

# THE STRIDER

The People Who Keep Columbus Running

12:08



MY FIRST 100 MILER:  
The Inaugural Pinhoti 100

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COLUMBUS  
ROADRUNNERS

[www.columbusroadrunners.com](http://www.columbusroadrunners.com)

The Columbus Road Runners are winding down to the end of 2008. However, before the year is out we still have a lot of running to do. The groups runs continue to hit the roads. The groups are building up again. Keep looking for the weekly emails regarding these runs. Dr. Gordie Borkat will be the group run leader on Saturdays at 7:30 AM at 10th & Broadway. The is group will run anywhere from 6 to 10 miles at varying paces. Reggie Luther has a Wednesday evening group run at Lake Bottom at 6 PM and a Sunday Trail Run with different locations and times.

**Please put 12-20-08 at 7 PM on your calendar for the CCR's Holiday Party at Reggie's and Carolee's. This will be a fun event for all.**

Upcoming popular Marathons are **The Rocket City Marathon** in Huntsville , December 13, 2008, **The National Marathon to Fight Breast Cancer** in Jacksonville , February 15, 2009 , the **Snickers Marathon** in Albany , GA on March 9, 2009 , the **ING GA Marathon** in Atlanta on March 29, 2009 and the **Country Music Marathon** in Nashville , April 25, 2009 .

Please support the local upcoming races: **The Cascade Hills Twilight 5K for Autism** at 9 PM on 12-5-08; the **CRR's**

**Columbus Red Nose Marathon & Certified Half Marathon**, 1-10-09; and, the **CRR's Super Bowl 5K Run**, 1-31-08. Please support the upcoming CRR Events upcoming as the are the major fund raisers for OUR Club. Look in this newsletter for more info on registering for the club events.

At the Super Bowl Run we will have our annual elections for the Board Member positions. If you are interested on joining the CRR Board please contact me via email.

If you have never been to an Ultramarathon it is something that I suggest you do. You don't have to run it but Crewing for a runner or being a Pacer makes you a key element in a runner's success and effort in completing such a tremendous accomplishment. It is an exciting and thrilling adventure when you are part of support team. See more in the newsletter about this.

May you and your family have a safe, joyous and healthy holiday season. May 2009 bring you new PRs (even if it is an age group PR)!

Run Healthy, Run Happy, Happy Holidays,  
Dr. Ed

## CARROLLTON, GA – LADY BLUE DEVILS FIRST IN AAA

Muscogee County School District was well represented at the GHSA state cross country championships Saturday.

Columbus High coach Randy Whitt now has a pair of state championships after his girls team won the Class AAA title Saturday. Whitt coached the Columbus boys team to a state title in 1999.

On Saturday, the Lady Blue Devils were led by a pair of runners who posted career-best times: Jessica Ridley, who finished fourth overall in 19 minutes, 20 seconds, and Ashley Luther, who finished 27th in 21:02. [Ashley's time was her best time for the year on this course, but not a career PR]

Freshman Kristina Delpesche came in 19th at 20:42. Columbus' other finishers were Shae Tirado (34th, 21:10) and Jessica Smith (49th, 21:34).



"I am really excited," Whitt said. "We went in as the No. 1-ranked team, but any of about four teams could have won it."

In the Class AA boys meet, Jordan's Ian Edwards, who was running as an individual, won the state title with a time of 16:40.26.

Columbus boys runner Charlie Sparks, who had won an individual state title each of the past two years, was unable to finish the race. Whitt said Sparks had been battling a knee injury for the past few weeks.

The Shaw boys team finished 10th in the AAA race. Kendrick's Sherrad Thomas, who was running as an individual, came in 49th with a time of 17:36.47.

