

News and Events of 2012

- The second annual Santa Slide 5K was held at Jim Elzinga's and Linda Halford's home Saturday Dec. 15th. This race has a limited number of spots available, and once again sold out before being opened to the public. Next years race is already almost filled with pre- registrations. The medals were handcrafted by Scott Halford. 1st place age group winners were: Runners-Megan Blamer Harris, Rob Harris, Kristen Verrett McManus, Dustin Keller, Rebecca Franckiewicz, Adriane Agria, Muffie McCauley, Scott Halford, Jim Elzinga; Walkers-Jenna Clarkson, Nathaniel Clarkson, Linda Halford, Dave McCauley
- Turkey trots and now Santa runs. This year John and Dorothy traveled to Indianapolis to run their inaugural Santa Hustle half marathon on Sunday, December 16. 3500 ran the 5K, 950 ran the half. The weather was perfect, 50 degrees. The route was very scenic...downtown but along both sides of a river for much of it. Each runner got (and wore) a cute Santa dri-fit shirt, beard and hat. John was the oldest man in the half...but got 5th out of 8 (2:12), Dorothy was 2nd out of 2 (and next to the oldest female in race (2:33). See photos in our photo section.
- Hot off the press: Scott Halford and Adriane Agria just finished the Run Like the Dickens 5K in Holly and BOTH PR'd again (8th time this year for Scott???). And even more, Adriane got 1st out of 55 in her age group. Holy Smokes!!! Scott got 5th in a tough age group, out of many. Times: Scott-21:55; Adriane-22:57. Congratulations to both. [Click here for full results of the 5K.](#)
- From Adriane Agria regarding the inaugural Farmland European Style XC Farmland 5K in Traverse City on Dec. 1: Our team took 1st place today! The team members were Brent Cook, D Cook, Muffie McCauley, Heidi Nicholas, Kevin Tarras, Scott Halford and Adriane Agria. It was about 36 degrees and windy. It was a tough course with a little bit of everything, including woods, hills, and farmland. Great food and warm fires to huddle around afterwards. I got first in age group, Muffie and Heidi got 2nd, and Kevin got 3rd. [Click here for individual age group results](#). Some of the age groups had some real animals in them. Fun race, and they did a great job putting it on. (I understand there were about 300 participants).
- From Jim Meyers: Four of us "Straits Striders" did Muffie's "Pigeon River Elk Stampede" 5 mile trail run at Greenwood.....what a great course! I'm sure this trail makes a great ski & snowshoe trail during winter too. We were Bill Ahrenberg, Dave Whitlock, Amy Wilks, and myself. Muffie, Dave, and their volunteers really out-did themselves going the extra mile to put on a great event to help support the Wildcat's running team.

- Anyone free to support the Girls on the Run in Indian River, please be ready to run at ILHS at 2:00 PM, Saturday, Dec. 1.
- Friday, Nov. 23, John, Dorothy and 9 year old granddaughter, Jessica Jablonski, ran in the pre-Christmas parade in Howell, MI. The Fantasy 5K was run by 1444 runners (Jessica's number was 1434). It was Jessica's first ever 5K and first ever over 1 mile race. The run was beautiful in the dark with all the Christmas festivities of the evening. Both John and Dorothy got second place and Jessica got a big Hi-Five!!!
- Many Turkey Trots were run on Thanksgiving Day. Dorothy and John Johnson ran one in Rochester Hills...very hilly, trail, but "fun" (don't ask John's opinion of "fun"), Scott H., Adriane A., Linda H., Jim E. ran one in Harbor Springs; Muffie M, Dee and Brent C. ran in Gaylord; someone ran in Boyne. Some were age awarded, some with door prizes, all with nice weather. Please help me out with the details. I can say that the one in Rochester grew from 10 participants last year to 100+ this year. Please send details of any/all races to Dorothy or Margie.
- John Johnson and Dorothy ran another (maybe last???) marathon. This was Dorothy's 26th 26.2 miler, John's 17th or 18th...will need to recount! It was a beautiful course on a beautiful day (for spectators). It was in the mid-50's at the start and about 70 at the time Dorothy finished (5:35). John's time also was slower than normal, but they came back with a 2nd and 3rd place award each (not the bottom, either!!!). This way we got to enjoy the beautiful Outerbanks scenery more closely, including going right by the spot where the Wright Brothers first launched their airplane(s) and gliders. The expo was exciting, as while in it, a 100 mile long electric outage occurred. Fun with 1000's of people shopping, picking up bib's, etc. John and Dorothy enjoyed their drive out and back, taking 3 weeks to enjoy the Smoky's, Blue Ridge Parkway, Outerbanks, and many other spots in NC or on the way to/from. Thanks Robin for pushing us!!! Now...if I do another, it may be Big Sur...Robin, get well!!!
- Scott Halford reported that he has had 7 consecutive PR's. Yippee!!!
- Scott Halford, Jim Elzinga, Adriane Agria, and Linda Halford traveled to Sault Ste Marie to run the LSSU annual Turkey Trot 5K, Nov 10, 2012. It was 31 degrees and windy, but everyone had a good run. Jim and Scott were first in age group, Linda was 2nd. Adriane celebrated her birthday by taking masters honors, and received a nice Asics zip up for her efforts. Times were: Jim Elzinga 29:22, Scott Halford: 22:10 (another PR), Adriane Agria 23:13, Linda Halford 36:20.
- Brent Cook, Jim Elzinga, Linda Halford, Scott Halford, Dustin Keller, and Kristen Verrett traveled to Sault Ste Marie, to run the 1st annual Running With The Law 5K, Nov 3 2012. The timing crew had problems, so we did not get official times.

Jim, Scott, Dustin, and Kristen were all first in age group. Kristen was also first overall lady, after battling it out with a 9th grade speedster. Scott had a new PR of 22:23, Jim continued his comeback with a 29:08. Brent and Linda were 2nd in age group. Brent could have run faster, but decided to cruise the first mile with Linda.

- Read Adriane Agria's report on her first Marathon, the [Detroit Free Press Marathon](#).
- Running on Sundays starting November 4th. 1:00 PM; meet at IR McDonald's parking lot. Walking at 9:00 AM, Mondays, Wednesdays, Fridays. Bring a friend; spread the word.
- Brent Cook, Jim Elzinga and Linda Halford ran the Pumpkin Night 5K in Arcadia on October 28. It was dark and the route was decorated with carved pumpkins. A picture will be posted in our photo section. Winning first in age were Brent and Jim. Linda again got 4th, in the largest of the age groups!!!
- Did any Striders or Striders' friends run the Zombie 5K in T.C. yesterday? Send results/report/photos to Dorothy, please.
- The 17th annual Great Turtle Half and 5.7 was run on 10/27/12. Many Striders participated and brought home more treasures. The weather was terrific for running (for once). 38-40 degrees and blue skies. The hills were our "friends". Running in the 5.7, and UP that LONG hill at the start were Greg Mills, 51, 1/47 in age and 9/1331 overall @38:33 (wozer!!!), Dustin Keller 38, 2/51 and 26th overall @ 41:17 (and this stud just ran 62 miles only 2 weeks ago), and his lady-Kristen McManus, 38, placed equally well 2/131 in age and 17th woman/64th overall @45:26. And then our real star, Bob Esford, 83, who ran a 1:18:41 but got 2nd in age because "they brought a 'ringer' up from downstate" (who happened to be a very good running friend of Dorothy's-Glen Larson). In the half, the fastest "Strider" was Tom Harbaugh, 63, 1:39:09 (but 3rd in age). Bill Robson, 67, 2/8 in age @ 1:50:08; Gayle Harbaugh, 48, 2:02:57; John Johnson, 68, third/8th @ 2:09:53; Steve Haslit, 42 (Joe's son from Belleville, who ran his first ever half) @ 2:12:21 (Congratulations and many more!!!), Doug Barnes (Dorothy's nephew from Rochester who "pushed" her to the finish), 48 @ 2:23:57, "Aunt Doe" (Dorothy Johnson) 67, finishing just after-chip time @ 2:24:07 (and best of 2012 of her 9 half marathons), and Doug's wife - Sue Barnes, 52 @ 2:48:56. BTW, the overall winner of the 1000+ half marathoners was Stephen Eles, 33 of Brimley @ 1:13:15. Some of us Striders have run with him. Also, see complete results and photos elsewhere on this site.
- Attention, attention! Detroit FP 2012 is history and results are posted!!! Striders OUTSTANDING results: Adriane Agria (first marathon) ran a BQ!!! Chip finish-3:47:29 (needed a 3:55), 712 overall, 137 woman, 11th in division, age 45; Scott Halford (first marathon) Chip finish 3:56:23, 77th in division, 753 male, 1009th overall, age 51; Sarah Furman: chip-3:46:44,

