



Running Club News:

Happy December! Hope you're taking time to run and enjoy the cool weather amidst all the hustle and bustle of what can be a rather stressful time of year. Running can be a great way to keep the focus on the less tangible things we have to be grateful for – health, friends, & family. Then again, it can also be a great time to ask Santa for that fancy new pair of running shoes you've had your eye on, all for the good cause of benefiting your health!

Your board members and officers-elect have been busy brainstorming new ideas for the club. FM is working on brochures and business cards to help spread the word and encourage others to join the club, Sam is working on designs for Macon Tracks running shirts, Kathy & Deborah are looking at ways to encourage people who are new to running via fun runs or a mentoring program, and I'm going to be working on a website calendar program that multiple users can add group runs and events onto. Other ideas are to have our own "Macon Tracks Grand Prix" – a series of races where members earn points by participating in local races similar to Run & See Georgia, and Steve Corkery has volunteered to do an equipment training session to help more people become certified race timers. Please feel free to e-mail me and add your ideas to the list. Many thanks to FM Barron for taking over the mailing of the newsletter this month!

We also have been discussing the club's finances. Gwen will give us a detailed report at the annual meeting, but even

(Continued on page 2)

What is Santa Bringing You?

by Amy Galeazzo



In my never-ending quest to write a good story, I went straight to the source for this one. On an early Sunday morning last month, while everyone else was meeting for the Sunday long run, I was meeting with the man himself: Santa Claus. I wanted to find out what Santa thought were the best gifts for runners this year.

Actually, my interview started like this:

Me: "Santa, it's imperative to my running career (insert Santa chuckling) that I receive a Garmin Forerunner 305 this year. Without it I'll never be able to post jazzy graphs of my splits, my heart rate, and my overall distance like all the other cool runners. I feel like I've been extremely nice this year, so I'm certain that there is no doubt in your mind that the Garmin should be mine."

Santa: "You woke me up at 7 am, just to tell me that?"

Me: "Actually, Santa, I brought you here for an important issue. I need to get the scoop on what runners should be asking for this Christmas. Since you've got the inside track on all of the latest and greatest gadgets and gear, I thought you could help me compile a list for our local running club."

(Continued on page 2)

(Continued from page 1)

without that information it's not hard to see that we're overdue for an increase in our membership fees. For each household, we pay \$4.50 to Road Runners Club of America (\$2.27 for dues, giving us the important benefit of 501(c)(3) tax status, and \$2.33 for insurance). The newsletter averages about \$1.50 per issue to print and mail each month, so, as you can see, with a \$12 individual membership fee, we're not close to breaking even. Various numbers have been talked about, but \$20 for an individual membership and \$25 for a family membership seems most popular right now. We will be voting on this at the annual meeting in January. If you have not yet joined, please consider going to the website and making yourself official, and take advantage of the lower rates while they last. We welcome both members & non-members to the group runs, social gatherings, and website forum, and I do post the newsletters online for everyone to download who wishes to do so, but by joining you'll also be helping us in our mission to promote and encourage running in our community, both for new and experienced runners alike.

Just because it's winter doesn't mean there aren't running events to put on your list. There will be a special edition run at the triangle on Christmas Eve morning at 8:00, with hot chocolate and cookies afterward. Don't miss the "Start Your New Year off (W)right Run & Pancake Breakfast" on January 1st, the Museum of Aviation Race on January 19th (check the Macon Tracks website calendar for details), and the annual meeting on January 21st. The Al Toll Masters 15K & Open 5K race will be held on February 23rd. Macon Tracks organizes this race so we're going to need volunteers & sponsors. We also already have a group of 11 people signed up to do the Snickers Marathon in Albany on March 1st. There is much chat about this on the forum. Check it out and consider adding your name to the list!

Hope your holidays are filled with love & joy,

Kerry ☺

(Continued from page 1)

Santa: "Ahhh...I see...well, that seems like a good enough reason to be up so dang early..."

