



footprints

Bay Area Runner's Club Newsletter

May/June 2012

BARC NEWS

Hello fellow BARC members!

I hope this warmer weather has motivated all of you to continue to race as well as train hard for your events. Thank you to all of you who contributed to this edition of the newsletter. In an upcoming issue, a complete list of races will be featured so that you can better plan your summer/fall racing schedules.

In this issue, you will find race forms for upcoming races as well as information about some unique upcoming races and an opportunity to receive and read a humorous book about running.

Welcome to new members Russ, Haley, Alex, and Kathy Gorski, Essexville; Doug and Ryan Hunt, Bay City; David, Cheryl, Stephen, and Ashley Berry, Freeland; and Dave Case, Saginaw.

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

See you at the races!

Mallory
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BARC Bits

Don't forget to visit www.barc-mi.com for race results, pictures, a membership form, and more!

Visit www.cheesetownraces.com to view a video of last year's Cheesetown Challenge race as well as find other information about the races coming up on June 16th.

BARC members who mail in their Cheesetown entries need to simply write BARC on the registration form and will receive a \$2 discount.

On behalf of the Marabana Havana Marathon and Insight Cuba:

On Sunday, November 18, 2012, 1,000 Americans will have the rare opportunity to legally travel to Cuba and run alongside Cubans in their native country. A five day/ four night tour centered on the event presents a once in a lifetime opportunity to run a picturesque course while having a rare glimpse into Havana culture in a way most Americans never dreamed of. On the route you will pass the beautiful Caribbean coastline, savor the history and symbolic sights of Havana as well as travel through the hub of Havana's social scene, making this race truly the most exciting way to see Havana. Runners will also partake in memorable people-to-people events such as meeting both Cuban runners and disabled athletes. Informational tours of the University of Sports "Manuel Fajardo" and Sports Medicine Institute in Havana are also offered.

Insight Cuba, largely known for its incredible people-to-people tours, is the official U.S. travel provider for the Marabana Havana Marathon, Half Marathon, 10K and 5K. Established in 1987, the Marabana Havana Marathon draws an international crowd, and this year race organizers are excited to welcome Americans to participate in this exciting event. Insight Cuba tours include your Cuban host, accommodations, meals, activities, travel health insurance and in-country ground transportation. Insight Cuba holds a specific license by the Department of Treasury, Office of Foreign Assets Control, which authorizes all registered guests of our program the ability visit Cuba legally. You do not have to complete any forms, and your entire travel with us is completely authorized.

Course Specifics

On race day, runners can expect an incredible historic Cuban backdrop on the winding course that will take them down the avenues lining the UNESCO World Heritage Centre on a path to the famous Malecón - a broad esplanade, roadway and seawall which stretches along the beautiful coast of Havana from the mouth of Havana Harbor in Old Havana to the vibrant neighborhood of Vedado. Along the way, runners will savor the historic and symbolic sights of Havana including the Hotel Nacional de Cuba, expansive Revolution Square and the monument tribute to national hero, José Martí. The course journeys through the Parque Central, the hub of Havana's social activity where heated discussions take place about the national sport, baseball, as well as the impressive Cabaña Fortress, Morro Fortress and the Castillo de la Real Fuerza, which protect Havana's beautiful harbor.

Insight Cuba's Marabana Havana Marathon program includes:

- First-class hotel accommodations in Havana
- Meals, including a marathon pasta lunch on Saturday afternoon**
- Marathon entry fee
- Medical check-up
- All entrance fees to scheduled activities and events
- All in-country ground transportation and transfers
- U.S. Treasury Department license and Letter of Authorization
- Cuban host to facilitate all marathon details and people-to-people activities
- Travel insurance, emergency medical evacuation insurance and medical trip cancellation coverage

Prices for the five-night Marabana Havana Marathon program are \$1,995 per person double occupancy; \$2,295 single occupancy. Cost does not include airfare or transfer from Miami to Cuba.

Insight Cuba, the official travel provider of the Marabana Havana Marathon, is offering all members of groups associated with the Road Runners Club of America a \$100 discount on the trip. Also, BARC will receive one free trip per 16 runners signed up and a referral fee of 10% per entrant that goes back to BARC.

A Note from Bob Schwartz:

I'm the author of the humorous running book **I Run, Therefore I Am - NUTS!** and a fellow Michigander. Helped by the the fact that it's the only humorous running book out there, it has become a top selling book.

I've recently completed writing the sequel, which will hit bookstores this November (**I Run, Therefore I Am - STILL Nuts!**).

All proceeds from sales go back into the running community. Profits from the first book have funded running programs for individuals with physical and mental disabilities, created recess running programs for elementary school students, helped build community tracks and created middle school cross country programs, amongst other endeavors. Money has also been donated to entities such as the Hanson's Running Team to the Road Runners Club of America etc.

I'll gladly send you a copy of the initial book and then the sequel when it comes out. Just say the word and send me your address.

Running Results from Pete Bartels:

Three events in nine days: Matt Bartels ran half marathons, Pete Bartels ran Marathons:

April 14 Dearborn (Martian Marathon)

Matt: 1:39:21.0 1st of 12 (10-14) 148/1796 overall

Pete: 3:14:58.3 6th of 47 (40-44) **Boston Qualifying time** 36/437 overall

<http://martianmarathon.com/>

April 21 Carmel, IN (Carmel Marathon)

Matt **1:36:26** p.r.** 1st of 7 (14 and under) 56 of 1012 overall

Pete 3:18:16 7th of 66 (40-44) 68 of 567 overall

<http://www.carmelmarathon.com/pages/home>

April 22 Toledo, OH (Glass City Marathon)

Matt 1:40:25 2nd of 9 (10-15) 201/2142 overall

Pete 3:32:25 29th of 90 (40-44) 164/804 overall

<http://results.active.com/pages/resultsCalendar.jsp?orgID=216362>



June Race Schedule

Sat. June 2 9:00 a.m.	Run for the Cure 5K Run & Walk & 1K Tot Trot	Chippewa Landing Park, Caro, MI Mike Wagner (989) 551-2185 www.5krunforthecure.com
Fri. June 8 7:00 p.m.	Denny's Run 5K Run & Walk Online registration	Freeland High, Freeland, MI
Sat. June 9 9:00 a.m.	2nd Annual Bridgeport Just Run/Walk 5K Run & Walk (Formally St. Mark's 5K for Charity)	St. Christopher's Church, Bridgeport Mike Houle (989) 624-9149
Sat. June 16 8:30 a.m.	3rd Annual "Beet Feet" (Sugar Fest) 5K Run & Walk	Bay Shore Camp, Sebawaing Chery Canfield (989) 883-3003 Randy Howard (989) 883-3000
Sat. June 16 6:00 p.m.	CheeseTown Challenge 2011 2 Mile Fun Run/Walk (6 p.m.) and 5 Mile Run (6:30 p.m.) CheeseTownRaces.com	Doc Letchfield Park, Pinconning Marty Schultz (989) 879-5617
Sat. June 23 10:00 a.m.	Beach Wellness 10K Run and 5K Run & Walk and 1/4 & 1/2 Youth Run	Bay City State Recreation Area Kim Coonan (989) 684-7675 Ernie Krygier (989) 233-3872
Thurs. June 28 6:15 p.m.	St. Stan's Polish Festival 5K Run & Walk St. Stan's Website	St. Stan's Athletic Field, Bay City Scott Chislea (989) 280-7692
Sat. June 30 8:00 a.m.	Hills and Dales 8K Run and 5K Run & Walk	Hills & Dales Gen. Hospital, Cass City Dave Wohl (989) 872-2084