



### Running Club News:

The spring racing season is in full swing, and what better way to spend your Saturday morning than running with and cheering for friends and family in the beautiful Macon spring weather? Our first race of the new **Macon Tracks Piedmont Sports Medicine Race Series** was held on February 23rd, the Al Toll Memorial. Steve Corkery did a great job directing this race once again. Thanks to everyone in the track club pulling together and pitching in, the race was a big success. Points are posted for Al Toll, GEICO, and should be posted for the Forsythia Festival 5K by the time you read this. We've added the MSO Allegro 5K to the series, to be held on May 10th, bringing the total number of races to 16, so there's still plenty of opportunity to rack up those points! Be sure and pre-register for these races to get your Macon Tracks discount.

I hope you've had a chance to check out the new "Macon Tracks Table" with apparel and promotional materials on display at local races. There will be more shirts, singlets, and more pink hats coming! Many thanks to everyone who has helped with this important project.

Labor Day Report: We need sponsors! Thank you, **Medical Center of Central Georgia** for committing early. Sponsorship forms are posted at [www.macontracks.org](http://www.macontracks.org). Sign up now to be a part of this great community event—we can't race without you! We also are in the market for t-shirt designs. E-mail your submission to [koedel@cox.net](mailto:koedel@cox.net). The winning artist will receive \$100 and recognition on the race applications.

Hope to see you at the next Macon Tracks Social on May 3rd (details on the back). Also there are lots of new races listed on the website calendar. Run one, or run them all!

Kerry ☺

### *Snickers Satisfaction*

by Tim Cook

What a truly remarkable experience. It started out Friday night with a pasta dinner at the Riverfront aquarium with the guest speaker Jeff Galoway. We got a chance to listen to his words of wisdom and encouragement and even ask a few questions.

Race morning: Nerves had kicked into overdrive. I didn't know if I'd be able to keep anything down. I was so nervous it felt like I had the flu. I kept reminding myself that it's just another day at the loop running a long run, only with a timing chip. Amy, Tommy, Rick and I decided to try and run a sub-5 hour marathon. The weather was great with temperatures in the mid-40's and a slight breeze to get us in the mood. Now there were just minutes to spare and I was trying to finish pinning my gel packs to my shorts. I did not stretch enough before, but I realized it was time to start the journey to my dream.

The horn blew and away we go. We were trying to start off with a couple of warm up miles at a 10:45 pace. We decided to then pick it up at mile 2 and try a 10:30 pace which was feeling very good. The crowd support was wonderful and uplifting. Almost every block had either a police officer or volunteers to help with traffic. The citizens of Albany rock. Everyone was so friendly. Everyone was trying to out-do the other water stations with decorations and cheers.

The early miles, 1-10, felt really great, almost to a point of being effortless. We ran past my dinner destination, The Hot Dog King. I thought, "I can't wait till the race is over to dive into some chili dogs!" We were staying on track while banking some extra minutes each mile. We discussed how much time was



Amy Galeazzo, Tommy Chambers, & Tim Cook begin their Snickers journey. Photo by Peachsports.com.

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banked, when did we take our last gel and when would we take our next. We discussed pit strategies and even gave Amy ideas about how to wear your hair in a wedding. I thought for a while I was at a business meeting instead of a marathon. It helped me to keep my mind off of the upcoming miles.

During miles 11-17 things started to change. I was starting to get a little feeling of hunger. Amy and I were joking about needing Leora there with us to play some music to help us get through this race. We came to mile marker 13 and a man and his children were outside playing Vanilla Ice on their mini-boom box. We renamed mile marker 13 as "Leora's Mile". It really helped me to push a little more. We were still on track for a sub-5 hour race. I could not believe it.

Mile 18 and something happened. We were no longer running together as a group. We later found out that Tommy had IT-band/knee issues that brought him down. Amy was trying to deal with a sore knee, I was hurting on my left foot and Rick was trying not to think about a heel spur. We were now running our own game. Looking at my watch, though, I saw that we were overall still holding on to our goal. I thought, "Man, can I just hold on for 8 more miles?"

Miles 19-22 were hard mentally on me. I was starting to think about what the finish line would look like and not concentrating on the steps in front of me. Now I was really hungry and was eating orange slices and bananas when I could get them. I tried to eat some of the Snickers Marathon bars when volunteers offered them up for us but I could not stomach it. I really wished I could get some Sprite and settle my stomach.

Mile 23 was the turning point of the race for me. My longest run in training was only 20 miles and I think the effects from going longer than I'd ever gone before were starting to show. I was getting nauseous, starting to break down emotionally, and wanting to quit. Yes, I said "quit". I was getting ringing in my ears and feeling very cold with shivers down my spine. I had to stop because of the relentless cramps coming through my legs and Tommy told me to shorten my stride to see if it would help. "Well," I thought, "If I shorten it any more then I'd be walking." Then I was walking and talking to God. Please let me get through this so I don't disappoint everyone who has helped me so far. I then started to run for 4 to 5 minutes at a time and walk 1 to 2 minutes until

the pain and emotional distress went away. I realized that I was not going to make my initial goal of a sub-5 marathon. I now had only intentions of finishing the race, but I was content with my decision at that point.

