



footprints

Bay Area Runner's Club Newsletter

November/December 2012

BARC NEWS

Hello fellow BARC members!

Thank you to those of you who came out and supported BARC at the Don Dansereau race on November 10th. The weather was perfect for racing, and the turnout was up from last year.

This is my final newsletter as editor. Thank you to all of you who have helped me with the newsletter over the years by contributing articles and pictures. **The position is still available.** Please contact myself or a BARC board member if you are interested.

This issue, I would like to welcome the following new members to BARC: Amanda Bremer (Midland); Sarah Green (Kingston); John Herbolsheimer, (Bay City); Christa Kasper, Matthew Keller, Alexis Keller, and Michael Kasper (Bay City); Lisa Sierras (Kawkawlin), and Sarah Green (Kingston).

See you at the races!

Mallory
tennisfan03228@hotmail.com

BARC Bits

The next BARC meeting will be held at the Bay County Community Center, following the BARC Christmas Run, on December 15, 2012.

Linda Flues is on the nominating committee for the election to be held at the annual meeting on December 15, 2012 after the BARC Christmas Run. All members in good standing are allowed to vote. There will be a current, updated member list available and ballots will be handed out accordingly. All offices are available and no nominations will be taken from the floor. If you are interested in running for a position please call or email Linda before December 12, 2012 so a ballot can be drawn up for the meeting. Linda's number is 989-894-2692 and email is lflues@hotmail.com. The positions are president, 2 vice-presidents, treasurer, secretary, and 2 directors for a total of 7 officers. The position of newsletter editor is also available.

The St Pat's online registration is now open. The race will be held on March 17, 2013 at 11:45 AM in downtown Bay City at 614 Center Ave. We are using www.runsignup.com for registration this year. There is \$1 discount for current members but you must use the membership number 317.

Congratulations to all of the members of BARC and Running a Little Behind for their fantastic showing at the Turkey Trot 5K in Bad Axe on November 17th. Participants included: Sadie Muntz, 22:12; Nick Rochefort, 19:37; Scott Mazure, 21:01; Mike Klosowski, 22:32; Mallory Klosowski, 32:47; Abigail Rochefort, 43:47; Heather Notter, 22:51; Stephanie Anderson, 25:51; Al Gabalis, 18:11; Tricia Fritz, 23:27; Rachel Siev, 30:05; Larry Kanaby, 19:27; Dale Ernst, 21:16; Teresa Martin, 23:45; Dave Howard, 21:31; John Metevia, 23:36; Dennis Meck, 24:45; Ted Davenport, 25:43; Frank Johnson, 26:20; Cindy Tews, 23:04; Linda Flues, 29:41; Tim Flues, 20:19; Rick McGaw, 26:19; Tom Selby, 28:32; Rod Craig, 30:59; and Harry Gabalis, 31:16.

Please send any news or articles to barcmembers@yahoo.com, along with any upcoming races our membership would be interested in attending or running group information.

December 2012 Race Schedule

12/1/2012	Reese Winter Series	5K-10K	Reese High School	www.barc-mi.com
12/1/2012	Family Santa Run/Walk	5K	Flint YMCA	www.flintymca.org
12/8/2012	Run Like Dickens	10-5K	Karl Richter Campus, Holly	www.runlikethedickens.com
12/8/2012	Toys 4 Tots Run/Walk	5K	Frank Anderson Trail, BayCity	www.runsignup.com
12/15/2012	40th Ann. Christmas Run	5K	Bay County Comm Ctr	www.barc-mi.com
12/31/2012	Resolution Run	5K	Midland, Downtown	www.midlandjaycees.com

