



# footprints

Bay Area Runner's Club Newsletter

**November 2011**

**BARC NEWS**

Hello fellow BARC members!

As the winter season approaches, I wanted to take the time to remind you of our Reese winter road race series as well as our BARC winter races (Christmas, Freeze Your Fanny, and Spirit of Winter). I hope to see you there!

Thank you to those of you who participated in the Don Dansereau race. It was a great day for running with a decent turnout.

Please keep the feedback, information, and pictures coming my way.

This month, BARC would like to welcome the following new members to our club: Paul Hillier (Saginaw); Josona and Adam Linzner (Unionville); Jared Fischer (Bay City); Rachel, Jason, Cody, Carter, and Megan Bartlett (Sterling); Brett Podgorniak (Sterling); Lee Bauer (Saginaw); David Huiskens (Bay City); Brian, Susan, Brian II, and Daniel Elder (Bay City); and Steve Hansen (Midland).

See you at the races!

Mallory  
tennisfan03228@hotmail.com

# BARC Bits

The next BARC meeting will be on December 17th following the Christmas Race at the Bay County Community Center. All members are welcome to attend.

Congratulations to Krystin Dreyer, now a student at Aquinas College, who is the 2011 Al Kayner Invitational Scholarship winner.

On 10/22/11, several BARC members traveled to Mackinaw for the Great Turtle Race. You had a choice of the 5.7 miles or 1/2 marathon. The 5.7 mile finishers were: Steven Umphrey 43:42; Sam SanMiguel, 53:17; Jennifer LaFave, 54:44; Nancy Smith, 55:48, Tony Pingatore, 49:23; Linda Flues, 59:13; Sarah Vick 1:20:55; Adrienne Gwizdala, 47:56; and Don Lynch, 43:47. 5.7 mile walk: Mark Vick 1:21:28 and Robert Holmes 1:16:21. 1/2 Marathon, Kari Roe, 2:04:22; Tammy Taylor, 1:41:59; Kari McCulloch 1:43:40, Joe LaFramboise, 1:28:22; Joe Sasiela, 2:01:47, Greg Glowicki, 2:09:25; and Lisa Somalski, 2:09:24.



Mark, Jennifer, Linda, Tammy, Sam, and Sarah at Mackinaw.



**HAPPY THANKSGIVING!!**

**Attention BARC members: The winter BARC board meetings (December, January, and February) will be taking place at the Bay County Community Center. The meetings are held on the 2<sup>nd</sup> Thursday of the month in January and February, 2012.**

# Notice of Nomination

The Nominating Committee of the Bay Area Runner's Club nominates the following members to serve on your Board of Directors. All have expressed their willingness to serve.

Ted Davenport - President  
Ann Gasta - Vice President  
Greg Rankin - Vice President  
Mike Klosowski - Treasurer  
Linda Flues - Secretary  
Mallory Klosowski - Director  
David Cable - Director  
Lori Brown - Director  
Marlene Christoff-Sundberg – Director  
Leonard Block - Director

Any member in good standing can be added to the ballot. Please contact John Metevia (jmetevia@yahoo.com) or Linda Flues (lflues@hotmail.com) by December 10 to be added to the ballot. The election is held at the annual meeting which is immediately after the December 17, 2011 Christmas Run which is held at the community center at 10 AM. The Board of Directors consists of 7 people. At present the officers are running unopposed and there are 5 people running for 2 director positions. You must be a current member to vote.



## Cross Country Runners Spotlight

**The Caro Cross Country team finished 11<sup>th</sup> at State Finals. Casey Hadaway was the first Caro girl in with a 19:43 and at 35<sup>th</sup> place.**

**Madi Marciniak, Bay City Central in Division 1 qualified for states with a 19:11.4 and Casey Hadaway, Caro, in Division 3 qualified for states with a 19:34.7. Great running ladies, we are proud of you both.**

**EDITOR'S NOTE: Attention parents/families/friends/coaches of Cross Country/Track team members: please e-mail me achievements, special moments, pictures, etc. of your athlete for use in future newsletters. ☺**

## **SAFE WINTER RUNNING**

By Chad Van Slembrouck, *Runners Performance*

Winter can be a dangerous time to be active outdoors. The weather is cold and windy, roads are covered with snow and ice, and by the time you get out of work it is dark outside. For anyone that chooses to run or train outside, safety should be your number one priority.

To stay warm make sure you are layering clothes appropriately. It is important to keep your core (vital organs) warm to endure the stresses of running. Utilize the *Guide to Winter Layering* included in last month's newsletter. Mizuno Breath Thermo is a great option. This exclusive technology pulls moisture away from the skin and turns it into heat, so you can wear less and still stay warm! When the roads are icy, watch out for cars! They barely stop for you in the summer... don't expect them to stop in the winter.

For extra traction on snow and ice, pick up some Yaktrax. These aren't just to prevent you from falling down (although this can be embarrassing), but helps prevent micro tears in your muscle tissue that you don't notice during your run, but definitely will the next morning. You also want to prevent injury to tendons and ligaments in your feet, ankles, and knees.

How many times have you almost been hit by a car, or almost hit someone *else* because they weren't visible in the dark? Reflective gear for night time running isn't an option, it's absolutely a necessity. Illuminite, Saucony Vizi-Pro, and Brooks Nightlife all have great options for staying visible. You might just prevent the person driving from a "take-your-breath-away" moment! Accessorize your hydration belt, arm bands, etc. with LED lights and reflective gear as well. The more bright and obnoxious you look the better.

Lastly, invest in a RoadID. None of us want anything bad to happen to us, but in the worst case scenario that it does all of your info will be quickly available to first responders. We have coupons for free shipping available at our stores. Every runner, walker, and outdoor enthusiast should have one.

Get out the treadmill and enjoy the great Michigan outdoors, but stay safe!

Happy running 989!





More BARC runners at the Mid-Land Half/10K/5K race held on 11/12/2011. Heather, Rick, Deb, Tammy, Debra, James, and Jason doing some posing. Photography put together by Heather.