

SEPTEMBER



2014

Summit Athletic Running Club



AUGUST MEMBER MEETING



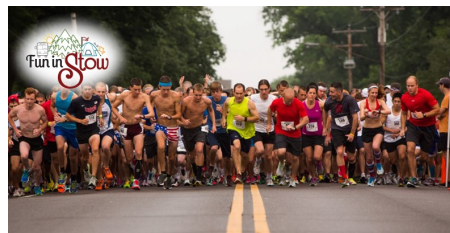
Sara Drew, Mayor of Stow

Mayor Sara Drew states that some of the best advice she has received is from Judge Linda Teodosio, "No shame in walking, you are still moving." And moving she is. Ms. Drew started running when she was running, for Mayor of Stow, that is and she hasn't stopped yet. A self-proclaimed high school geek who lived in the shadow of her athletic siblings, has not only become an athlete but is working hard to make her city runner friendly.

The Mayor is not a morning person (a kindred soul!) so she fits her run in when she can during her hectic, day. She sees running as a way to set goals and help support charities. She shared her amazement when she finished her first 3.1 miles on a treadmill, it made her feel as if she could accomplish anything and now she is planning the run her first 1/2 marathon in Columbus. She has been involved with girls on the run and she ran 23 races in 2013.

Mayor Drew says that Stow is lucky to have great police support, Metro Parks and runners in Stow. She talked about the numerous races held thought the year including and not limited to the Raccoon Run, Kelly's Grief, The Fire Cracker, Stow Excellence in Education Back to School Run, The Akron General Birthday Bash Run, The Mummy Run and last but not least, SARC's Great New Years Eve Run (GYNER).

Mayor Drew was a delight to listen to. She is energetic, personable and a great speaker. She graciously answered questions and told Ron Ostry "yes, he can dress up like a mummy" if he runs the Mummy 4 mile race!



AND TRICK-OR-TREAT 1 MILE FUN RUN
OCTOBER 26TH
STOW-MUMFORD FALLS HIGH SCHOOL
WEAR YOUR HALLOWEEN COSTUMES!!!! IT ALL STARTS AT 7:30 AM PANCAKE BREAKFAST AFTER THE RUNS!!!
REGISTER AT SAFESHIMDIVE.COM!! JUST CLICK "MUMMY RUN"
ALL PROCEEDS WILL BENEFIT THE STOW-MUMFORD FALLS SHIM AND DIVE TEAM
THE MAKE-A-SPLASH FOUNDATION

Ron Ostry as the Mummy





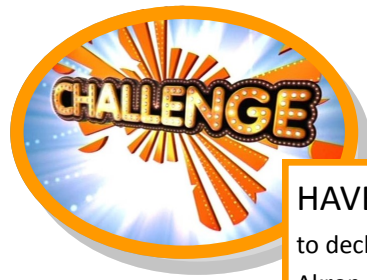
Member Meeting

September 9, 2014

7 pm at Mingo Shelter Sand Run Park

Speakers: Joe Salwan and George Beckham will share their experiences during the 2014 Comrades Marathon.

Dinner will be provided. See you there!



HAVE FUN AND HELP SARC WIN \$500.00. If we can get 20 volunteers to deck out in SARC gear and cheer on Akron Marathon runners at the Peoples/North Akron Savings Bank's 8 mile water stop, SARC wins! September 27, 2014

Bring pompoms, signs, noise makers etc. And have a great time

ALSO NEEDED: Volunteers to man the SARC booth at the Expo September 26

Contact Joey Phillips Joey Phillips: joey.phillips66@yahoo.com



Judge Harold F. White, 94, died Tuesday, August 5, 2014. Judge White was a long-time SARC member. Judge White won the Jim Klett Award in 1987 and will be missed by many SARC Members. SARC extends condolences to his family and friends.



Alan Steggle and friends in Korea



Larry Steele won 3rd in his age-group in the du-sprint at the Vermillion Tri/Duathlon. He was the oldest participant and it was pouring rain!