The Brookstone boys finished seventh and the girls 11th out of 32 teams in the Class A meet. The Hardaway boys finished 25th in the AAAA meet.

article from Ledger-Enquirer.com



### Running on Empty by Jason Nocera



### RACE CALENDAR

DECEMBER 6	DECEMBER 6	DECEMBER 6	DECEMBER 6	DECEMBER 13	DECEMBER 13	DECEMBER 20	December 20
Depot Dash Thomson, GA 9:00 am	16th Annual Reindeer Run and Santa Stroll Macon, GA 8:30 am	December Dash 10K at Phiniza Swamp Nature Pa Augusta, GA 9:00 am	Pine Mountain 40 Mile Trail Run Pine Mountain, GA 7:00 am	Rocket City Marathon Huntsville, AL 8:00 am	Carpet Capital 10 Miler Dalton, GA 9:00 am	Frozen Feet 5k And 1 Mile Fun Run Pell City, AL 8:00 am	14th Annual Meadow Brook Runs Birmingham, AL 9:00 am

JANUARY 4	JANUARY 10	JANUARY 10	JANUARY 17	JANUARY 17	JANUARY 24	JANUARY 31	JANUARY 31
DeLeon Springs Half Marathon and 5K De Leon Springs, FL 8:00 am	Columbus Red Nose Marathon And Certified Half Marathon Columbus, GA 8:00 am	Cruising the Creekwalk 5K and 1 Mile Prattville, AL 9:00 am	Wine Dog Run for the Paws Half Marathon & 5k Panama City, FL 8:00 am	Auburn Classic Half Marathon Auburn, AL 7:30 am	New Balance Ringling Bridge Run VI Sarasota, FL 7:30 am	Superbowl Run Columbus, GA 9:45	2nd Annual Run 2 Calvary 2 Mile Run/Walk Tuscumbia, AL 9:00 am



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#### COLUMBUS ROADRUNNERS MISSION

The Columbus Roadrunners is a Volunteer Organization founded to promote the fun of road and track running and physical fitness throughout Columbus and the surrounding areas. The club is a chapter of the Road Runner Club of America. The Columbus Roadrunners is open to anyone who wants to jog, run or race regardless of age, sex, or running ability.

# Congratulations, Reggie On Your Last Chemo Treatment!

TEAM  
REGGIE



## CHICAGO MARATHON 2008

BY MARK FOSTER

My First Marathon was in January of this year. When I crossed the finish line, I was ready to register for another one. I'm more likely to follow through if I register and part with the Benjamin Franklin. The marathon I selected next was for October 13, The Chicago Marathon.

A few months later, I talked my brother and uncle into running with me. It would be my brother's second and my uncle's fourteenth marathon. Unfortunately the race was full. However, there were spots remaining with non profit organizations to raise money. None of us had ever done Chicago, so we figured this was a fitting venue. While flying seems the simplest way to travel, the Foster's wanted it to be memorable; thus a road trip. We convinced my dad to join us for a weekend of memories. On Friday morning, October 11, at 3:35A.M., the adventures began.

My alarm went off, and though tired from only four hours of sleep, I was ready to drive North. My mom dropped off my dad at Hwy 315 in Harris County. Pops and I drove northbound to pick up my uncle at the Atlanta airport. He had driven over from Conyers, GA and felt it was the safest place to park. We then traveled Northbound again to meet my brother in Cartersville, GA. By 6:30a.m, we had the entire caravan

full of Foster boys with "Chicago Marathon...Chicago or Bust!" painted on the back window. The 12 hour drive and 800 miles passed by quicker than you'd think with the help of McDonalds, Starbucks, Star's BBQ (somewhere in Kentucky), and the homemade brownies and Chex mix.

Saturday was a fun pre race day. The Expo was the size of a small city and well organized. We also did some limited sight seeing around the downtown miracle mile area. The popcorn from Garrett's Gourmet Popcorn Shoppe is a must stop if you are near downtown Chicago. I thought all popcorn was the same. I recommend the half caramel and half cheese!

