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Road race from page C1

was making progress. She ran her first marathon 10 menths after she started. By the time she was 40, she was ranked

she was 40, she was ranked nationally.

"I had never done anything active in my life, so you can imagine what an entire lifestyle change that was," Cassel said.

"After about 10 weeks, I entered a 10K race, and that sorts sparked my interest. It made me so enthusiastic about racing I had to do it again and again.

racing 1 has to us to seem conagain.

"It brought out a competitive
sense in me. I really found a love
for it and have been running and
racing ever since."

Cassol once raced 25 to 30
times a year, but she was feeling
burned out over a year ago and
took some time off. But she has
come back with renewed energy.

"Tomas as we age, we expect

took some time off. But she has come back with renewed energy. I guess, as we age, we expect to slow down a little bit, she said, but it's different when it starts happening to you. I was still pushing as if I was 5½ years old instead of being more conservative and wise in my running.

more conservative and wise in my running.

The continued to run but at a less intense pace. About a year age, I started racing again. Since last March, I've been racing fairly frequently.

Gassel, who was born in Louisiana, was raised in South Carolina and moved to Michigan in 1992, thought the course would be more hilly than it was, which was OK with her.

Thoved the fact the last mile and a quarter was a nice gentle downhill to the finish, she said. Yea can just kinde let it all out and attretch your legs. Gravity is on your side.

and stretch your legs. Gravity is on your side."

Cassel caught up with Lair at

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Women's winner: Nancy Cassel finished in 25:21.

the two-mile mark, held her ground through the uphill third mile and used the downhill fourth to cement her win.

"In the last mile, I was running as hard as I could because I had edged in front of some guys and wanted to make sure I held that lead," she said.

Schroeder was prep star

Schroeder was prep star
People who follow high school
sports closely in Michigan might
remember Schroeder. He helped
make history while running for
Monroe High School in 1988.
The Trojans had some outstanding cross country teams,
a.d Schroeder was a member of
the team that set the record for
fewest points in a state meet
with 99.
Schroeder, an environmental
engineer for Dragun in Farmington Hills, later ran for the University of Michigan and still does
a lot of road races.
"I try to race most weekends,"

SEAMLESS GUTTERS

027 Gaige Almeron
RUN TO ANY LENGTH WHILE YOU WAITE

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he said. "I'm a few pounds heav-ier and I don't have quite the same time or energy to run like I did in college, but I still enjoy

getting out there." Jeremy Butler-Pinkam, 19, took the early lead in the men's race, and Schroeder soon real-ized he was facing a serious chal-

ized he was facing a serious challenge.

"He had the lead for quite a while and four or five of us chase-packed him for the first couple miles," Schreeder said. "When it looked like he was going to hold that pace, I decided I'd better make a move and go after him."

Schreeder, saught, Butler-

after him."
Schroeder caught ButlerPinkam around the two-mile
mark and even opened a leab
Butler-Pinkam was the eventual
runner-up, finishing in 21:10.
Though his heyday as a runner is behind him, Schroeder
showed he can still win and not
have to be content with being
competitive.

competitive.
"I'm satisfied with the way "I'm satisfied with the way things are working out for me now," he said. "I don't have the inspiration to run as fast as nonee did. That's a little unrealistic. I set the bar a little lower and set goals that I reach fairly regularly."

Schroeder runs every Tuesday night in Farmington Hills with a group that includes race organizers Chuck Block and Herman Smith, and he liked the Festival course.

course.
"I thought it was well marked; "I thought it was well marked; I didn't have any trouble finding my way," Schroeder said. "The humidity of the day made it a little more difficult than a typical day, but I thought it was very well run."





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