22nd in division, 686th overall, age 34 (only 6 women between Sarah and Adriane!!!), and Tom Durbin (Dorothy's 40 y.o. nephew-in-law who missed BQ at Charlevoix by 5 seconds) ran a 3:09:17 (needed a 3:15 for BQ), 107th overall, 16th in division, 97th male. WaaaHoooo to all!!! Who else of our friends ran it? And how did they do? Looks like they had perfect marathon running weather/conditions for them!!!

- **Finally a beautiful day to run! Brent Cook, Jim Elzinga, and Linda Halford joined about 70 runners at the inaugural Kalkaska Pumpkin Run put on by the Rotary Club. Everyone agreed that it was the best marked trail run anyone had done. Age group winners received both a medal and a pumpkin. Brent Cook, Jim Elzinga, Greg Mills, and Karen Sullivan were all first in age group. The Rotary did a great job, and most participants plan to return next year. Full results will be posted in our IRS results tab, when published.**
- **Reminder: Running will switch to Sundays, beginning November 4th at 1:00 PM. No more Monday PM group running this winter. Meet at the parking lot of IR McDonald's. Bring a dollar for a drink and stories after.**
- **The walkers keep showing up for walking at 9:00 AM's on Mondays, Wednesdays and Fridays. Any runner/walker and guests should feel free to join us.**
- **BEST WISHES to any Strider Free Press and GR marathoners tomorrow, Sunday, October 21, 2012. I know of Adriane and Scott (their first ever full marathons) and of Sarah Furman, all doing the DFP. Who else is running a full this weekend? This morning Dorothy and John Johnson completed their last long trainer for their Nov. 11th marathon. 3 weeks to go!**
- **The 2nd annual TOMTC Ultra is completed. The IRS had just one team this year, the Roman Runners. 2nd best weather so far...last year Jeff Winegard promised it would be better; this year he says it WILL be better next year. Actually, the beginning was perfect (and in the dark...ask Brent, running the first leg, and whose headlamp went out). The 2nd and 3rd legs (run by Sally and then John) had mostly dry and colorful legs. Dorothy started out the IR to Top. leg in dry air, soon to give to rain, and then Dave Kruger and Brian Burns got to run their 12 and 16.3 mile legs in rain. Thank goodness for a slight tail wind. Koodoos to Dustin who ran the entire 62.2 miles with Kristen M. pushing him while she biked. Bill Arhenburg and Wildcat were part of another team, as well as Jim Myers. None of our teams ended up in the winners' circles, but yet we all felt like we had won!!! We had lots of fun!!! Thanks to all the Striders for their volunteering and cheering. We had many runners and walkers helping out at aid stations and the finish line. BIG special thanks to Margie for the "hundreds" of hours of work she put in, to Steve Reh for allowing her, to Jess Miller for many "consults" during the year and Dorothy and John for various little this and thats all year (patting our backs). Next year, lets get 3 teams running!!! Jeff is considering adding a 50K to the options. John is considering running it...any bets???**

- **Sunday AM, John and Dorothy loaded onto a school bus and was taken to the lighthouse on the north end of Mission Peninsula, T.C. where they stood for over an hour in the dark until the start of a trail half marathon. When the starting gun blasted off in the woods, the rain maker thought it meant "Pour". Despite the second day of running in the rain, the inaugural race was a beautiful route, first on a road, then into the woods on a nice trail, then back onto an almost car-less route, past orchards, vineyards, farms, bay views, with peak colors everywhere we could see with the rain. Well organized, fun, beautiful. Results are posted on our website.**
- **Pass the word...help Muffie market the Wolverine 5 mile trail run on November 10, 2012 at Greenwood. It is a fund raiser for the Wolverine Cross Country team!**
- **The weekend of October 6 and 7th was a very busy and colorful weekend for racing up north. Club members raced in (at least) 5 races: Saturday, the Rotary Sunrise Bay 5/10K in Petoskey, Mackinaw Bridge Color Run and the Crabby Apple 8K in St. Ignace. On Sunday, some ran in the Sleeping Bear Dune Half marathon; others in the Boyne Valley Roller 5K. Read on, please. Photos will be updated later as they arrive (please send any you have).**
- **In the Bay View, Petoskey Rotary 5K, one Strider family swept # 1, 2, and 3!!! Mr. Dakota Nicholas (22), Miss Heidi Nicholas (24), and Mrs. Muffie McCauley (52), finished 1, 2, 3 overall, with times of 20:10 (6:30 pace), 22:53 (7:22 pace) and 23:38 (7:37 pace). Mom was soooo proud to see her two leading and no one between them and her at the finish line. So cool for the family. (On top of that, Heidi's friend, Kevin Tarras (29) was clearly the overall winner in the 10K with a 37:03 (5:58 pace), followed by his friend, Jeb Stone (34), 38:09 (6:09 pace). Way to go. Also running in that race were Linda Halford 5/8, 39:40, Jim Elzinga 1/1, 32:24 (great to have them back on the racing circuit...still healing), and John Johnson (68) 1 out of 4, 27:46 and Dorothy Johnson (67), 1 out of 2, 32:01. The colors were great, the goodie bags nice, the wind okay for the 5K, the rain held off most of the race, and the hills didn't flatten!**
- **On Saturday, October 6, 2012, at the Mackinac Bridge Color Run, many friends of the Striders showed up: Peggy Recker (an official member), Tom and Gail Harbaugh, Greg Mills, Kristen McManus, Dustin Keller. Hope I didn't miss anyone. The exact length of the race is always a mystery, but the times/places are relative. I bet it was wet and windy, but haven't heard officially. (Wind to their back???) Dustin and Kristen were flying so high, that they rode the bus back to the start and re-ran it a second time. Bless them!!! Times are as follows: Greg (51), 1/19 33:45; Tom (63) 1/11 34:38; Gail (47) 2/33 41:59; Dustin (38) 1/21 (and 7th overall out of 400) 33:40; Kristen (38-when did you turn that old? Belated Hap Bir'day) 1/35 39:08; Peggy (47) 5/33 45:25. So sorry we all missed you, Peggy (and others). Did I miss anyone?**
- **Brent Cook (at least) ran the Crabby apple 8K in St. Ignace on Saturday, October 7, 2012. Did anyone else? Would someone tell us where to see results? Or will Brent or someone send us a report? It sounds/looks so**

cute.

