



# Grand Rapids Running Club

www.grandrapidsrunningclub.org

Volume XI, Issue I

## Special points of interest:

- Don't forget the Holiday Bash. See what runners look like when they dress up!
- Voting for 2006-2007 Club Officers. Ballot in this issue.
- It's time to renew your GRRC membership for 2006.

## Inside this issue:

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- New Members **3**
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- Runner of the Year Final Standings **5**
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## Fifth/Third Riverbank Run Mentor Program

GUESS WHAT'S COMING JUST AROUND THE CORNER?????

5/3 River Bank Training starts Saturday, January 7 at 8am at John Ball Park Zoo. Same place and time for the next 19 weeks till race day on May 13, 2006.

Can you believe how fast the year went? WOW!!!! I know some of you finished your first marathons after the River Bank Run and for that we are so proud of you. Some of you we helped along and some of you did it on your own. Mike and I were lucky enough to see alot of you cross that finish line and that was a great experience. I remember one of you was a surprise to me that you had continued to train for a marathon and I was lucky enough to see you cross that finish line. YEAH.... to all of you!!!! YOU DID FABULOUS!!!!

For those of you who have taken the summer off that's ok. Come



2005 25K Start

and start back up with us on the 7th. We are looking so forward to seeing everyone again. Bring friends with you. I am sure everyone has at least one friend who was so proud of you last year that said I wish I could have done it with you. Bring them along this year and they can join in on all the glory of crossing that finish line with you.

We have speakers lined up this year with lots of great advice and

there are different races throughout the time that we will be taking part in. We are going to have a fun run for the mentors and mentees to be paired up together on February 4 which will be a lot of fun and right at the park as part of your training for the day.

Come and join all the fun and start some new and wonderful friendships with people from all over the area.

Note to the previous green bandits we can't do it without all of you!!!! Please try and find your green bandana's and if you can't let me know so we can make sure we get you a new one so that all the mentees know who you are.

See you all on the 7th!!!

Happy training,

Mike and Jan Lapp  
GRRC Mentor Program Directors

## 2006 Race Schedule

The 2006 race schedule includes several new events and changes to others.

A new two person Team Fun Run has been added in February. This will pair up a member with a mentee from the 5th/3rd Mentor Program.

The July trail run has been moved from Pigeon Creek to Aman Park. Closer to home for most of us.

In August, the Co-Ed Relay is expected to move from Mulick Park to Riverside Park.

See the newsletter calendar for races January through March.

For the full schedule and complete information about races, please see the club website.

Remember that non-members and walkers are welcome at all

events.

Members will pay \$2.00 and non-members \$4.00 for each event.



# Grand Rapids Running Club

## January 2006

### Training Runs (TR):

Saturday/Sunday 8am—John Ball Park  
 Wednesday 5:30pm—Johnson Park  
 Speed Workouts begin Tuesdays in April

### Events:

\* Runner of the Year Points Race

#### January 7, 2006

\* *West Catholic High School*  
 1.5, 5k and 10k. Sign up at 9:30am, race at 10am.  
 Contact Dennis Scully  
 791-9694 or 453-8600  
 dscully@mapesinsurance.com



#### February 4, 2006

*Mentor/Member Run at John Ball Park Race*  
 3 Mile Run, 2 person team Fun Run 8am  
 Contact Mike Lapp 430-5084  
 tyha33@yahoo.com

**February 18, 2006**  
*GRRC Holiday Bash*  
 6:00 pm to midnight  
 The Guest House  
 638 Stocking Street, NW



#### March 4, 2006

*Robinette Orchard Fun Run*  
 4 and 8 Miles.  
 Run starts at 9am. Cider and donuts following. Minimum \$2.00 donation  
 Presentation of annual club awards  
 Contact Jim VanderKlok 363-2343

#### March 25, 2006

*2nd Annual Kent City Ridge Run*  
 15K Run and 5K Run/Walk Early Registration by 3/13. Cost \$17 with shirt, \$12 without shirt. Family rate available.  
 Starts 9:30 am Kent City High School  
 Contact Jill Evers 616-678-7369  
 ccj\_me@hotmail.com



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 TR 8am	2	3	4 TR 5:30pm	5	6	7 West Catholic HS Club Race
8 TR 8am	9	10	11 TR 5:30pm	12	13	14 TR 8am
15 TR 8am	16	17	18 TR 5:30pm	19	20	21 TR 8am
22 TR 8am	23	24	25 TR 5:30pm	26	27	28 TR 8am
29 TR 8am	30	31				

