

# RUN IT FAST

November 21, 2012  
Volume 1, Issue 2

## RIF on the net:

[RunItFast.com](http://RunItFast.com)  
[Run It Fast – The Club](#)  
[@RunItFast on Twitter](#)  
[Run It Fast on Facebook](#)

## Upcoming Races for RIFers

- ✓ Black Diamond 40 Miler
- ✓ St. Jude Memphis Marathon
- ✓ Death Valley Trail Marathon
- ✓ Rocket City Marathon
- ✓ Lookout Mountain 50 Miler

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## Thankful

Thank you for all of the positive feedback on our first issue of the Run It Fast Newsletter! I am glad you enjoyed it. We hope to make it better and better each time and we are open to any suggestions you might have.

I personally have had an amazing year and accomplished more than I ever even thought I could. I owe a lot of that to the people I've met through Run It Fast, both in person and on-line. You'd think there would be a ton of runners in Southern California but there are zero clubs near me. Run It Fast helped me feel like part of the running community. I would not have run as much as I have this year or tried ultras without Run It Fast. Mostly, I blame RIF #1 Joshua and RIF #2 Naresh for that! ;) No seriously, I am inspired by

so many of you and that makes me want to run more.

I just want to say **THANK YOU** to everyone in Run It Fast – The Club for inspiring me! I'm also thankful for the support and the encouragement I've received from all of you.

I'm thankful that running has kept me healthy and kept me from putting back on all the weight I lost. Mostly, I'm thankful that running has introduced me to some incredible people and some stunning places and has given me so much joy and fun and adventure. Running rocks!

Thankfully,  
RIF #5 Lisa

## New RIF - The Club Members

Please join me in welcoming our newest RIF – The Club members! Here are our newest members to join:

- 203. Rodrigo Jiménez - TX
- 204. Garrett Uphold - TN
- 205. Beth Adams-Brooking - FL
- 206. Gary Krugger - AZ
- 207. Jorge Angel - Columbia
- 208. Robin Crouch – TX
- 209. Abby Lackey – TN

## Welcome to the club!



RIF #204 Garrett



## HAPPY THANKSGIVING!

Who's racing a Turkey Trot this Thanksgiving? Good luck if you are racing and don't forget to **Run It Fast!** P.S. That's my bib from last year's Turkey Trot signed by Macca (Ironman World Champion Chris McCormack)! Woo!



**Kristy Escue**  
**RIF #191**



**Heather Shoemaker**  
**RIF #44**



**Alicia Eno**  
**RIF #126**

## RIF - The Club Profiles

This past month we featured 3 RIF Club Members:

RIF #44 Heather Shoemaker  
RIF #126 Alicia Eno  
RIF #191 Kristy Escue

Both Heather and Alicia have run a ton of marathons and Kristy is just about to run her first marathon so their profiles run the spectrum of Run It Fast Club Members. What do they all have in common? They are pushing their boundaries! Heather is training to complete her first 100 Miler, Alicia is on a mission to get super speedy, and Kristy is aiming to rock the St. Jude Marathon. I have no doubt all 3 of them will accomplish their goals.

If you didn't get a chance to read their profiles, I encourage you to take the opportunity to get to know them.

Heather's Profile:

<http://runitfast.com/2012/11/08/run-it-fast-%e2%80%93-the-club-profile-heather-shoemaker-44/>

Alicia's Profile:

<http://runitfast.com/2012/10/25/run-it-fast-the-club-profile-alicia-eno-126/>

Kristy's Profile:

<http://runitfast.com/2012/11/01/run-it-fast-the-club-profile-kristy-escue-191/>

## Making A Difference

Did you know that a few of our RIF Club members are race directors? One of our newest members, RIF #204 Garrett Uphold, is not only our youngest member but just became an RD this month too. How cool is that?

Garrett's mom, RIF #13 Mikki Trujillo, heard about a local athlete, Michael Boyd, who was trying to raise money for a handcycle to compete in races and she told Garrett about it. Garrett was looking for a project for his school's National Make A Difference Day and decided he would put on a 5K to help raise money for the hand cycle.

And so the Run 2 Roll 5K was born and Garrett put together the race including organizing it, signing up runners, creating posters and t-shirts, and making medals.

