events,

the timing is just right for an 18-miler. Finishers will receive two medals and a finisher hat.

Participants who pick up their packet at one of two early pick-up times will receive a \$10 coupon good for that day only on any \$30+ purchase at Road Runner Sports. The first early pick-up time is on Wednesday, March 2 at the Portland Store (29 NW 23rd Place) from 3 p.m. - 7 p.m. The second is on Thursday, March 3 at the Tualatin store (7063 SW Nyberg St.) from 3 p.m. - 7 p.m. Packets may also be picked up day of race.

Find more details and the registration link at orrc.net/events and click on Champoeg 30k, 20k, 10k, and Kids Run. Be sure to also check out the event's facebook page for any updates and reminders by searching "Champoeg 30k/10k" on facebook.



Annette Vaughan

Annette is running the 10k at the 2016 ORRC Champoeg Park Runs. A former ORRC race director for the 4th of July Run, Vaughan has also volunteered as race director for the Canby Dahlia Run and the Get A Clue Scavenger Hunt Run. She owns The Fitness Studio in Canby and is an ADAPT-certified personal trainer. She also contributes to the Run Oregon blog.

ODR: Why are you running the ORRC Champoeg Park Runs?
Vaughan: I love running at Champoeg Park.

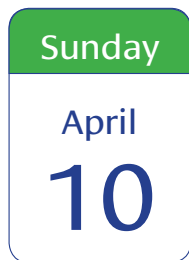
ODR: What's your favorite place to do a training run?
Vaughan: In Sunriver on the trail out to Benham Falls.

ODR: What's your favorite book?
Vaughan: (Having a hard time narrowing it down to just one) My favorite books are any by John Grisham and Patricia Cornwell ... [with Cornwell's books], try to start with the early ones because most of her books are about the same characters and there's a history that it helps to know about.

ODR: If you could travel anywhere for a month vacation, where would it be?
Vaughan: Anywhere that is warm, sunny, and near a body of water or pool.

Preview: Vernonia Marathon and Half Marathon

by Kelly Barten



When: Marathon: 8 a.m.
Half Marathon: 9 a.m.

Where: All participants ride the shuttle from Banks High School. The marathon shuttle runs from 6:15 a.m. - 7 a.m. The half marathon shuttle runs from 7 a.m. - 8 a.m.

This year's Vernonia Marathon and Half Marathon falls on Sunday, April 10. The start of the half marathon will remain at Stub Stewart State Park in 2016, after many participants expressed how well it worked last year. Despite the half marathon starting an hour after the full marathon, there was no congestion on the trail. The course change allowed all finishers in both races to end their race on the track at Banks High School.

As in previous years, the race needs many volunteers to help everything run smoothly. If you're not running, please contact Race Director Mark Barrett at volunteer@oregonroadrunnersclub.org to sign up. It's a great opportunity for those in the 10k Series to log their volunteer hours so they are eligible for overall age group awards in addition to the Series standings.

The ORRC Vernonia Marathon and Half Marathon are a favorite among NW runners and walkers for a number of reasons. The low price (\$65 for the marathon and \$40 for the half) is a big reason.

The course is another – most of the route for both events is completely closed to traffic, it's mainly flat with a net elevation

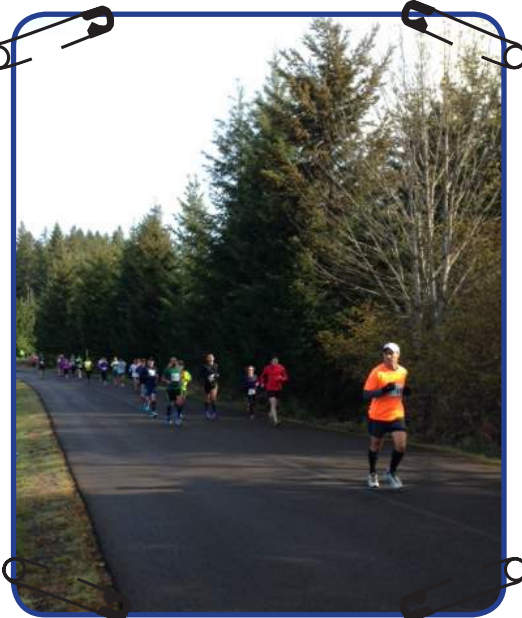
loss and only one hill worth mentioning, and it's on a wide, paved trail for nearly the entire distance.