## February 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 TR 5:30pm	2	3	4 Team Fun Run Mentor/Member 8am
5 TR 8am	6	7	8 TR 5:30pm	9	10	11 TR 8am
12 TR 8am	13	14	15 TR 5:30pm	16	17	18 TR 8am Holiday Bash 6pm
19 TR 8am	20	21	22 TR 5:30pm	23	24	25 TR 8am
26 TR 8am	27	28				

## March 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 TR 5:30pm	2	3	4 Robinette Fun Run 9am
5 TR 8am	6	7	8 TR 5:30pm	9	10	11 TR 8am
12 TR 8am	13	14	15 TR 5:30pm	16	17	18 TR 8am
19 TR 8am	20	21	22 TR 5:30pm	23	24	25 TR 8am Kent City Ridge Run 9:30am
26 TR 8am	27	28	29 TR 5:30pm	30	31	

*The GRRC Holiday Bash – Dress Up!  
(Adults only)  
Saturday, February 18, 2006  
6:00pm – Midnight*

*Buffet dinner and dancing at  
The Guest House  
638 Stocking Street, NW  
Grand Rapids, Michigan 49504*

*Cost is \$25 per person for food and DJ.  
Cash bar. Well drinks \$3. Top shelf \$4.  
Beer/wine also available.*

*Pre-registration deadline is Saturday, February 11.  
\$30 after February 11.*

*Make out your check and send your payment to:  
Tamara Steil  
2795 Timber Lane  
Grandville, MI 49418-2075*

*Questions? Call Tamara Steil at 531-3811  
or e-mail her at [tsteil@gpsk12.net](mailto:tsteil@gpsk12.net)*

*Make copies of this flyer and share it with anyone you know who might find this fun.*

*Directions:*

*From I-196 freeway, take exit 76 toward Lane Avenue.*

*From I-196 West, stay on 1<sup>st</sup> Street.*

*From I-196 East, turn left on Lane, then left on 1<sup>st</sup> Street.*

*1<sup>st</sup> Street turns into 2<sup>nd</sup> Street.*

*Turn left onto Stocking Avenue. The Guest House is on the right side of Stocking.*

# Grand Rapids Running Club

## Candy Cane Run—Saturday December 17, 2005

Race Director—Ellen Dykstra-Wilcox

### Females:

#### 10 Years and Under (1.5 Miles)

1st	Carlie Penning	14:57
2nd	Abbie Rossman	15:55
3rd	Emma Vela	29:30
4th	Natalie DeGraff	29:30

#### 11 - 14 Years (1.5 Miles)

1st	Rachel Steil	10:19
2nd	Hannah Vela	29:30

#### 15-18 Years (3 Miles)

1st	Jessica Koster	18:52
2nd	Alyssa Penning	20:57
3rd	Emma Dalrymple	21:58
4th	Brooke Henderson	25:07
5th	Jennifer Spliedt	32:00
6th	Angie Splieddt	32:48

#### 19 - 29 Years (3 Miles)

1st	Camille Doan	20:45
2nd	Ashley Grill	23:00

#### 30 - 39 Years (3 Miles)

1st	Jill Evers	22:58
2nd	Mary Lamson-Burke	27:53
3rd	Lisa Vela	29:15

#### 40 - 49 Years (3 miles)

1st	Barb Oseland	22:57
2nd	Anne Heathcote	29:24
3rd	Lecia Selzer	31:20
4th	Barb Cozier	31:42

#### 50 - 59 Years (3 miles)

1st	Tamara Steil	22:23
2nd	Suzanne Kozloski	28:53
3rd	Kathy Haase	29:25
4th	Sue Merizon	33:10

### Open (6 miles)

1st	Andrea Scheldbauer	40:05
2nd	Steph Wise	49:37
3rd	Nicole Wise	50:41
4th	Maddie Zych	51:20
5th	Stephanie Rossman	51:20
6th	Renee Korican	52:00
8th	Mary Rossman	57:21

