



Confessions of a Series Runner

I infiltrated the running community *by Tom Weitzel* several years ago. A race here and there until I learned the names of many of the frequent runners. They did not suspect that I was developing a strategy to ultimately defeat them.

I quickly realized that the fastest among the group rarely earned the mega points needed to be successful in the Macon Tracks Piedmont Sports Medicine Race Series. The winners seemed to be the slower crowd who always showed up at the start and that would prove to be my undoing this past year, as I would miss the Run for Missions race in order to keep my marital status.

John Harvey, to his credit, showed up for all the starts and ended the series one point out in front. I will tell you that how many points you earn at a race is also determined by who else might show that day. I will not name names, but during the final race of the series I counted five Macon Tracks Club runners in John's age group that had raced the Reindeer Run in the past and who would likely finish ahead of him. To my dismay, only one of those guys showed up. I, on the other hand, was injured and used the strategy of volunteering which earns the maximum of 20 points.

Looking back, I know I was not totally focused upon the series points. Training for a 50K that was held the day after the Peacemakers run was a problem. I knew that I should not be racing at all in order to do well in the 50K. A slower pace for the course was my strategy that day to earn series points and still be

prepared for the 50K. I lost focus the last quarter mile as I forgot that Terry Patterson was in my age group and he finished in front of me without a challenge. No regrets, but it was likely a point that might have changed the series result.

I was injured going into the Dublin, Share the Path 5K. I had learned from the Masters of Series Running that finishing time does not matter. It is the finish alone that earns the points. I could walk, but not run and I posted a PR for my slowest 5K ever at 46:20. It earned me a first age group place and a second as Macon Tracks age group finisher, as Jimmy Ward won the Masters.

Will I compete in the series this year? I'm injured again and have now missed the Aviation Marathon. I could not have walked the course before they turned out the lights so that will cost 60 series points, which is a lot for this series. Still, with 26 or so races yet to run, perhaps showing up for the others could turn the tide? We shall see....

Editor's note: Tom was 1st in the Macon Tracks Piedmont Sports Medicine Race Series in 2008 and 2009. He missed getting 1st for 2010 by one point, but saved his marriage, demonstrating that his strategic skills are actually in very good working order!



Tom, 2nd and John Harvey, 1st Overall Place in the Piedmont Sports Medicine Race Series

Photo by Dave Oedel

2010 Macon Tracks Piedmont Sports Medicine Series Winners:

OVERALL

John Harvey / Jacqueline Hunsicker—1st

Tom Weitzel / Angela Lewis—2nd

Andrew Strickland / Cindy Beck—3rd

MTRC News

After completing another successful Al Toll race, the MTRC officers and board members met on March 5 to discuss lessons learned from the races and to initiate planning for the next race. Al Toll 2010 was my first foray into the world of race directing. Fortunately, I had a great team supporting me during the planning and execution of the races, and extend a huge thank you to each volunteer who helped both races be successful and provide a great event for all the runners.

2011 will be the 35th anniversary of the Macon Labor Day Road Race and we hope it will be the best. Planning for the event really begins the day after Labor Day when the organizers, volunteers, and competitors submit and accumulate a list of things done right, things done wrong, and suggestions for improvement. Ideas submitted by those who are competing in their 34th or 1st event ensure improvements each year.

In honor of the race's 35th anniversary, Susan Pennington has undertaken the task of compiling a history of the Macon LDRR from media sources, primarily the Macon Telegraph. The goal is to scan the material into a digital format and make available on the MTRC website. Thanks to Susan for taking time from enjoying her new grandchild to take on the job of being our historian.

One of the first items in race planning is the design and selection of the t-shirt design that also serves as the overall graphic image for the event. This year we have selected a race theme of "Our Roots Run Deep" in honor of the 35 year history of the race. The graphic you see with this article is the t-shirt front. Look for the race announcement on macontracks.org in the near future as well as on the MTRC Facebook page.