Along the marathon course, there are aid stations at miles 2, 4, 7, 10, 12, 13, 15.5, 19, 21.5, 23, and 25. Half marathoners will pass aid stations at miles 2, 5.5, 8, 10.5, 12.

All aid stations will be stocked with water, Gatorade, Gu, and sweet and salty snacks. There will also be a porta-potty at each aid station. Participants must reach mile 23 by 2:30 p.m. or they will be pulled from the course.

Weather for this race is usually great for long-distance running and walking. You can review previous years' photos at orrc.smugmug.com and see how participants are dressed to give you a good idea of what to expect. Of course, this is Oregon, so there's no telling for certain, therefore you may want to also sign up for the race jacket. At only \$20, this long-sleeve half-zip fleece is a great deal and a good way to remember your race!

Learn more and register at orrc.net/events.



Photos of the 2015 Vernonia Marathon by Mark Horn.



Abby Meek

Having moved back home to Oregon after nine years in Colorado, Abby Meek joined ORRC and jumped right into volunteering — she's a new co-Race Directors for the Up the Lazy River 10k on Memorial Day. She works at a winery in Yamhill, and lives in Tigard with her husband and two extremely energetic dogs. Meek also covers local running news on the Run Oregon blog.

ODR: What's different about running here v. Colorado?

Meek: Besides the obvious (altitude), the humidity and temperate climate makes running in Oregon year-round a consistently pleasurable experience. The running community in Oregon seems a lot bigger, and runners of all ability levels can find a group to join.

ODR: What Oregon race are you most looking forward to running?

Meek: This year, I am looking forward to the Vernonia Half Marathon and the Run Like Hell, which was such a blast last year.

ODR: What's the best book you've read this year?

Meek: This past month I reread the book *Room* which was published back in 2010 and read *The Big Short* which was also published in 2010. Both were made into films I wanted to see and have been nominated for Oscars. Both are very captivating reads.



Preview: Hagg Lake 10.5-miler, 10k & 5k

by Kelly Barten

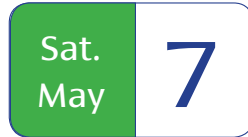
Mark your calendar now for the 2016 Hagg Lake Runs! Offering a 10.5-miler, 10k and 5k on the rolling hills surrounding Hagg Lake, the Hagg Lake Runs offer something else that many walkers and runners think is even better: a pie raffle. That's right. You could win a pie just for showing up. That's my kind of awards ceremony!

You can register online now for only \$35 (\$30 with your ORRC member discount). If you register day of race, the cost jumps to \$45, so register early and save money.

10.5-mile participants will pass four aid stations, at miles 1.2, 2.8, 6.2, and 8.6. The 5k and 10k participants will pass the first two.

The shorter events are both out-and-back races; the 10.5-miler is a loop that follows

Shore Drive around the lake. Parking and race start/finish activities for all events is at the spacious Boat Ramp C pavilion.



When: 10.5-Mile Walk: 8 a.m.
10.5-Mile Run: 9 a.m.
5k & 10k Runs: 9 a.m.

Where: Hagg Lake, Boat Ramp C



Men's Master's 10k winner Michael Allen and Men's Open 10k winner Aaron Beddes after the 2015 Hagg Lake Runs. Photo by Stephen Wright.



Preview: Up the Lazy River 10k

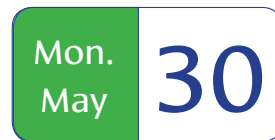
by Kelly Barten

Portland's Memorial Day race is the Up the Lazy River 10k. A unique race for a number of reasons – the Nancy Hinkle Award, the one-year age groups for Master's participants, and more – there will be even more to look forward to this year.