As many of you know, the weather for the Chicago marathon in 2007 was extremely hot, ultimately forcing race organizers to cancel the race. This year the marathon organizers promised much more fluids and better overall preparation. That proved good because temperatures were in the 80's by mile 10.

Race day. My dad didn't plan to run, so my uncle, brother, and I started out from the hotel to walk toward the race start. Somehow we got turned around and walked the wrong way.

This is the time when you are glad you read all the marathon books. We had the spare \$20 for the impromptu taxi ride, which whisked us in the *right* direction to a spot about 3 blocks away from the start. The race was extremely organized and flawlessly executed. The heat was no fun; however we trained in worse conditions over the summer here in the South. My time was faster than Disney by almost 16 minutes. (Notice I'm not mentioning my Clydesdale time!) I highly recommend Chicago to anyone! The uniqueness of the neighborhoods and culture is very cool.

My third marathon is Rocket City in Huntsville, Alabama in December. I hope temperatures are much cooler so I can improve my time by another 15 minutes. Yes, we are driving to Huntsville....another road trip, except this one is the immediate family. My lovely wife, 4 kids, and earplugs! If you haven't run a marathon, sign up for one today, and fulfill a satisfying goal. As I said at the beginning, if you sign up and pay, you're more likely to finish on race day!

# WHISTLESTOP MARATHON, ASHLAND WISCONSIN

BY CECIL CHEVES

The Whistlestop Marathon was probably the most beautiful marathon I have ever run. The fall leaves exceeded my expectations. Colorful red, orange, yellow and green leaves guided the runners the entire distance of the marathon. The course is a "rails to trails" course. A railroad track was converted into a flat running track packed with dirt and stone. The course is advertised as being soft on runner's knees, and a good Boston qualifier. I found, however, that the surface was softer than I wished and the packed dirt was soft dirt much of 26 miles. I ran a good half marathon and completed it in 1:52. My legs began to tire, however, around mile 16 and I finished the second half of the marathon more slowly, with a total finishing time of 4:20. The Whistlestop Marathon is a wonderful event if someone is looking for a good small town marathon that is well supported locally and you wish to travel to northern Wisconsin near Lake Superior. There were about 700 marathoners and another 900 half marathoners. The marathoners were bussed to the start



and ran point to point back to Ashland, Wisconsin to the finish. There was a very nice finishing ceremony with food and drink and also a very nice warm up jacket as the finishing t-shirt. The Whistlestop Marathon receives 5 stars for organization as everything from registration to finish

ran very smoothly, and receives 3 \_ stars for the course itself because, even though the course is flat and incredibly beautiful, the soft dirt begins to wear a runner down after the halfway point if you are trying for a fast pace. It is a little like running on packed sand on the beach or like running on the Lake Bottom track which has some soft sand in certain spots. If a runner is

looking for a fun, easy to run marathon, on a soft surface with beautiful fall leaves, that is easy on the knees, then the Whistlestop Marathon is definitely one to consider.

1200 MILE CLUB



1200 MILE CLUB COMPLETE THROUGH DECEMBER

TONY EDMONSON	116
JACKIE WALTON	1032 (without Oct)
MIKE EDWARDS	1427.1

## RESULTS

I completed my first marathon, **the Steamtown in Scranton, Pennsylvania** in a time of 3 hours 23 minutes, coming in #255 out of #1360 finishers. It was held on October 12th.

Very good course for a Boston qualifying attempt, the early half of the race is mostly downhill! Weather started out in the mid-40's, ended in the low-60's. There were many supportive crowds along the way and abundant opportunities for fluid refreshment.