Currently, sponsors are being solicited to support this year's event. Each member has the opportunity to contribute to the race by identifying potential sponsors. They can only say no, and they just might say yes. Throughout the year, a race committee or volunteer will be asking for additional assistance with their area of responsibility. We hope that each member or non-member who is interested will offer their assistance in one or more areas of the race. You will find that the work is not that difficult and it is enjoyable, whether from the satisfaction of seeing the results of your work or from the time spent with a great team of folks.

LDRR 2011 is going to be an exciting event and we hope to see each of you on the starting line September 5!

How Stress and Anxiety Affect Running

Occasionally, you may become stressed when you have to run in an important event. When this happens, visualize yourself doing the task in your mind. For instance, you have to run in front of a large group of people in the next few days. Before the big day comes, imagine yourself doing the event in your mind. By doing this, you will be better prepared to perform for real when the time comes. Self-Visualization is a great way to reduce the fear and stress of a coming situation.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could read the newspaper, listen to some music or do an activity that will give them a fresh perspective on things. This is a great technique to use right before your next event.

Another technique that is very helpful is to have a small notebook of positive statements that you can carry around with you. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you. Whenever you feel stressed, open up your small notebook and read those statements. This will help to manage your negative thinking before your running event.

Crazy Runner

In 2005, after running the Peach- tree 10K, I decided that I was a runner. In 2011, I became a crazy runner. Here is why. I joined the Macon Tracks Running Club after having been invited to the Sunday loop run by club member Elizabeth Marshall in 2009. I met her at the Wellness Center. I was inspired by her qualifying for the Boston Marathon. Back then, I was running about 6 miles at the most, and the GEICO 12K was the longest race I had ever done. I was riding my bicycle around the Macon Tracks' 11.5 mile loop and thought people who ran the whole loop (let alone twice) were crazy.

I started increasing my run distance one half a mile every week starting from 6 miles and tossing around the idea of running the 2010 Museum of Aviation Half Marathon. At 8 miles, I started having knee pain and could not increase my mileage any more. I started taking glucosamine and fish oil to see if it would help and postponed my half marathon race till the following year. I did not increase the distance at all until the September of 2011 when my husband, Matt, joined MTRC. I was very happy when I got to the 4.5 mile water station at the loop. I toasted with water there with my fellow club member, Vinay Guda, who also got there for the first time. Matt, who already runs as part of morning physical training every day as an Army officer, ran every Sunday to encourage me. I was able to increase my miles without any pain and started adding 1 mile every week after reaching 10 miles. When I was trying to finish the whole loop, my legs were exhausted in the last mile. The last stretch was a nice deceptively long slope which I hated on my bike, too. When I completed the loop for the first time, I asked myself, "Have I just done something I once considered crazy?" I ran 13.1 miles to make it even crazier the next week. I did this



Nobuko with Elizabeth Marshall holding 1st AG trophy

crazy feat twice more before the race.

The Museum of Aviation, which is synonymous with bad weather, was held on a nice sunny day. It wasn't warm, but not too cold for a January morning. I thoroughly enjoyed running the race with hundreds of my fellow nut cases. Every mile marker I thought "1 mile at a time, I will get there eventually." Now that I am in the crazy category and think this is normal, I will keep running the loop. Matt wants to keep this weekend ritual, too. I decided that people who run full marathons deserve the title crazy and am wondering how I can achieve this feat of running to become one of them. I guess the only way is 1 mile at a time.

Dublin 12 kK's History

The race director for the initial 12 K and most since is *by Tommy Thompson*

Tommy Thompson. Tommy started an East Dublin Lions Run in 1989 in April consisting of a 2 K, 5 K and 10 K. In December of 1989, his son Damon, age 12, died rather suddenly of a brain tumor. He had run the inaugural 2 K and had assisted Tommy with the organization. In memory of his son, he changed the 10 K to a 12 K representing the age and month he last lived. The race later moved to Dublin Lions and then ceased in mid 2000's as Tommy had moved to Macon. All but 2 of the Georgia 12 K records were set on one of the 12K courses set up in Damon's memory. There have been 4 different courses. Tommy is now retired and living Dublin again.