- **Sunday, October 7, Brent also was trying to get some to run with him in the Boyne Valley Roller 5K. Did anyone run? Need a report of that one, too.**
- **Sunday, October 7, Dorothy and John Johnson ran a cold (37 degrees), colorful, hilly, beautiful, half marathon in the rain, snow, sun and were treated great at the end with the biggest, cutest medals and 1st place awards. John finished in 2:12:11 (10:06 pace) and Dorothy finished in 2:30:40 (11:31 pace). Consider it for 2013! This was their 7th half marathon in 2012 (with 2 more planned), plus a 25K, 2 10 milers and an upcoming full marathon. John will make 40 races this year, a long way behind Brent Cook's 60+ anticipated!!!**
- **Muffie McCaulley traveled downstate to Spring Lake on September 29 for a half marathon around a lake and was excited that she got another PR with a 1:43:58!!! Congratulations, Muffie!!! You're the woman of the day!!!**
- **Brent Cook ran the 5K Vasa, then "ran" (drove) to another TC 5K and ran another race at the Westside Community Church in TC. He's working hard on 60 races this year??? We are still waiting for results. Congratulations, Brent! You're the man!!!**
- **Vasa 5, 10, 25K, September 29, 2012: The peak of the color season, clear blue, sunny skies, perfect running weather (chilly at the start), many Striders and friends participating, nice shirts, nice (and tasty) awards. What could one ask for more in race day? Big hills, many hills, roots, falls (see John's oweee in pictures; Dorothy's fall was in very soft sand). Results: 5K (which was more of a 3.6?) Kristin McMannus (37) 1/9 @ 27:40; Brent Cook (63) 2 out of 3 @ 27:39 but "saving himself" for another race IMMEDIATELY after; Jim Elzinga (our proud most senior member at 76) 1/1 @ 35:17; Linda Halford (58) 1/1 @ 43:54; Kris Bullock and dog (Greg Mill's wife) (50) 52:39...walking. The winning time was 20:49, so you know it was long and it was tough, but beautiful! Dustin Keller ran the 10K (38) 2 out of 5 @ 49:10 (It too was a long 10K... and for one person, the 10K became 11+ miles today!!!). In the 25K, John Johnson was 2/2 ? (not all the results are posted yet) (68) @ 2:54; Dorothy Johnson 1/1 (67) @ 3:21+ (waiting for final results). Dorothy's goal was 3:22... Yea!!!**
- **The 3rd annual Soo Chase is history. The rain came all day and night before but left right at the starting gun and stayed away until the finish! The temperatures were running-perfect! All the races went over the 2 humps of the International Bridge...twice, except the 5K. The awards were again a part of the bridge, celebrating it's 50th birthday (same age as Scott!!!). EVERYONE of our "group" who ran, went home with an age award. In the 5K, Jim Elzinga -1st (29:30) and Linda Halford - 2nd (35:12). In the "Bridge Run" (6.6 miles???), Lee Kanitz was 1st (but 2nd over all) 41:09, Greg Mills-1st (but 3rd over all) 46:00, and Brent Cook 3rd (58:24). Dustin Keller was the only full marathoner of our "group" with a great 3:42:44 (training for his 100K solo next month). The half had many runners, starting with the youngest to oldest: Amy Diehl (more on her at end of this report)-2nd,**

2:01:51; Kristen Verrett-McManus - 2nd, 1:52:57; Adriane Agria, 1st, but 5th woman over all and masters (if they had recognized masters), 1:44:09 (another PR); Robin Sommer, 3rd, 2:07:25; Scott Halford, (birthday-boy tomorrow) 1st, but he PR'd by 11 minutes!!!!!!! with a 1:43:51, Dorothy Johnson - 1st, 2:28:39 (her best this year out of 6 half marathons so far), John Johnson - 1st, 2:10:24. Full results can be found in the IRS race results tab. Pictures also have been posted on the web. More on Amy Diehl. She is Lee Kanitz's sister-in-law. She began running this past January and this was only her second race of her life!!! And to run a 2:01!!! She has promised she would show up at our Striders' runs, when it didn't conflict with her job or her husband's (a police officer in Indian River). Welcome Amy. We look forward to you coming to "play" with us on Monday nights.

- **Last Saturday, September, 15, 2012, John and Dorothy completed their next half marathon of this year (5th?) in Adrian, MI. It was a perfect day for running in the rolling farm neighborhood where Dorothy grew up. The race directors were Dorothy's niece and husband, Dori and Tom Durbin, who did a great job on their second half marathon. John ran his fastest half in 3 years (2:05) and Dorothy ran her fastest this year. They were the most "senior" male and female in the race. John got 3rd, Dorothy got 1st. Some of Dorothy's cousins also ran the half.**
- **Update: Scott Halford (15/70) ran a super race at the Mackinac Island 8-mile race on Sept 8 finishing in 1:00:56 and ahead of all the other Striders and a lot of other folks at the race. Adriane Agria was not far behind and placed 3rd in her age group out of 112 with a 1:02:01, BUT really was first in her age as two of the overall top 5 women award winners were in her age group, she was also 20th of 983 women--way to go Adriane! Also running and doing well for a couple of slackers were Rebecca Franckiewicz (49/85) and Margie Reh (21/57) with 1:22 and change. Bob Esford also ran (keep on truckin' Bob!) and placed third in his age group. It was a beautiful day with every type of weather except hot, a great day for a fun race on a scenic course!**
- **Brent Cook ran the Run for River House 5K in Grayling on Sept 1 and set a new course record for his age group while taking 1st with a time of just over 24 minutes. Good going, Brent!**
- **Four striders headed down the the Jordan Valley on Labor Day to run the George Hawley memorial 5 and 10 K. All walked away with great hardware. Muffie McCauley got a trophy for masters, Jim Elzinga got one for Grand Masters, Bob Esford and Linda Halford got gold medals. Kristen Verrett was first in age group, Dustin Keller was first in his, Tracy Verrett Miller and Greg Mills both got trophies for masters. Thanks Rick Hawley for another great race! See Newest photos. Brent Cook and Margie Reh represented the Striders at the untimed Labor Day Mackinaw Bridge Run on Sept 2. Beautiful sunrise, rubbed elbows with the Gov, and Margie ran a ways with Bobby Crim just to make Dorothy jealous. He said he has run 947 races in his 40 years of running (age 81). See Newest photos for photos from both these events. Does anyone have an update from the**

Cadillac race?

- John and Dorothy completed the Crim on Saturday, August 24. One of the hottest (great for the thousands of spectators). John finished in 1:39 (33 out of 168) and Dorothy finished in 1:59 (15th out of 88 old ladies--her words not mine). It was a lot of fun, as usual. It was Dorothy's 26th 10 mile Crim...and going for 30!
- Update: Peggy gave us a link for more information on the Pike's Peak races, go to <http://www.pikespeakmarathon.org>. Peggy Recher is the first Strider to run the Pike's Peak that we are aware of. Awesome job, 20 minutes faster than her anticipated time. She finished in 5 hours 10 minutes. We're proud of you, Peggie! Her update, "My calves were starting to cramp about half way up, but as long as I didn't go uphill on my toes I was okay. The last 2-3 miles I got kind of dizzy because of the altitude but at that point I was just telling myself to finish!" So, Peggy, do you recommend this race for others, or just for crazy flat-landers wishing to experience what altitude and steep uphill can do for your running?
- Last call for next run of Strider shirts, both wicking and cotton/poly, both short and long sleeve. New design. Call Jess at 231-238-8930 or send Dorothy an email. PS: They have been ordered (August 23) and are "in the mail" to us. Hopefully we get them by the end of next week.
- There were many fast times in Petoskey, as well as in Cheboygan, on Saturday, August 19. In fact some thought the course was short, so some runners checked it out with their bikes and came up with a "certified" distance!!! All the runners listed below got a 1st in age group by running in the Petoskey "Festival on the Bay 5K" were Bob Esford 36:36; Muffie McCauley 21:49 A new PR! Linda Halford 34:40 (Jim promised kettle corn for a sub 35), Tom Harbaugh 19:?? Linda said, "We always enjoy this race. They do a great job with it." I also understand that the race director or timers decided to re-name the 80+ age group as "Bob Esford age group"!!! Congratulations to all!
- Here are the results of the Churchill Classic, described below. Full results can be found on our website in the "Race Results" section or [by clicking here](#).: Running the 5K, in order of their finish: Denny (48) and Mandy Paull (15) @ 17:23 and 23:32. Mike Florek (56) 1/7 @ 20:44, Zach Florek (16) 1 out of 1, and 6th overall @21:01; Bill Robson (67) @ 23:03 and 1st. Running the 10K, area finishers in order of their age: **Adriane** Agria (45) 1 out of 2 and 2nd woman overall and masters winner (no award for that today) and **a PR @ 47:21.9**; Mike Hempstead (48) 2/9@42:18; Mike Miller (49) 3/9 @ 42:43;**Scott** Halford (50) 4/6 **@ 47:21.9, a PR and tied Adriane-chip time!**; Greg Mills (51) 2/6 and 9th overall @ 42:34; Bill Ahrenberg (59) 3/3 @47:12. All 3 finishers in this age finished in the top 14!; Dorothy Johnson (67) 1/1 @ 1:07:34; John Johnson (68) 1 out of 3 @ 58:08; and Jim Meyer (72) 1 out of 2 @ 1:00:21.
- Kristin McManus writes: "We did the Running 4 Babies this morning (August 19th). It was such a great event!! Dustin and I both got 1st in our age group so that makes it even better!" Anyone else from the Striders do it??? And how

about the Petoskey run today???

