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## Stay Fit; Don't Quit!

A Quarterly Newsletter for the Local Community

### Glendening Shoe Drive

Since we opened our storefront we have been proud to be collecting your gently used walking and running shoes to reuse with Sneakers4Funds. On September 1<sup>st</sup> Runners' Wings dropped off collection boxes to different sites all over Frostburg. For every qualifying pair that was donated \$2 would go towards improvements at Glendening Recreation Complex. Over the two week collection period the community donated 5 bags worth of shoes! Thanks to everyone's tremendous efforts. We will post a final donation amount once received...a combo of the donated shoes, in-store purchases, and these generous matching donors:

*Edward Jones, Palaisa Othrodontics, and Lifetime Dental Care*

This drive might be over but we will continue to collect shoes to keep them out of our landfills and support other great causes.

### MollyPopArt



Your business here at Runners' Wings means a great deal to us. On top of all the shoes that were donated during the 2 week drive, \$2 of every purchase of Molly' cards supported our efforts to make a difference. Thank-you for all who continue to support Molly's Art Journey!! We will continue to offer more from MollyPopArt at the store and online.

## National Senior Games!!

### An Interview with my Inspirational Grandmother, Martha Jenkins

By Tawney Jayne Jenkins

When I learned that **my 84.5-year-old grandmother** was participating in The National Senior Games in Pittsburgh, PA, I was in awe. It was a no-brainer that I needed to conduct an interview with my amazing, encouraging mentor so I could share her story in the hope that it would inspire others of her age, or even my own age, of their ability **to persevere with any goal they want to achieve.**

Martha Ann Jenkins. Some will remember her by her maiden name, Winfield. Those who went to high-school or through nurses training with her may know her as Windy. I'm lucky enough to call her grandma.

Question: Grandma, were you always into athletics?

"I was always a bit of a tomboy with all brothers growing up and helping my father build our home. As far as sports, girls didn't have much opportunity for any sort of athletic participation back when I was in school. I played basketball in high school. Back then it was half court. I played women's softball in my 20's and 30's. In my 40's, when my daughter was in track and field at Beall, I started to run with her until my knees began to bother me. I then exchanged running with bicycling. Once I retired, I learned how to play golf and I participated in a triathlon. At age 60 I joined a group and cycled across the USA."

Question: What motivated you to ride your bike across the Country? What was it like?

"I liked the thought of the challenge and pushing myself. I talked to my husband Frank every day to let him know where I was and how I was doing. He kept a map and would put pins on it of where I was. I had a camera to take pictures and I would journal every day. I am still friends with people from that group."

Question: Grandma, how and when did you get interested in participating in the Senior Games? "Here is how it started. When I started going to Florida in the winter, I had heard of the Senior Games taking place in Polk County. My husband Frank and I were always looking for things to do, so I suggested we go as spectators in the fall of 2009.

## National Senior Games cont...

As we watched I kept telling Frank, “Well I can do that”. **From there I started running and watching YouTube videos to understand the mechanics as to train for some of the field events.** Remember, when I was in school, girls did not participate or were allowed to take part in these events. Frank participated in the javelin, discus and shot put, but he soon became my coach. My first year I ran the 50-meter dash and the following year branched into the 100-meter, long jump, shot put, javelin, discus, and various golfing events. I plan to take part in the bicycling events next! Through the Polk County Senior Games, I’ve qualified for the Florida State Senior Games a few times. By participating in the Florida State Senior Games, I qualified for the National Senior Games and since it was in Pittsburgh this year I decided to go.”

Question: What events did you participate in and how did you do?

“I participated in the long jump, the shot put and the javelin. I wanted to also do the 50-meter, but the field events conflicted with the track events, so I had to pick. I received silver, bronze, and 6th place in my events. I did not do as well as I had hoped in the shot put. One of the ladies who was in my bracket broke the record and then broke her own record on two more throws. She was amazing.”

Question: What is your best event and the one you enjoy the most?

“I love it all, but running is my best event. I have medaled many times in my running events.”

Question: Why do you do this and who do you do it for?

“I do it to stay active and for the personal challenge. I don’t participate for notoriety, I do it for me. It makes me happy. To tell you the truth, I never thought that I would live to be this old and to be able to do what I can do. I am fortunate to have good health. I am always striving to do better. Everybody that does this is there to support everyone and to be happy.”

