



OMAHA RUNNING CLUB NEWSLETTER

*For the members of the Omaha Running Club * Vol. 47* Spring 2018*

A physical therapist on the run

One of the unique things about members of the Omaha Running Club is the variety of livelihoods in which they are engaged. One of the Club's newest to join, Alexandra Miller, is an expert when it comes to injuries as she works as a physical therapist in Omaha.

The 28-year-old Omaha native grew up in Grand Island but returned to Omaha to pursue her post-graduate degree at Creighton University. She, like other runners, took up the sport after college. Soccer, volleyball and basketball were her sports at Grand Island High School.



Miller

"The only form of running during that time period," she recalled, "was for punishment or conditioning drills."

Starting in 2010, while completing her undergraduate degree at the University of Nebraska, she found running to be anything but punishing.

"I met some men and women throughout the various jobs I had during my time at UNL," Miller said, "and they were always talking about the races they had just completed, their training schedules and the benefits of running like meeting new people, weight loss and 'runners high.'"

"I remember the first day I actually ran, I saw that my gym had a Woodway Tread-



Alexandra Miller is serious about running. She ran the 2017 Lincoln Marathon, and has several half-marathons in the books. She also participated in last year's Market to Market Relay.

Omaha lawyer Shannon McCoy discovers running to be a stress reliever and so much more. **PAGE 2**

mill and thought, 'Oh, that looks cool!' I ended up attempting one mile on it. I was hooked after that and just kept with it."

With her Doctorate in Physical Therapy achieved in 2016, she now works at Madonna TherapyPlus Omaha Campus as a physical therapist. After joining the ORC, she was excited to discover how many races are being staged in the Omaha area and elsewhere. She also quickly made new friends who share her passion for the sport.

Miller took on the challenge of preparing for the 2017 Lincoln Marathon. She also has several half-marathons in the books,

both in Nebraska and as far away as Houston. She joined a team for the 2017 Market to Market Relay a year after running the Nebraska Half Marathon.

"I like to participate in half marathons or 10Ks," she said, "but I have signed up for another marathon this year."

Miller, like most runners, gets multiple pleasures from the sport — mentally as well as physically.

"The biggest benefit I continue to get from running is being able to do something good for my body," she said, "and it's my choice if I want to push it hard or just stroll along. I love how versatile running is, especially having a busy schedule. It can be done at any time of the day, with a friend or just by yourself."

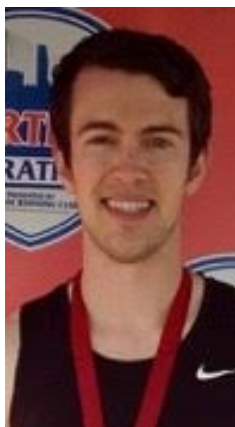
Welcome to the Club, Alex!

Running proves relaxing to this Omaha lawyer

Some professions are more stressful than others. How people cope with it in those jobs can be the difference between being happy versus miserable. Shannon McCoy is a 28-year-old who knows all about stress in his job as an Omaha lawyer.

A recent newcomer to the Omaha Running Club, McCoy found out running can be a relaxing diversion from his professional career that started after earning his undergraduate and law degrees from the University of Nebraska.

"The joy of running has been a relatively recent discovery for me," he said. "I did



McCoy

not run at all in high school, during which time my focus was on academics and music (saxophone). I was in the marching band throughout high school and all four years of my undergrad at UNL. I started running occasionally during college and law school, mostly as a stress reliever, but

never consistently or to train for a race."

After growing up in Papillion, McCoy eventually moved to North Platte after taking the bar exam — a stress-producer itself. An attorney there encouraged him to participate in the Platte River Fitness Series, organized by a running club similar to the ORC. He felt he was getting more and more out of shape, so the timing was right.

"It did not take me long to get hooked," he said. "The running community is amazing everywhere you go. People are fueled with so much positive energy, and everyone is so encouraging."

Once he overcame the challenge of starting, McCoy entered 5K races, then 10Ks. Next thing he knew, he was up to a half marathon and even the full 26.2-miler. The benefits, he said, were amazing.

