

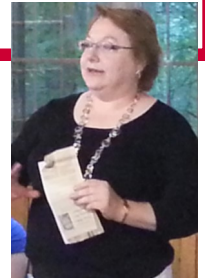
# SUMMIT ATHLETIC RUNNING CLUB

## July, 2014 Newsletter



### JUNE MEETING

By, Cathy Anderson



Linda Trevorrow

Those attending the June meeting were treated to a history, not only of SARC, but of the running scene in Akron and beyond. Linda Trevorrow, daughter of club founder, Jim Klett, shared her experiences as a young girl meeting such running stars as Frank Shorter, Steve Prefontaine, Dave Wattle and others. She was not impressed. Who impressed her were the teenage boys who ran the cross country series

Linda brought scrap books with many great pictures, race numbers and newspaper articles. Jim Klett met with race directors every year and set a race schedule. Races were to be \$2-\$3 dollars and maybe \$5 if it was for a charity. His favorite race was the Greater Akron Race that was held downtown Akron.

Jim Klett worked for Blue Ribbon Shoes the first US shoe company founded by Phil Knight, a University of Oregon track star and Bill Bowerman, University of Oregon coach. They originally sold Imported Tiger shoes (later ASICS) from Knight's car. Jim Klett also sold shoes from his car. Soon Blue Ribbon Sports became Nike and became famous for Bill Bowerman's shoes with soles made on his waffle iron.

Linda did not run first, because she was a girl and second because she had the daunting tasks of typing. She typed race flyers, registrations and race results, (it was worth it to see the teenage boys.)

She mused about what her dad would think about today's running scene, he started SARC for competitive MALE runners. She is not sure what he would think about all of the women running today and even being members of SARC. She is happy with the admission of women to the once boys club.

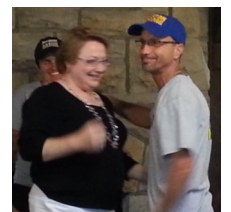
Linda's daughters and her brother Jim Klett Jr and his wife also attended the meeting



Joey and Tracy Finn  
Look on as David  
Cooper displays the  
plaque with Jim Klett  
winners



Linda Trevorrow congratulates Joey  
Phillips 2014 Jim Klett Award Winner



Joey Phillips was awarded the Jim Klett award for his commitment to promoting running. Joey is a SARC board member and is the volunteer coordinator. He was very involved the new Jim Klett 10 K race course, encourages other runners with his running group, Phillips Phlyers. He has had a great running career running anything from 5 Ks to marathons. He has become SARC's "un-official Boston marathon reporter. He is an all around good guy. Congratulation Joey!!

# JUNE MEETING



and Tracy Finn



Melodie Sams



Miranda and Ed Stockton



Doug and Sherry Powley



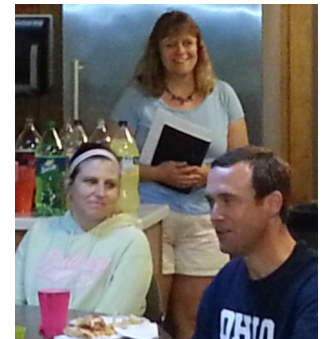
2014 Jim Klett award winner joey Phillips, and Tracy Finn



Steve Sisco



Chuck Gough, III



Sharon Spaeth, Rebecca Davey-Vivalo and Jim Puster



Chuck Gough III and Terry Fox



Ralph Lowery



Jim Klett winners, Tom Labbe, Cathy Anderson, Diane Perriello, Mary Fox, Terry Fox, Mike Stone Ralph Lowery, Jim Chaney with Linda Trevorow and Joey