Question: What’s next?

“Well, I did the Polk County Senior Games back in March. Next, I will be competing in the Florida State Senior Games in December. I plan to keep practicing and getting myself ready.”

Question: Why don’t you participate in the Senior Games in Maryland?

“Maryland has Senior Games, but not in Allegany County. The word needs to get out to better promote these games and maybe my story can be a start to that solution.”



## Product Release:

## Brooks Ghost Max

Brooks has taken one of their favorite models and created a **MAX** cushion and **MAX** protection version, called the new **GHOST MAX**. Key features are the change in drop from 12 to 6mm and additional layers of DNA version 2 cushioning. It all adds up to soft landings and a smooth ride to help reduce the impact on your body with every step. Welcome to **MAX, Ghost style.**



Come in and try a pair on, available in the greater area only at **Runners' Wings!**

## Did You Know?

When you shop Local at Runners' Wings, you can be assured that you are getting the best deals for you and your family. We follow manufacturer pricing on current models and offer a **frequent flyer program** which earns you or your family \$10 cash with every \$275 worth of purchases. The Cash never expires and is kept track of in our Point of Sale system.

Our **standing community discounts** include 10%\* off for:

- Seniors (65 and older)
- Active Duty/Prior Military
- UPMC employees
- Local Runners (High School or College teams and running group members of Queen City Striders or Antelopes.)

\*Regularly Priced Shoes

Best of all you get to try on and get exactly what you want and fits your needs, when you **SHOP LOCAL!!**

Need black on black for work, white leather, etc, we carry stock but can also find the shoe you love first and then drop ship your perfect pair to you! Our helpful staff offers custom fittings to personalize your experience.

# Wings by Local Artist

By Jenna Linhart

Sure, a mural is a painting, but it's also so much more. It's an idea brought to life. It's hundreds of decisions. It's trial and error. It's place, and people, and purpose inspired. A public art mural is also dozens and dozens of new connections – conversations brief and lengthy with those local and visiting, about art, or not. Thank you for all the chats!

Painting the Runners' Wings mural has been such a meaningful experience. As my first true window mural, I'd like to thank Laura for trusting me to bring her dream of a "wings mural on Main Street" to life. Anyone who knows Laura knows that she is full of heart – for her family, for her community and now, for her exciting new business which is inspired by both the people and place she cares most about. When she approached me about her vision for an interactive mural that added a fun point of interest in town, I was an all-in yes!

As I worked on the design, being in the location really influenced some of the elements...for instance, not a single paint day went by without finding a feather 'gift' from local birds. These fun and beautiful little surprises were helpful too. When I worked on the details they served as real life inspiration. As I worked, watching the sky reflect on the window also influenced how much space I left unpainted. Sunsets and sunrises, flocks of birds, clouds...they flow through the sky of the mural.

Another aspect I enjoyed was watching people flow into and out of the store. It wasn't just young elite runners (although there were plenty of impressive athletes), there were all kinds of folks of varied ages and mobility levels...I thought of something my mom used to say when I played sports, "you're only as good as your feet." Runners' Wings is helping so many of us to have 'good feet', which I imagine is helping so many to stay active, pain free and doing the things they love.

I hope you enjoy the wings on Main Street as much as I enjoyed painting it! Please take pictures with it and when you do, I'd love for you to tag me @wildhart.creative & #runnerswings!



## More than Just Running Shoes...

Runners' Wings was established to support the needs of our community.....beyond just runners! We have a great selection in stock of walking, running, racing, hiking, and work shoes – AND - we offer an even wider selection available through our vendors for whatever you are looking for from Brooks, On, Altra, Asics, Saucony, OOFOS, and others.



Get fit instore and let us make sure you enjoy your new shoes for standing more comfortably, working out in the gym, keeping up with the grandkids, whatever your needs....We're here to serve you!