"I lost nearly 25 pounds in a matter of



Shannon McCoy credits running for helping him lose 25 pounds. He enjoys interacting with others at various road races. "People are fueled with so much positive energy," he said, "and everyone is so encouraging."

months," he said, "thanks to running, spin classes and weight training in North Platte, which I continued when I moved to Lincoln."

Adding crossfit classes in the fall of 2016 further increased his fitness. Before that, though, he ventured into road races, starting with the Hershey Adventure Run 5K in Hershey, Neb., west of North Platte.

"It was a very challenging course," McCoy said, "going over sand and crossing the waste-deep Platte River several times. It was an eye-opening experience, and after placing just a couple seconds out of third place and just missing out on one of the prizes I was motivated to start an actual training regimen."

He participated in the Platte River Fitness Series, which included a couple of monthly races that benefitted various charities. The 5K and 10K events motivated him to take his training to the next level, starting with a half marathon.

Once he settled into Lincoln, McCoy entered events managed by the Lincoln

Track Club, Pink Gorilla, G.O.A.T.z and the ORC. His love for running continued to grow, and he added to his accomplishments with more half marathons.

"The most memorable half," he said, "was the Sillaseen Half Marathon in Arthur, Nebraska, north of Lake McConaughy, with the great motto, 'The Sandhills will make you stronger!' The runners were driven out into the hills on busses 13.1 miles from town and dropped off on a country road in the middle of nowhere, with only the cows watching the race, along with volunteers at the support stations.

"We ran back into town over rolling hills fighting brutal head winds and cold drizzle. It's an experience I'll never forget, and the feeling of accomplishment at the end was something special."

McCoy also has completed the Lincoln Half Marathon, the Good Life Halfsy, Feast and Feathers and Papillion Half

See McCoy, Page 3

ORC's distance running training clinic returns

The Omaha Running Club conducts a marathon/half marathon training clinic each year to prepare runners for a fall marathon or half marathon such as the Heartland Marathon. The clinic (lasting 20+ weeks) typically begins in April and continues into early September.

The first organizational meeting took place April 4, but if you missed it, you can sign up at any session.

Clinic sessions will be on Wednesdays at 6:15 p.m. and Sundays at 8 a.m. and will continue into September. Most sessions will meet at Peak Performance. As the clinic progresses, the Sunday session times and locations will vary.

The Wednesday sessions include a speaker who will discuss a marathon/half marathon related topic, followed by an optional group run. The speaker portion of each session lasts about 45 minutes and is then followed by a run for those who have the time for an evening run. The Wednesday runs start about 7 p.m. with distances vary-



R U N N I N G C L U B

***THERE WILL BE DAYS WHEN YOU DON'T KNOW IF YOU
CAN GO THE DISTANCE; THERE WILL BE A LIFETIME
KNOWING YOU HAVE.***

ing between 5 and 10 miles. The Sunday session is a long run. Distances will vary between 4 and 20 miles.

Individuals can sign up at any of the clinic sessions.

Individuals can sign up and participate in the clinic at any time throughout its duration. If you are

interested in using the clinic as a training tool to assist in achieving a goal of completing a fall event, then you should begin participating in clinic activities by June 1 with a 20- to 25-mile weekly base.

For more information contact Derek Fey at (402) 740-9941 or email him at fey.derek@westside66.net.

McCoy: Heartland Marathon was highlight for runner

Continued from Page 2

Marathon.

He also ran the ORC's Heartland Marathon, which is called "another favorite of mine on such a cool course with so much variety of scenery. Jumping between states was very cool."

McCoy also took it to the next level by entering the Wabash Marathon, which finished in Shenandoah, Iowa.

"This was an excellent course," he said, "cruising along the crushed limestone bike path under the trees and with fun and creative support stations and a great small-town feel. It reminded me a lot of my experiences racing in North Platte."

His first marathon didn't come without concern caused by mild shin splits and foot pain shortly before the event.