First, all participants will start together. The start area will be organized with pace signs to help participants line up in the right spot, and a separate race walker corral will be set up on the start line to accommodate a fair start for all competitors.

Second, we're posing a challenge to our runners to try and beat the clock to win a special award. Together with our friends at Portland Running Company, we're offering a limited-availability "speedster"

hat to all men that finish faster than 42:00 and all women that finish faster than 48:00. The hats will have the race logo and year on them and will be ordered only after the results are final. Earn yours – work out with ORRC and PRC at their Tuesday track workouts at Catlin Gabel or with ORRC on Thursdays at Cleveland High.



When: 8:30 a.m.

Where: Mary S. Young Park



A group of friends takes a selfie before the start of the 2015 Up the Lazy River 10k in West Linn. Photo by Janelle Dickerson.



Allan Dushan

Allan Dushan became an ORRC member when he moved to the Portland metro area after years in the Columbia River Gorge. There, he was active with the Columbia Gorge Running Club and served as a volunteer race director for the Backyard Half Marathon, a donation-only race that raised funds for high school cross-country.

ODR: What's your favorite volunteer role at ORRC races?
Dushan: Sweeping, because I enjoy hearing the stories from runners I meet up with.

ODR: What's your pre-run breakfast on race mornings?
Dushan: Scrambled eggs, toast and a big glass of grapefruit juice.

ODR: What's the coolest place you've ever traveled?
Dushan: Patagonia Torres del Paine, which was a running adventure trip. The scenery was amazing! At one point in the run you are standing at the top of Gardner Pass looking down on Grey Glacier, a glacier 4 miles wide ... by infinity long!

ODR: What's your day job?
Dushan: Real Estate Agent (1 yr), formerly Software Engineer (18 yrs)



The 2016 edition of ORRC's 1200 Club presented by Fleet Feet Sports PDX has welcomed more than 220 people so far. Still need to sign up? If you still need to put your name on the list, you can do so online until March 1, 2016 at no cost.

Don't see your name below, but thought you signed up? No worries - simply email 1200club@oregonroadrunnersclub.org.

Mileages below are as of February 7, 2016; participants have until the end of February to submit their January miles, which is why you see so many goose eggs.

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. To learn more about the 1200 Club, visit the ORRC website or email 1200club@orrc.net.