- Many Striders raced this AM (Sat. Aug. 19). At this time we are still waiting for reports and final results from the timers. Pictures will also arrive soon. Just a brief intro...at the Cheboygan Churchill Classic (attended and run/walked by MANY Churchill family members), were Bill Robson, Scott Halford, Adriane Agria, Bill Ahrenburg, John and Dorothy Johnson, Greg and Kris Mills, Mike Hempsted, Jim Meyer, Kathi and Mike Miller, as well as Zack and Mike Florek. Scott and Adriane tied (chip time) and also both PR'd. Bill Robson had a fantastic time. Return here for more information soon. Yummy homemade cookies and lots of fruit were enjoyed by all. Thank you Churchill family and CNB! Please send results/report of the other races to Dorothy ASAP.
- **NEW IRS SHIRTS being ordered NOW!!!** We have just received a \$200 donation from the Kayak Bike Biathlon to help defray the cost of Indian River Strider t-shirts. All the shirts below will have the same new art-work. All of this year's shirts will be royal blue. There will be two colors of artwork on the front and one color on the back. All shirts are being offered to club participants at below cost, due to the donation. We are putting together our shirt order within the week, so we need to know exactly what you would like as soon as possible. Here are the choices: - Style A - \$5 - short sleeve cotton/polyester blend (similar to Biathlon t-shirt) available in men's sizes S, M, L, XL. - Style B - \$10 - long sleeve cotton/polyester blend (similar to Biathlon t-shirt) available in men's sizes S, M, L, XL. - Style C - \$10 - short sleeve polyester wicking shirt (similar to current striders shirt-Badger brand) available in men's and women's sizes S, M, L, XL. - Style D- \$15 - long sleeve polyester wicking shirt (similar to current striders shirt-Badger brand) available in men's and women's sizes S, M, L, XL. Please tell us which styles and sizes/gender that you want to order. You may order as many shirts as you like. We need your response by the end of the day on Tuesday August 21 for the "bargain" pricing.
- At the Tahqua 10K trail run at Tahquamenon Falls on Saturday, August 11, many Striders enjoyed the beautiful morning race...sunny, calm, cool temperature. Adriane Agria got 1st in age and 2nd woman overall with a 57:51. Scott Halford got 3rd in age with a 55:59. Brent-2nd with a 1:09:51. Muffie McCaulley-1st in age, 59:17. Peggy Recker-4th in age with a 1:10:10. Lee Kanitz got 1st in age and 2nd man overall with a 46:19. Reports were that it was great. I also heard there was blood seen by some runners. Congratulations to all the participants.
- Bob Esford was the only Strider at the 5K Harborun in Elk Rapids. He finished 1st in age (83) at 38:57. Ron Zywicki, 51, was the masters winner of the 10K at 35:46.
- Saturday, Aug. 4, Adriane Agria, daughter-Jenna, John and Dorothy Johnson were among the 40-50 runners in the inaugural Pepperfoot 5K in Mackinaw City at the Heritage Village. The course was a cross-country type course (mowed grass, little hills, woods, fields, double loop). Times were obviously slower, but all 4 were first in age, with Jenna being overall winner in the 1 mile race. If there had been a master's award, Adriane would have been the recipient. Great weather. Photos are posted in our "newest photos".

- Check out the colorful gals (sisters) at the Color Run in Lansing, starring Muffie McCauley in our newest photos album on this site.
- John Johnson and Linda Halford ran the 5K at the Rudyard Triathlon and 5K on July 29th. John placed 3rd in age group, Linda was 4th. Al Jarvie gave a great speech as he presented Lee Kanitz with the UPRRC runner of the year award. It is rare that this award goes to someone in the Eastern UP, and we are so proud of Lee! See Newest photos.
- Saturday, July 28th, 3 Indian River gals participated in the 2nd annual insane, crazy, muddy Warrior Dash, down in Mt. Morris, along with 27,000 others over the two day event. In a 3.2 mile course, they had to hurdle or go through 13 obstacles, such as swim through a river, climb on a catamaran and walk it and swim again (over their heads), climb up walls, using ropes or netting, climb over junk cars and tires, go up and down extremely steep and muddy hills, go through humongous sandpits, go over hurdles and under barbed wires, crawl under more barbed wires, jump over fires, go through a yucky bog that sucked off shoes, and more. Results have not been posted, but those at the results at the end of the first day, said Dorothy Johnson won her age group, with a 56 minute finish!!! Mollie Coe and Toni Krisko also completed the course, as did Dorothy's daughter, Chantelle Jablonski. A great time was had by all. Check back here later for official results and photos.
- Saturday, July 28, the Charlevoix Venetian Festival race was held Participating in the 10K race were Adriane Agria, age 45, 1/10, 48:32; Greg Mills, 51, 2/13 @ 42:14; Gayle Harbaugh, 47, 4/10 @ 55:34, Scott Halford, 50, 9/13, @52:06, Tom Harbaugh, 63, 1/3 @ 42:55. In the 5K, Ron Zywicki, 51, was the masters champ @ 16:55, zach Florek, 16, 16/38 @ 21:01, John Johnson, 68, 3/7 @ 29:21, and Bob Esford, 82 was 4th out of 4 in the 70+ age. He was the 1st of those over 75!!! Way go go, Bob!!! Full results will be posted in the race results on our site.
- Lots of activity right here in Indian River this weekend including a 5K, 10K and Biathlon. In the Kiwanis footraces, Brandon Beltz won the 5K with 19:33. Also participating in the 5K and taking medals were Bill Robson 1st in age, Dave Bruce 2nd, Mike Florek 2nd, and Margie Reh 3rd. Char Gust who we met in Wolverine ran her fastest race ever and came in 1st in age-congrats! Barb Minier walked a fast pace to come in 3rd. Sarah Furman was the fastest woman in the 10K with 46:14. Muffie McCauley was the 3rd fastest woman and 1st in her age group. Riley Furman 3rd in age, Dave Minier 1st and John Johnson 4th. Sherri and Doug Engler won prizes in both the 5K and Biathlon--speedy couple! See Race Results on this website for details. Anyone have any pictures? Please send to us.
- Many Striders were among the 27 volunteers working the kayak/bike biathlon on Sunday. Mark Oberman of Cheboygan took the top prize. Jim Myer of Onaway took 2nd in the 70 and over group with Al Helner and Darryl Davis coming in 4th and 5th in that tough age group. Next year we need to get more Striders to participate in the race--looks like fun! Of course, Jess would have to dig up some more volunteers. Thanks for all the help with the race, Striders, Jess says. Race results and pictures posted on this website.
- Bill Ahrenberg answered the call for more information on the Black Mountain Blast trail race which took place on July 7: "Denny Paull did easily win the grueling 32K run, which is the same course as our Black Mt Nordic Classic cross country ski race in

March. I finished 2nd out of only 5 or 6 that took on the very hilly trail. (It is much more fun on skis!) Have yet to see any results posted. Think there were 24-25 runners in the 5K, including Brent, Robin, Muffie, John Johnson and Jim Meyer (sorry if I missed any other IR Striders!).” He also sent pictures which are now posted in Newest Photos, thanks Bill, and great race for you!

