



*New Assistant Co-Presidents in Training Begin Track Club Tenure*

When my husband nominated me for track club president at the last MTRC meeting (without talking with me about it first), I almost choked on my pizza. After thinking about it, though, I realized it would be something I could really enjoy putting my energy toward, and, since I nominated him right back, we'll be working on it together (thankfully, Steve Corkery will still be directing the races). Please give us your suggestions. What do you want from your track club? Bring your ideas to the party on June 1st, or send an e-mail to koedel@cox.net.

*Kerry & Dave Oedel*

## *Come Run, Come All!*

Dave and Kerry Oedel would like to invite all Macon Tracks Running Club members and their families to their home on Friday, June 1st, 6:30 or so, for a pot-luck dinner. We'll cook some pasta and dogs; y'all bring the beer and anything else that suits your fancy. Cross-training will be provided in the form of badminton and ping-pong, with additional plyometric workouts on the trampoline for the younger set. There will be a campfire after dark, so plan to carbo-load on toasted marshmallows. We want to hear about

past running feats and future running plans!

Directions:

From I-75, take the Bass Road exit. Coming from the north, turn right on Bass Road, coming from the south, turn left. We are in the first subdivision on the right, Providence. After turning right on Providence Boulevard, take the 2nd left (Waverly Pointe) and we are straight ahead at the end of the cul-de-sac (#740). Phone 478-471-7721.

## *The MSO 5K Allegro Walk/Run*



*Robin, Brenley, & Sam Martinez display their medals. All got personal records at the MSO Allegro 5K on April 21st. It was a beautiful morning for a race at the Indian mounds.*

was held at the Ocmulgee National Monument on Saturday April 21st MACON at 8:00am. It was a brisk 46 degrees but clear and no wind. There were over 250 registrants including those who registered on race day, which was a record as the race had never fielded more than 200 in its 8 years.

The race was won by a couple of young people from out of town; Overall Male was David Marley (20) of Albany, Georgia in 16:40, and the Overall Female was Brittney Skiles (18) of Dawson, Georgia who ran it in 20:55. Masters Male was Jerry Worley of Macon with a time of 19:42, and the Masters Female was Kathy Woodard who came in at 21:16. Full race results are posted on the Macon Tracks website.

Thanks to the many volunteers from Macon Access and the Macon Tracks Club the race ran smoothly, and the staff at the Ocmulgee National Monument were friendly, helpful and cooperative. The race raised over \$8,000 for the Macon Symphony Annual Fund and we look forward to seeing everyone back next year.

*Submitted by Scott Tankard*

# *Southerners Brave Nor'easter to Finish Boston*

*by Kerry Oedel*

It was a fine day for a marathon. The forecasters predicted 100% chance of rain, 25 mph headwinds with gusting up to 50 mph, and temperatures in the 30's with the wind chill factor taken into account. The words "one hundred year storm" and "nor'easter" were used with abandon on the news channels. Thankfully, the rain let up, the temperatures were more in the high 40's, and the wind was quite manageable. It turned out to be not such a bad day at all to run the Boston Marathon. In any case, after 3 hard months of training (this after all our hard work to qualify), Leslie Tuck, Dave, and I were not about to let a little nasty weather get in our way!

We did most of our waiting around before the race in the Boston Common, standing in line for an hour to get on a school bus to Hopkinton. The Athlete's Village looked like a refugee camp, with dejected runners sitting on trash bags in between puddles of water, but, by the time we got there, it was time to go to our corral, and we didn't even have time to set up the tent and blow up the air mattresses we had brought along. Dave and I bid farewell to Leslie, and made our way to the start. It was tough to run a decent pace with so many crowds of people, so there was no risk of going out too fast as we'd been warned against so many times. Dave and I stayed together the

whole time, holding hands and cheering each time we crossed over a check-point, knowing that friends and family would now know we had made it that much farther. Thanks so much to all those wishing us well along the way.

I enjoyed seeing the many, many spectators lining most of the entire course, despite the bad weather, cheering us on. Many times they seemed to be having a lot more fun than we were, and I was thinking, why am I out here instead of over there?! There truly is a "wall of sound" at Wellesley, and you can hear it for about a half-mile even before you get there. The runners in costume were a welcome diversion, especially the two Easter bunnies.

I started counting down the minutes when we got to the tough last few miles, but Dave pulled me along and still had enough energy to hoo-rah the crowds on Boylston Street at the finish. It was a great sense of accomplishment, to say the least! We were blessed to be able to walk to Dave's brother's brownstone a few blocks from the finish, where his family was waiting for us

with hot showers, delicious food, and free-flowing ibuprofen.

Leslie had severe quad pain the last half of the race, most likely due to a stomach virus she'd had the week before. Tough-as-nails, she still finished with an admirable time of 3:54:22. Congratulations to Paul Peterson who finished with a time of 3:35:49, and Philip Rhodes, fastest MTRC finisher with a time of 3:23:10. Dave's and my time of 3:26:03 qualifies us to go back next year. Dan Ash has already qualified for Boston 2008. Maybe we'll see you there!

## *Calling All Speedsters!*

I have had inquiries from people interested in getting together for a weekly track workout. Misery loves company! We are looking at either a late morning (9am) weekday session, or possibly a Wednesday evening (5:30 or so). Send an e-mail with preferences to [koedel@cox.net](mailto:koedel@cox.net) to get on the list of those interested and we'll try and get something up and **running**.

## *Get Results Fast!*

- Need Race Results?
- Go to [www.macontracks.org](http://www.macontracks.org)
- Find your race in the column on the left
- Pat yourself on the back - you worked hard for that time!
- Thanks to Perry Slaughter for keeping the website up-to-date!