Garrett had 42 runners participate in the R2R 5K on November 3<sup>rd</sup> and they raised over \$2,300 to help Michael reach his fundraising goal! In the photo below, you can see him handing out the Overall medal. What an awesome RD. :)

Congratulations Garrett on making a difference in Michael's life! You rock!



## Running For Bling

Who runs for bling besides me? You know you do! It can't be just me. I'll admit that when I'm looking at a race, I check out the medal. It may or may not play a part in my decision to race it but I usually know what I'm going to get.

RIF #3 Jonathan Bobbitt once received a **sticker** for a half marathon so I guess I can't complain too much about the generic medal at the Big Sur Trail

Marathon in September since the scenery more than made up for it. But you should see the bling that's been submitted to the [Bling Case](#) lately! I have added a bunch of races to my wish list because of it.

Right now, the vote for the [Best Race Medal for September 2012](#) is running on Run It Fast so if you haven't had a chance to vote, head on over and pick your favorite.



**The September vote:**

<http://runitfast.com/2012/11/15/vote-best-race-medal-%E2%80%93-september-2012/>

## Extreme Racer 2012 Update

68 RIFers have submitted races through October and there was a little shakeup in the Extreme Racer 2012 Leaderboard. RIF #159 Diane Bolton has raced her way into 2<sup>nd</sup> place Overall and bumped RIF #1 Joshua Holmes out of the top 3 Overall!

### Top 3 Overall

1. RIF #194 Steve Hughes - 1832.4
2. RIF #159 Diane Bolton -1322.7
3. RIF #190 John Kent Leighton - 1304.58

### Top 3 Men

1. RIF #194 Steve Hughes – 1832.4
2. RIF #190 John Kent Leighton – 1304.58
3. RIF #1 Joshua Holmes - 1286.8

### Top 3 Women

1. RIF #159 Diane Bolton – 1322.7
2. RIF #124 Michelle Walker - 618.1
3. RIF #44 Heather Shoemaker – 544.4

Check out the complete standings here: <http://runitfast.com/2012/11/20/the-women-are-moving-up-in-the-extreme-racer-standings-thru-oct>

If you haven't submitted your points yet for October (or earlier months), you can do so with this link:

<http://runitfast.com/run-it-fast-club-extreme-runner-entry-form/>

And go here if you would like to know more about the contest:

<http://runitfast.com/2012/05/04/run-it-fast-the-club-extreme-runner/>

You can also send questions to Joshua at [runitfast@gmail.com](mailto:runitfast@gmail.com) or Lisa at [runitfastLisa@gmail.com](mailto:runitfastLisa@gmail.com). Make sure you contact one of them if you are having trouble submitting your points as well.

Hope you are racing tons in November to offset Thanksgiving dinner!



**Diane Bolton RIF #159**

## RIF Club Member Blogs

Looking for a little lunch time reading? Why not check out one or two of the blogs of your fellow club members? Here are a few that you can start with:

RIF #34 Leah Thorvilson - <http://leathorvilson.com/>

RIF #153 Justin Gillette - <http://www.gilletterunning.blogspot.com/>

RIF #179 Arthur Priddy - <http://www.arthurpriddyruns.com>

RIF #79 Dallas Smith - <http://dallasfallsforward.blogspot.com/>

RIF #68 Brenton Day - <http://thealerunner.com/>

RIF #12 Kevin Leathers - <http://www.cantstopendurance.com/>

RIF #140 Dennis Arriaga <http://dennarr.com/>



**RIFers at the 3<sup>rd</sup> Annual Walker/Run 5K**

**If you have a blog you'd like to share with the RIF – The Club members, let Lisa know at [runitfastLisa@gmail.com](mailto:runitfastLisa@gmail.com).**



**Danny Staggs RIF #186**



**RIFs Donna Johnson Pittman #181 & Marlene Deem #189**



## Congratulations Corner

RIFers rocked the month of October! They set new PRs, raced longer than they ever have before, and brought home the bling!

