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Upcoming Races for RIFers

- ✓ Strolling Jim 40M
- ✓ Coke 10K
- ✓ OC Half Marathon
- ✓ Flying Pig Marathon
- ✓ Scenic City Trail Marathon
- ✓ Run Under The Stars

**RIF Club Charity
Water Contributions
To Date:
\$921**

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Lucky Girl

I have been really lucky that my family has supported my running whole heartedly. I think they are grateful that I've found something that helped me get and stay healthy and that I've found something I love that helps me keep the weight I lost off.

I think my mom is also grateful I found something less "dangerous" for a hobby than riding a bike. Mostly, I keep the bad stuff about falls, getting lost on the trails, rattlesnakes, etc from her so she doesn't realize it can be just as bad. ;) Well, maybe that's just me and it's safer for most people anyway!

I have been lucky that they have traveled with around the country to see me race and my sister and my niece have been my crew for quite a few races including Javelina Jundred. They've seen me have great races and have terrible races but

they are there, waiting for me at the end no matter what, even when I take more time than expected.

My mom has said all along that when...not if, but when I qualify for Boston, she is going to come watch me race it. My sister has already lined up a place to stay with one of her friends who's a doctor in Boston. I thought after the events of this year's Boston Marathon they would have changed their minds. But no, they are still behind my goal to BQ and they still plan on being there for me. Like always.

My family is proud of me and happy for me. They are 100% in my corner and though I would be running even if they weren't, I am a lucky girl to have such great support.

Lisa

New Members

14 runners joined the Run It Fast Club ranks since our last newsletter. Woo! Please join me in welcoming our newest RIF - The Club members!

Here are our newest members to join:

- 255. Charles Carmen - GA
- 256. Lynn Aaron - TN
- 257. Ginger Mills - GA
- 258. Alex Barrientos - TX
- 259. Rob Distante - CA
- 260. Martine Kinkade - CA
- 261. Kerri Haskins - NH
- 262. Suzy Seeley - TX
- 263. Denis McCarthy - MO
- 264. Angie Romasanta - CA
- 265. Jason Scott - TN
- 266. Jackie Gulino - NJ
- 267. Amybeth Hancock - OR

268. Katrina Mumaw - NV

Welcome to The Club!



RIF #260 Martine Kinkade

RIF On Instagram



Boston Thoughts

On the Sunday before the 2013 Boston Marathon, I posted this post on Run It Fast: <http://runitfast.com/2013/04/14/run-it-fast-at-the-boston-marathon/>

I had planned to put a fun celebratory article about how all the RIFers did in this newsletter but the events that happened later that day changed all of that. Not all of the RIFers were able to finish their marathon because they were stopped at mile 25 but we are so thankful that they were all safe as well as their family and friends and fellow RIFers there to watch them.

If you missed it, RIF #1 Josh wrote a really great post on his thoughts about what happened in Boston. He said it much more eloquently than I ever could: <http://runitfast.com/2013/04/16/out-of-the-ashes-humanity-will-win-the-boston-marathon/>

You might also like to check out this interview with RIF #124 Michelle Walker: <http://www.14news.com/story/21988614/tri-stater-in-boston-trying-to-make-her-way-home#.UW3kEM4bFFc.facebook>

And don't miss this great, in-depth interview with RIF #159 Diane Bolton: http://www.tennessean.com/apps/pbcs.dll/article?AID=2013304180125&nclick_check=1

One of the great things to come out of this tragedy was how the running community banded together with group runs held all over the country and world. Below is a photo of RIF #233 Ryan Rodriguez at the BostonStrongHB run. I know I got some comfort running at an event here at home. I hope you did too.



RIF #139 JD Leman



RIF #159 Diane Bolton



RIF #28 Kenneth Williams & Bart Yasso

Forum Columnist finds AQMD member's resignation to be odd **AB | Weather** 62/54

HUNTINGTON BEACH INDEPENDENT

Thursday, April 25, 2013 Serving Huntington Beach, Fountain Valley and Sunset Beach

Limited Authority

Supervisors oppose fire pit ban

Board members vote in support of allowing individual cities to develop their own beach lifestyle policies.

BY BILL COWMAN

The Orange County Board of Supervisors on Tuesday formally approved a call by its quality committee to end the beach fire ban in each of Southern California.

Supervisors voted the South Coast Air Quality Management District to drop a proposed ban on beach-side fire pits in the state and Los Angeles counties and instead consider a more lenient approach that would focus on each community, such as the fire prohibitions in Venice and Venice.

City, health and environmental public agencies with beach access, the Huntington Beach City Council voted the same on its own.

City, health and environmental public agencies with beach access, Huntington Beach, Newport Beach, Laguna Beach, San Juan Capistrano and other areas. Adjacent Huntington Beach, however, wants to maintain the ban on fire pits.