### Men's Open (3 miles)

1st	Justin Ogle	15:55
2nd	Kevin Holmes	23:43

### Males

#### 10 Years and Under (1.5 Miles)

1st	Evan Viau	11:39
2nd	Spencer Endres	13:38

#### 11 - 14 Years (1.5 Miles)

1st	Chad Scott	8:32
2nd	Erik Bates	8:35
3rd	Trevor Oseland	11:39

#### 15 - 18 Years (3 Miles)

1st	David Sweet	17:24
2nd	Tony Schafer	17:49
3rd	Mitchell Smith	19:35
4th	Nick VanKuiken	20:44

#### 19 - 29 Years (6 miles)

1st	Kristopher Koster	33:10
2nd	Mike Edwards	33:10
3rd	Mike Ball	40:02
4th	Jake DeVries	46:16
5th	Andy Grosvenor	48:12

#### 30 - 39 Years (6 miles)

1st	Scott Belland	40:06
2nd	Nate Bultman	50:01
3rd	Jim Korican	51:53
4th	Todd Vela	54:51

### 40 - 49 Years (6 miles)

1st	Dan Droski	35:33
2nd	Russ DeRoos	37:15
3rd	Mike Woodbeck	38:16
4th	Steve Glaz	43:32
5th	Kevin Burns	43:33
6th	James Smith	45:41
7th	Ed Spier	46:07
8th	Scott McCuaig	49:10
9th	Craig Rossman	51:21

### 50 - 59 Years (6 miles)

1st	Scott Liversedge	36:58
2nd	Chip King	39:55
3rd	Nick Koster	40:35
4th	Dave Minier	40:43
5th	Bob Schaffer	40:47
6th	Ken DeBack	41:08
7th	Don Huizinga	45:10
8th	Don Yeager	46:26
9th	Tom Rademacher	47:09
10th	Chuck Spliedt	47:13
11th	Bill Bauman	48:23
12th	Bruce Babcock	50:55
13th	Ed Zimmerman	59:28
14th	Dave Hulst	1:07:34

### 60 - 69 Years (6 miles)

1st	Matt Britton	44:42
2nd	Don Litzsey	45:30
3rd	Rod Smith	46:06
4th	Gordon Carpenter	51:05
5th	Jay Carr	1:01:47

### 70 + Years (6 miles)

1st	Harold Plasier	51:17
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DeGraff & Vela Family  
takes most of the Candy  
Cane Awards

## Runner of the Year (ROY) - 2005 Final Results

### Female 0-10

Rossman, Abbie 29  
McWain, Leanne 10

### Female 11-14

Steil, Rachel 70  
Steil, Angela 14

### Female 15-18

Koster, Jessica 40  
Zylstra, Samantha 24  
Bauman, Becca 10  
McWain, Chelsea 9  
Spliedt, Jennifer 3

### Female 19-29

Arnold, Susan 65  
DeYoung, Sarah 20  
Ball, Nicole 19

### Female 30-39

Evers-Bowers, Jill 90  
Blair, Cindy 18

### Female 40-49

Lynn, Kathryn 59  
Oseland, Barb 28  
Wilcox, Ellen 18  
Droski, Melanie 10  
Heathcote, Anne 9  
Fong, Christina 8  
Selzer, Lecia 8  
Clay, Jo 7  
Cozier, Barb 7  
Grzeskowiak, Sandy 6  
Bryan, Denise 5

### Female 50-59

Steil, Tamara 89  
Kozloski, Suzanne 74  
Schut, Carla 9  
VanNest, Nancy 9  
Haase, Kathy 8  
Spliedt, Cindy 8  
Merizon, Sue 7

### Female 60-69

Arbanis, Diana 60

### Female open

Liversedge, Nancy 80  
Pluger, Maureen 18  
DeYoung, Sarah 8  
Zych, Maddie 7  
Rossman, Stephanie 6  
Rossman, Mary 4

### Male 0-10

Viau, Evan 78  
Endres, Spencer 65  
Pluger, Spencer 9  
Rossman, Jake 9  
Spliedt, Sean 9  
McWain, Christopher 8

### Male 11-14

Bates, Erik 78  
Oseland, Trevor 36  
Scott, Chad 19

### Male 15-18

Sweet, David 43  
Manion, Dylan 9  
Woodbeck, Eli 3

### Male 19-29

Minnema, Jimi 82  
Ball, Mike 79  
Koster, Kristopher 39  
May, Josh 29  
Liversedge, Nick 17  
DeYoung, David 11  
Jeon, Jin 5