## *Get in the Loop!*

- A quick note to [koedel@cox.net](mailto:koedel@cox.net) will get you on the e-mail distribution list
- Keep up-to-date with the latest MTRC happenings!

# Keeping up with the Joneses

The last weekend in April has now become a tradition in Nashville, Tennessee. For the past 8 years they have held the Country Music Half and Full Marathon. I know that several of the track club members have been there in the past doing one or the other distance, but if you have failed to hear their tales about it, then let me recap our fun weekend.

This year, they had 28,000 runners, with the most precise wave start ever. Actually, Nashville was the place that started the wave starts in running. The course is a bit hilly, but nothing anyone who trains around here can't handle. Going from downtown to Bellmount, a very rich pretty neighborhood, we wound our way back downtown to finally finish at their football stadium. (Go Titans!). The half marathoners split from the full at mile 11, who then made their way down to the river and back up to also finish at the stadium. The course has great support stations, and bands are out in many different places as are "Cheer Squads" and lots of spectators with cow bells. There are some areas that, due to the high number of runners, are a bit tight, but because we weren't going for a PR, it was fine with us. Finish line medals are given to all finishers and the food and post race goodies didn't seem to run out. Meeting up with family and

friends was easy as well in the reunite center. So, I guess you could say it's a great race. Mother nature could have cooled it off a few degrees (I'm sure the marathoners would have felt better if she had). But I don't know, ask Alana O'Reilly who snuck up there to do her first marathon without telling anyone! She ran a 4:15, after having done only one 20+ mile training run.

While visiting in Nashville there are so many other great things to do. The Country Music Hall of Fame is a must, and I know there are several other museums around. We also found several parks that have great places to bike and hike. If you are a road cyclist, the Natchez Trace Parkway is the best. After riding on the "Trace" you gotta eat at the Loveless Café. It's right where you start the ride, so knowing some good food is waiting for you is always an incentive to get back quickly. This was our second time visiting Nashville and we're looking forward to going back. So if you want a race in April and you don't have plans to go "up north" for the Big one ( Boston) check out the Country Music Marathon. We have already thought about going back in two years for the 10th anniversary.

Happy training, E and Tom Jones

## Chickamauga Challenge

The Chickamauga Battlefield Marathon gets high ratings on [www.marathonguide.com](http://www.marathonguide.com), but, even more importantly, experienced marathoners Tom and Elizabeth Jones say it's one of their favorite marathons ever. In looking for a fall marathon to do, Dave & I wanted one that was close enough to drive to, small enough to avoid lots of logistical hassles, family friendly, scenic, and fast, but not so fast that you feel like you're cheating. Chickamauga is all those things, and we would like to get as many MTRC members to join us as are willing! It takes place on November 10th, and has been run for over 30 years through the Chickamauga and Chattanooga National Military Park. It is a double loop, but that just makes it easier for family to cheer for you along the way. There is also a 10-mile run, and, for the kids, a Chickamauga Junior Battlefield Marathon. Kids in 1st through 5th grade can start logging miles now, then run the last mile of the marathon to total 26.2 miles, and receive a finisher's medal. Check it out at [www.chattanooga-trackclub.org](http://www.chattanooga-trackclub.org)

There is also a Macon contingent heading to the New York Marathon this fall, including Suni Heaton, Steve Corkery, and probably Lori Brewer, so, Military Park or Central Park, you'll be in good company!



## Stuttgart Jogging Report

Mike Stafford reports in from Germany

I am so lucky to not be at Fort Hood, Texas. This place is much better. I am close to enough European cities that I have the next 4 weekends planned out, as tourist not runner. Prague, Bern, Zurich, and Venice (my wife joins me for this one). There is a terrific trail starting right out the gate that leads to dirt trails thru the forest. Miles and miles of x-c, no loose dogs, no cars, safe, and full of trees, streams, and lakes. I have a one hour loop that I run after work. I haven't had time to connect with a running club yet.

I'll return to the states April '08 to rejoin the club. Tell Rudy and his running pal, Bill, to run a qualifier and Boston too. Hi to all fellow runners. Mike



Mary Katz,58, on the heels of Jeff Morris,45, at the Cherry Blossom 15K on March 17th. She finished 5th of all the women. Way to go, Mary!

Need to Renew? Check your mailing label for your renewal date. Membership Applications can be found at [www.macontracks.org](http://www.macontracks.org). Thanks for supporting your local running club!

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## *Birth Announcement*

Let it be known this 3rd day of March in the year 2007, at the Snickers Marathon in Albany, two brand new marathoners were born.

Bill Harrison, who was in labor for approximately 3 hrs and 37 minutes, was delivered and began immediately to show off by capturing a 3rd place age group award.

Rudy Mendez was born shortly thereafter, enduring a labor of about 3 hours and 38 minutes.

I hear both are doing fine.

*Submitted by Dan Ash*



*Rudy Mendez and Bill Harrison at the Snickers Marathon*

## *Be There or Be Square (at the Triangle, that is)*

Looking for company on your long runs? Sundays at 7:15 a.m., the triangle is the place to be. Go northwest on Forsyth, cross Bass Road, and turn right on Old Forsyth (just past Howard Middle School). Park on the "triangle" just before the railroad tracks. The full loop is 12 miles, with water stops at 4.5 & 9 miles, or run to the first water stop and back. Beat the heat, catch up with old friends or make new ones, get or give running advice to your comrades, and strengthen those slow-twitch muscle fibers all at the same time.