The AQMD board is expected to rule on the ban later, Huntington Beach Mayor John Marshall, who supports the ban, said.

NEARLY 80 RUNNERS take off for a 4-mile run Monday afternoon at the Huntington Beach Fit meeting (RIF is member of Huntington Beach Fit) at Huntington Beach. The event is a fundraiser for the Huntington Beach Fit meeting.

Moving in solidarity

RIF – The Club Profiles

Once again, we profiled two RIF The Club members in April: RIF #133 Michelle Mitchell and RIF #261 Kerri Haskins.

RIF #133 Michelle Mitchell is currently living in Russia and running up a snowstorm, even through the dead of winter (having lived in Alaska, she's used to snow!). Michelle just competed at the 100K European Championships where she PRd on a tough, hilly course. She is also a HUGE shoe fanatic and a connoisseur of running skirts. Check out her profile here to see a photo of her shoe closet and to learn more about her: <http://bit.ly/YeqbTB>

Extreme Racer Results

We now have 57 RIF Club Members who have submitted points and/or miles through March (only 54 are in the standings in the link below since only races count for points). No one has been able to catch RIF #159 Diane Bolton yet so she is still in the lead! But a couple of new names have joined the list so who knows what will happen in the coming months.

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

Top 3 Overall

1. Diane Bolton #159 – 506.9
2. Rob Distant #259 – 409.13
3. John Kent Leighton #190 – 403.9

Top 3 Men

1. Rob Distant #259 – 409.13
2. John Kent Leighton #190 – 403.9
3. Joshua Holmes #1 – 355.5

Top 3 Women

1. Diane Bolton #159 – 506.9
2. Heather Shoemaker – 261.8
3. Carol Goslin #218 – 195.1

You can see the full March standings here: <http://bit.ly/YmLPav>

A few more fun facts: RIFers have already done 293 races so far this year including 102 marathons, 45 half

RIF #261 Kerri Haskins has completed more than 50 marathons and 6 ultras so far and is on a quest to finish a marathon in every state. She should reach that goal in July of this year! But she's not stopping there, she plans to go to for 100 marathons and run more ultras which are her favorite races. You can find out more about Kerri and what she's been up to by checking out her profile here:

<http://bit.ly/130mW3S>

If you are new to the club or missed out on some earlier profiles, you can browse through all of the profiles we've done so far with this link:

<http://bit.ly/14xQWBV>

marathons, 30 50Ks, 36 5Ks and a bunch of 10Ks, 50 Milers, 100 Milers and other race distances. We are racing machines! It's not hard to see why the Congratulations Corner is filled with our accomplishments when you see how much racing we've done!

This month's drawing winner was RIF #157 Steven Reagan who received a Gone For A Run sign. We hope he'll be using it plenty in the coming months! By the way, 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 Steven for winning the drawing! Thank you to everyone who submitted points! Just a few maintenance items:

2013 Extreme Racer Club Member Summary to check it out where you are: <http://bit.ly/XKUnRr>

Here is the Extreme Racer entry form: <http://runitfast.com/run-it-fast-club-extreme-runner-entry-form/>

And 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>



Griffith Park Trail Marathon



RIF #238 Kristin Love



RIF #259 Rob Distant

Congratulations Corner

As usual, we were kicking butt in March! Congratulations on all your PRs, Personal Longs, and wins! You are inspiring!

New PRs:

- * RIF #41 Mark Finton PRd the 5K at the Youth Villages 5K.
- * RIF #12 Kevin Leathers PRd the 50 Mile at the Mississippi 50.
- * RIF #147 Josh Liggett PRd the 15K at the Fort Vancouver 15K
- * RIF #1 Joshua Holmes PRd the 50 Mile at Land Between The Lakes
- * RIF #126 Alicia Eno PRd the marathon
- * RIF #210 Amanda Staggs PRd the half marathon at Tom King Half
- * RIF #191 Kristy Escue PRd at the Germantown Half
- * RIF #247 Mark Ogletree PRd at the Germantown Half
- * RIF #72 Natalie Torres PRd at the R&R USA Half
- * RIF #243 Jenny Wood PRd at the LA Marathon
- * RIF #15 Amber Goetz-Bouchard PRd the marathon
- * RIF #208 Robin Crouch PRd the half marathon
- * RIF #184 David Greenway PRd the half at Andrew Jackson
- * RIF #140 Dennis Arriaga PRd at the Badger Cove Half Marathon
- * RIF #22 Wade Anderson PRd the 15K at The Special Kids 15k
- * RIF #212 Rob Philip set 50M & 100K PRs at Operation Endurnace 24HR.
- * RIF #27 Anthony Ohrey PRd at the Andrew Jackson Marathon

Personal Longs:

- * RIF #210 Amanda Staggs ran her first marathon at Greenway

Wins/Age Group Wins:

- * RIF #181 Donna Pittman was 3rd in her age group at a local 5K
- * RIF #27 Anthony Ohrey won a local 5K
- * RIF #79 Dallas Smith won his age group at the Fall Creek Thaw 15K and at the Tom King Half AND set a new state record for his age. He also won his age group at Andrew Jackson Marathon & set a state record there as well.
- * RIF #247 Mark Ogletree ran his first 50K at the Mississippi 50K
- * RIF #169 Billy Cannon ran his first 50 Mile at Land Between The Lakes
- * RIF #99 Courtney Munson ran her first 50 Mile at Land Between The Lakes
- * RIF #192 Leigh Marsh was 3rd in her age group at the Lincoln 5K
- * RIF #206 Gary Krugger was 2nd Overall at Lower Potomac River Marathon
- * RIF #126 Alicia Eno was 3rd Woman and 1st Woman overall at a 5k
- * RIF #153 Justin Gillette won the Columbia Marathon
- * RIF #159 Diane Bolton won her age group at Fall Creek Falls and at the Andrew Jackson Marathon
- * RIF #124 Michelle Walker won her age group at Andrew Jackson Marathon
- * RIF #220 Sandy Staggs won her age group at Andrew Jackson Marathon
- * RIF #4 Marj Mitchell won her age group at Andrew Jackson Marathon and won the Chickasaw State Park 5k
- * RIF #70 Chuck Engle won the Andrew Jackson Marathon
- * RIF #45 LeAnne Debrell was first in her AG at Cookeville Jaycees 5K
- * RIF #41 Mark Finton was 3rd overall & 1st Master at Run For Your Life 5K.
- * RIF #231 Christy Scott was 2nd Woman Overall at the McKay Hollow Madness 25k Trail race
- * RIF #44 Heather Shoemaker was 1st Overall at a 5K
- * RIF #191 Kristy Escue was 1st Woman Overall at the 5K For Freedom



RIF #243 Jenny Wood



RIF #231 Christy Scott



RIF #44 Heather Shoemaker

May Birthdays

Did you know that people born in May make excellent runners? And I'm not just saying that because I was born in May! ;)

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

RIF #5 Lisa Gonzales

RIF #35 Todd Shadburn

RIF #85 Brett Beckham

RIF #86 David Chaloupka

RIF #99 Courtney Munson

RIF #109 Renee Kleszczynski

RIF #146 Perry Ligon

RIF #158 Simon Mackenzie

RIF #161 Justin McKee

RIF #188 Tanjie Kling

RIF #192 Leigh Marsh

RIF #198 Romy Higgins

RIF #204 Garrett Uphold

RIF #226 Judi Ward

RIF #230 Peter Wrobel

RIF #246 Heather Zeigler

RIF #257 Ginger Mills

RIF #258 Alex Barrientos

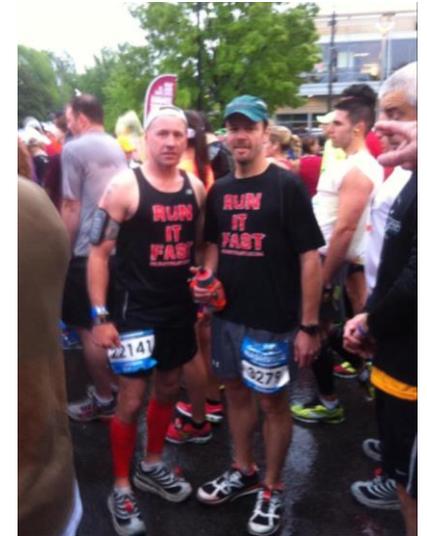
Happy Birthday!



**RIF #88 Hideki Kinoshita
& RIF #134 Robin Mancinelli**



Country Music Marathon



**RIF #157 Steven Reagan
& RIF #169 Billy Cannon**



**RIF #45 Leanne Dibrell &
RIF #210 Amanda Staggs**



RIF Gear

New RIF Gear debuted in April. You may have noticed photos of the new hot pink tank and the new black shirts/tanks that are sprinkled throughout the newsletter. If you didn't get a chance to order one, more are on the way! You can check out all the gear available here:

<http://runitfast.com/products/>

If you haven't been on our Facebook Group page lately, you might not have seen that we have stickers coming soon too! And Josh has been playing around with regular shirt ideas as well so stay tuned!

Here's a sample of one of the stickers on the left and a fun photo of the RIF #169 Billy Cannon modeling the new black shirt at the Country Music Marathon.



RIF #219 Beth Hosick & RIF #4 Marj Mitchell



Hollywood Half and 10K



JCS Shamrock Shuffle 10K



Down Syndrome 5K



RIF #187 Daniel Escue



Southern Indiana Classic



Purple Way 5K