[www.steamtownmarathon.com](http://www.steamtownmarathon.com)

Rush Wickes --  
[rushwickes@hotmail.com](mailto:rushwickes@hotmail.com), Columbus, GA

# BEAST OF THE EAST TRIATHLON, HAYESVILLE, NC

BY CECIL CHEVES

The Beast of the East Triathlon is the most beautiful course of any triathlon I have done. The distance is a challenge at a half-Ironman distance (1.2 mile swim, 56 mile bike, 13 mile run), and the course itself is challenging with many hills (it's called the "Beast" for good reason). However, this triathlon is one that is worth supporting and one that I would consider doing again. The race is very well organized. The race director, Scott Hannah, is very experienced with triathlons and he and his family do an excellent job of taking care of the athletes. The day of this year's event was picture perfect for a triathlon. The water temperature was 74 degrees. The outside temperature at the 8:30 a.m. start was 50 degrees and during the day the temperature rose to about 74 degrees. The sky was light blue with an occasional cloud, and there was a gentle breeze. The event is held in Hayesville, NC in the picturesque Smokey Mountains in the southern part of North Carolina. Portions of the course dip into north Georgia before returning to North Carolina. The event is held at the Clay County Recreational Center on beautiful Lake Chatuge. This beautiful lake is part of the Tennessee Valley Authority system of lakes and is surrounded by the scenic Smokey Mountains. Parking for the event also is very easy. The athletes can park their vehicles just a few steps away from the transition area and set up their bikes and gear. There were only 46 participants who entered this year's event. After race instructions given by Scott Hannah, the athletes put on their wet suits and went down to the water's edge. Motor boats and kayaks provided safety observers for the course that was well-marked with large yellow floats. The water was comfortably cool and clean and refreshing for the swim. Swimming the 1.2 miles took me 46 minutes, which was longer than I wished. I had hoped for 40 minutes. Being the oldest triathlete on the course (I am now 59 years old), most of the 20, 30 and 40 year olds finished several minutes ahead of me on the swim. I had decided at the beginning of the event that I would treat the event as a "long training day" and it was just as well because I spent most of the bike ride by myself. The bike course is well marked with painted symbols at every turn leading up to the turn. Volunteers were stationed at many of the turns. There was very little road traffic for most of the 56 mile course except for a few miles at the very end when we got on the main road outside of Hiawasee, Georgia around noon. Otherwise we were on mountain road for the entire 56 miles. The most difficult part of the course is a 15 mile stretch from mile 11 to mile 26 where the "Beast" raises his head. I was able to average only 16 miles an hour for the bike course which is well below my usual 19 miles an hour I try to average

on a triathlon. There were two aid stations along the bike course offering Gatorade, bananas and Gu to refresh us. My bike time was 3 hours and 25 minutes which was about 25 minutes slower than I would have liked. The run course is 13 miles through the recreational park and a portion of that is over the Lake Chatuge dam where there is a 360 degree scenic view of "eye candy" looking at the beautiful blue water surrounded by the Smokey Mountains. It is absolutely stunning. The run is a double loop course and there is an aid station on the course that the runners pass four different times where there is Gatorade, water and electrolyte tablets and Gu. My run pace was very average as I developed a cramp in my right calf at mile 3. This nagged me most of the run as I had to stop several times to massage the cramp out of my calf. Fortunately I took a handful of electrolyte tablets which provided needed sodium and potassium to help keep the leg from completely cramping. My total run time was 2 hours and 20 minutes which was about 20 minutes slower than I would have liked. My total time for the course was 6 hours and 46 minutes. This time was about 45 minutes slower for me than I would have liked and what I normally do at this distance for a triathlon. However, the hills account for my slower performance.

At the end of the race we received a nice finishing medal to go with the pair of socks that each participant received with the "Beast of the East" embroidered on them. There was the usual post race Gatorade, cookies, fruit and energy bars to help renew the tired athletes. I give this course 4 \_ stars for the course, as it is the most beautiful course I have done, although it is challenging. I also give the course 4 stars for organization. Scott Hannah does a very nice job organizing the event.