The SARC scholarship winner (who wasn't at the picnic) is Erin Kiley (not Kelly).



Runners May Live Three Years Longer Than People Who Don't Run

3

Researchers were able to prove a strong link between running and living longer. There could be other reasons that runners live longer. It could be that healthy people are the ones who choose to run, noted the study's authors. The investigators did try to control the data to account for such factors though.

Running modest amounts each week -- less than 51 minutes, fewer than 6 miles, slower than 6 miles per hour, or only one to two times -- was still associated with solid health benefits compared to no running, the researchers reported in the Aug. 5 issue of the *Journal of the American College of Cardiology*.

The study involved more than 55,000 adults aged 18 to 100, who were followed during a 15-year period to determine whether there is a relationship between running and longevity. About one quarter of this group were runners.

The researchers discovered that people who didn't run had a life expectancy three years less than that of runners. Running was linked to a 30 percent lower risk of death from any cause and a 45 percent lower risk of death from heart disease or stroke, compared to no running.

Even less-avid runners received significant benefits. Running a minimum 30 minutes to 59 minutes each week -- which equates to just 5 to 10 minutes a day -- was associated with a 28 percent lower overall risk of death and a 58 percent reduced risk of death from heart disease, compared with no running.

However, runners need to keep at it. Persistent runners -- those who had been running regularly for an average of six years -- had the greatest benefit, the study authors found.

Dr. Michael Scott Emery, co-chair of the American College of Cardiology's Sports and Exercise Cardiology Council, found it "a little surprising that 5 or 10 minutes of running had such an impact on health."

For more about exercise and physical fitness, visit the [U.S. National Library of Medicine](https://pubmed.ncbi.nlm.nih.gov/).

"If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run."
John Bingham



Dining in Daegu, By Alan Steggles

After my few days in Seoul I took the KTX bullet train to Daegu, very comfortable and it certainly did not feel that were moving at up to 300km/hr. (186 mph!!) Daegu is a typical large Korean city where people build up rather than out as is done in the USA. High rises are one apartment deep, with the arrangement of apartment-elevator-apartment, structural wall, apartment-elevator-apartment. Each elevator serves the two apartments in that section, there are no service elevators. Furniture is brought up to your floor by a roof mounted crane or by an extension system from the ground and delivered through large sliding glass doors. One of the things that I love about travelling is the opportunity to see or find oddball things.

During my time in Korea I could not buy a single banana...they were sold in pre-wrapped and pre-priced "hands." I did not need 8 or 10 bananas! My friend drove me around the Daegu countryside and we passed an orchard that seemed to be growing paper bags. It turns out that to protect certain fruit, farmers cover them with individual paper bags to prevent insect and other damage. A labor intensive way to get premium Korean Pears that sell for a premium price.

I was also able to indulge in my food fantasies. Most eateries in the Food Courts have models of their menu items with prices indicated (1000Kwon is about \$1US) in display cases. What you see is what you get. I found that dried fish goes well with cold beer. I also had a rice burger. A portion of rice is placed in a mold, about the size/shape of half a hamburger bun, then filling (in my case spicy grilled squid) is put on top, then another layer of rice. The mold is inverted onto paper, the burger wrapped up and off you go. The burger has to be eaten with a fork or spoon. I hate to think of the mess if you tried to eat one in your car.