Jim Klett, JR and his wife



Mark Warner and Mike Stone



# JUNE MEETING



Alan Stegges and Bill Flowers



Bob Liggett



Andrea Drobik laughs with a friend



Mary Fox



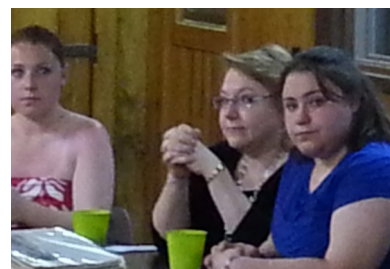
Mark Warner



JK LeSure



Katie Stambaugh



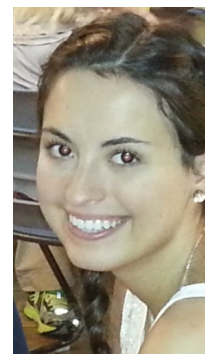
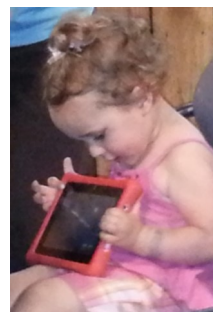
Linda Revarrow and daughters



Diane Perriello , Nancy Pelitier and Tom Labbe



Angela and Paul Bosela



Emily Puster



Mingo Shelter, Sand Run Park

7 pm Tuesday July 8

The club will provide meat and beverages,  
please bring a side dish or desert to share

## SARC Scholarship Awards for 2014

By Joe Salwan

*The SARC scholarship committee comprised of Mike Stone, Diane Perriello, Ralph Thompson, Priscilla Fuhrman and myself recently met to select this year's scholarship recipients. Each award ranged from \$1,000 to \$1,500. This marked the **sixteenth (16th) year** that the club has given out scholarship awards to graduating high school seniors. Students attending every high school in Summit County (30 plus schools) were eligible to apply. The goal of the scholarship program has been to increase the number of recipients as well as the amount of the awards. This year we were able to award seven scholarships. Dr. Mike Hoffman and Ginny Hoffman provided a generous donation to increase the amount of scholarship funds available. The Summit Athletic Running Club expresses it's heartfelt thanks and caring of the Hoffman's and their commitment to education and SARC.*

This year's winners are Michael Petrecca of Stow-Munroe Falls High School, Erin Kiley of Woodridge High School, Nicole Means of Hudson High School, Madison Spreitzer of Woodridge High School, Gabriela Rodriquez of Copley High School, Natalie Crow of Stow-Munroe Falls High School and Margaret Young of Walsh Jesuit High School. They now join a wonderful group of past student-athletes. The club has now awarded a total of **\$37,500** since the inception of the scholarship program in 1999.

Michael will be attending The Ohio State University; Erin will be attending John Carroll University; Nicole will be attending Muskingum University; Madison will be attending Kent State University; Gabriela will be attending Temple University; Natalie will be attending Mount Union; and Margaret will be attending the University of Pittsburgh.

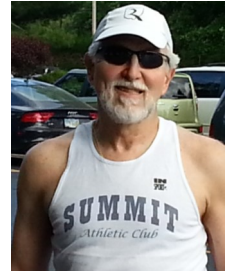
All of the winners of this year's scholarship awards have demonstrated a commitment to long-distance running and plan to continue with their running in the future. In addition, they have demonstrated a commitment to scholastic endeavors that should help prepare them for the challenges that lie ahead. I would like for you to assist me in congratulating them on their fine efforts and for continued success in the future. They have been invited, along with their families, to attend our annual club picnic in July.



Tom Labbe



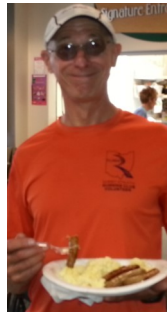
Jim Chaney



Ralp Lowery has run every Jim Klett race



Steve Sisco and Overall winner Chad Lutz, Chad is a member of SARC's Run Ohio Team