You tell those runners that I have an overstock of iPods this year. They can get them in any color imaginable, and trust me, if they don't have one, they need one! Tell them that if they've been extra nice this year, I'll even engrave something cool on the back like "*It's 5 am, do you know where your running shoes are?*" because I know you runners are crazy like that. Also, let them know that iPod has some really great accessories for runners too, like the Nike + iPod. Tell them that they don't have to wear Nike shoes to use it; they just have to remember to ask for the shoe pouch to carry it in. Never mind, if they ask for the Nike + iPod, I'll throw the shoe pouch in. In addition, they can program the Nike + to have Lance Armstrong or Paula Radcliffe tell them what a great job they're doing. Or, as if there weren't enough iPod accessories, how about the Timex iControl watch, which allows them to manipulate their music while running? If all else fails, I love to give gift cards to iTunes. I mean, who doesn't want the entire soundtrack to Rocky????

Since it's getting colder it's always a good idea to ask for some cold weather gear. I personally cannot attest to their comfortableness, but I've already received one letter from a Macon Tracks runner who said Smart Wool socks made her run faster. Reflective vests and safety lights are a must with the shorter running days, although I prefer to have Rudolph tag along on my morning runs. I know it doesn't stay cold in Macon for very long, but running caps, gloves, and tights are nice when the temps dip below freezing. And for those Sunday long runs, a nice pair of polarized sunglasses can come in handy!

And of course the Garmin Forerunner is at the top of everyone's list. I bought a huge stock of them a few weeks ago when they had a \$50 rebate, so there should be enough to go around.

I think that's about it for this year. Remind your readers that gift certificates are always easy for me to deliver so if they just aren't sure what they want, tell them to ask for a gift certificate from Run Fit Sports!"

Have a Merry Christmas and remember it's that time of year....Santa's making that list, and checking it twice. Have you been naughty or nice?

On second thought, don't answer that question!

(Special thanks to Glenn Heald for his help with this story)

Reindeer Runners Get a New Race Course for Christmas

What a great day to come out and enjoy the 15th installment of the Reindeer Run & Santa Stroll! The race is run each year for the benefit of the Children's Hospital. 445 runners participated in this year's event. I'm not sure if this was a record turnout, but it sure trumped last year's numbers.



Dave Oedel, John Lassiter, Tim Cook, & Chris Woodgeard at the start of the Reindeer Run 5K on December 1st, 2007.

By Chris Woodgeard

ers doing quite well. It was great meeting new people and enjoying the company of fellow Macon Tracks members after the race. Overall, it was a very well-organized race. Special thanks goes out to Elaine Thomas and Tarver Britton for organizing the race, Steve Corkery (a terrific race director!), Donna (for taking some great pictures for all of us to enjoy), the Macon Police Department and the very friendly and helpful volunteer race staff.

With clear skies and temps in the low 40's, it was near perfect running conditions. This year had a special surprise in store when a new course was announced. I was a big fan of the change since the new course was more scenic and runner-friendly than the previous course. Many Macon Tracks members ran the course a few days prior to the race and everyone gave it a big thumbs up. After a short warm up, we all lined up as Steve Corkery gave us the "Go" signal. Tim Cook and I thought it would be funny to sneak in front of the lead pack of runners at the start line by hiding between an ambulance and a police car, only to have them nearly run us down!

Something that I did not anticipate was getting in a little running contest with a fellow that works out and runs at the Wellness Center, where I'm a member. About halfway through the race, I saw him and wished him good luck. He stayed ahead of me for most of the race. Luckily, I was able to catch up with him during the final downhill stretch. We were neck and neck to the end. He claims I may have beat him by a nose!

Anyhow, I was excited that I achieved a new PR and I look forward to improving more in the upcoming year. It was neat to see many runners getting PR's and oth-



Andrew Swicegood, Victoria Coppage, & Grace Tinkey at the Reindeer Run (love those team shirts!). Victoria was 1st overall female and Grace came in 2nd that day. Andrew and Victoria ran at the Foot Locker Series Championships a few weeks ago, with Andrew placing 19th and Victoria placing 2nd. Grace just got back from running the Jr. Olympics Nationals in Kansas where she placed in the top quartile. And they're not even in high school yet!

