

RUN IT FAST

March 25, 2013
Volume 1, Issue 6

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Upcoming Races for RIFers

- ✓ Griffith Park Trail Marathon
- ✓ Boston Marathon
- ✓ Country Music Marathon
- ✓ Big Sur
- ✓ Strolling Jim 40M
- ✓ Run Under The Stars

**RIF Club Charity
Water Contributions
To Date:
\$862**

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Confessions

I have a confession to make. I have not "raced" a race since last September. I've been signing up for races but just running them for fun. I haven't been pushing myself. A couple weeks ago, I ran the Snoopy Coaster Run 10K at Knott's Berry Farm. I was excited to run it because Snoopy is my nickname (because I may or may not be slightly, ok...outrageously nosy!) but a part of me was nervous to run it too. I was afraid to race the 10K and find out how much slower I'd become. I was tempted to just run it for fun and stop and take pictures while we ran thru the amusement park. I was scared to test myself.

Oh wait, here's another confession. I LOVE putting the newsletter together. I really do. But I sometimes get a little

jealous of all of the PRs and Age Group wins that you guys accomplish. Because I want that too. I want to keep improving and really live up to the Run It Fast philosophy of not settling and pushing yourself to go farther and faster than I'VE ever done before.

I decided to use some of the resources available to me thru the Club and I hired a coach! And I decided to race my little legs off at the 10K so we could see where I was at. It turns out, I wasn't as slow as I'd thought. Oh, I have some work to do for sure. But luckily, in the spring, a young (or not-so-young) runner girl's thoughts turn to running and I am so ready to Run It Fast! Bring on spring! ☺

Lisa

New Members

We had 8 new members join The Club since the February newsletter! Yay! Please join me in welcoming our newest RIF - The Club members!

Here are our newest members to join:

- 247. Mark Ogletree - TN
- 248. Jeff Le - VA
- 249. Michael McLaughlin - NY
- 250. Sandra Deal - FL
- 251. Josh Faulkner - OK

- 252. Neil Dryland - Norway
- 253. Ann Stennick - OR
- 254. Houston Wolf - TN

Welcome to The Club!

Check out this cool map that RIF #1 Joshua made that shows where RIF Club Members are in the US (a version showing the international members will be coming soon):



RIF On Instagram



RIF #225 Hope Shull

On Sunday March 10, 2013 RIF#225 Hope Shull lost her courageous battle with ovarian cancer. 3 RIF Club members kindly shared their memories of her with us:

"We had been running buddies since I began running in 2008. She encouraged me to become a marathoner and trained with me. Sometimes even after having a chemo treatment on a Friday afternoon, she would insist on meeting me on a Saturday morning either at Chickasaw or at Pinson so that she could run with me. I would tell her I was doing my long runs at a slow pace. And for the first time Hope would run slow to keep pace with me.

But for years before she got sick, Hope was one of the fastest female runners at any of our local racing events. She would invariably win overall female. She would always say to me "running is fun Marj and when we stop running, it's because we are no longer having fun." Even to the last when her doctor's gave her 4 months to live after her cancer had spread to her liver, Hope would still get up at 5am to be down running on the treadmill at NoXcuse gym in town. She said she wanted to run until the very last because running took her to a place to have a sense of peace, a feeling of happiness that left the pain of cancer behind." ~RIF #4 Marj Mitchell (who shared the photo below of their first race together in 2008)

"When you think of Hope Shull you can't help but think of the Christian life she led, the kindness she showed to everyone, and her loving and gracious nature.

But I want to add one more thought to her legacy. Mrs. Hope was a true competitor. She may have had the meekness of a sheep but she had the heart of a lion. It showed in her running. That's right. It is all fun and games until you are running a 5k and find yourself getting smoked by 5' 1" librarian. Hope was a fighter, a hard worker, and an inspiration to runners and non-runners alike." ~RIF #41 Mark Finton

"Hope was the kind of person that made everybody feel special. She had a unique way of making most people feel close to her. She was passionate about everything she did, running, friendships, Christian life, Sunday school teacher, helping people in need, installing a love for reading in others as head librarian at Freed-Hardeman University, etc.

At her Celebration of Life a couple of weeks ago, one speaker said, "Most men don't have many women heroes besides their mother. Hope was one of those rare women heroes to me." I would have to agree with that statement. Hope was one of my heroes too. Hope will be deeply missed and will always have a special place in my heart." ~RIF #65 Jonathan Harrison



RIF - The Club Profiles

Once again, we profiled two RIF The Club members in March: RIF #88 Hideki Kinoshita and RIF #140 Dennis Arriaga.

