



# RUNNING TIMES

Island Road Runners  
Grosse Ile, Michigan

May 2013

## 2013 Island Road Runners Memorial Day Race

Plans for this year's event are being finalized. The strength of our group is reflected by all of you who stepped up to volunteer once again for this year's big event. There would not be a race without volunteers.

With almost 600 entries so far, we are looking for near record attendance.

We found someone to sing! Curt and Poranee Penland's talented daughter, Nisa, will sing our National Anthem. Please show your pride, let your voices be heard, and support Nisa as she leads us in song on race day.

We are coming close to firing up those ovens as Memorial Day weekend approaches. You will be receiving phone calls or emails from Janet Cousino or Jeanne Johnson (if you haven't already) asking if you're able to bake or donate cookies for our goody table. Your delicious baked goods make our event extra special.

There are posts to fill along our route, both for course marshals and for assisting with setting up items along the course. Erika Hidalgo and Neil Keller will be handling the post assignments along the course. Volunteers for these positions are asked to

check-in with Neil by 7am on race day. Course marshals will be asked to wear safety vests and have a cell phone with them. We have been in touch with several volunteers anxious to help, but don't be surprised if you're approached or contacted by phone - we can always find something for you to do!

Finally, we have nurses who will offer care and assistance along the course. Collie Hooper-Yan will be available at a water station along Lowrie, Megan Maiani will be stationed near a water stop for the 8K, and Pam Keller will be located at the finish for both the main race and the one-mile run.

I think you will agree that our Brooks tech shirts are very stylish. Please take notice of the Boston Strong ribbon on the back. A special thank you to David & Eve Howell and Paul Deladurantaye for their time and work designing and obtaining nice shirts this year!

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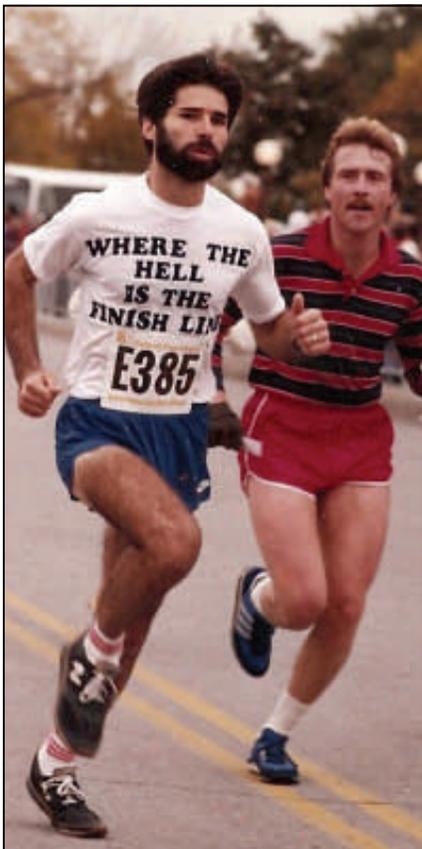


Photo by Jim O'Callaghan



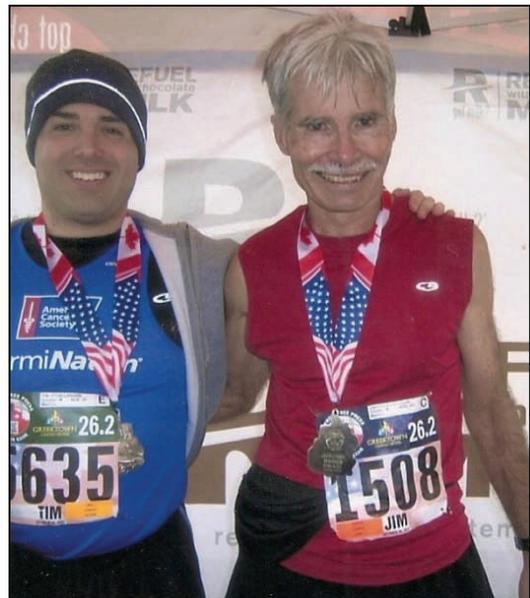
## Meet a Member

Do you recognize this guy, (the one wondering where the hell the finish line is)? That was Jim O'Callaghan back in 1980. Jim has been running for about 34 years. He began running soon after his son Tim was born. Yeah, that's Jim in the other photo with his son Tim (who was running his first marathon) in 2011.



Jim can be seen running downriver as he averages about 40-45 miles most weeks, but says he doesn't keep track. Jim ran his 38th marathon this past April at the Martian in Dearborn.

Jim is also known for taking photographs of beautiful scenery and animals in their habitats (maybe that is why he doesn't keep track of his weekly miles). Jim sends email blasts sharing photographs of us running or reminding us about a calendar event approaching. Jim is always gracious to share his time. In fact, if you run some extra miles with him, maybe you'll see your picture in the next newsletter!



## Mark Your Calendars

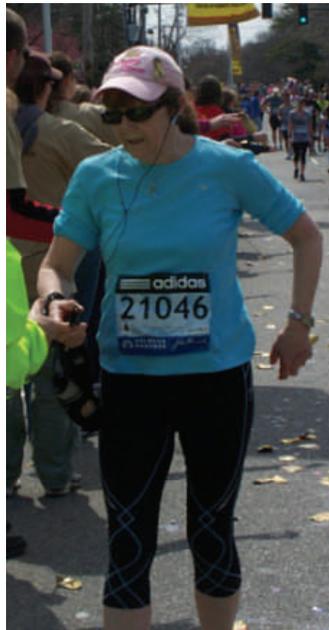
- May 27      Memorial Day Run
- June 15     Tailgate Treats at 9:30am, hosted by Randy Gill
- June 24     Solstice Run/Picnic at 6:30pm at Elizabeth Park

## Island Road Runners in Boston



Steve Scribner and  
Alesia Sibrel

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Collie Hooper-Yan at  
the 16 mile mark



Erika Hidalgo and Eve Howell  
prior to the Boston 5k

## Did U Know?

- In 1994, snazzy club jackets with the club logo were purchased by members for \$22 and worn with pride!
- In 1996, Total Runner came to the Downriver area and since then has provided pre-registration at the store for the IRR Memorial Day Run. - Thank you David Howell
- In 2000, a contribution was made to Grosse Ile High School to support their running program from proceeds we collected from the Memorial Day Run.

## Runningblind.org

Think about it, how wonderful would it be to learn how to help guide a blind runner? In a supportive effort, the Island Road Runners will be listed on this website as a contact.

**Island Road Runners**

c/o 7655 Church St.  
Grosse Ile, MI 48138