Tommy is bringing back the 12K. It will be the 12th 12 K he has directed. This year will feature a new 12K still with some hills but fewer than any previous 12 K course. It will officially be a key hole course with the key hole being a large loop. It does start uphill but then it ends on a down hill.

Every runner in either of the 5k events or 12 K event will receive both a T-shirt and a commemorative plaque if registered by March 31. You can register online at <https://stp.webconnex.com/stp> or by mail thru April 5 and on race day (but with no T-shirt or plaque guarantee). A decal for the backs of plaques that will give your name, place of finish and time will be sent to all pre-registered runners. Special plaques will also be made for anyone setting a new state 12K record, age group or overall.

The runs are a part of Run and See Georgia and the Macon Tracks Series. There were no races on the Macon Tracks calendar when April 9 was chosen. Now there are six. Certainly all are to benefit good causes but he hopes you will consider being a part of this year's Share the Path and maybe even take in the Fort Valley or Milledgeville runs later that day.

Macon Galloway News

You might have seen us running *by Brandi Calloway* downtown, at the triangle, or even in your neighborhood, and wondered, what in the world are those people doing?? Since April 2010,



we have been training for the Marine Corps marathon as well as the Chickamauga half and full marathon. Under the leadership of Diane Raley and Michael Solis, several of our group members took off to Washington D.C. to run the prestigious Marine Corps Marathon (MCM) in late October. As many of you know, much like the Peachtree Road Race, getting an entry spot into MCM is almost impossible. As an official Galloway program our members are given the opportunity to purchase MCM entries via Jeff Galloway. That's just one of the many reasons why it's good to be a "Galloway." On that cool October morning, Diane and Joel Raley, Michael Solis, and Debbie Lindley all lined up with the thousands of other runners who, like them, have been training for months in preparation for this day. The starting line alone sets this race apart from any other race. The United States Marine Corps Mounted Color Guard made its MCM debut and performed precision color guard movements on palomino wild mustangs at the start of the race. Each of our Galloway members had a personal reason for running this race. Some are former Marines, some had a time goal they wanted to achieve, and for the others this was their first marathon. We are so proud that our program was so well represented at the MCM ... great job to all!!!

As for the rest of us, we made the trek up to Fort Oglethorpe for the Chickamauga Battlefield half and full marathon in November. I personally was most excited about this race. We had several runners for whom this would be their first half or full marathon. Nerves were at an all-time high and the excitement was almost unbearable. It was time to put all the training we had accomplished in the last 6 months to

work. The morning of the race, we were faced with extremely cold temperatures. After months of training in the smoldering heat this was quite an adjustment. We all huddled up in the registration tent trying to stay warm as long as possible. We heard the announcement for all the runners to head to the start line. A few announcements were made and then BOOM! the cannon was fired and we were off. It didn't take long for our pace groups to find their spots amongst the crowd. I had the great pleasure of running with Nicole Fields. Our goal for this race was to just finish the race strong. However, the group led by Tim Cook had a more ambitious goal: to finish the race under 5 hours!! This sub-5 hour finish has taunted Tim for a long time. After the start, Nicole and I did not see Tim's group again until we crossed the finish line. Although I was completely honored to be running with Nicole in her first marathon, I could not help but wonder if Tim and his group were on target to meet their goal. Along the most beautiful course I have ever run we would periodically bump into our half group led by Jennifer Ramsey. Each time we saw them they were smiling and running strong. They treated this race the same as they did their training runs. They started as a group and finished as a group. Robin Mitchell who also was one of the leaders for the half group gave Jennifer support along the course and at the finish line. As if the scenery was not enough to keep us motivated, we also had family and friends who were there to cheer us on. Nicole's husband Greg, son Devin, and dog Buckus seemed to show up on the course just where we needed them to be. It was awesome to see them and hear them shouting out words of encouragement. Occasionally, we would hear some people chanting "Chicka-Chicka mauga" at the top of their lungs. It was no surprise to see that the chants were coming from my sister and friend who made the trip from New Orleans to run with us. It was very uplifting to have