### Male 30-39

Belland, Scott 66  
Sisovsky, Paul 25  
Droski, Dan 20  
Elvey, Bill 19  
Manion, Jon 18  
Smith, Ted 9  
Wade, Gary 9  
Basher, John 8  
McCaffrey, Paul 8  
Pluger, Jay 7  
Shamel, Bud 6

### Male 40-49

DeRoos, Russ 88  
Holmes, Kevin 76  
Glaz, Steve 55  
Woodbeck, Mike 36  
Wilcox, Steve 14  
Burns, Kevin 13  
Danhof, Russ 13  
Kowalczyk, Gary 13  
Passenger, Don 13  
Endres, Bill 12  
Spier, Ed 12  
Droski, Dan 10  
Sweet, Shawn 9  
O'Donnell, David 7  
West, Scott 6  
Kern, Don 5  
Rossman, Craig 2

### Male 50-59

Liversedge, Scott 90  
Minier, Dave 83  
Bates, Randy 68  
Huizenga, Don 43  
Yeager, Don 43  
DeBack, Ken 41  
Koster, Nick 31  
Shaffer, Bob 27  
Anton, Jim 19  
LaFleur, Dwight 19  
Pomarius, Chuck 17  
Scully, Dennis 10  
King, Chip 9  
VanNest, Tim 9  
Bauman, Bill 8  
Wynbeck, Buzz 8  
Spliedt, Chuck 5  
Hunefeld, Rich 2  
Rademacher, Tom 2  
Hulst, David L. 0

### Male 60-69

Smith, Rod 96  
Kenyon, Doug 65  
Carr, Jay 44  
Carpenter, Gordon 15  
Persak, Mike 15  
Britton, Matt 10  
Litszey, Don 9

### Male 70+

Plaisier, Harold 80  
Ypma, Wally 18  
Hunting, John 10

*Awards for Runner of  
the Year to be  
presented March 4th  
at Robinette's Orchard  
Fun Run*

*Ridge Run Amenities*

*include:*

*Colorful T-shirt.*

*Locker Rooms*

*Unique age group*

*prizes to the top 3  
finishers in the 15K.*

*Five year age groups.*

## Second Annual Kent City Ridge Run—March 25

The 2<sup>nd</sup> Annual Kent City Ridge Run will take place at 9:30 a.m. March 25, 2006 at Kent City High School. This year's events will again include a 15K run and a 5K run/walk.

Last year's event was a big success with almost 300 participants.

Changes for 2006 will include: a new shirt design and color, more age groups, new awards, chip timing, and online registration. The courses will remain the same—on scenic, rolling roads north of rural Kent City.

If you are training for the Riverbank Run, the 15K is just for you; make those hills on Butter-

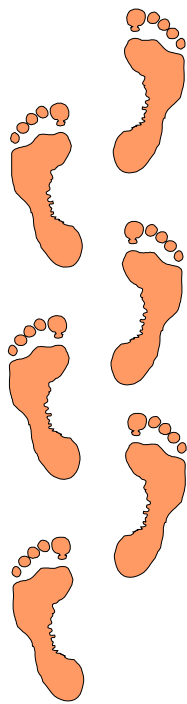
worth easy in May by racing in Kent City in March. If you are a 5K specialist, come to the country and enjoy a spring event put on by the Kent City Cross Country program.

Contact Jill Evers for more information at [ccj\\_me@hotmail.com](mailto:ccj_me@hotmail.com) or 616-678-4210.

# Grand Rapids Running Club

## Walking Workshop

by Barb Minier



I was standing at the start of the Reeds Lake Run in June of 1995. I was holding clothes that some runners wanted at the end of the race that they didn't want to wear during the race. Dave had just started running a few months ago and I was enjoying watching him start and finish a race. Yes, there is a "but". But, I was watching those runners' faces and noticed an excitement that I wanted to experience too. But I can't run. I know that because my knees tell me that every day. What could I do? At the end of the start of the run came the walkers and there were very few of them. Hey! I can do that. I can walk in a race. I walk every day!