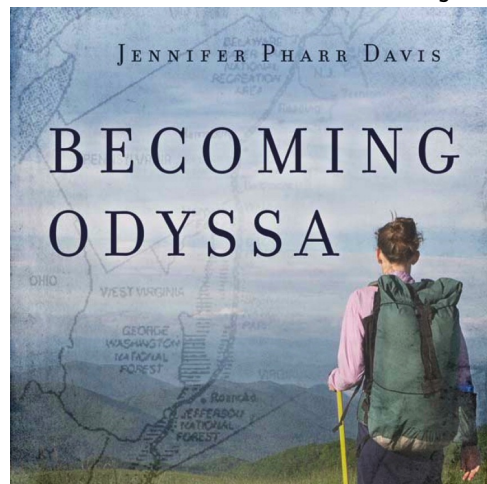
I also frequented a number of Korean BBQ places, that differ from each other in the way they cut the meat (always pork) or the marinade they use or the number and type of side dishes provided. You always get lettuce and sesame leaves, kimchi and thickly sliced garlic. The idea is to grill the meat, then add it to the lettuce/sesame leaves, with kimchi, grilled garlic etc. to form a wrap. Eating the "wrap" is somewhat messy but tasty. The grilled garlic is very mild tasting, I am not sure whether this was due to the grilling or whether the Korean garlic is different to that of the USA.

My last meal in Daegu was at a rather fancy restaurant that specialized in grilled eel. The cooked eel was served cut up on a bed of hot polished black pebbles. The eel and the side dishes were absolutely spectacular. It was one of the most memorable meals that I have had in the last 10 years. My next trip to Korea will be spent eeling rather than porking. Overall a great trip...spoilt only by my arriving home 6 hours late due to weather in Chicago. Now, back to a normal sort of existence.



Remembering Odysa

* I found this letter while cleaning out my car. It should have gotten to you a year ago. Apologies! Brings back fond memories. Hope all is well.
JPD



Jennifer Pharr Davis

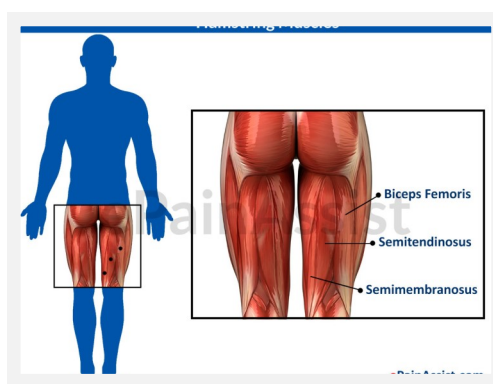
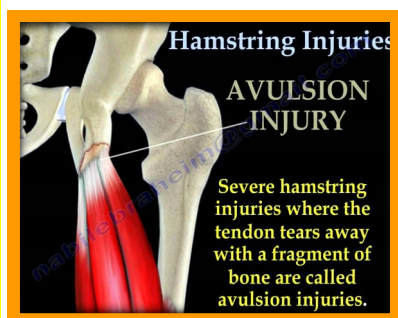
To Summit Athletic Running Club -
Thank you so much for hosting me at your June meeting. It was a joy and a privilege to share my story about being on the trail and exploring my limits. I hope it encouraged some members of the club to go a little farther and try some new things. I was certainly inspired by the impact that you are having on the Akron community. It was clear that you have helped numerous individuals to get active - and get outdoors! Thanks again for all your support and for all the good work that you are doing! All the best,
Jennifer Pharr Davis

“BIG YELLOW TAXI” (continued)

If this had happened in Akron just a few years ago, no local surgeon would know how to do the surgery. My surgeon had only done 12 of these and he said the one U.S. surgeon who had done the most of these surgeries had done only around 38. Thus, this surgery was both rare and new. The surgeon makes an incision at the top, back of the leg, that is, the butt bone area. Then the surgeon pulls up the hamstring sections and attaches them via screws to the bone. Finally, the surgeon uses Kevlar (the material from which bullet proof vests are made) thread to further secure the hamstring sections to the bone. Note that it is important to have this surgery soon after the injury. Otherwise, the hamstring sections recede into the rest of the leg muscles, tendons, and all. If that happens then the surgeon has to use special tools to reach in, recover the hamstring sections, and use a lot of tension to pull up to attach to the bone.

I did have the surgery and had it soon after the injury. The surgeon said it was one of the easiest one he had ever done. The hamstring sections did not recede, were very visible and he barely had to use any tension to pull up any hamstring section to attach it to the bone. This would mean a much speedier recovery time. Of course, speedy is relative. This type of injury takes forever to heal. It takes usually around 3 months in a full leg brace. Then, after that, another 3 months of physical therapy before any running is allowed. My recovery is ahead of normal but still is a very long process.