"But with a lot of careful recovery and a little luck, I was able to recover and run a great race," he said. "Running has taught me a lot on how to recover from setbacks and how to use positive results as fuel to continue aiming higher."

McCoy used running to ease the stress of working toward his goal of becoming a lawyer. But it's so much more than that today.

"It's a way to challenge myself to improve," he said, "and teaches endurance which can be used in all parts of life to grind through challenges. Events are fun

environments full of people who are willing to support total strangers who are fighting their own battles and trying to accomplish their own goals and set personal records. The feeling of finishing a race successfully never gets old, and the people make every event an enjoyable experience."

After experiencing ORC events, McCoy is glad to be on board with the Club.

"Running the Chiller Challenge, running the last Lake Wehrspann 10K and Heartland Half," he said, "and attending the ORC annual meeting made it clear to me that the ORC is a special group. I'm planning to be in Omaha for the long term, and to be a supporter of the ORC into the distant future."

2018 ORC Board Officers and Board Members

Officers

President, Tom Whitaker
lorraineandtom@cox.net
VP & Marketing, Daren Konda
darenkonda@hotmail.com
Secretary, Mandy Kennedy
mandykennedy@hotmail.com
Treasurer, Kim Kanellis
kimkanellis@gmail.com

Board Members

Dan Allen, Beat the Heat Director
dandallen@msn.com
Derek Fey, Distance Clinic
Coordinator
fey.derek@westside66.net
John Hall, Volunteer Coordinator
johnruns4fun@gmail.com
Jeremy Kaliff, Step Into Running
and Go Girl Run Director
stepintorunning@hotmail.com
Tim Lens, Lake Wehrspann Dir.
tmlens@yahoo.com
Kelly Tanzer, Run the Magnet
Coordinator
krtanzer@gmail.com
Vanessa Urbach, Trail Cleanup Dir.
vcherko@gmail.com

ORC Advisors

Marketing, Kelli Sweet
Boxer 500 Director
sweetkelli@cox.net
Newsletter editor, John Fey
jmfey1952@gmail.com
ORC equipment rentals,
Gary Meyer
Gfmeyer.gm@gmail.com
Photographer, Joe Drugmand
josephdrugmand@aol.com
Hall-of-Fame Coordinator and
Event Scoring, Alan Higley
alanhigley@hotmail.com

ORC email address:
omaharun@gmail.com

For more about the ORC, go to:
omaharun.org

President's Message

So, good old Punxsutawney Phil saw his shadow on Feb. 2 and we have, indeed, had six more weeks of winter and then some. I was particularly in awe of everyone who came out for Chiller Challenge this year. It certainly lived up to its name with a bone-chilling wind chill that made me thankful I was not running. Thank you all who braved the brutal conditions and showed everyone just how tough Nebraska runners can be.

But there were days that provided signs of improvement — and just in time. We need some good weather for a great offering of Club events for the coming months.



Tom Whitaker

Among the great lineup of programs and events this summer are the marathon training program led by Derek Fey and two sessions of the women's training programs led by our new Step Into Running leader Jeremy Kaliff that provide great opportunities to enjoy some dedicated and talented guidance and coaching for a variety of participants. Our program directors will once again be working their special brands of magic in supporting and training all levels of ability. And the many races and Club fun runs throughout the summer give great chances to apply lessons learned, enjoy the company of other runners and perhaps go home with a little hardware as well.

I would like to especially mention one of our future races. We urge everyone to turn out for our next big event, the NE5 on a new date, April 29, at a new venue, NP Dodge Park in north Omaha. It's a perfect venue for a race, and race director Kim Kanellis has a surprise that you won't want to miss. Plus, Pint Nine Brewing Company will be on site to provide refreshment for adults after the race. Please sign up and help us make this one of the premier races in Nebraska.

And I am particularly looking forward to our volunteer appreciation dinner in June

to say a special thank you to the many people who really make our Club and events possible. We would not be able to accomplish all the things we do were it not for the many dedicated volunteers who give count-

less hours to support us, and we want to acknowledge our appreciation for that effort.