them on the course with us. Because they ran the half, they were finished long before Nicole and me. At the 25th mile, when we were pulling out all of our inner

strength, who do we see waiting at the mile marker for us? ... Jodi and Dawn. They pulled us along and got us to the 26th mile. I was then greeted by my mom, step dad, niece, and my 5-year-old daughter (who, by the way, ran the last 0.2 mile with me ... PRICELESS). Having my family there made every hill and every mile well worth the run. My husband (who gave up a fishing trip to come support me) was at the finish line with a camera in hand to capture the moment his wife and daughter crossed the line. I could not wait to hear about the different experiences each of our runners had along the course. And yes, Tim and his group achieved their goal and he could finally put the demon to rest. As a matter of fact, we had several runners who finish under the 5 hour mark!! No matter what the distance or what our personal goals were, a huge congrats goes out to: Tim Cook, Stephanie Spradley, Karen Clements, Adam Hammond, Don Fitzgerald, Michael Huy, Diane Raley, Katherine Miller, Jerri Lynn Coody, Michael Solis, Debbie Lindley, Matthew Sims, Robin Mitchell, Jennifer Ramsey, Sean Woodard, Beth Woodard, Amber Jordan, Leslie Jackson, and Melanie Warren. Job Well Done!! Other Galloway members include: Christa Garner, Cindy Rogers, Jill Thompson, Shannyn Gardner, Kevin Newell, Sharon Langan, Mitzi Gautreaux, Vickie Solis, Brittney Lewis, and Nychie Dotson.

Two weeks following the Chickamauga race several of us went out to the Bartram Forrest to get in some miles at the Bartram race. Tim was co-director of the race and we wanted to show him some support. Most of us just wanted to run a lap or two, enjoy some delicious food, and call it a day. Tim, Karen, and Don had other plans. Tim and Karen ran 31.5 miles and Don got in 26.2. Both Don and Karen qualified for the Marathon Maniac club of which Tim already belongs to!! Maniacs??? ... most definitely!!

We are currently training for the 13.1/26.2 with Donna Breast Cancer Marathon in February. Our next program kick-off will take place in the spring of 2011 and we will be targeting the Rock 'n Roll Savannah half and full marathon. For more information on our program please visit www.macongalloway.com or email at macongalloway@hotmail.com.

The Macon Galloway training group is implementing a new running program.

“Couch to 5K” will take you from sitting on your couch to run/walk/run a 5K.

Along with the teachings of Jeff Galloway the participants will learn about nutrition, hydration, and race etiquette.

Stress and Anxiety (continued)

In every anxiety-related situation you experience, begin to learn what works, what doesn't work, and what you need to improve on in managing your fears and anxieties. For instance, you have a lot of anxiety and you decide to take a small walk before your running event to help you feel better. The next time you feel anxious you can remind yourself that you got through it the last time by taking a walk. This will give you the confidence to manage your anxiety the next time around.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

BIOGRAPHY:

Stan Popovich is the author of “A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods” – an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com/>

Current 2011 Macon Tracks Piedmont Sports Medicine Series Leaders

OVERALL

Tommy Union / Jacqueline Hunsicker—1st
Jonathon Davis / Crystal Buttimer—2nd
Sam Martinez & Walter O'Brien (tied)
/ Teri Parker—3rd

Whether you're a new member or have been a member for years, we want to hear from you!

Please submit profiles, stories, race recaps, or other running-related articles to macontracks@cox.net

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