The surgery, pain and physical therapy have not been the worse part of this injury. The worst part is not running. I was 8 weeks in the brace and I basically was not allowed to do much physically. I watched hours of TV, read lots of books, took up Sudoku, built buildings out of Legos and even took up painting by numbers. I have always been a runner who usually just puts on his running gear and heads out the front door for a run. I took this for granted and thought little about it. It is like the line in the song Big Yellow Taxi by Joni Mitchell “Don’t it always seem to go? That you don’t know what you’ve got till it’s gone.” On a beautiful summer morning, I would be lying on my living room couch in my leg brace reading a book when out the front window I would see a runner go by. That was very painful for me since that is what I wanted to be doing. Also, I would hear about races going on. I love racing so that was also very painful since I was a long way from being able to race. But the good thing is, now I can really appreciate what a gift it is to be able to run. So maybe this injury did happen for a reason. I will be able to run in a month or two and I plan to make the most of that gift of running.



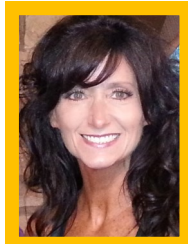
AUGUST MEMBER MEETING



Nancy Peltier



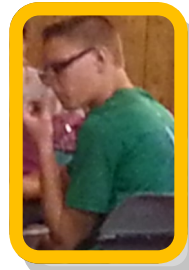
Joe Salwan and
his Son Aaron



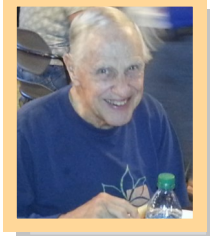
Linda Nahrstedt, Director,
Stow Parks and Recreation



Kelly Willand



Ethan Wilson



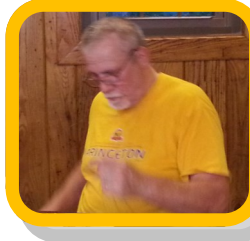
Ted Denison



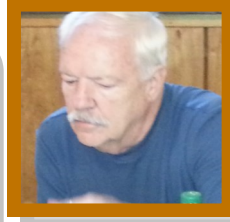
Diane Perriello and Mary Fox



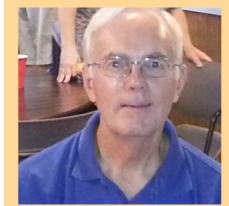
Mike Stone



Chuck Gough III



Ralph Thompson



Bill Flowers



Ron Ostry, Ron Demyan and Mark



Lindsay, Sherry & Board
Member, Doug Powley



Board Member Ryan McGuire
and Mayor Sara Drew



Megan Puster



Cathy McGuire



Terry Fox and Kathy Reffner



Tom Labbe



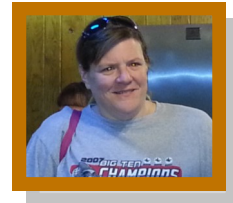
Mark Young



Bob Liggett



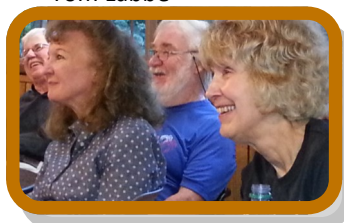
Gary Gardner



Board Member
Andrea Drobik



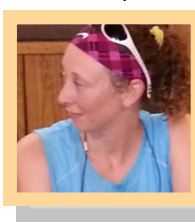
Betty Thompson



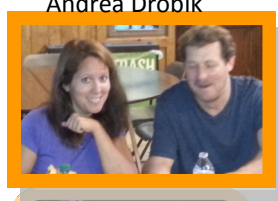
Tom Pelitier, Kathy Reffner,
Alan Steggles and Jane Wolfe