1200 Club sponsored by Fleet Feet Sports PDX - Mileage as of February 6, 2016

Alicia Ackerman	0	Brian Dickinson	0	Jeff Hollamon	0	Jay Richardson	0
Lisa Albrecht	95.63	Laura Donnelley	134	Eric Holstrom	94	Rob Rickard	76
Anna Alig	166.1	Liz Dooley	110	Eileen Holzman	95	Irene Rodegerdts	100
Doug Allen	125	Ben Douglas	118	David Hopper	177	Joe Rogerson	81.5
Michael Allen	0	Sarah Drummond	20.93	Joy Hrenko	0	Christina Rose	63
Donna Anderson	0	Debbie Dunham	118.76	Jim Huntzicker	19.78	Don Royal	26.5
Erik Anderson	86.4	Alicia Kay Eagan	0	Priya Jamkhedkar	56.2	Kevin Rutherford	25.8
Jim Armstrong	0	Chicory Eddy	105	Jane Jaramillo	0	Sonni Rychlik	38.7
Linda Armstrong	0	Eb Engelmann	176.5	Emmanuelle Jarmon	103.9	Erin Sands	90
Dimitri Ashling	79	Melanie Erskine	21	Nareudee Jayanama	61.7	Allen Sandstrom	124.2
Susan Asula	30	Brian Evans	188	Ashley Johnson	0	Jim Sapp	162
Patti Aust	0	Howard Fan	0	Kelly Johnson	0	Robyn Schamberger	0
Susanne Bailey	89.9	Linda Felver	153.5	James Keane	133.7	Katy Schnoor	51.7
Nicky Baker	105.3	Brian Field	123.46	Eric Kelso	141.32	Debbie Scroggy	118
Barbara Balko	112.1	Karen Fifer	0	Geri (Alisha) Kern	101	Bradlee Seehafer	0
Kim Barnes	0	Brenda Fischer	0	Eric Klein	137.5	Kelly Sestero	12.71
Emmy Barnett	76.45	Sarah Fitch	0	Patric Langley	88	Mary Shen	0
Mark Barrett	105	Shawn Fitzgerald	204.2	Barbara Larrain	74.75	Gregory Smith	0
Robert Becken	191.25	Mike Flanigan	72	Cyrus Lawrence	0	Mary Ellen Smith	48.5
Julie Beko	0	Christina Flaxel	132.2	Fabiola Lopez	148	Barbara Smythe	31.6
Shannon Belford	123	C.J. Follett	81.63	Kay Ludolph	0	Carl Sniffen	101
Richard Bemrose	42.52	Susan Fraser	85	Robert Lynes	143	Kurt Sommer	0
Brenda Bentley	107.4	Mary French	113	Juliana MacFarlane	130	Jim Spencer	107.75
Stephanie Bolson	124	Amy Frommherz	105.5	Scott Maclay	0	Libby Spencer	72.75
Laurie Bond	117	Juanita Funkhouser	29.19	Carol Mahoney	115.8	Becky Springer	0
Sandy Bourne	133.25	Kathy Gardiner	102	Steve Mahoney	0	Angela Stacklin	84.67
Lise Brackbill	76.2	Loraine Gendron	113	Hilary Matarazzo	203.59	Steve Starkey	156
Paul Braghero	165.96	Doug Goebel	134.46	Donavon McCutcheon	123	Carrie Stein	116.11
Nathan Bregel	0	Amanda Goldberg	60.05	Roger McKay Jr	104	Dana Stern	114
Gregory Brennan	103	Mike Goodner	0	Lena Mohajerin	115.3	Cristy Stimmel	107
Hal Brockman	110	David Graham	209	Laura Morrison	213	DC Stimmel	100.4
Christina Brow	95.28	E. David Granum	142	Cindi Morrow	100.15	Shelan Stritzke	64.75
Deborah Brown	0	Tom Green	98	Mariah Mower	0	Dennis Sullivan	101
Patricia Byrne	109	Nancy Gronowski	81.4	Meagan Mower	0	Shirley Sullivan	193
Claire Carder	94.8	Rohit Grover	170.79	Chere Nicholas	0	Desiree Tanner	121
Bill Carley	65.1	Barbara Haines	0	Carrie Nyssen	0	Brandi Tarrel	128
Sean Carver	0	Debbie Hall	100.5	Sheila O'Brien	104.48	John Tate	152.7
Matt Civis	63	Stacey Hanf	0	Shaun O'Connor	112	Noel Tavan	0
John Clements	215	Erica Hann	89.21	Victoria O'Kain	76	Blake Timm	94.8
Tamera Clifton	98	Michael Hansen	122	Margie Palmrose	144	Megan Turner-Baxter	113.2
Carrie Conte	42	Tom Hansen	126.9	Renee Paradis	277.77	Marilyn Tycer	0
Kelly Coone	0	Patrick Harbison	0	Phil Parnell	25.62	Kerri Tyler	101
Brian Cooper	0	Steven Hardy	103	Christine Pherson	106	Jay Udelhoven	0
Susan Cooper	181	Susan Harlan	102	Jennifer Pellecer	21	Wenonah Usher	0
Steve Corbato	118.1	Samantha Harmon	121.5	Jill Pex	53.58	Marie Walkiewicz	114.5
Erin Coyle	0	Jill Harris	0	Margurite Pfoutz	53.61	Laurie Westenberg	86.5
Laura Coyle	52.37	Krista Harrison	158.6	Joel Phillips	103.54	Carolyne Westlake	60
Carol Joy Craig	100.86	Patrick Hartigan	115.8	Susan Potts	151	Stuart White	119
Kristi Craig	0	Gary Hartill	90.94	Stacy Powell	0	Andrew Young	13
Diana Crumpton	0	Jim Hawley	0	Jill PUNCHES	0	Michael Young	23.9
Catherine Cuda	0	Michelle Haworth	84	Paul Raines	56.25	Richard Young	97
Pamela Cunningham	0	Susan Hays	0	Bud Reece	104	Lourdes Zakrzewski	100
Kristopher Damiano	200.2	Debbie Heiser	106.7	Julia Reisinger	109	Gary Zimmerman	25.1
Susan Decker	378	JP Himmelberg	121	Tracy Reisinger	109		
Sam Del Biaggio	101	John Hinshaw	71	Deanna Richardson	0		
Douglas Denney	182.1	Lynell Hoffer	0	Eric Richardson	27.2		