- Reh reporting in Dorothy’s absence: Striders were running on the trail and road this weekend on July 14. In the inaugural Waugoshance half-marathon which took place on the North Country Trail, Brent Cook placed 3/7 with 2:30, Robin DeBlake was 8/15 with 2:47; Scott Halford 5/15 with 2:11; Adrienne Agria 5/24 with 2:09! The always verbose Brent Cook when asked about this new race said, “Tough, plodding, and meandering course.” I guess he liked it! Down in Traverse City at the Cherry Festival in the 15K, John Johnson was 6/11 with 1:30; Speedy (not Sweetie) Muffie McCauley came in 2nd of 33 in her age! with 1:14. In the 5K, the recovering Jim Elzinga beat the rest coming in 1st and there were 3 other guys in his age, running 29:10! Linda also ran the 5K and came in 33 of 62 with 39 and change. Way to go Striders - you are inspiring. There you go, Dorothy, I did it! Can I keep my job as interim reporter? Nobody seemed to want to talk about the Black Mountain trail race last weekend except to say--tough race! All I know is some people ran it and Denny Paull of Cheboygan beat them all with a fast time on a hilly trail race and they were all impressed! If anyone has pictures, send them on!
- The HOT Boyne City 10K/2 mile was run by Matt Bollinger, Jim Elzinga and Linda Halford. Matt (10K) got 10 out of 23, Jim (2 mile) got 1 out of 5!!! And Linda at 6th out of 13. Great work, gang! All in the top half (and better). Results are posted [here](#).
- The running circuit in northern Michigan ended in Central Lake at the Ryan Shay Midsummer 5/10K. Full results of the 5K can be found by clicking [here](#). It was a humid 90 degrees at start time. Striders running down there Matt Bollinger (who ran a 10K in Boyne in AM and the 10K at C.L.), Dorothy and John (running doubles today-in Harbor Spring-10 miles and 5K at C.L.), Robin and Brent (also running two races today, 12K and 5K’s). All received age awards. It was great seeing many friends there: Kristen/Duston; Robin Sommers, Greg/Chris Mills, and others. John-29:54 and 1/1, Brent 30:17 and 3/3, Robin 31:17 and 2/4, Dorothy 34:46 and 1 out of 3. Matt: 54:09 and 2/2 (10K).
- Do you want to join a team for the Top of Michigan 100K, October 13th? There is one Strider team so far. Want to volunteer? Plenty of room for that. Contact Jeff Winegard at ed@trailscouncil.org.
- Please contact Margie for any race results and other news for the month of July, while Dorothy is in Europe. She wants to check on news while gone on her “People to People” trip!
- The Harbor Springs race was HOTTER than the Run through Hell race which always lives up to its name!!! Sunshine, humidity, heat, hills made it one of the most challenging Paul Revere 10 milers ever. There were a record number of racers...close to 1200 participants in both races, with Emily Kloss doing another great job directing it. Watch for results in another day or two. The Striders who ran the 10 miles were Bill Robson, Sarah Patrick, Muffie McCauley, Heidi Nicholas, Adriane Agria and Scott Halford (they PR’d...first 10 miler ever!!!), John and Dorothy Johnson. (Gail and Tom Harbaugh, as well). Dorothy ran it in 1:57 with a run 2 minutes, walk 1 minute...and was happy with the results! Again, look for results later.

- **Happy Independence Day!!! Races galore... Brent and Robin are in the UP racing-Enganine (Black bear 12K); some at Boyne City running; others at the Harbor Springs Paul Revere 3/10 miler, and tonight a number are going to the Ryan Shay 5/10K Memorial Race at Central Lake. Watch for reports/results/pictures??? Did I leave any local races that our club members ran today out?**
- **Joe Haslett survived his torn meniscus surgery today, June 26th. If you would like to send him a card... 6801 Wahbun Rd., Indian River, MI 49749 (or call 231-238-4075). No email. (Later: he is now walking the 4 miles every morning with the Striders... 1 week post surgery!)**
- **Up in the UP, Brent Cook and Robin DeBlake ran a 5K on Saturday AM in Newberry. Results...sketchy, but like John and Dorothy Johnson, they ran a half marathon Sunday AM, the following day. It started out rainy, but not too rainy. Then they encountered 2 GIANT, high, long hills, one at 1 mile, and then the infamous "stink hill" at 11 mile. One must complete this half sometime before they retire from racing! Not only to conquer Stink Hill (impossible to run entire hill), but to acquire one of those magnificent, beautiful, green, pink, tan polished rock book-end awards! See newest photos (link in paragraph two below this). First finishing the half was John - 2:15:55, Brent - 2:17:15; Robin - 2:26:40; Dorothy - 2:41:43. Good food was had by all after (and blue skies). Pictures are posted on our web site, as well...newest photos.**
- **Bill Ahrenberg completed another marathon and Tom Harbaugh and Wildcat Larry Huff another half marathon on Saturday, June 23rd. Bill finished 11th, 4:29:54. See his picture in our newest photos (link in paragraph below). Wildcat got a 3rd in the half with 2:14:05 and Tom Harbaugh pulled his usual, leading his age group with an unbelievable 7:14 pace, 1:34:49. Not bad for a 63 year old guy!!!**
- **Striders took lots of awards at the Wolverine Lumberjack 5K on Saturday, June 23. Sarah Furman was the fastest woman, Muffie McCauley took Master's woman, Dorothy Johnson took Senior woman. Bill Robson took the Senior men's award. Also taking awards were John Johnson, Rebecca Franckiewicz, Margie Reh, and new strider Shelley St. Ange-Sheldon. Char Gust, cancer survivor and recent new runner, also took an award and had an inspiring story for us. Some of the fast boys missed the turn and ended up running a few extra miles. Results can be found on our [Race Results](#) tab, photos in [Newest Photos](#). Matt is looking for someone to take over the race next year, contract us at 1rstriders@gmail.com if you are interested.**
- **If you are not on facebook and have not had a chance to read the blog of Branden Thomas, Jim Elzinga's grandson who is in the Peace Corps in China, you must read it. It will take you a few minutes, so sit back and relax as you read about his first marathon...and it was on the Great Wall in China. Just [click here and enjoy!](#) You can see proud Grandpa smiling all the way through it. John and I relived our steps on the wall as well (2007). If the link doesn't work, copy and past in your browser: <http://brendonhahns.wordpress.com/2012/06/17/race-report-the-great-wall-marathon-stairway-to-pain>**
- **Robin DeBlake and Brent Cook ran in the 5K at Nubs Nob, Harbor Springs, Sunday, June 17. Two this week for them. Robin is aiming for 50 this year! The only report given was that it was a "rigorous xc ski course" and awards did not discriminate between men/women but LOTS of Gatorade!**
- **We are still awaiting final results of the Soo area Summer Solstice 5K also on Saturday,**

June 16. The temperatures dropped nicely for the large turnout for the race. Many youth were in attendance for this event. Adriane was awarded masters with an awesome 23:31. Receiving 1st in age was Brent Cook, 2nd in age were Scott (still recovering from surgery), Robin and Dorothy, 3rd - John Johnson (and Kristin McManus-3/47). Dorothy and John ran a double today...16.4 miles total. Photos have been uploaded to Newest Photos (our home page). Complete race results can be seen by [clicking here](#). The age results are given on one page and the award winners on the other. Congratulations to all.