I decided right there that my days of holding clothes for runners were over and I was going to be a walker that raced. I didn't know at the

time that I would meet Debbie Snider and Lila Lynn and we would go off to Flint on Sunday mornings to train with a race walker that had been an Olympic race walker. I didn't know that we would go to a clinic in Kalamazoo and train with Martin Rudow, Former Head Coach for the US Men's Race Walking Team. I would really train hard and become competitive. We walked the Crim, didn't get disqualified, and actually received great awards. That's all it took. We were hooked.

Those were wonderful times but (another "but") today the one thing that I have come to realize was that what made those times wonderful were the people that I met. I know that there are potential walkers out there that I have yet to meet. I also know that walkers are a different breed than run-

ners. Why go somewhere to walk when I can just go out my front door and walk? Walking with someone or a group is so rewarding. I know I have solved many problems in this world just by walking and talking. It truly is a natural high. When you finish your first race, you will really experience the best high. You are doing something to better yourself and you're having fun doing it.

Check out the calendar on the website and come out and walk with the group on one of the training runs. If you have any questions, email me at [barbaminier@sbcglobal.net](mailto:barbaminier@sbcglobal.net) or call me at 616-531-5192.

In this section of the website (or newsletter) I will have some kind of information about walking. Whether you want to race walk, walk for weight loss, or just walk for pleasure I hope this will be helpful to you.

This may be your first question: "What exactly is race walking?"

"Race walking differs from running in that it requires the competitor to maintain contact with the ground and straighten their front knee when the foot makes contact with the ground, keeping it straightened until the knee passes under the body."

*USATF rules of race walking*

**Next Workshop:** *What is your fitness level?*



**Grand Rapids Running Club  
Return by**

**Ballot  
Jan. 16, 2006**



**Office of President:**

- Shawn Sweet
- \_\_\_\_\_ (write-in)

**Office of Vice-President:**

- Mike Lapp
- \_\_\_\_\_ (write-in)

**Office of Secretary:**

- Joyce Sweet
- \_\_\_\_\_ (write-in)

Return your completed ballot to:

Scott Belland, Treasurer, GRRC  
1110 Baldwin SE  
Grand Rapids, MI 49506

**GRAND RAPIDS RUNNING CLUB  
Membership Application**

Please complete and mail with your payment to  
The Grand Rapids Running Club  
ATTN Scott Belland  
1110 Baldwin SE  
Grand Rapids, MI 49506

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
City/State/Zip

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Email Address

Gender (check one)

- Male
- Female

Membership Option (check one)

- Single membership (\$12)
- Family membership (\$18)

Renewal? (check one)

- New member
- Renewal

*Please check your membership label. If the date does not show 12/06, this will be the last newsletter mailed to you.*

www.grandrapidsrunningclub.org

1110 Baldwin SE  
Grand Rapids, MI 49506

**PRESORTED STANDARD  
US POSTAGE  
PAID  
GRAND RAPIDS MI**

**Training Runs:  
All Paces and Distances**

**Saturdays, 8:00 A.M.**  
John Ball Park  
Zoo Parking Lot

**Sundays, 8:00 A.M.**  
John Ball Park  
Zoo Parking Lot

**Tuesdays, 5:30 P.M.**  
Heritage Park  
Canal & 44th (starting April  
06)

**Wednesdays, 5:30 P.M.**  
Johnson Park  
Main Parking Lot



**Grand Rapids Running Club  
Officers (2004-5)**

**President:**  
Maureen Pluger 669-8406

**Vice President:**  
Dan Schroeder 742-5868

**Treasurer:**  
Scott Belland 742-0384

**Secretary:**  
Joyce Sweet  
colorfulkitty@yahoo.com

Send your ballot for 2006-7 officers found on the previous page.

**Wanted: Reporters**

Please send your newsletter contributions to the editors:

Sue Merizon  
1475 Stark NW  
Grand Rapids, MI 49534  
smerizon@sbcglobal.net

Barb Minier  
1685 Pincroft Ct NW  
Wyoming, MI 49519  
barbaraminier@sbcglobal.net

**Moving ??**

Please notify us of your new address!  
Send change information to:

Scott Belland  
1110 Baldwin SE  
Grand Rapids, MI 49506

Or by Email to  
Joyce Sweet  
colorfulkitty@yahoo.com

*The GRRC newsletter is published quarterly. Contributions must be received by the 15th of the month prior to newsletter publication.*

Be sure we have your email address also! We want to notify you as soon as race results and the newsletter are available on the web.

**We're on the Web!**  
**grandrapidsrunningclub.org**