## Important Meets for Local Teams

### Frostburg State University:

Oct 21 (Sat)



Mountain East Conference Championships



Oct 28 (Sat) / 10 AM

Go Fast River Run



Nov 4 (Sat)

Atlantic Region Championships



Nov 18 (Sat)

NCAA National Championships

### Potomac State College:

10/28/2023	Region 20 Championship - Westmoreland, PA
11/11/2023	NJCAA Nationals

### WVU:

**Carnegie Mellon Invitationals Oct 7 (Sat)**  
Pittsburgh, Pa. Schenley Park 10 a.m.

**Big 12 XC Championships Oct 28 (Sat)** Iowa

**NCAA Mid-Atlantic Regionals Nov 10 (Fri)**  
Bethlehem, Pa. Goodman Campus

### Area Highschools:

Tue, Oct 3	Area Meet
Wed, Oct 11	Allegany County Championship
Tue, Oct 17	WesMac Championship
Wed, Oct 25	Husky Pride Invitational
Thu, Nov 2	1A West Regional XC
Thu, Nov 2	MPSSAA 1A West Region Championships
Sat, Nov 11	MPSSAA 1A State Championships

## M&M's Motivation Corner



Molly and Maddie Offstein

*And the greatest is Love...*

I never want to overlook or forget what I learned from life and the rehabilitation process after my accident. I learned that with confidence, dedication, determination, hard work, humor, and perserverance, you can do anything. But beyond that, the most important and powerful thing that will get you through anything is....LOVE!

-Molly Offstein

## Cross Country 2023

It's finally that time of year again: Cross Country season! The summer training has built up, the competitiveness is in the air, and everyone is ready to throw on their best spikes and hit the course. Lets run around the area and see what some of the local teams are up to and what their goals for this season!

In our area, cross county is supported at all levels and some of our local college and high school teams are: Potomac State College, Frostburg State University, West Virginia University, Mountain Ridge, Allegany High School, Fort Hill High School, Bishop Walsh, Northern & Southern Garrett, Frankfort, and Keyser.

The college teams are fighting for their spot in their respective Division National Meet. Last season Frostburg ran at the Division II Atlantic Regional Championships for the first time since transitioning to DII. This season, the men's goal is to be a top 3 team in the Mountain East and Top 5 in the Atlantic Region! The FSU team has 19 new faces across the Men's and Women's teams, along with a dozen returning runners. National Championships for DI (WVU, who picked up local runner Mary Delaney) will be held in Charlottesville, VA; National Championships for DII (FSU) will be held in Joplin, MO. Potomac State will focus on entries for the NJCAA Regional Championship where two runners enjoyed PRs last year.

The high schools are eyeing their qualification into the State Cross Country Championship meet in November. For Maryland schools last year, Boys' 1A West was represented by teams from Northern Garrett (state champ) and Mountain Ridge. The Girls' side was represented by teams from Northern Garrett (defending state champ), Southern Garrett, and Mountain Ridge. Allegany High School had an individual qualifier. In West Virginia, Frankfort Boys captured their second state title in 3 years. Their girls team is also looking impressive this year. We will try to post highlights and links to various meets throughout the season at all levels, and, of course, cheering you on!!!

*"Running is the Greatest Metaphor for Life because you get out of it what you put into it." -Oprah Winfrey*

### Upcoming Community Races >>>

**Great Allegany Run (GAR):** 5k & 15k, October 7<sup>th</sup>. Sign up at <https://runsignup.com/Race/Events/MD/Cumberland/GreatAlleganyRun>

**Joe Howard Charity:** 5k Run/ 1 Mile Walk. October 14<sup>th</sup>, Dig Deep Brewery, Run or Walk on the GAP trail. Registration 11am, Run/Walk Start: 12PM

**Rocky Gap 25k, 50k Realy Trail Run:** October 14<sup>th</sup>. More info at <https://ex2adventures.com/trail-running/rocky-gap-25k-50k-relay-trail-run/>

**Narrow Way:** Fellowship Christian Athletes 10k/5k/1k at Canal Place, Cumberland. Nov 11, Reg. 7:30am, 8:30 Start. <https://runsignup.com/Race/MD/Cumberland/NarrowWay5K>

**Turkey Day at MRHS,** Thursday November 23<sup>rd</sup>. Start your Thanksgiving Day off right w/ a fun relatively flat 5k starting at Mountain Ridge High School in Frostburg, MD. Sign up Coming soon...Pumpkin pies are presented to the top 3 finishers in each age group!

**Join Queen City Striders:** All Ages  
<https://runsignup.com/Club/MD/Cumberland/QueenCityStriders>

**Support Girls on the Run:** More info at <https://www.gotrmdmd.org/locations>