- Hot, humid, hilly were Muffie's description this morning's race. Muffie McCauley, John and Dorothy Johnson ran the Higgins Lake Sunrise half marathon on Saturday, June 16. Actually, Dorothy thought it was a nice, mostly shaded, rolling, beautiful course and not as hot as expected. But at the finish was Higgins Lake where Dorothy and Muffie sat down in the icy waters and cooled off their bodies. Muffie arrived late (J/D just at start) all due to confusion of time/location of the start/finish. In spite of the late start, Muffie cruised to the end, getting 2 out of 11 with a 1:50:40 "trainer", while John and Dorothy each got 1 out of 1. John's time was 2:10:47 and Dorothy's time was 2:37:01. The course measured 13.3 miles by several GPS's...so we were all happy. Pictures are uploaded to Newest Photos (our home page).
- The challenging Lilac 10K looked like it could be a "wash out" for the 2nd year in a row, but the rain stopped just in time and the sun and humidity arrived shortly before the gun. It ended up being a beautiful day on the island. Full results can be found by [clicking here](#). Photos will be uploaded onto the "newest photos" on our website shortly. Results: in order of age (and speed, almost): Overall winner 34:36. Dustin Keller, 37, 1/14 @ 41:36; Kristen McManus, 35-39, 2/39 @ 50:14; Greg Mills, 50-54, 1/18 @ 41:50; Robin DeBlake, 55-59 5/26 @ 58:38; Brent Cook, 60-64, 2/11 @ 53:58; John Johnson, 65-69, 5/10 59:31 (note, he finally re-broke an hour!!!), Dorothy Johnson, 65-69, 3 out of 5, 1:16:21, and AMAZING Bob Esford, 83 years old, 1st in age, 1:25:02. Unbelievable!!! What an inspiration! And the Striders had one walker (a new member and Brent's brother), Craig Cook winning his first award by getting 3 out of 5 with a 1:35.
- Sob...Peggy is moving to the UP this week!!!
- Congratulations to Margie Reh for getting selected as one of the 500 runners for the Governors' Labor Day Bridge Run in 2012. It was a lottery to be selected--first lottery she's won!
- Hot and humid were the words for the Memorial Day races that the Striders participated in. The race run in the AM was Memorial Day Freedom from Childhood Obesity 5k, run in Petoskey. The proceeds went to Camp Daggett. Results are: Lee - 18:39 (2nd man overall); Adriane - 25:09 (2nd woman overall); Scott - 25:31; Brent - 27:45; Jim - 29:25; Rebecca - 30:06; Robin - 30:13; Linda - 40:48. Lee, Adriane, Scott, Brent, Jim, and Robin all earned age group medals. Not only was it hot and humid but it was a very hilly course. There were no PR's in the race, but it was a fun course to run on and a good cause to run for.
- Later on that hotter, more humid day (Memorial Day), Robin DeBlake and Brent Cook ran a second race in Petoskey. It was Disabled American Veterans 5K. There wasn't any timing for the second race - more like a fun run.
- Reminder: Walking M-W-F's will switch to 8:00 AM this coming Wednesday, May 30th. All are welcomed.

- What a perfect day for the Bridge Run (Mac. City/St. Ignace) and Bayshore (Traverse City). Completing the 10K were Jim Elzinga, Brent Cook, Muffie McCauley and Linda Halford. The big news of that group was Muffie getting another PR (by 1 ½ minutes) and Jim Elzinga getting a 1st! Running the half were Robin DeBlake, Scott Halford, Adrian Agria, Dorothy and John Johnson. The biggest news in this group was Adrian PR'ing by 3 minutes with a time of 1:48:39 and Scott breaking 2 hours, only 6 weeks post-surgery. John and Dorothy both placed high enough for a medal. Look on our web site's result tab for complete results.
- News from Dorothy and John traveling around Europe: "We had a great time running with about 30 German runners in Leipzig, Germany this past Sunday. We ran nearly a 10K to get to the start of the 5, 10, 15K social run. We ran 5K more with them in the woods and then 1 mile with a couple around a lake. One of the runners (Dietmar) drove us back so we could continue on with our exploring of the city before going onto Berlin. Most of the runners had run between 1 and 125 full marathons. We can't wait to see our Strider friends and get back to running semi-daily.'
- Adriane Agria completed her first 25K, the 5th/3rd in Grand Rapids on May 12 with a time of 2:12:04, good for 24/217 in her age group. Scott Halford competed in his first race post-surgery, the 10K (same location) and came in 55/123 with a time of 55:01. Good going, Striders!.
- Muffie, Dakota, Peggy, Brent, Robin, Jim, and Linda all ran the Fitness is Fun 5K in Sault Ste. Marie on May 12. We were thrilled to see Lee Kanitz back, with just a brace on his elbow. He was able to prove that you can't keep a good man down. He ran a 17:32, for first in age group.
 Strider results:
 Muffie McCauley, masters and another PR, 22:25
 Brent Cook, Grand Masters - 24:01
 Dakota Nicholas - 1st in age group 19:05
 Peggy Recker - 6th of 17 - 26:30
 Robin DeBlake - 2nd in age group- 26:58
 Linda Halford - 4th of 6 - 34:47
 Jim Elzinga - 1st in age group - 27:15
 Muffie and Brent won nice gift certificates. Peggy won the grand prize - a real nice gazebo.
- Walking will change to summer walking hours on Wed., May 30--8 am! Monday, Memorial Day, some walkers are still likely to walk--9 am! Come join us!
- Great Strider participation at the NC Mental Health 5K in Petoskey on May 5, 2012. Lots of good prizes awarded, results are now in! Striders took six age division firsts: Dakota Nicholas 19:25, Jim Elzinga 27:35, Bob Esford 39:22, Muffie McCauley (1st by over 5 minutes w/22:33), Robin DeBlake 26:39, and Sally Bataran 28:15! Jenna Clarkston (28:08), Adriane's daughter took 2nd, Margie Reh 29:53 took a 3rd in Robin's age group (depressed to realize she is in Robin's age group--really?!) with Linda Halford taking 4th 37:19, and Rebecca Franckiewicz 27:30, took 4th of 8 in her tough younger group. Find results [here](#). Since Dorothy is gone, somebody has to remember to bring a camera next time! Joe feels so bad about the delay in results that he decided to come to the Strider's Monday night run to hand out all the medals.

- John and Dorothy ran in the One-America Indy Mini-half marathon, May 5, 2012 in Indianapolis, IN. It was a hot, humid, sunny day. The start of it was enjoyed with hundreds of beach balls being tossed up by the 35,000 runners, and then fireworks. John finished 49 out of 265 in age with a 2:16:41 and Dorothy finished her 11th straight Indy mini placing 22 out of 124 in age with a 2:43:58.
- Yoga pre-running Monday, May 7th at 5:30 at the usual IRS running take-off spot. Bring your mat, if you have one. If not, come anyways.
- The rainy morning, Monday, April 30, brought out 7 walkers today and tonight 11 runners. Nice to have Scott back with his “running papers” and nice to see Sally (and everyone else) again.
- The Striders ran in at 4 (cool) races today, April 28, 2012 At the Wood Memorial Trout Run in Kalkaska, Jim Elzinga and Linda Halford ran in the 5K. Jim finished in 28:22 for a 2nd out of 4 places, but we question two of the age place times/names and Linda finished in 36:29 and 11 out of 23 people. Ron Zywicki, ae 51, was the overall winner with a 16:48 (5:29 pace) Wow!!!. In the 10K, Adriane Agria ran a great race, finishing 2nd female by just 12.5 seconds and was masters and first in age, with a 48:02, 7:44 pace. Was this another PR, Adrian??? Another Wow!!! PS: Yes, it was a PR...by over a minute!!!
- Brent Cook and Robin DeBlake ran got another race “under their belt” this weekend, supporting the local cross country team at Houghton Lake (trail run).
- At the inaugural Flushing 5/10K Run like a Wildebeast race, also April 28, 2012, John and Dorothy competed in the 10K. Both got 1 out of 1 in age, both with best times in many months: John-57:46 and Dorothy 1:06:41. J/D voted this one of their most favorite 10K routes...city, trail in woods, in a park and then in a subdivision, with occasional rollers, many volunteers and downstate friends. Cute shirts! Door prizes, etc. It was in memory of a fellow running friend. Any other runners/walkers participate this week?
- Looking on the Pickney Trail Marathon and 5 mile run results, April 28, 2012 , we see that Muffie McCauley won 2nd place in age in the 5 mile trail run with a 9:16 pace and 46:19 finishing time, while her daughter cheered on Kevin Tarris to a 3rd overall finish in the marathon with a 3:37 finish. Great time for a trail marathon. Congratulations to both.
- Come at 5:30 PM, Monday, May 7, for yoga, pre-running at 6:00. (Postponed one week from original plan) Thanks to Rebecca. Bring a mat if you have one.
- There was a great beginning April 23, for our first Monday night club run in 2012. Welcome to Liz Trembly, our newest member.
- Cabin Fever 5K, April 21, 2012: Lee Kanitz, Jim Elzinga, Linda Halford, Dorothy and John Johnson completed it today. A record number of 155 runners participated. Lee,

