



Thanks to everyone who came to the MTRC party on June 1st! We had a great group of oldtimers and newcomers alike. Runners like to eat and tend to be good cooks, so the food everyone brought was awesome. Rudy Mendes and his family burned up the badminton court, the kids gathered around the campfire, and good fun was had by all. We'll do it again in the fall!

Planning is well under way for the 31st Macon Labor Day Road Race. There will be a meeting Thursday, June 14th at 6:30—please e-mail me if you'd like to be involved in decision making. THANK YOU **Run Fit Sports** and **Walthall Oil** for being major sponsors for the race! We still would like to have more sponsors, so ask your company to be a part of this great community event!

E-mail communications are being sent out with links to local race applications, updates, & other running club information. Send me your e-mail address if you are not getting these and would like to.

Happy running!

Kerry Oedel
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Run4Missions 5K

by Scott Tankard

The 18th running of the Run 4 Missions 5K road race started with a bang, literally. Lance Merritt fired the starting gun close to 8:30 and the race was on.

Actually it was the second race of the day, the 1 mile Fun Run having started a half hour earlier. It was won by Christian, the youngest of the Tinkey family. An interesting point is that it was his first race, *ever*.

The 5K race was won by Peyton Hoyal of Thomaston, and the first Masters male was Dave Oedel. The women's race was won by Kerry Oedel, and the Masters Ladies winner was Betsy Moore of Macon.

The Oedels weren't the only family to do well at the race (Kerry and Dave's son Liam ran a 27:05.) The Tinkey family also dominated the 5K as well as the fun run. FPD Jr. Varsity star Grace Tinkey was second overall female with a time of 20:52, no small feat for an 11-year old. Younger sister Faith Tinkey (9) won her age group also with a 27:05, shortly after her dad David crossed the finish line.

The Run 4 Missions is a true family affair. The food put out by the ladies of the church is wonderful and home cooked. Volunteer photographers took pictures throughout the race. Runners can download their

photos from the website at no charge—what a great service!

The atmosphere is one of welcome, and Lance Merritt has done a spectacular job of organizing and resurrecting a race that had fallen by the wayside for 3 years. He picked it up, dusted it off and set it back on track with the energy and enthusiasm for which he is well known. This year funds raised have been earmarked for the Mt Zion's youth mission to help victims of Hurricane Katrina.

The next running of this family and child-friendly race will be May 8th 2008. I encourage all would-be racers, first timers or experienced runners to come and support a worthy cause and to sample the excellent refreshments. For more information, check out the website: www.run4missions.com.



Brandon Bush and Christian Arnett (age 5) at the Run4Missions 5K race on May 5th.

“Ade” de Camp Retires After 12 Years

Steve Chaffin delivers. He has selflessly volunteered his Sunday mornings, year in and year out, to be of service to runners on the 7:15 a.m. group run around the loop, bringing Gatorade, watching over us, rescuing injured runners, and giving rides to those who, on occasion, just couldn't run another step. His signature red pick-up truck was always a welcome sight. Mary Katz sat down with Steve for an interview, as follows:

Everything you wanted to know about Steve Chaffin, but were too winded to ask:

1. Do you drink Gatorade at home? No
2. What's your brand of beer? Bud Lite
3. What time did you get up last Sunday? Slept in til 7:30
4. How many tattoos? 3 – all with Indian themes (he's part Cherokee)
5. Last cigarette? 2005
6. Favorite ride? Harley Davidson Ultra Classic touring bike
7. Any regrets? He misses us already.

I regret to report that the red truck died, and has been replaced by a black 2006 Dodge Ram 1500 quad cab...not half as much character as the 1992 Nissan we so loved.

Steve Chaffin was born in Porterdale 58 years ago, was

raised mostly in Macon, and graduated from Willingham High School. He met Diane when he was 10 and she was 7; they've been married now for 37 years. Before going to work for the Postal Service, his best job was as the assistant manager for the 41 Drive-In on Houston Road, which old timers (Johnny Jones) among us will remember. He is a Vietnam vet, having served on the USS Vancouver.

When Diane started running/walking/rollerblading, in the early 1990s, he followed her in his truck to assure her safety. Tom and Elizabeth Jones came in the picture, and they started running from the triangle with the group. He thinks that he started driving for the triangle group in 1994 or 1995. He never considered it as a job, and did it purely for the enjoyment of the company.

He and Diane have two daughters, both married and living in Macon, and there are four grandchildren. Steve is following Diane in her renewed involvement in their church, and that is the main reason he's no longer with us on Sunday mornings.

We'll miss you, Steve!



Grace Tinkey, 11, winner of “Run the R.U.N.”

Run the R.U.N.

by Kerry Oedel

The Georgia Industrial Children's Home has long been generous host to both runners and mountain bikers. They have one of the few places in Macon where it's possible to run on trails, under a serene canopy of pine trees, without fear of raging motorists or snarling dogs, though word has it that the place got its name, “The Pig Trail” due to the presence of occasional wild pigs. I have yet to spot any wild pigs, but a few runners were terrorized when an aggressive deer stalked them on the trail last week!

The day of the race, May 19th, we were blessed with beautiful running weather – cool and just a little breezy. There were 82 runners, including lots of regulars on the racing scene, such as Richard Marshall, Felton Watson, and the Skeen family. This race is organized by high school kids as a service project (led by student Stephanie Neyman), and this year they raised \$1800 to send to orphanages in Russia and Uganda. This was the second year the race has been run, and Allen “Cheddar's” Peake was the major sponsor.