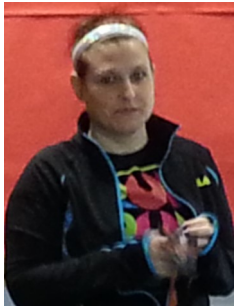
Mark Warner



Nick Conti



SARC member Dylan Garritano  
2nd place overall



Sharon Spaeth



Amy Williams

David Cooper



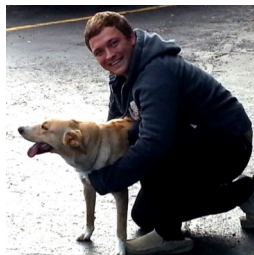
Ron Ostry



Melodie Sams and Joey Phillips



George Beckham



No bandits allowed



Greg Strach



Race Director Andrea Drobik



Diane Perriello



Sarah Lane With Linda Trevarrow and family



Nancy Pelitier and Mary Fox





# Bits of This and That

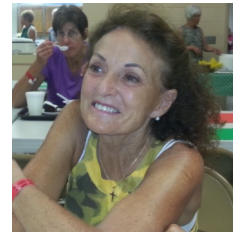
## FACE IN THE CROWD

Woodridge High School graduate **Miranda Stockton** recently completed her junior season on the Uni-



versity of Mount Union women's track and field team. The distance runner placed sixth overall in the 5,000 meters at the Ohio Athletic Conference Championships, setting a new personal record in the process at 18:52.49. She also set a new PR in the 800 meters during the outdoor season at 2:28.09. The exercise science major is the daughter of Ed and LuAnne Stockton. She is also a member of the Purple Raiders' cross country team.

Record Courier, 6/21/14



Peggy Wise on GOBA



Linda Trevarrow with running legend Steve Prefontaine



Linda Trevarrow with 800 meter Olympic Gold medalist David Wottle

- 1 Chad Lutz 234 28 M 32:58 5:19
- 2 Dylan Garritano 278 21 M 33:24 5:23
- 3 Joel Dagenhardt 192 31 M 37:31 6:03
- 4 Jim Chaney 187 50 M 39:54 6:26
- 5 Frank Chahulski 186 36 M 41:14 6:39
- 6 Miranda Stockton 262 20 F 41:58 6:46
- 7 Jeff Croghan 191 44 M 43:15 6:58
- 8 Michael Juppe 223 60 M 43:25 7:00
- 9 Kyle Kutuchref 283 35 M 43:30 7:01
- 10 Michael Klein 226 57 M 43:41 7:03
- 11 Joe Nowak 243 37 M 43:55 7:05
- 12 Ian Sigalow 259 35 M 44:00 7:06
- 13 Scott Hertle 217 42 M 44:12 7:08
- 14 Ron Demyan 196 59 M 44:25 7:10
- 15 Jason Anzaldi 175 13 M 45:01 7:15
- 16 Susan Louis 232 44 F 45:15 7:18
- 17 Al King 225 54 M 45:45 7:23
- 18 Jason Myers 241 33 M 46:12 7:27
- 19 Debbie Harding 215 41 F 46:17 7:28
- 20 Douglas Paroff 245 47 M 46:39 7:31



Jane Wolfe and Paula Balazs on GOBA



Cathy Anderson riding her bike on GOBA



SARC sends get well wishes to LuAnn Stockton, Ryan McGuire, Ralph Thompson and any and all members recovering from illness or injury



# NEO Mid-Summer Track and Field Series,

By Chuck Gough, III

The second year of the All Comers "NEO Mid-Summer Track and Field Series" kicks off Tues July 15<sup>th</sup> at 6 PM at Revere High School. There will be a total of three meets, the second and third will take place on July 22<sup>nd</sup> and July 29<sup>th</sup>. Everyone from ages 1 to 100 and all skill levels are welcome. For 5 dollars participants can enter as many as desired.

There will be student, collegiate, post collegiate and mom and dad heats. For the youngest we will have a 50 yard dash and field events specifically for them. Awards will be given out to all competitors. Where else could you spend a few hours on a Tuesday night with the family, rub elbows with some of the area's best athletes and just have fun for only 5 bucks? It will be a great time for the whole family at a low cost. T-Shirts and concessions will be available as well.