If you notice an error in your name or mileage, please email odrmagazine@gmail.com.

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ORRC History: Part II

by Tracy Reisinger

Editor's Note: In our December 2015 issue, we ran Part I of Tracy Reisinger's history of our fine club. This is the conclusion, covering the years 2000-present day.

As previously reported, the Oregon Road Runners Club was established in 1970 with the goal of putting on low-cost, quality running events in Oregon. Membership skyrocketed in the late 70's and early 80's, and ORRC was the leading running organization in the state and West Coast region.

The 2000s

In 2000, ORRC's 30th year, the club was facing more competition from other organizations starting to offer the same services formally only offered by ORRC. Their publications drew advertisers, their races drew sponsors, their websites delivered information and services runners wanted. ORRC was no longer the only game in town to get information on events and results. All of these services had previously been offered exclusively by ORRC, and these new organizations captured the attention of many who might otherwise have become active ORRC members. Even with competition for the attention of runners, the club was financially strong due to generous contributions and careful scrutiny of finances and trimming of expenditures.

In 2000, ORRC announced the inaugural July 4th run in a revolutionary manner: email. That race, which included the famous Grete Waitz, was the first e-mail blast to members.

In 2002, the club had its first female president with Margie Palmrose-Mace taking the helm. What issues did Margie face? 30 years prior, ORRC was the only game in town, and the running boom was happening and participation in many events skyrocketed. However, as Margie stepped into the role of president, participation in all Portland-area events was down. What ORRC found was a huge shift in who was participating, with most new participants being women and walkers. Fortunately, these were two groups ORRC had long welcomed and supported. More effort was made to increase awards at the races and recognize more walkers at the events.

In 2003, the goals for the club were to maintain its financial stability, maintain the quality of events, increase activities for walkers, and design a user-friendly website. The club continued to thrive and in 2004, due to the success of the Thanksgiving-day Turkey Trot was able to donate \$10,000 to

the Oregon Zoo. Each year, the success of that event has increased, with more than 3,000 participants and \$22,000 donated in 2012. In addition to the yearly donation to the Zoo, ORRC also donated funds to local non-profits, such as donating more than \$1,200 from the Wildwood Trail Trial 10k to Human Solutions and the Daybreak Shelter network.

2005 saw the start of the new ORRC 10k Series, which included 8 events throughout the year. The first year, only 25 people signed up for the series. Participation peaked in 2013, when more than 370 members signed up for the Series.

2006: more than 5,279 runners and walkers participated in 17 ORRC events, with countless kids runs added in. Unlike ORRC's early years, where the primary source of income was membership dues, now 71% of the club's revenue came from races, only 28% from dues. The Turkey Trot was the most successful event generating over 49% of the club's annual revenue. Total revenue for the club was \$65,842. Total expenses were \$41,186, with 37% of expenses being the ODR magazine, which was printed 6 times a year. The total net income for 2006 was \$25,656 ... a far cry from \$10 in 1972!

In 2009, after 39 years, the club was still contributing to the running and walking community. Donations that year included \$1,000 to the renovation of Cleveland High School Track (home of ORRC's Thursday Night Workout), donating to Human Solutions, and contributing over \$18,000 to the Oregon Zoo.