January, February, and March 2013 Race Schedule

1/5/2013	Reese Series	5K-10K	Reese High School	www.barc-mi.com
1/19/2013	Freeze Your Fanny	5K	Bay County Comm Center	www.barc-mi.com
1/19/2013	Winter Wolf	15 or Relay	Omer Courthouse, Omer	www.witchywolfmun.com
1/26/2013	Snowman's Half	5-10K & 1/2	Mt Pleasant, 2000 S Mission	www.michiganhalfseries.com
2/2/2013	Reese Series	5K-10K	Reese High School	www.barc-mi.com
2/2/2013	Winterlaufe	8K	Fisher Hall-Frankenmuth	www.winterlaufe.org
2/9/2013	Freaking Freezing Chal	5K Obstacle	Island Pk, Mt Pleasant	www.active.com
2/16/2013	Spirit of Winter	5K	Bay County Comm Center	www.barc-mi.com
2/16/2013	Ice Cube 1/2	5-10K & 1/2	Mt Pleasant, 2000 S Mission	www.michiganhalfseries.com
3/2/2013	Reese Series	5K-10K	Reese High School	www.barc-mi.com
3/16/2013	Leprechaun Run	1/8,1/4,1/2	Bay County Comm Center	www.barc-mi.com
3/17/2013	St. Patrick's Day Race	5K	Downtown Bay City	www.barc-mi.com
3/23/2013	Mud Dogs Half	5-10K & 1/2	Mt Pleasant, 2000 S Mission	www.michiganhalfseries.com

The **Highlighted** Races are BARC races.

Guide to Winter Layering

By Jeff Wilson

Okay so as we all know running in the winter can be a daunting task and preparing for it can be even more difficult, especially when you don't know what types of apparel to aim for. I can tell you from many winter miles of experience that being prepared is half the battle. As you already are aware of November is Runners Safety Month so I'm sure most of you have been informed of

how to make yourself a safer runner when it's dark out. Well being seen isn't the only safety measure you should take when running in the cold months of Michigan weather. Having the right type of apparel is a must for your body warmth to protect against cold temperature, wind, snow, ice, sometimes cold rain, and even overheating! Yes it is possible to be "too prepared" when going out for a run. Michigan weather is hit and miss especially right now before the New Year hits and January weather comes. So here are some tips for your winter checklist this year and for the winters to come!

1. Start the process by thinking head and extremities first, and begin thinking from warmest weather to coldest. With temperatures around 32 degrees (F) and above you want to think about getting a headband or a hat. For gloves you want to think about getting anything from an insulated mitten to just some light gloves depending on your preference. People are very different with this issue and I know that I myself need to have a much warmer pair of gloves than most of my friends because I have poor circulation. So you may need to experiment here and remember even if you wear two pairs of gloves you can always pull one off.
2. Once the weather gets below freezing you need to make sure you have a thick moisture wicking hat or at least an insulated hat. Make sure to have insulated mittens and think about having a Neck Gaiter or a face mask usually called a Balaclava. I use a balaclava very frequently even in close to freezing temperatures especially when it's very windy it's important to keep you neck and mouth area warm. In temperatures below 10 degrees (F), including wind chill as well, make sure you are very prepared with a very warm hat, balaclava, and mittens.
3. Now for your torso area, in temps above 32 deg (F) make sure to have a warm base-layer that is either a warm tight compression or a Mizuno Breath Thermo base layer which can be used for all winter conditions. This material has an exothermic material that takes your sweat and utilizes it to warm the material. For the top you don't need to get too fancy here, just make sure that it's a long sleeve, but in temperatures below freezing make sure you have a soft-shell insulated top, and for me I usually have a middle layer just in case. You can't get that warm when it's 15 degrees out.
4. For your bottoms, make sure that you have at least an option in your closet for tights. For me personally, I think that tights are a much better tool in the winter time for all temperatures. When it gets below the 10 deg (F) and cold wind you will want a double layer most likely with a soft-shell wind panel pant to go over the tights.
5. Now for the feet, make sure you have a quarter or crew length sock to make sure that if you're wearing tights there is no gap between the bottom of your tights and the top of your shoe. When it's around 32 deg (F) it doesn't need to be a wool sock but it does need to a moisture wicking seamless sock, like Feetures, to avoid any problems during a winter run. As far as shoes go, you can look into having a Gortex shoe which helps protect

against rain, snow, etc., and of course keeps you much warmer. Lastly, when there's a lot of snow and ice, especially black ice, look into getting a pair of Yaktraks that you put around the soles of your shoes for better traction.

Things to remember when preparing for your run: Make sure to dress "cool" because you should be a little cold when you first head out the door because of course you're going to heat up once 10 or 15 minutes go by. Like I mentioned before, make sure to stay visible at night with reflective clothing and accessories and include a Road ID in case of an emergency. Remember, with the right gear you can stay away from the monotonous treadmill as much as possible and take in the beautiful winter scenery. The Michigan winter can be nasty though, but don't forget that you have to race in these conditions too, so training in it is a necessity. Happy running!



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Can not be combined with any other coupon, discount or offer Expires: 12/8/12