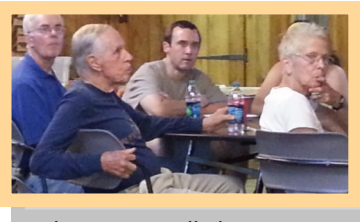
Tom Peltier



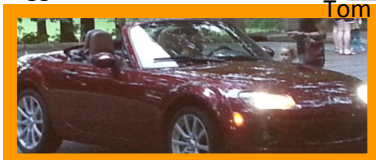
Karen Krohn



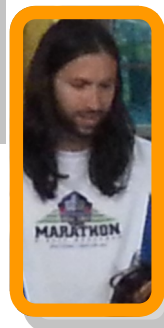
Board Member Sharon
Spaeth shows off her knitting



Ted Denison, Bill Flowers, Jim Puster
and Pris Fuhrman



Ron Demyan's pretty toy



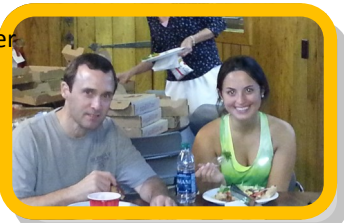
Steve Sisco



Thom Lindenberger



Board Member Sharon
Spaeth shows off her knitting



Jim and Emily Puster enjoy the food
they arranged for the meeting



Tracy Finn and Friend





Sunday, Oct 5th, Hudson PTO, 1PM,
 Saturday, Oct 18th, Knights of Columbus 5K Around
 the Park, 9am, St. Sebastian/Schneider Park

Sunday October 26, 2014



Have fun, meet people and support running. The Reach The Summit Program allows SARC members to earn points for participating in 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



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joey.phillips66@yahoo.com

11th Annual
 5K RACE,
 5K WALK, &
 1 MILE FAMILY
 FUN RUN
 Sunday, September 14, 2014
 8:00am - 1mile
 8:30am - 5K
THE NATATORIUM
 2345 FOURTH STREET
 CUYAHOGA FALLS, OH
CONTACT JOSH RITCHIE JOSHUA@RITCHIESSPORTS.COM
 REGISTER AT WWW.ACTIVE.COM JACKETS TO THE FIRST 300 RUNNERS REGISTERED.

HAVE FUN AND HELP SARC WIN 500.00. If we can get 20 volunteers to deck out in SARC gear and cheer on Akron Marathon runners at the Peoples/North Akron Savings Bank's 8 mile water stop. September 27, 2014

Bring pompoms, signs, noise makers etc. And have a great time

ALSO NEEDED: Volunteers to man the SARC booth at the Expo September 26

Contact Joey Phillips Joey Phillips: joey.phillips66@yahoo.com



Meet The SARC Board



President and Public Relations
Steve Hailer
sdhailer@msn.com



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



Secretary – Ryan McGuire
mcguire1976@neo.rr.com



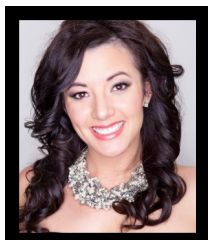
Constant Contact
David Cooper
dcooper185@gmail.com



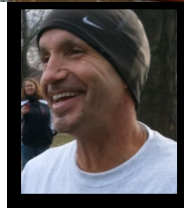
Membership – Chuck Gough
q2prowler@neo.rr.com



Reach the Summit
Sharon Spaeth



Katie Stambaugh
queenkatiemae@hotmail.com



Volunteer Coordinator
Joey Phillips
joey.phillips66@yahoo.com



Newsletter
Cathy Anderson



Treasurer – LuAnn Stockton
lstockton522@gmail.com

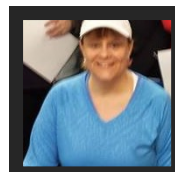


Membership
Andrea Drobik
adrobik@neo.rr.com



PR
Doug Powley
dpowley@neo.rr.com

Non-Board Member Contacts



Facebook
Rebecca Davey-Vivalo



Twitter
Miranda Terry

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