Richmond or Bust

By Steve Corkery

How does one get over the fact that you could have been running in the New York City marathon, but can't really afford to do all the bonuses to keep your non-running spouse happy? Easy, defer until 2008 and hope nothing happens to jeopardize that opportunity! But all that training can't go to waste. That's where thinking outside the box and conferring with your running mates comes in handy.

This was marathon #7 for me, a far piece shorter than the number Randy Paquette has run, but neither of us had run the 26.2 miles in Virginia. Hey, Richmond is the week following New York! It's only 9 & 1/2 hours from Macon! No entry requirements! Plus, I actually lived in Richmond 31 years ago and hadn't been back in about 29 years.

Randy flew up for some business before pleasure—am I stretching it there?—while my wife, Laura, & I drove there, arriving about 5 PM on marathon eve. I got our race packets at the expo, met the family of an old classmate for dinner, and then spent the 10 PM hour on the phone with my 2nd grade teacher! Talk about a walk down memory lane!!

The race was billed as America's Friendliest Marathon (it was!), the medal was in the shape of a leaf with a footprint over it (the trees were gorgeous and we went through many neighborhoods where we were trampling over leaves!), and music from the 70's was promised at 22 spots along the course (this being the 30th anniversary of the race—but some bands must have been scared away by the cold as music was scarce, although a great Pat Benatar sound-alike WAS there at mile three).

Good vibes were present as we arrived at the starting area and the 2nd song over the loudspeakers was an Allman Brothers song!! The course itself was really nice as it varied from downtown vistas to college buildings to running along the river, and down past the monuments ending back downtown again. Hills were basically limited to bridges. Good support was present throughout the course. Volunteers and spectators were very supportive to everyone.

Now I don't remember Kerry mentioning beer in her victory at Chickamauga. Maybe that's the difference between being a front runner and NOT being a front runner. When you look like me and you look like Kerry, different goals come into focus, for me, namely just being able to get BACK to the finish line ☺. So, although a frat house offered beer around

mile 8, I exercised self-control. But when the Hash House Harriers offered beer at the 22 mile mark, how can you deny these folks an opportunity to offer some good old fashioned Southern hospitality? With a loudly proclaimed "This is for the Georgia Hashers," I accepted their carbo-fix and toasted them. They replied with the biggest cheer I got all day, "Alright Georgia hashers!!"

My 20-mile time was a respectable 3:02 (remember, not the front runner!!), but then the 24-mile marker came into focus about 50 yards away. At that point, the pains across my insteps joined hands with the groin pains, and invited my thighs and hamstrings to join the party. Let's tell this guy who's in charge. Uncle, uncle, UNCLE!!!! The next mile took me 19 minutes. Yes, the mind was willing, but the legs were definitely in charge. This is where the great downhill Richmond finish came in handy. Stiff-legged and stiff-lipped, I made it across the finish line (mission accomplished!) and started looking for Randy. He finished in a very respectable 3:53 and patiently waited the 34 more minutes it took me. But he did have time for coffee! We had about a 10-block walk back to the car, passing through the state capital grounds, and shared our tales of cramps, knees, miles, and a sense of accomplishment. Virginia joins the list!

Post-race activities included reminiscing with a priest from my high school over beer and sandwiches at Poe's Tavern (yes, Edgar Allen Poe was a Richmonder for a while), visiting his historic church and looking across the street at another church that Jefferson Davis and Thomas Jefferson both attended. For you younger folks, there was a concert that night, as well as other night spots. Fortunately, I had an understanding wife, and really patient friend who put up with my nostalgia! Randy rode back to Georgia with us the following day. The trip went well, except for the first 4 steps out of the car at each stop, and was gorgeous with the leaves all changed.