For more information here is a link to the USA Track and Field website.

[NEO Mid-Summer Track Series](#)

## Physician and Sports Medicine 10 Guidelines for Preteen Children and Competitive Athletics

Active.com

1. Make sure your children know that "win or lose," you love them and are not disappointed with their performance.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize improved performance, not winning. Positively reinforce improved skills.
5. Don't relive your own athletic past through your child.
6. Provide a safe environment for training and competition.
7. Control your own emotions at games and events. Don't yell at other players, coaches or officials.
8. Be a cheerleader for your child and the other children on the team.
9. Respect your child's coaches. Communicate openly with them. If you disagree with their approach, discuss it with them.
10. Be a positive role model. Enjoy sports yourself. Set your own goals. Live a healthy lifestyle.



[www.summitathletic.com](http://www.summitathletic.com)



Tentative Schedule

## Revere Summer Track Meets For ALL Ages

Revere High School  
3420 Everett Rd. | Richfield, OH. 44286

**Ages:** ALL

(heats will be set-up based on age groups and number of participants)

**When:**

Tuesday July 15<sup>th</sup>

Tuesday July 22<sup>nd</sup>

Tuesday July 29<sup>th</sup>

**Time:** 6:00 p.m. (Pre-registration 5:30 p.m.)

**Cost:** \$5.00 for unlimited events

**Field Events:**

<b>High Jump &amp; Shot Put:</b>
----------------------------------

<b>Long Jump &amp; Discus:</b>
--------------------------------

**Track Events:** Start at 6:15pm

3200m – Competitive (boys & girls)

100 Hurdles (Girls Middle School and Up)

110 Low Hurdles (Boys Middle School)

110 High Hurdles (Boys High School and Up)

50m – youth ages 12 and under

100m – all ages

1600m – Competitive (boys & girls) (based on number of competitors)

1600m – all ages (boys & girls)

400m – all ages

800m – all ages

200m – all ages

3200m – all ages (boys & girls can be split based on number of competitors)

4x100m

**Note:** Events offered may change based on the number of participants.

**Sponsored by:**

**Revere Track & Cross Country  
And  
Summit Athletic Running Club**

Questions Contact: Dave Parry at [dparry@revereschools.org](mailto:dparry@revereschools.org)

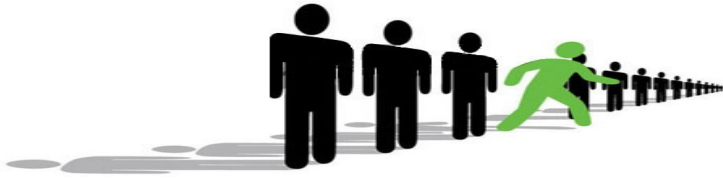


[www.summitathletic.com](http://www.summitathletic.com)





volunteers needed!



Sunday, June 29th Friends of Melana 5K and 1 mile, 9AM, Garrettsville,

Friday July 4 th 7 am Holy Family Church Stow OH



Saturday, July 19th, Festa Italiana 5K, 8am Cuya-

**BILL HEIDEMAN CROSS COUNTRY SERIES**

**SARG**  
Summit Athletic Running Club

**SPONSORED BY:**  
Summit Athletic Running Club  
and Ritchies Sporting Goods

**FOR MORE INFORMATION:**  
[www.ritchiessports.com](http://www.ritchiessports.com)  
Third night will be chip timed  
and nice awards will be given

**WHEN:** Thursday Nights, July 31, August 7, 14  
400 Meter & 1 Mile - 6:15pm  
5K & 2 Mile - 6:30pm

**WHAT:** Bill Heideman Cross Country Series  
5K, 2 Mile, 1 Mile, 400 Meter Races

**WHERE:** Goodyear Heights Metro Park  
(2077 Newton St. Akron, OH)

Summit Athletic Running Club logo with "FELLOWSHIP" and "SUMMIT ATHLETIC RUNNING CLUB" text.