As this year's racing season kicks off, I would like to say a few words about supporting local events, particularly your Club's Heartland Marathon, Marathon Relay, Half Marathon and 10K. Here are just some of the activities your local running club provides during a given year to support the running com-

munity:

» We put on eight holiday-themed fun runs per year. These are free to members and the general public alike; just show up and participate. Our fun run coordinator, Daren Konda, always has door prizes and often provides refreshments for everyone who attends.

» We put on 12 Club races per year that are fee-supported and timed with T-shirts and awards for overall and age group winners. Any proceeds left over — after contributions to charities — are used to support the activities of the Club. All Club officers and race officials are uncompensated volunteers; we all do this because we want to carry out our club mission and support our local runners.

» We maintain a website that provides a free event calendar where any organization putting on a race can post their event without charge.

» We provide valuable information on our website for organizing and putting on events that is available free of charge.

» We provide equipment rental services

See Message, Page 5

Midwestern folks scoff at Mother Nature

Years ago, I recall a commercial that included this statement: "It's not nice to fool Mother Nature." Well, it wasn't nice for Mother Nature to fool us with the April surprise of February-like weather.



My April 3 walk featured light snow. Temperatures a year ago during the first week of April weren't balmy, but the thermometer reading was at least in the 40s rather than 2018's 30s or 20s. I won't even mention the wind

chills we endured this winter.

I feel sorry for anyone who moved to the Midwest from warmer climates wondering what's up with the weather. All we can offer is assurances that, yes, it will

warm up eventually. We just don't want to jump right into summer's heat and humidity, bypassing spring completely.

One thing about folks who live in this part of the country: They're resilient when it comes to taking Mother Nature's weather gut-punches. I offer as proof the turnout at this year's Chiller Challenge, where 85 hearty runners completed the 8K course at NP Dodge Park. The Super Bowl Sunday event was held under bone-chilling conditions. Participants and volunteers retreated to the warmer pavilion for some post-race fellowship.

That's perhaps one of the top benefits of being an ORC member — making new acquaintances. That's certainly the case with two of our newer members, Shannon McCoy and Alexandra Miller. They graciously shared their stories in this issue of the newsletter. The native Ne-

braskans are proof that running has multiple benefits — and so does being a Club member.

As Club president Tom Whitaker pointed out in his message (that starts on Page 4), the 2018 race calendar is loaded with events ranging from 5K to the full marathon — specifically, the Club-managed Heartland Marathon. The beauty of these events is you don't have to be a runner to participate. Not all ORC members are runners, although they are in the majority for sure.

And, to echo Tom's spot-on views about volunteers, you can participate in races by helping out — and you won't work up a sweat doing it. Without volunteers, a race can't be successful. That especially applies to the Heartland Marathon. Though the event isn't until Sept. 23, it's not too early to sign up as a volunteer.

Message: Locally managed events are good for us all

Continued from Page 4

that makes time clocks and finish line equipment available to events at a reasonable rental rate. Although we make some money doing this, there is a substantial investment involved. Finish line clocks and tripods alone cost close to \$2,500 each.

» We provide race-results services as well for a reasonable price.

» We publish a quality newsletter that has won the Road Runners Club of America national award for large club newsletters.

» We sponsor the Step into Running program, a beginning training program for women that has gotten hundreds of ladies over the years off the couch and into a healthy life style. And we do it for the cost of a Club membership.

» We provide a Distance Training Program that provides coaching, educational speakers and encouragement for any-

one interested in training for a marathon or half marathon. This program provides 20 weeks of training, a training schedule, log book, ORC singlet, post-marathon party, finishers T-shirt and more encouragement than you can possibly imagine. And a 25 percent discount on any Heartland Marathon event are included as well.

As you know, the Omaha Running Club is a volunteer organization with a mission to support the Omaha running and walking community. We do our best to support that mission to the extent that everyone's available personal resources permit. There are a number of national events these days that serve a purpose by putting on challenging and unique events that are not necessarily staged locally. But I would urge everyone to keep in mind that although these are worthy events, they come to town, utilize local resources and leave town with the proceeds. Other than providing an event in which to participate, they do little to

support our local community. Please keep our local events in mind as you plan your racing season.