### COLUMBUS FOOT & ANKLE, P.C.

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All Current Club Members will receive a 10% discount on orthotics

## MY FIRST 100 MILER: The Inaugural Pinhoti 100

BY TROY ESPIRITU

From Heflin to Sylacauga, AL

I did it! I got my first 100 mile trail race belt buckle. I don't even know where to begin but I do know I share the buckle with the many aid station volunteers, the other runners who provided much needed companionship during the long event, several local runners who made the 2 hour trip and agreed to take turns pacing myself and the other local Columbus runners competing in this event, John Teeples (who just so happened to win the race) and Mac Flowers. These gracious pacers included, Rich Cellino, Cecil Cheves, John Cobis, Reynold Counts, Jose Mendez, David Smart and Keith Williams. And also to Ed Lopez who agreed to crew me during this long endurance event. There is no way I could have completed this event without their support. To think they were willing to leave their many personal obligations and families, drive 2 hours to support and run with me, mostly through the night and without sleep is mind boggling. I am forever grateful. I also must thank John Teeples and David Sowers, two extremely experienced ultra-runners, who provided me with insight that was truly invaluable.

I felt my training leading up to the event was sufficient. Obviously, we are all an experiment of one, and we must tailor our training to our individual needs and weaknesses. I focused on night running, which I knew would be one of the more difficult parts of the race. I also tried to train on similar terrain as the race, which mimicked the conditions on the Pine Mountain Trail. As many of you know, this is a very rocky and rooty trail and I knew the more I ran on it the better prepared I would be. The other factor I tried to focus on was getting accustomed to running on tired legs. Many of our log runs were done after a long day of work. Many were done with little or no sleep including 20, 25 and 30 milers with starts anywhere from 7 p.m., midnight, or 3 a.m. I also tried to incorporate some back to back long runs, such as a 15 miler followed by a 20 miler. My longest run was a 40 miler about 1 month prior to the event. In retrospect, this worked for me, but prior to any event of this magnitude, you always wonder if you did enough.

Back to the race... We left Columbus Friday afternoon and arrived in plenty of time to attend the pasta dinner and mandatory pre-race meeting. Here you picked up your packet and the race director, Todd Henderson, went over some important points. One thing that stuck in my mind was he pointed out that if you reach the Bald Rock Aid station (mile 41) before dark, you would be in good shape and that if you could reach mile 60, the course would get much easier after that. In hindsight, I think his definition of "much easier" was different than mine! This was a point to point trail run and with the host hotel/pasta dinner and mandatory meeting near the finish line, combined with a 6 a.m. start, meant we would have to get going early in order get to the starting line in time. Race morning, we



*Me and Mac Flowers at the start.*



*Feeling good, not even half way.*



*68 miles down, the toughest hills are coming.*

## MY FIRST 100 MILER: continued

woke at 3:15 a.m., left the hotel at 4 a.m., and after a 1 hour 30 minute car ride, we arrived at the starting line. The race started a little late, but at 6:15 a.m., we were beginning the journey. The weather was cool (35-40 degrees) but it was going to be a great day for running...the night was a different story.

For several months leading up to this event, I tried to talk to as many experienced ultra-runners I could and used the internet to read as much about these events as I could find. We tend to fear the unknown, and the more I knew, the less I would fear. Before the start I already knew several things, it would not be easy, physically it would be exhausting and mentally it would be worse. I also knew that the night running portion, after running 40-50 miles would be very difficult. I tried to follow several mottos, walk before you have to, eat before your hungry, drink before you are thirsty and always remember, "Relentless forward motion."

I knew the key to finishing a 100 mile event was to start conservative, and stay conservative. This would be tough because I would be running at a much slower pace than we trained at, but I knew I had to keep it that way in order to make it and the worst thing I could do was go out too aggressively.

The first 35 miles or so proved to be easier than I thought, it was much less rocky and rooty than Pine Mountain and I kept repeating to myself what the race director had said, "it would get easier after 60 miles." In my mind, I was in good shape. The course was rather deceiving, and even though it was held in Alabama, there was a significant amount of climbing and descending involved. According to the elevation profile, you were to climb over 16,000 feet in elevation and 16,000 feet of decent, and after John Teeples, who has competed in several 100 milers out west, told me this was not easy, I knew it would be a battle, and it was. "Relentless forward motion."