The course was tough, and not just because my less-than-youthful joints aren't used to running on uneven terrain. Yes, there are two “moderately steep” hills as advertised, but it's a double loop so you must run them twice! I have new appreciation for all the kids running that course on the cross-country meets in the fall.

Bleckley County High Schooler Kyle Ashcroft won for the men, with a time of 17:49. Scott Cope was 2nd and Andrew Scott was 3rd, both top runners on the FPD cross country team. The women's race was a close match between accomplished track star Ashley Cope, 11-year old gifted junior varsity speedster Grace Tinkey, and myself. Grace breezed by me on the last hill to win the race with a time of 21:05. She'll be competing in the preliminary round of the Junior Olympics in Milledgeville on June 2nd, and we wish her the best!

Grace's younger brother, Christian Tinkey, won the 1-mile Fun Run.

Kudos to the kids at FPD for organizing this fun community event for a great cause!

Girlfriends Go the Distance

by Lisa Troup

I had been running for a few years when my husband introduced me to a nurse from the hospital that had begun running with a friend of hers. In fact when he introduced us, she and her friend had just finished their first 5K and were hooked on running. I had completing a marathon as a personal life goal, so when I was introduced to Tricia Spivey, and she said she wanted to do a marathon an instant friendship was developed. It was then that the "Trio" was formed, consisting of Tricia, Ginger Breeden and myself. Looking back, it is really kind of funny that we bought and read so many books. We were too intimidated to ask anyone for help so we just kind of winged it. Imagine that, winging a marathon!!! For that 1st marathon we ran with fanny packs that had band-aids, Tucks wipes, gels, candy, Vaseline, even Preparation H in them! Who needed a first aid station? Not us, we were PREPARED.



Ginger Breeden, Julie Wheeler, Lisa Saitow, Lisa Troup, and Suzanne Wood

We had put so much emphasis on the marathon day, that the day itself was anticlimactic! It was the friendships that had developed during each and every run. We had learned so much about each other spending all those hours on the road. I think our husbands were even a little jealous of the bond that formed. Marathon training was just the beginning for us, we decided to expand our horizons into an ultra (only 1) and then into triathlons. It was about this time we met the newest members of our group just as one of us was moving away.

For the last couple of years our group has evolved into an interest-

ing group of 5. Lisa Saitow, was the first to join. She brought to the group her wild sense of humor and love of shopping, then came Suzanne Wood, hip-hop dance queen and Ms. Hollywood herself, and finally Julie Wheeler, better known as Annie Oakley, frontier woman. I know God has a sense of humor and smiles every time the 5 of us get together to train. We are all strong-willed women yet as different as night and day. We talk about everything from global warming to gross bodily functions, just depending on the day. Sometimes we disagree even to the point of yelling sometimes, but somehow by the end of the run it is all worked out and we are ready for the next workout.

Are we serious runners? Some people may say "They are just not disciplined enough!" Speaking just for myself, I beg to differ. Our goals are just different than some. While I personally would love to qualify for Boston someday, right now this season of my life is full with carpools, dance classes, swim lessons, etc. Right now I don't want to take training that serious, I am enjoying building friendships. Maybe I never will. Does that make me less of a runner?

Maybe, but I have some of the funniest and most precious memories that will keep me laughing well into the 70 and over age group.

As I write this Ginger, alas homecoming queen and fire twirling majorette, is preparing to move to Chicago, Illinois. I can't imagine going on a long run without her sense of humor. However, when she called and told me she was moving the first thing I did was check out marathons in the Chicago area! Good friends will travel!! Are we runners? Yes, Happy ones!!



Time to Spare

By Mary Katz

Suni Heaton won first place in her age group at the Charlottesville half-marathon on April 21. She needed a 1:50 to qualify for the New York Marathon, and ran a 1:39:21 on a hilly course. Way to go, Suni—have fun in New York this fall!



In addition to Lisa's many other jobs, she is race director of the Firecracker 5K & 10K in Wrightsville on July 4th. Run BOTH races for a mere \$20 (register before

June 26th), and watch your Grand Prix points skyrocket! Race info is at www.GeorgiaRunner.com or e-mail Lisa at ltroup@bellsouth.net.

Members of the Macon Tracks Running Club receive 10% off shoe purchases!

(No other discounts apply—Please bring this coupon in as proof of membership or bring in an old pair of running shoes for the same discount—shoes will be given to charity)



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The Loneliness of the Long Distance Runner

is the title of a short story and a movie from 1962. A rebellious youth, sentenced to a boy's reformatory for robbing a bakery, rises through the ranks of the institution through his prowess as a long distance runner. During his solitary runs, reveries of his life and times before his incarceration lead him to re-evaluate his privileged status as the Governor's prize runner.

This has nothing at all to do with Alana O'Reilly, apart from the rebellious part. However, she did take a long drive alone to Nashville to run a long distance by herself. She finished her first marathon in 4 hours and 15 minutes, and showed off her new running outfit while she did it.

Good job Alana!

Submitted by Scott Tankard

Other Macon Marathoners who ran the Country Music Marathon in Nashville on April 28th include our own Perry Slaughter of Run Fit Sports, who ran a blistering time of 3:16 (I want to know what shoes he was wearing); John Dove, for whom this must have been a walk in the park compared with all the ultra-marathons he's done, with a time of 4:04; Roscoe Douglas, who is well on his way to reaching his goal of running a marathon in every state, with a time of 7:09; Rick Bonfim, 4:13; Terry Patterson, 4:56; Dustin Norman, 3:39; and MTRC Member Craig Cowart, 4:19. Way to go, guys!