The 2010s

In 2010, yet another attempt to develop new volunteers and to provide a service to the local running community was made when ORRC hosted its first Race Director Workshop. The workshop was designed to train people with little or no experience how to put on a running event. Topics covered how to determine a race course, find volunteers, and market an event; as well as details like ordering t-shirts and finding insurance. Basically, the workshop answered questions asked of ORRC on a regular basis, and tried to take the guesswork out of putting on an event. A race director handbook was prepared and made available at orrc.net to anyone who could not attend the workshop, free of charge, to spread the information and share our knowledge with the running community.



Jason Leman and Kevin Cave at the 2015 Hagg Lake 25k



A group of friends before the 2012 ORRC Garlic Fest 10k

In 2012, the club was strong financially, so in an effort to give even more back to the community, the club started a Community Outreach Grant program. The goal of the program was to provide funding to non-profit organizations that promoted running, with the first grant of \$1,000 being given to One Step Closer, an organization that promoted running and fitness for the homeless in the Portland area. Numerous other grants were given to promote youth running and fitness by donating to area schools. Liberty Fit, a program for Liberty High School students to train for a half-marathon, was the first recipient of \$1,000. In all, ORRC gave more than \$6,000 and ribbons and medals in 2012 to eight different organizations including high schools, middle schools,

and elementary schools. This partnership with schools encouraged kids to get involved in the sport and be healthy.

In addition, many of the ORRC events continued to donate funds to local school sports teams by paying a group of volunteers from the school to help put on their events. A win-win for everybody.

In 2013, as a new way to support members that needed help getting motivated to “get out the door,” ORRC started a new “1200 Club.” Borrowing an idea from the Birmingham Track Club, the 1200 Club rewarded any member who ran or walked 1200 miles in one year with an ORRC jacket. In future years, if the member already had a jacket they’d receive a patch to add to the jacket. You didn’t have to be fast, you just had to get out the door and average 100 miles a month, or 25 miles a week. It was a goal more than 174 members signed up for; 111 made the goal, which was the equivalent of about 10% of members. The next two years, more than 200 members signed up for the challenge each year.

What’s Changed in the Running Community?

- There are more “mega-events” with 10,000 participants or more (compared to the large events in the 80’s and 90’s that had about 3,000 participants)
- Costs for runs have skyrocketed with 5k and 10k events costing \$40+
- For-profit organizations are putting on more events with “gimmicks” or “themes” such as obstacle courses or “color” runs
- Runners and walkers can find information on any number of websites and in many different running stores
- Running stores and other clubs offer training programs and group social runs almost any day of the week

Amidst all these change, ORRC continues to navigate the changing tides of what runners and walkers are looking for, events that are accurate, safe and fun, and other needs amongst all the choices that weren’t there 40 years ago.

What Hasn’t Changed?

In the words of Ralph Brown in a 1990 interview, “The quality of the people involved continues to endure. There is a positive atmosphere before, during, and after the races. Members are supportive of each other.”