Here's a look at what RIFers accomplished in the month of October:

### New PRs:

- \* RIF #25 Alex Morrow PRd by 10 minutes AND qualified for Boston at the Columbus Marathon.
- \* RIF #1 Joshua Holmes PRd by over an hour at the Yellowstone-Teton 100 Miler.
- \* RIF #189 Marlene Deem PRd at the Halloween Hunt 5 Miler.
- \* RIF #133 Michelle Mitchell PRd at the Chicago Lakefront 50K.
- \* RIF #60 Christy Bowers PRd at her half marathon by nearly 15 minutes.
- \* RIF #22 Wade Anderson PRd at the STP marathon.
- \* RIF #181 Donna Johnson Pittman PRd at the Music City Half.
- \* RIF #173 Mark Watson PRd at the STP marathon.
- \* RIF #27 Anthony Ohrey PRd at the STP marathon.
- \* RIF #147 Josh Liggett PRd both the marathon and the half marathon this month!

### Personal Longs

- \* RIF #5 Lisa Gonzales ran a personal long (100K) at the Javelina Jundred.
- \* RIF #66 Robert Boluyt ran a personal long (70 miles) at Javelina Jundred.
- \* RIF #166 Nathan Judd ran his first 50K.

### Wins/Age Group Wins:

- \* RIF #153 Justin Gillette won the Bellingham Bay Marathon and set the course record (2:29:54)!

### Wins/Age Group Wins:

- \* RIF #33 Robin Robbins was 1st in his age group at the STP Half and was 2nd in his age group at the Two Lakes Trail Run.
- \* RIF #126 Alicia Eno - 2nd woman overall at a 5K in Memphis & 3rd Woman overall at Nebraska Marathon.
- \* RIF #1 Joshua Holmes was 1st in his age group at the YT100.
- \* RIF #189 Marlene Deem was 3rd in her age group at the Halloween Hunt 5 Miler.
- \* RIF #133 Michelle Mitchell set the course record at the Chicago Lakefront 50K.
- \* RIF #46 Shannon McGinn was the 10K overall women's winner AND the 3rd place overall woman at the Terri Roemer Paramus Run, 10k/5k Double.
- \* RIF #186 Danny Staggs was 3rd Overall and 1st in his age group at Sierra Hull Festival 5K.
- \* RIF #47 Nicole Knutson was 1st Woman at the Run for Wounded Warriors.
- \* RIF #4 Marj Mitchell won the Grandmasters Award at the TCA 10K Heritage run and was 1st in her age group at Delta Dash 5K.
- \* RIF #206 Gary Krugger was 1<sup>st</sup> Overall at the Durango 50K, was 2<sup>nd</sup> Overall at the Durango Marathon, and was 2<sup>nd</sup> Overall at the Duke City Marathon

## Congratulations RIFers! Way to Run It Fast!

Don't forget to share your running accomplishments with us. Let us know on the Facebook RIF group page or when you submit your Extreme Racer points for the month. You can also let Lisa know at [runitfastLisa@gmail.com](mailto:runitfastLisa@gmail.com).

**RIFers at TCA 10K Heritage Run - David Oglesby RIF # 19, Marj Mitchell #4, and Amanda Cottingham #61**

### It's All About The Shirt

There was a thread on the Run It Fast Group page on Facebook that surprised me this month. RIF #47 Nicole posted a comment that she received from a spectator in her last race while wearing her Run It Fast Shirt. He said something about how it didn't look like she was running it fast. A couple of other RIFers had run into that too. Boo!

Maybe I'm just naïve but I don't get why anyone would want to make someone feel bad while they are racing. I decided to ask on Twitter if others had run into similar situations and I'm sad to report that it has happened to others there as well so it's more common than you'd think.

I've never had anything but encouraging and fun comments while wearing my RIF shirt. My favorite cheers were all the "Go Run It Fast Minnie's I heard at the Disneyland Half. Total blast!

I'm not fast. I'm a middle of the packer. Sometimes I've been DFL (dead flipping last) but I still wear my shirt at every race because I'm faster than everyone NOT racing. So there. ;)

Don't let fear of negative comments keep you from wearing your shirt! Wear it, have fun, and be proud of what you're doing! Then don't forget to share your photos with us on Facebook or send them to me at [runitfastLisa@gmail.com](mailto:runitfastLisa@gmail.com).



Run It Fast Minnie



RIFers at 7 Bridges Marathon



RIF #124 Michelle & RIF #159 Diane