So, what do you eat to run 100 miles? You name it you eat it. I ate ~10 peanut butter and jelly sandwiches, 5 baked potatoes, cheeseburgers, chicken noodle soup, pretzels, potato chips, peanut butter crackers, beef jerky, nuts, bananas, chex mix etc. These were of course washed down with my favorite liquids, HEED, water and at mile 75 a cup of homemade brew (one of the highlights of the race!)

The whole course, it seemed you were either going up or down, but there were really only a few "major" climbs which I knew would pose problems. The first came near mile 35 where you slowly began to head up Mount Cheaha, the highest point of Alabama at 2,407 ft, to the Bald Rock Aid station. This was a very slow section, and the elevation made it un-runable. It seems I had to walk



*74 down, 26 to go.*



*Just did it! 100 MILES!*

## MY FIRST 100 MILER: continued

30-40 minutes to reach the top. At this point, my mind began playing games because you felt like you needed to be running, but in reality, there is no way to do so. Once reaching the top I felt I had broken through a significant barrier having completed the first "major" climb. Little did I know the decent down would be even tougher. After exiting the aid station, I began the decent down "Blue Hell." This is a very rocky section that descends nearly 1,000 feet in 0.8 of a mile. It probably took 20-30 minutes to decent this section and I saw 2 runners fall, one busted his shin and was bleeding pretty well, the other injured his calf to the point he was walking with a significant limp after the decent, I knew it was highly unlikely either would finish after that, however, both completed the race which was amazing to me. "Relentless forward motion."

It was at this point I was able to pick up a pacer. This proved invaluable, one for the companionship and two for course navigation. There were times through the night I'm pretty sure I didn't know my name, much less, having to navigate a trail I've never been on through the dark. There were times you would run for literally hours without seeing someone, so the pacers were a huge benefit.

I was able to reach mile 50 before darkness really set in. I was still feeling pretty good at this point. I had accomplished getting through the Bald Rock aid station and to mile 60 before darkness and I recalled what the director had said, that the course "would get much easier" after this point. "Relentless forward motion."

I knew that once darkness came, it would get much tougher, but I was use to night running on Pine Mountain, and this wasn't as bad.....or so I thought. Once it was dark the trail became much more difficult. There were lots more rocks and roots to navigate and down trees to either jump or climb under and after 70 miles I was not in the mood for gymnastics. If it wasn't for Ed's assistance at the aid stations and the pacers companionship through the night, I don't think I would have made it. Not only did the course get more difficult, but the temperatures dropped drastically posing yet another battle to overcome. I was told it reached 29 degrees during the night, and it sure felt that way. There were a few aid stations during the night that I had 4 layers of clothes on my upper torso, heavy gloves, ear covers, standing next to a fire with a blanket, drinking hot cocoa and eating warm chicken noodle soup, but just couldn't get warm enough. Apparently there were several runners who suffered from hypothermia during the night, so I consider myself lucky. Starting to run after these aid stations were one of the more difficult things for me.

When covering 100 miles by foot, you get to meet lots of interesting people from all parts of the country and from many walks of life. For instance, at mile 70+ I came across Michael McKenna, a 38 year old cop from Chicago. He was about to call it a day because he was so tired he literally was falling asleep while running. Cecil Cheves and myself not only got him to the next aid station, his spirits were so lifted he managed to finish the entire race with me stride for stride. Next there was Beth Simpson-Hall, a 50 year old mother of four. She and her husband run either a 50 or 100 mile race a month and average around five 100 milers per year. And of course, no one can

forget 47 year old Rob Apple from Murfreesboro, TN. This was his 33rd 100 mile race and he has completed over 500 ultra marathons. These folks and so many others gave words of wisdom and insight to a newbie like me, they were truly inspiring.