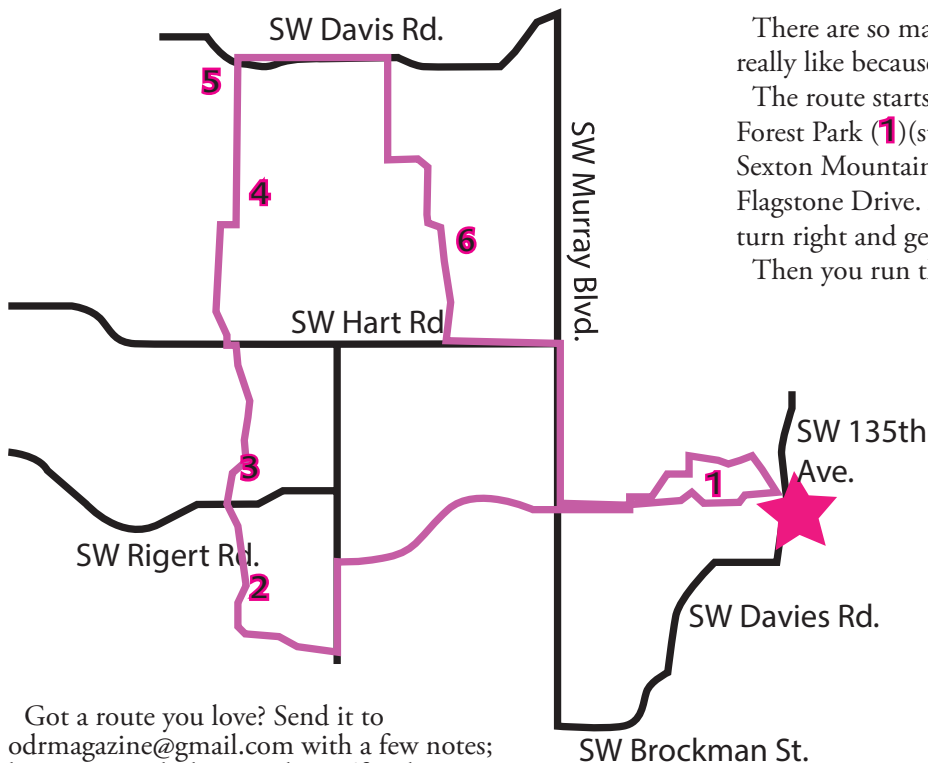
ORRC is an organization devoted to health, physical activity, competition, discipline and friendship. The club continues to offer a diversity of distances in its events and a mixture of locales to keep everyone challenged, and tries to keep entry fees low. ORRC continues to be blessed by the enthusiasm of its membership and the efforts of its race directors and volunteers.



*Ralph Brown:
Former ORRC
president, dedicated
OSU Beavers fan,
and all-around
awesome dude: he
hasn't changed, either.*

Shout-out Routes: A Tour of Beaverton Parks

by Kelly Barten



Got a route you love? Send it to odrmagazine@gmail.com with a few notes; be sure to include a good start/finish point away from your home so we can share it with other members.

There are so many great routes in Beaverton, but this is one that I really like because it travels through a number of parks.

The route starts running clockwise on singletrack trail at Hyland Forest Park (1) (street parking on SW Davies), then pops out on Sexton Mountain Drive, which you take to SW 155th and then Flagstone Drive. At the trailhead at Beacon Hill Park (2), you’ll turn right and get on the trail.

Then you run through Hart Meadows Park (3), Burntwood Park (4), and Mt. Williams Park (5) all on the same pathway. At Davis, you turn right and run on some residential streets to Lowami Hart Park (6), crossing Johnston Creek.

Turn left on Hart and run back up the hill to Murray, then back to Sexton Mountain Drive and into Hyland Forest Park. Continue the clockwise loop on the trail for a half mile back to your car.

Visit the ORRC website to find a link to this route, where you can get turn-by-turn directions.



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Table of Contents

RunSignUp Adoption	1
2015 ORRC Club Awards	1-2
Running Shorts	3
Editor's Letter	4
President's Letter	5
Book Review: How Bad Do You Want It?	6
Talking the Walk	7
Member Profiles	8-11
Recaps: Y2K Half Marathon & 10k	8
Preview: Champoeg Park Runs	9
Preview: Vernonia Marathon and Half	10
Previews: Hagg Lake Runs and Up the Lazy River	11
1200 Club Update <i>sponsored by Fleet Feet Sports PDX</i>	12
ORRC History, Part II	14
Shout-Out Routes	4, 15
ORRC Race Calendar	16

This Month's Contributors:

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THE OREGON DISTANCE RUNNER

MAR 5 • SATURDAY • CHAMPOEG PARK RUNS 10K, 20K, 30K • CHAMPOEG PARK

APR 10 • SUNDAY • VERNONIA MARATHON AND HALF MARATHON • BANKS

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

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

JUN 18 • SATURDAY • SUMMER SOLSTICE 5K • OREGON CITY

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

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

SEP 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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