We especially hope you will go to our site heartlandmarathon.org as soon as you can after reading this and sign up for one of our Heartland Marathon events. Not ready for a marathon or the half? Then get a team together and do the relay or sign up for the 10K. Not ready to run at all? You can still be a valuable part of this event by volunteering. We need A LOT of volunteers to make this a success. We will have volunteer opportunities listed soon, so check out omaharun.org/volunteering and sign up. You will be providing a very important service to our local running community.

So, again, your support for your Club by running or volunteering for local events is important. Remember, any money raised stays right here in Omaha to support you, the local runner, the very reason for our existence.

Step Into Running

A Beginning Running Program for Women

Weekly Training Sessions:

EVENING SESSION: Begins Tues., May 1st

Location: Peak Performance 519 N 78th St

Time: 6:00PM - 7:00PM

MORNING SESSION: Begins Wed., June 20th

Location: Peak Performance 3606 N 156th Ste 102

Time: 6:00AM - 7:00AM

**Parent must attend with child trainees*

Cost \$25 per participant

**Free to Omaha Running Club Members*

This **11-week Omaha Running Club** program is targeted for **beginners**, those looking for a **group workout** or those who would like to take their training to the **next level**,

Group support helps participants increase their fitness levels & prepare for the

Go Girl Run on Labor Day!

Two Sessions Beginning:

Tuesday, May 1, 2018 or

Wednesday, June 20, 2018

To register email: stepintorunning@hotmail.com

www.gogirlrun.weebly.com

Complete 9 training sessions to receive a discount on your Go Girl Run entry!

Go Girl Run set for Sept. 3

Back for its 21st year, the Go Girl Run is set for Labor Day, Sept. 3, starting and finishing on the Keystone trail near 78th and Cass. Early bird registration opened April 1. This event caps the Step Into Running program that is now being directed by Jeremy Kaliff. You don't have to be enrolled in the Step Into Running training sessions to be eligible for the Go Girl Run, so sign up today. Simply go to gogirlrun.weebly.com.



Chiller a true challenge

As you can see in the photo to the right, the 2018 Chiller Challenge lived up to its name on Super Bowl Sunday morning. Stocking caps and gloves — and layers of clothing were the norm. First of the 85 to finish the 8K course was 14-year-old Austin Goetsche of Omaha. He was timed in 33:37.

Runner-up was Omahan Matt Rinkenberger, 43, who was 18 seconds behind. The first female was Lori Jorn of Bennington in 35:56. The 2-mile champion was Ava Johnson, 11, of Omaha in 16:12, and the kids' run winner was Eleanor Richard, 8, of Omaha in 4:05. (Photo by Joe Drugmand.)



Omaha Gives: An opportunity to be charitable

What gives?

Omaha Gives! is a 24-hour online fundraising event led by the Omaha Community Foundation to bring the community together to support local nonprofits through online fundraising. It is a community-wide event to show off Omaha's spirit of giving, raise awareness about local nonprofits and celebrate the collective effort it takes to make this city great.

Anyone can participate and ANY AMOUNT MAKES A DIFFERENCE.

The Omaha Running Club will be joining more than 300 other nonprofit organizations to raise money and compete for matching funds and prize money. The more money we raise, the larger percent-



**Wednesday, May 23
Midnight to Midnight
Go to: Omahagives24.org**

age of the match pool we will receive. The more donors we get to give to us, the more likely we are to win prize money, which means **ON MAY 23, YOUR GIFT GOES FURTHER!**

How can I help the Omaha Running Club?

» **Donate on May 23** by visiting www.omahagives24.org and finding the

organizational profile for the Omaha Running Club or schedule your donation starting April 1.

» **Spread the word!** tell your friends that you will be giving to the Omaha Running Club during Omaha Gives! and encourage them to support what they care about.