Mile 24-25. Man, I was so glad to be through with that last mile I could scream! Oh wait, I think I did! Now the little rolls in the road were starting to seem like mountains. I couldn't really hear the support from the crowd through the inner tears running through my body. My legs were really showing the effects of not training enough through the last couple of months

Mile 26 and I now was able to hear the crowd at the finish line. I was running beside an older gentleman who was running his second marathon and he looked at me and said, "Let's finish this thing strong!" So we went through the train depot and made our last turn. I could see heaven. Oh wait, it's just the finish line! I could see my wife, Mandie, waving me in. I put my arms up to let her know I was okay and coming home. I turned the corner and saw my other family, The Macon Tracks Running Club, there to cheer me on, take pictures and to give me high-fives. I crossed the finish line and there was my son, Austin, greeting me at the finish line with my finisher's medal. Now I was an emotional wreck. My body is now quivering, my muscles are deprived and my stomach is about to erupt like a volcano. The volunteers quickly wrapped me and led me over to get my chip off of my shoe. They then looked at me and said, "Let's go sit down." I was led into the medical tent with ice and bananas. My buddy Bill that I work with at Mid Ga Ambulance drove down to see me finish. He asked me if I wanted a cold one and I jokingly said yes. Man it was so good. The nurse then looked at me and said, "You obviously don't need our help if you're going to drink a beer." And I quickly told her that I just wanted to sit down and rest.

This marked my 2 year anniversary of running. I finished with a clock time of 5:09:59. I missed my goal, but I conquered a milestone by finishing 26.2 miles. I was able to stand up and say "I am a marathoner!"

Most of all I need to say that none of this could not have happened without the love and support that I received from my loving, caring, supportive wife, Mandie. She was there through all the long weeks of juggling schedules to make sure that I got my training runs in, making sure I had clothes to wear, and to just be there to listen. She's the main reason why I now can say I am a marathoner. Thank you so very much and I love you Mandie.

## Al Toll Memorial

By Steve Corkery

The 24<sup>th</sup> Annual Al Toll Masters 15K and Open 5K were held on February 23rd at the IKON Capital division off of New Forsyth Road. We had over 215 registered runners, a first for this race. If everyone that helped, ran, or cheered the runners would take a few moments now (really, put this newsletter down this minute!) and go to your running journal and record that the Al Toll running conditions were exceptional, I would appreciate it. If your memory is

good, you may recall rain, tornadoes (20 years ago in my first directing of this race), sleet, flooding (the year we had an impromptu biathlon when the water rose six inches above the levee), cold, and multiple combinations of the above! So, if it takes a few years to get another perfect day, please refer back to your 2008 journal ☺

The events that had a criss-cross start for the past several years switched to a two-tier start, with the 15K'ers up on the hill. I'll leave the results to speak for themselves, but boy did we have a youth movement taking over the 5K. (I guess that's an oxymoron since you *had* to be old(er!) to run in the 15K). The 1<sup>st</sup> and 2<sup>nd</sup> overall male and female winners were mere seconds apart from one another, with Kyle Ashcroft just behind Robert Bradham, and Grace Tinkey a step behind Victoria Coppage. For the 15K, Sam Martinez was well ahead of the competition, and Kerry Oedel won for the ladies. Even more impressive was 76-year-old Don McClellan and 77-year-old Bub Way completing the 15K (and no, they weren't last!). Runners from across Georgia were here, as well as a couple from neighboring states.

A race covering 12.4 miles requires the help of many volunteers. I'd like to thank Middle Georgia ReACT,



Robert Bradham out-kicks Kyle Ashcroft to win the 5K (top). Kathy Stege still smiling at the finish (left). Photos by Mandie Cook



the sheriffs from Bibb and Monroe counties, and the many volunteers from the track club for their diligence and assistance in providing safe roads for the participants. Our sponsors from the Medical Center of Central Georgia's Health Club, Wellness Center, Neuroscience Center, and Heartworks were wonderful and we thank them for their support. Also well-appreciated is the continuing support by folks from what I call the baby-IKON (compared to the main office around the corner), led by Hunter Squires, for again hosting our race at their facility. We let Hunter "try out" the masters course so he can see what he's in for when he gets old enough to officially run it!!

Again, thanks to all the runners and walkers who came out this year. Thanks to our sponsors, volunteers, and host. And I hope all of you will bring many friends and old-timers to next year's silver anniversary race. The Macon Masters' turns 25 in 2009. I hope to see you all there as we celebrate!



Photo by Ronda Coppage

Great day for a race at GEICO! Leslie Spiegel won the 12K, Monika Bubacz got 2nd in her age group and FM Barron was 3rd in his age group. Over \$350,000 has been raised for Special Olympics during the race's 25-year history.

Need to Renew? Check your mailing label for your renewal date. Easily join online at [www.macontracks.org](http://www.macontracks.org). Thanks for supporting your local running club!

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Photo by Mandie Cook

Tim Cook gets his finisher's medal from son, Austin, after finishing his first marathon at the Snickers race in Albany, Ga. on March 1st .

You're invited to the next  
**Macon Tracks Social,**  
to be held on **Saturday, May 3rd at 6:00 pm**, at the home of Neel and Renate Dickey. The address is 4930 Guerry Dr. From Wesleyan College, cross over the railroad tracks and turn left onto Rivoli. Take a right onto Wesleyan Dr., then turn left onto Guerry. Please bring a dish to share and your alcoholic beverage of choice if desired. Steve Corkery will be giving an enlightening seminar on the mysteries race timing beginning at 5 pm, so come early if you'd like to learn. Race Run4Missions that morning, then come share the excitement with friends that evening. Hope to see you there!