Jim, Dorothy and John all got 1st place in age today. Times were Lee-16:42, Jim-28:25, John-28:27, Dorothy-32:52 and Linda-36:47, respectively. Jim wants it noted that he beat John by 2 seconds!!! It was a cool, but very sunny day on a flat as a pancake course. Lee's sister ran her very first race (in about 32 minutes). Congratulations, "Lee's sister". Lee was 3rd overall, with 2 young studs battling out for first, only 1 second separating them. (Later this day, Lee was on a different training event (on his new bike) and encountered a bad accident with a dog. He is now recovering from this unfortunate situation.)

- **Reminder: running begins on Monday nights, 6:00, April 23, 2012; walking is still at 9:00 AM on M-W-F's. Bring a friend.**
- **Saturday, April 14th, Muffie McCauley and Heidi Nicholas ran the Chip River Run Half Marathon in Mt. Pleasant. Both finished with awesome times on the very hilly, challenging dirt and paved trails and streets and each won their age groups, receiving new running shoes as their award!!! Heidi finished in 1:47's and Muffie in 1:49's. Awesome times!!! Congratulations to both. [Click here to see Muffie and Heidi.](#)**
- **Good luck to Wendy Thomas at Boston on Monday. May her father, Jim Elzinga, and Linda's cheering there bring her quickly to the finish line. (Later) Wendy finished in a very respectable time, considering the almost 90 degree temperatures during the race. Her time was about 45 min. slower than her qualifying time, but she finished and without the use of the medical tent, unlike a few thousand others. Congratulations, Wendy. [Click here to see photo of Jim and Wendy](#)**
- **Running in the Cedarville, MI "Blessing of the Runners" on Sat., April 14 were the Johnsons and Brent and Robin (and Lee). There were 19 total runners. Brent beat John by a tad bit, who beat Robin by a tad bit and Dorothy was the "sweep runner". A good time was held by all and everyone in the race got blessings and door prizes. Brent and Dorothy and Lee (who is saving his big win for next week) all got 1st place medals.**
- **Running at 1:00 on Sundays will continue 2 more Sundays, April 8 (Easter) and April 15th. Beginning the following "week-end", the Sunday runs will change to Mondays at 6:00 PM (starting April 23 at the IR Chamber of Commerce). Please pass the word and bring some new running (or walking) blood/bodies. Bring a snack and your own beverage. McDonalds: April 8/15; IRCC parking lot on the 23.**
- **We will be co-hosting the Indian River Chamber Commerce Business After Hours on Thursday, May 17. RSVP (in May) to the chamber. (5-7:30). You get in free as a member. Cash bar. Wear your IRS shirt. It will be at IR Golf Course and we are co-hosting with the IRGC and IRPT (physical therapy). This is a chance to "recruit" informally.**
- **Dorothy and John Johnson continued running races on their trip "down south" in March with their final races at Centennial Park in Nashville, TN on March 25th. (Beat the Blues 5K, put on by Nashville Striders). The first race John ran 28:09 for a 2nd out of 7 in age; Dorothy ran 34:28 for 2nd out of 3. BUT in the following race a 1 mile race, Dorothy got masters (and there were a handfull of other old women) with a 10:43, and**

John got 1st with a 8:28 mile. Dorothy worked hard to catch a 6 yo girl the whole mile. Same with John! Pictures have been posted in our newest photo section. The entire race was inside the park, perfect temperatures, sunny skies, fully blooming flowers and trees and after they enjoyed the Parthenon in the park and many other Nashville sights before heading north.

- Four Striders went down to East Jordan on March 25 for the Shamrockers Run For Gold 5K. Once again Rick Hawley did a great job, according to our participants. Striders did well with Jim Elzinga - 1st, Brent Cook - 1st, Robin DeBlake 3rd, Linda Halford 2nd in the walkers division. Lee Kanitz won the race with a 17:?? Awaiting times to be posted on Runmichigan.
- Happy St. Pat's day races all over the state/USA by the Striders. The fastest IRS runners today were Muffie McCaulley and Adriane Agria at the Traverse City Leapin' Leprechaun 5K. Muffie placed 1st out of 60 in her 50-54 age with a 22:46 (# 2 in her group was 2+ minutes behind her), and Adriane Agria ran a PR with a 23:02, placing 3rd out of 69 in the 45-49 age group. Scott will be sending photos shortly; check our photo section soon. Also running today in MI at the Clare-Irish Festival 5/10K were Robin DeBlake, Brent Cook, Jim Elzinga, Linda Halford. Linda, Brent and Jim ran the 5K, with Brent and Jim winning 1st in age groups. Robin ran the 10K and won 1st. More details will come soon. Down in the deep south, John and Dorothy Johnson ran their second LA race on St. Pat's Day. John got 3rd (out of 5) in the 60-69 age group (1:01) and Dorothy got 2nd (out of 3) in the 60-69 age group. Dorothy's bib number was 111 and she ran a 1:11:11. Anyone have a lottery ticket? After the race there was all you could eat jambalaya, beer, soda, flavored water, oranges, bananas, massages, and \$150 for the overall male and female (female was 46+ min.) BUT...age group medals went only 1 deep. Immediately after the race they found a little nearby town that was having a big gumbo cook-off (23 participants and ALL one could eat of each for \$5). Then back to New Orleans for another WILD 2 ½ hour parade of bead/toy/cabbage, etc. throwing...and kisses!!! Check for post-race photo of them.
- John and Dorothy Johnson ran their first race in New Orleans, LA, Sunday, March 11, 2011 at the Sacred Heart Academy. John was second with a 28:50 and Dorothy was 1st with a 34:05. It was a double loop, family run in 68 degree temperatures. After, they ran the ½ mile race with many "little kids". There is a photo of them in "newest photos", taken in front of the 800 all-girls' Catholic school, when they were given a private tour of the school/200 year history by the head-master/principal.
- Congratulations to our own Darryl Pfister, a regular Strider walker. He was selected as "Citizen of the Year" in Indian River tonight, Feb. 28. He is not only a Strider, but a very active member of Kiwanis, snowmobile club, sportsman club, unofficial snoopervisor/photographer of the incoming IR bridge, IR golf club, IR physical therapy core class and regular attender to all local political and/or township meetings, along with just a plain nice guy/friend of all. All communities need more people like Darryl. Thanks for walking and talking with us so often. See photos in "newest photos" of this website, or in our facebook page (after you "like" us).
- New: "[Like us on Facebook!](#)" And then share with any other running FB buddies you wish. Help spread the word.