» **Post about Omaha Gives! on your social media pages.** Let your friends and followers know how they can give and how their donations can help us win matching and prize funds.

Find out more by watching the short video found at:
<https://vimeo.com/65411658>

Please give this serious consideration.

Upcoming Area Race Dates (For Complete Details, Go to omaharun.org)

APRIL

- 14 — Run the Press 5K
- 14 — Sigma Phi Epsilon's Run for the Heart 5K, 2K
- 15 — Omaha Public Schools D-Day Run
- *16 — ORC Duty Free Fun Run
- 20 — AAZK Race Against Extinction
- 21 — Race Against the Odds 5K Run and Walk
- 21 — UNO Claussen-Leahy Maverick Run
- 22 — Bennington Dye Dash
- 27 — Council Bluffs Trail to Ale 5K Fun Run/Walk
- 27 — Davis Aviators Glow Run 5K
- 28 — Lewis & Clark Crusher Trail Run, Five Mile
- 28 — Brunch 5K at Midtown Crossing
- *29 — ORC's NE5, 5 miles, kids' dash, kids' mile (RTM)
- 28 — Bruch 5K at Midtown Crossing

MAY

- *1 — Step Into Running — Evening Session
- 2 — Ladies of the Evening Group Run
- 5 — St. James/Seton Catholic School Super Eagle 5K
- 6 — Lincoln National Guard Marathon and Half Marathon
- *8 — Step Into Running — Evening Session
- *8 — ORC Taco Tuesday Fun Run
- 12 — Bellevue-Offutt Runway Run
- 12 — Wear Yellow Ride, Fun Run & Walk
- 13 — Western Iowa Senior Challenge Track Meet
- *15 — Step Into Running — Evening Session
- 19 — Papillion Global 6K for Water
- 19 — Council Bluffs Imana Kids 5K Run/Walk
- 19 — Omaha World Vision — Global 6K

- 20 — Papillion Half Marathon (RTM)
- *22 — Step Into Running — Evening Session
- 26 — Grace Central Church Missions 5K
- *29 — Step Into Running — Evening Session

JUNE

- 1 — Children's Square Run for the Young
- 2 — Lincoln Havelock Charity Run
- 2 — Glenwood Adventure Race
- *5 — Step Into Running — Evening Session
- 6 — Ladies of the Evening Group Run
- 9 — Papillion Run for the Fallen 5K
- 9 — Lincoln Big Red Challenge 10K/5K Obstacle Race
- 10 — Omaha Blazing Trails for Brain Injury
- *10 — ORC Jim McMahon Open Track Meet (RTM)
- *12 — Step Into Running — Evening Session
- *13 — ORC Home Run Fun Run
- *19 — Step Into Running — Evening Session
- *20 — Step Into Running — Morning Session
- 24 — Road to Omaha Run (RTM)
- *26 — Step Into Running — Evening Session
- *27 — Step Into Running — Morning Session

JULY

- *3 — Step Into Running — Evening Session
- *4 — Step Into Running — Morning Session
- 4 — Murray Freedom Festival 5K Run and Walk
- *8 — ORC Beat the Heat 10K, 5K (RTM)

*** Indicates ORC-sponsored event. (RTM) indicates Run the Magnet event.**

OMAHA RUNNING CLUB

P.O. BOX 34602 OMAHA, NE 68134-0602

**The ORC is a proud
member of the RRCA!**

RRCA
ROAD RUNNERS CLUB OF AMERICA



ORC Membership Discounts

SHOW YOUR CARD AND **SAVE!**

- | | |
|----------------------------------|--|
| Peak Performance | 10% off regular-priced shoes & clothing
78th & Cass (398-9807)
156th & Maple (398-0100)
36th St. & Hwy. 370, Bellevue (884-1853)
168th and Center (932-9310) |
| Push Pedal Pull | 10% off regular-priced merchandise
351 N. 78th St. |
| Rockbrook
Women's Gym | 10% off any gym membership
10820 Prairie Hills Dr. |
| Fleet Feet | 10% off regular-priced shoes & clothing
17660 Wright Plaza |
-