**SPEED & ENDURANCE CAMP**  
a sports camp for all athletes  
and a great conditioning program for all athletes.

**July 7-10 | 8:30-11:30am**  
Cost: \$60/person | \$100/sibling pair  
Grades 3-8

**Register at [www.active.com](http://www.active.com)**  
Contact: Josh | 330.633.5667 | [joshua@ritchessports.com](mailto:joshua@ritchessports.com)  
[www.ritchiessports.com](http://www.ritchiessports.com)

Seminars on:  
prayer  
nutrition  
flexibility  
goal setting  
buying shoes  
race strategy  
injury prevention

Tons of prizes!  
free t-shirt  
gatorade  
bagels  
fruit

All Skill Levels!  
Beginner  
Intermediate  
Advanced

Proceeds go to Green High School Cross Country and Operation Christmas Project.

**TRACK & FIELD**

**MID SUMMER TRACK SERIES**

SUMMIT ATHLETIC RUNNING CLUB

Mid Summer Track Series - Revere HS, all comers meet, July 15,22,29 - We will have some of Summit Athletic Racing Team, Team OHIO, at this event

**RUNNING RITCHIES**

**CIRCLE CITY MILE**  
RACE TO THE BUNGLE

**HISTORIC TALLMADGE CIRCLE**

**WHEN:** 8/16/14  
**WHAT:** 1 Mile Race/Walk  
**WHERE:** Tallmadge Circle

**FOR MORE INFO:**  
[www.ritchiessports.com](http://www.ritchiessports.com)  
[joshua@ritchessports.com](mailto:joshua@ritchessports.com)

Race benefits Tallmadge High School Cross Country

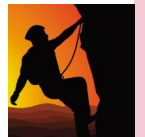
Have fun, meet people and support running. The Reach The Summit program allows SARC members to earn points for SARC activities.

Just attend a meeting, a chip assembly party, run a SARC race or work on a race. You can use points to get cool rewards and attend the great volunteer dinner.

To volunteer contact :

Joey Phillips @

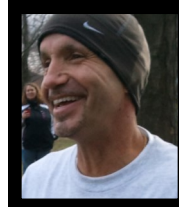
[joey.phillips66@yahoo.com](mailto:joey.phillips66@yahoo.com)



# Meet The SARC Board



President and Public Relations  
Steve Hailer  
sdhailer@msn.com



Volunteer Coordinator  
Joey Phillips  
joey.phillips66@yahoo.com



Vice President and Race Services  
Josh Ritchie  
Joshua@ritchessports.com



Newsletter  
Cathy Anderson  
anderri15@gmail.com



Treasurer - LuAnn Stockton  
lstockton522@gmail.com



Secretary - Ryan McGuire  
mcguire1976@neo.rr.com



Membership  
Andrea Drobik  
[adrobik@neo.rr.com](mailto:adrobik@neo.rr.com).



Constant Contact  
David Cooper  
dcooper185@gmail.com

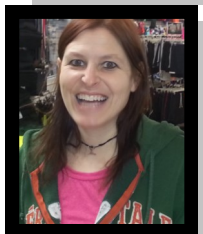


PR  
Doug Powley  
dpowley@neo.rr.com"

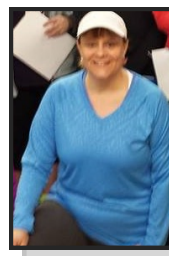


Membership - Chuck Gough  
q2prowler@neo.rr.com

## Non-Board Member Contacts



Reach the Summit  
Sharon Spaeth



Facebook and Twitter  
Rebecca Davey-Vivalo

SARC Member Meetings the 2nd Tuesday of each month .  
All are invited to enjoy food, camaraderie and interesting speakers.