Lessons learned and questions pondered:

- Cramps—how can they be conquered? Probably through more regulated use of Endurolytes throughout the race. I did drink at every stop (no, it WAS water and PowerAde at all stops—the beer was just a bonus at 22!).
- Drink more water after the race. You can't re-

(Continued on page 5)

Calendar of Events:

December 23rd, 7:15 am—Sunday run from the triangle, (Old Forsyth & Rivoli—see the Group Runs page at www.macontracks.org for map and details of this popular weekly run).

December 24th, 8:00 am—bonus Christmas Eve run from the triangle with cookies and hot chocolate afterward. With the later start time you can even sleep a little later!

December 25th, 6:30 pm—Tuesday night track workout at Stratford. Yes, Dave and I are actually thinking we'll be there for the usual track workout at Stratford. It'll be a last bit of running before heading off to snow country for a week!

December 30th, 7:15 am—Sunday run

January 1st, 9:00 am—Start Your New

Year Off (W)right Pancake Run & Breakfast, 244 College St. See the www.macontracks.org race calendar for details.

January 6th, 7:15 am—Sunday run

January 8th, 6:30 pm—Tuesday night track workout at Stratford

January 13th, 7:15 am—Sunday run

January 15th, 6:30 pm—Tuesday night track workout at Stratford

January 19th—Museum of Aviation 5K/Half or Full Marathon, Warner Robins. Download a race application from the Macon Tracks race calendar.

January 21st, 6:30 pm—Macon Tracks Annual Meeting at the Wellness Center. Pizza & beverages provided. Come vote plus sign up for next year's Challenge of the Miles!

January 22nd, 6:30 pm—Tuesday night track workout at Stratford

January 27th, 7:15 am—Sunday run

Go to www.macontracks.org for information on additional group runs throughout the week, race calendar listings with applications available to download, a forum with lots of great information and fun chat, race photos, Sam's blog, and more!

(Continued from page 4)

hydrate over beers in Poe's Tavern. You may get stomach cramps later!!

- Branching out—road trips can be fun. I actually ran next to a few folks coming to Tybee in January.

Congrats to all the new marathoners from Chickamauga. But also, way to go all you first-timers at the Reindeer Run. Successes are measured not in miles, but in progress. Lining up for your first 5-K and reaching the finish line can bring about that same rush as a marathon. And when you're injured, walking around the block is a major accomplishment. Keep putting one foot in front of the other. And keep it being fun!!



Photo by Donna Segleken

Sam Martinez, Monika Bubacz, & Mary Katz enjoy a beautiful fall morning on the loop during the Sunday run.

Need to Renew? Check your mailing label for your renewal date. Easily join online at www.macontracks.org. Thanks for supporting your local running club!

NON PROFIT ORG.
U.S. POSTAGE
PAID
MACON, GA
PERMIT NO. 204

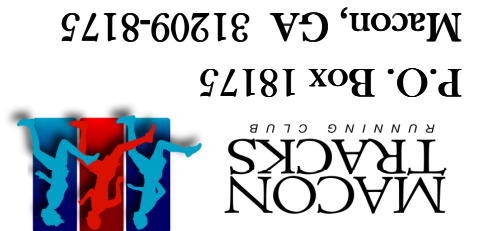


Photo by Donna Segelken

Violet Carden celebrated the day after her 83rd birthday by running the Madison Christmas Rush Classic 5K, winning yet another trophy by placing 1st in the 70+ age group with a time of 45:45. She started running when she was 51, and then got her daughter Carol interested in running, too. Carol says when her mom first started running it was such an unusual sight that people would often pull over to ask if she needed help! They did their first race together in 1990 at the Macon Labor Day Road Race and haven't stopped since. They made up their minds early on that they didn't care about being fast, they just wanted to make it fun. Carol says her mom really loved running the Peacemakers cross-country race this fall, and another memorable race was in 1992 when they both did a half-marathon in Savannah. "It was icy cold and windy, and we were shivering because we didn't know how to dress, but we sure had a great time!" Carol reports. She says they take turns driving to the races, and that her mom would race every weekend if she could. Violet runs almost everyday and doesn't feel right otherwise. Thanks, Violet, for being such an inspiration to us all!