- There will be running tomorrow, Sun., Feb. 26, 1:00 at Indian River McDonalds and also walking M-W-F from the IR Chamber of Commerce 9:00.
- This Friday, March 2, after walking at 9:00, the Striders are gathering for a “significant” birthday brunch for Jess Miller (and non-significant birthday for Jim McCloud. Both are regular walkers. Any runner/walker is welcomed to join. 10:15-10:30’ish. Come as you are! RSVP to Dorothy. drunner@racc2000.com or 231-238-8930 (not a surprise) Come as you are!
- Seven Striders ran in a Petoskey 5K fun run Sat., Feb. 25, donating hats, gloves, scarves, etc. for their entry fee. All got 1st...??? Adriane Agria was 4th overall finisher...2nd woman...1st woman masters (24:47). Brent, John, Jim, Robin all finished in 28-29+ minutes. Dorothy and Linda enjoyed cruising around the course. Mike Hemstead and 2 potential Striders (Nancy Salar and Tammy Doernenburg) also ran. Mike was 2nd overall runner. Sunny, cold, breezy, HILLY, and a 3 looper! Brunch after. :)
- Lee Kanitz was spotted shopping in Petoskey after the run. The quick report was that Muffie McCauley beat her competitor today in a snowshoe race at Camp Petosega. Must be he also completed the snowshoe race??? Muffie, Lee, Heidi, Kevin...feel free to correct, update Dorothy of a better report.
- Sun., Feb. 19, 7 Striders raced at the spring-like Hessel, MI (UP) Frosty 5/10K. Adrian Agria was the only recognized winner, being the first overall female in the 5K, with a 24.41. Other Strider 5K runners were Brent Cook-27:01; Jim Elzinga-28:55; John Johnson-28:55.1; Dorothy-33:42; Linda 38:50. Robin was our only 10K runner and she was 3rd overall woman with a 1:03.04. The overall 10K race winner was Lee Kanitz with a 39:18. He was also recently voted the UP Runner of the Year. ‘Grats, Lee. AFTER awards a lunch was provided to all of as we listened to the music of Indian River’s own Mike Ridley (also our township supervisor). Robin helped him sing the beautiful MSU fight song!!!
- We’re still waiting for snowshoe race results from Heidi/Muffie/Kevin, the weekend of Feb. 18-19.
- Sat., Feb. 18 Robin and Brent ran a race DOWN hill, getting bussed to the top of Arcadia hill, with a beautiful overlook of Lake Michigan. It did not have age group awards, but they had a great time, with Robin pouring it on, not quite catching Brent by the end.
- John and Dorothy Johnson traveled south for the Sweetheart race in Flushing on Feb. 11, 2012. They ran as a team and placed 2nd out of 4 couples in the 131 + year old couples, 5K team relay, 30:25 + 35:27. The temperature at the start of the race was nearly zero, the wind was biting, the roads were snow covered and slick but the sky was blue and sun warming everyone’s spirits. They enjoyed breakfast and fellowship with about 16 “old” Riverbend Strider friends after. Strider friends Kristin McManus and Dustin Keller of Traverse City also ran the race, winning 1st out of 4 couples in the 71-80 y/o age group, 47:54.
- A handful of Striders joined Dave and Muffie McCauley for a snowshoe hike in the beautiful Greenwood Sanctuary. Thanks for the fire, food, hot cocoa and fellowship, Dave and Muffie.
- Check out the front page of the Petoskey News from Feb 9! Our veteran runner, Jim

Elzinga, was featured in this [super story](#). This article has been also saved in our Articles and Journals section for the archives.

- At today's IRS run, Jan. 29, nine Striders gathered to run (and walk...welcome "home" Lou Bauer, for the weekend) and to socialize after at McDonalds. Brent Cook shared with us his prestigious GOLD plaque that he received from USTF. Beautiful!!! Robin is still awaiting for her earned gold plaque to arrive. Congratulations to both!!!
- An email came from Sally Bataran this week (down in Florida). Her running is going full force, running every day. This past weekend she "ran Run For the Paws. Won my age group (28:07), but I get slower every year". (Sally, you're getting older and it happens!!! Wish I were that speedy. Keep it up and continue sending reports. And Steve???)
- Registration for the Top of Michigan 100K run/relay October 13, 2012 opens Feb. 1 on Active, as well as IRS and Trails Council websites (down-loadable). There will be a reduced price for Feb. through June, and then the entry fee will rise each month. Time to think about forming teams.
- A hand full of Striders are looking at options for fall marathon, 2012. Let Dorothy know if you are also interested in training for one...and what one(s) look inviting to you and your schedule.
- At an IRS running awards presentation earlier in January, (which I'm not sure anyone was at), Jim Elzinga and Linda Halford announced the grand winners for 2011. Listed below are the winners...according to them: Volunteer of the year-Margie Reh, Most improved male runner-Scott Halford, Most improved female runner-Adriane Agria, First time marathoner-Muffie McCauley, most races in 2011-male=Jim Elzinga, female=Robin DeBlake, Best male come back-John Johnson, female=Rebecca Franckiewicz, most supportive team relay-Linda Halford, photographer of the year-Dorothy Johnson, Coach of the year-Brent Cook, Most supportive non-runner-Dave McCauley, Most consistent new strider-Peggy Recker, Youngest strider (who completed 6 races)-Jenna Clarkson.
- At the Mt. Pleasant Snowman race on Jan. 28th, Robin placed first in age and got a cute snowman trophy. Still waiting for Brent's results.
- Once again, the Striders did well in snowshoe racing, this time at the Bigfoot in Traverse City on Jan. 28. In the 5K race, Muffie McCauley (aka Muzzie McCauley) was the 1st out of 24, Peggy Recker was 3rd out of 42 in age, Lee Kanitz was 1st, Greg Mills was 9th. Kevin Tarris was the 1st overall finisher in the 10K.
- Happy New Year! Last year's news has been archived at <https://sites.google.com/site/indianriverstriders/newsletters>.
- Muffie McCauley and Heidi Nicholas finished # 1 and # 2 overall women at the BigFoot snowshoe race (5K) in Bellaire on Jan. 21 and look forward to winning a few more this winter. Heidi's friend, Kevin Terras, was the overall winner in the 10K.
- Some of the "core" walkers still show up each Monday, Wednesday, Friday AM at the IR Chamber of Commerce, for a 4 mile walk. Some days the weather/trail makes it a challenge, but the walkers continue on for a healthy start to their day. Come and join (or rejoin) us. 9:00 AM We hope you snowbirds are still enjoying the warmth.
- Jan. 21, Robin DeBlake, Brent Cook, Jim Elzinga, Linda Halford, Dorothy and John

Johnson ran a 5 mile Frozen Foot race in Traverse City. It was minus 11 degrees on our way to the race, but blue skies, sunshine, warming temperatures (+10 degrees at the start), and no wind allowed our feet and smiles from freezing. All 6 got a nice coffee cup award, some with chocolates. Brent, John, Jim, Linda all managed to make at least one wrong turn, with Brent winning the sportsman award for running the longest 5 miles (6-7 miles???).

- Pam and Jess Miller send their Hellos from Mammoth, CA, where they have been enjoying the sunshine, hiking, family, and skiing.
- Robin completed 49 races in 2011. Wow!!!
- Jim Elzinga and Linda Halford ended 2011, and began the 2012 race season by doing three 5Ks in six days. Dec. 26th they traveled to Sault Ste Marie, Canada for the Boxing Day Run, Jim's 40th of the year. Dec. 31st, they joined about 400 other runners at Hope College in Holland, Mi. to run a 5K through the Dutch village, and the nice heated streets of Holland. This was an evening run, and it was beautiful. Jan 1st was the Sgt. Preston 5 and 10K in N. Muskegon. The weather was terrible, high winds and rain that changed over to wet snow. Jim was 1st in his age group, Linda took 2nd, both in the 5K. In the 10K Jim's daughter Wendy took 1st in age group, Granddaughter Emily was 1st female overall.
- Greenwood Foundation in Wolverine is hosting outings again this winter and are hoping you can attend. The first outing will be a Full Moon Snowshoe Hike on Friday, January 6th @ 8 pm. If we continue to have no snow the Full Moon Snowshow Hike will be rescheduled in February or March. Little Traverse Conservancy (LTC) will co-host a ski and snowshoe hike at Greenwood on January 14th @ 10:00 am which will end back at a bonfire before noon. Call LTC for to sign up: 231-347-0806. Greenwood will also host a ski and snowshoe hike on February 11th @ 10:00 am which will also end back at a bonfire with treats to share. Please arrive about 15 minutes early for all events so you don't get left behind. All are welcome to attend. If you have any questions or need directions please contact Muffie McCauley at 231-525-8660.
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