RIF #88 Hideki Kinoshita just recently completed his 50 states when he ran the Honolulu Marathon. He's now going for 50 Sub 4! Because that's how RIFers roll. Check out his full profile here to learn about this very cool runner: <http://bit.ly/ZtIRy4>

RIF #140 Dennis Arriaga was the second runner featured in March. He hasn't been running long but is going all out to reach his goals. I smile when I read his blog posts because he always does more

than the plan says to! Check out what motivates him in his profile here: <http://bit.ly/15SpRdr>

By the way, I'm always looking for victims, I mean volunteers, for profiles. It doesn't take that long and you can pick from a variety of questions. If you would like to be one of our next profiles, please send me an email at runitfastLisa@gmail.com. It won't hurt, I promise. ☺

If you are new to the club or missed out on some earlier profiles, you can see them all with this link: <http://bit.ly/14xQWBV>

Extreme Racer Results

48 RIF Club Members submitted points and/or miles for February (only 45 are in the standings in the link below since only races count for points). RIF #159 Diane Bolton is still in the lead! She had an amazing month and doesn't look to be slowing down anytime soon. RIFers need to step it up if they are going to catch her.

Here are the top 3 in the Overall, Men's and Women's standings:

Top 3 Overall

1. Diane Bolton #159 – 327.8
2. John Kent Leighton #190 – 208.5
3. Danny Staggs #186 – 191.7

Top 3 Men

1. John Kent Leighton #190– 208.5
2. Danny Staggs #186 – 191.7
3. Joshua Holmes #1 – 179.3

Top 3 Women

1. Diane Bolton #159 – 327.8
2. Carol Goslin #218 – 139.6
3. Sandy Staggs #220 – 122.7

You can see the full February standings here: <http://bit.ly/XcLyXc>

What's really cool about the standings right now is that it's split 50/50 with men and women for the top 10 and for the whole standings, in fact. Another cool

fact is that we've already raced 45 marathons this year as a group. And we've raced 27 half marathons and 26 50Ks (it helps when our fearless leader throws a 50K race!). We are rocking 2013!

Not sure where you stand? Use the 2013 Extreme Racer Club Member Summary to check it out: <http://bit.ly/XKUnRr>

And if you haven't entered your points for Jan/Feb yet, can still enter them here: <http://runitfast.com/run-it-fast-club-extreme-runner-entry-form/>

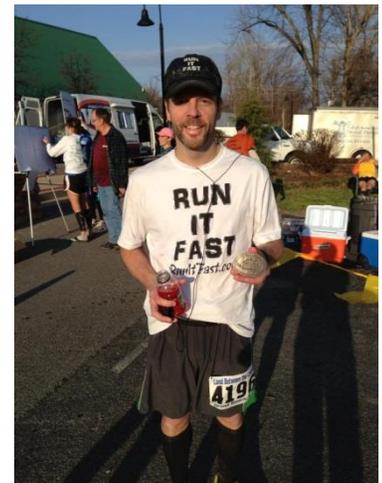
If you just joined RIF, you can still enter your January and February races/points. You can find out all the info and rules for the Extreme Racer Contest in this Run It Fast Facebook Group Doc: <http://on.fb.me/VhPm3P>

This month's drawing winner was RIF #140 Dennis Arriaga. You don't have to have raced during the month to be entered in the drawing. If you didn't race, you can still submit your monthly running miles and you'll be entered.

Congrats to Diane for retaining her lead and to Dennis for winning the drawing! Thank you to everyone who submitted points. Keep Running It Fast! And don't forget to submit your points!



RIF #89 Stewart Crouch



RIF #169 Billy Cannon



RIF #191 Kristy Escue

Congratulations Corner

Check out what your fellow RIF Club members were up to in February! Congratulations on all your PRs, Personal Longs, and wins! You are inspiring!

New PRs:

- * RIF #140 Dennis Arriaga PRd at the San Francisco Half
- * RIF #192 Leigh Marsh PRd at the Melbourne Music Marathon
- * RIF #159 Diane Bolton PRd the marathon
- * RIF #22 Wade Anderson PRd the 50K at the Jackass 2
- * RIF #174 Nathan Bass PRd the 50K at the Jackass 2
- * RIF #191 Kristy Escue PRd the 5K at the Valentine's Day 5K
- * RIF #24 Emily Conley PRd the 50K at the Jackass 2
- * RIF #236 Jen Metcalf PRd the marathon at the Mercedes Marathon
- * RIF #239 Tasha Dayhoff PRd the half marathon at the Mercedes Half
- * RIF #60 Christy Bowers PRd the 10K
- * RIF #189 Marlene Deem PRd the half at Cedars Frost Bite Half
- * RIF #210 Amanda Staggs PRd the 5K
- * RIF #242 Jill Hassen PRd the 50

Personal Longs:

- * RIF #202 Melanie Kayal ran her first 50K at the Jackass 2 50K
- * RIF #51 Darron Tytler ran his first 50K at Sylamore 50K
- * RIF #33 Robin Robins ran his first 50K at the Jackass 2

Wins/Age Group Wins:

- * RIF #RIF #124 Michelle Walker was 2nd in her Age Group @ Melbourne Music Marathon
- * RIF #191 Kristy Escue was 2nd in her Age Group at the Valentine's Day 5K
- * RIF #79 Dallas Smith won his Age Group at the Frostbite Half and also won his Age Group at the Cummins Falls Marathon.
- * RIF #153 Justin Gillette was 3rd Overall at the Mississippi River Marathon and won the IMS Arizona Marathon (and set the course record)
- * RIF #179 Arthur Priddy won the Jackass 2 50K
- * RIF #83 Brad Box was 2nd overall at the Jackass 2 50K
- * RIF #97 Ashley Hook was 3rd overall at the Jackass 2 50K
- * RIF #35 Todd Shadburn was 1st in his Age Group at the Louisville Half
- * RIF #24 Emily Conley was 1st Woman Overall at the Jackass 2
- * RIF #162 Julie Montgomery was 2nd Woman Overall at the Jackass 2
- * RIF #64 Leah Harrison was 3rd Woman Overall at the Jackass 2
- * RIF #66 Robert Boluyt was 1st in his Age Group at Elephant Mountain 50K
- * RIF #166 Nathan Judd was 1st Overall at the Bookin It For The Library 5K
- * RIF #41 Mark Finton was 2nd Overall at the Bookin It For The Library 5K
- * RIF #45 Leanne Dibrell was 1st in her AG at the Cummins Falls Marathon
- * RIF # 220 Sandy Staggs was 1st in her AG at the Cummins Falls Marathon
- * RIF #196 Bill Baker was 1st in his AG at the Cummins Falls Half Marathon
- * RIF #210 Amanda Staggs won her Age Group at a 5K
- * RIF #206 Gary Krugger was 2nd Overall at the Sedona Marathon and 3rd Overall at the El Paso Marathon
- * RIF #70 Chuck "Marathon Junkie" Engle won Death Valley, the Golden Gate Trail, the President's Day, and the Birch Bay Marathons.



RIF #124 Michelle Walker



**RIF #126 Alicia Eno &
RIF #206 Gary Krugger**



RIF #202 Melanie Kayal

April Birthdays

The following RIF – The Club members are having birthdays in April! We hope you have a happy and fun day! And that you celebrate with a run. ☺

RIF #7 Brad Bennett

RIF #9 Jessica Gregory

RIF #17 Jeff Fugate

RIF #21 Victor Fleitas

RIF #24 Emily Conley

RIF #25 Alex Morrow

RIF #26 Mark West

RIF #48 Stephen Griffin

RIF #52 Tracy Pellizzari

RIF #61 Amanda Cottingham

RIF #67 James Krenis

RIF #74 Eddie Kimpel

RIF #88 Hideki Kinoshita

RIF #91 Rusty Butcher

RIF #96 Michael Noble

RIF #108 Mark Sikkila

RIF #129 Rob Bedini

RIF #131 Gene Pierce

RIF #182 Clark Bilbrey

RIF #219 Beth Hosick

RIF #231 Christy Scott

RIF #237 Christopher Jackson

Happy Birthday!



Land Between The Lakes



RIFers at the Fall Creek Thaw 15K



RIFers at Little Rock Marathon



RIFers in Print

Two of our club members were featured in print recently! So cool!

RIF #218 Carol Goslin was featured in an article as she ran her 200th marathon!



RIF #121 Ed Ettinghausen & RIF #1 Joshua Holmes

Milestone Marathoner
 Carol Goslin- Kansas City, Missouri

Carol joined a race walking club at the age of 48 years young and has not looked back since. She ran one of her favorite races with TNT in honor of her mother who suffered from cancer. Setting goals for herself keeps her motivated. She also enjoys connecting with old friends and making new ones as she travels to races around the country. Travel can sometimes lead to mishaps along way. Rushing to get to her next race, which was a double marathon, she forgot to pack her sports bra. Fortunately one of those friends came through with an extra and pulled her out of the jam. Advice she would share with new runners, "This is your race, be proud of your accomplishment, whatever your time may be. Just enjoy the race and everyone around you." Good Luck on #200!

And RIF #194 Steve Hughes was featured in Runner's World *What It Takes To...*!



RIF #214 Kevin Brandon & RIF #159 Diane Bolton

Run 100 marathons after 60

Osteoarthritis forced **STEVE HUGHES** to give up running in 1980, but new medicine allowed him to lace up again in 2005. Now 63, Hughes, of Little Rock, Arkansas, is celebrating the fact he's run 100 marathons since turning 60 by racing in the Hogeye in Fayetteville (his 175th lifetime event). —GAIL KISLEVITZ

"I'm making up for lost time. Aging comes with a perspective of what is important, and for me it's to run as long as I can."



RIF #247 Mark Ogletree & RIF #174 Nathan Bass

RIFers at Andrew Jackson Marathon