"Relentless forward motion." Back to the race. They say you run the first 50 with your legs and the last 50 with your heart. I suppose this is true, but at mile 75, I found myself feeling remarkably better than I thought I would. I also must admit that when the sun rose the next morning, I felt rejuvenated and was able to get my "second wind." To this point, I was able to focus on getting from aid station to aid station, thereby breaking it up into small pieces which seemed much more manageable. But now the thought of running a marathon at this point started to take its toll, even with my renewed energy I found at sunrise.

"Relentless forward motion." They say the marathon begins at mile 20. Well, for this race, for me anyway, it began at mile 90. At this point the physical and mental fatigue was really starting to set in. I somehow knew I was going to finish, but I also knew the last 10 miles were not going to be fun. Once I made it to mile 95, I was told the last 5 miles would mostly be on paved roads.....that was about the last thing I wanted to hear at that point. I really don't care for running on the road much anyway, but after 95 miles of having my feet beaten by rocks and roots, the last thing I wanted was pavement. These last 5 miles seemed like twenty but all I could think was "Relentless forward motion."

The finish. Once the Sylacauga High School Football stadium was in view, I felt a kind of energy I never felt before, fresh and rejuvenated. I can't begin to describe the emotions going through my head as I made that final lap around the rubberized track. And honestly, after having trained for so many months for this, thinking about it every day, constantly looked at this date on the calendar, crossing the finish line was almost anti-climatic. Yes it was euphoric, a proud moment but it was now over. I had done it, 2 feet, 100 miles and it was now over.

Physically I felt like someone had beaten my feet with baseball bats, but it still wasn't as bad as I had expected. But emotionally, I knew I was now a different person, stronger, more mental than physical. I was humbled, blessed and felt a true "oneness" that is hard to described.

After some congratulatory high fives, I was off to the hotel for a quick shower...(note to self, next time if room is on the second floor, make sure there is an elevator, steps are not good!) Ed drove the nearly 2 hours back to Columbus, while I basically passed out in the back seat.

While completing a 100 mile foot race is a life changing event, it pales in comparison to what really matters in my life.....they were waiting for me at the end of my drive way, my wife and four children. Without their love, support and putting up with a very tired husband and dad, I could not have done it.

I'm a hundred-miler now and I've got the belt buckle to prove it.

## You're Invited! Columbus Roadrunners Holiday Party

Saturday,  
December 20  
7:00 pm

Reggie and Carolee  
Luther's House  
7 Chive Court  
Columbus, GA

Directions:  
from Veterans Parkway, turn LEFT at  
Double churches road; turn LEFT at  
Paprika Lane; turn LEFT at Sage Court;  
turn LEFT at Chive Court.  
Call 706-596-9308 for more information.

## JOIN THE COLUMBUS ROADRUNNERS BOARD!

We are looking for CRR members to join the club Board of Directors. The Columbus Roadrunners Board meets monthly and is in charge of organizing races, socials, planning group runs, and creating exciting opportunities for the Columbus Roadrunners and the community. We want and need your opinions and experience.

Club elections will be held January 31 at the Superbowl Run if more than 1 club member would like to hold a particular position.

Anyone interested in becoming involved with the organization, please contact Heidi Kirsch 706.566.2613 or [hkirsch78@yahoo.com](mailto:hkirsch78@yahoo.com) for further details.

## TOP 9 GIFTS FOR RUNNERS

according to [about.com](http://about.com)

### 1. Life is Good "Gotta Run" Shirts

*These adorable, comfortable shirts by Life is Good feature a pair of sneakers with the motto, "Gotta run." Your favorite runner will love this shirt so much they'll want another. Available in both long-sleeve and T-shirt styles.*

### 2. Wright Sock Running Socks

*Wearing the right kind of socks means that runners can avoid painful blisters WrightSock Double Layer socks feature two totally separate layers that allow movement between the layers. As a result, heat and friction stay between the layers, not between the sock and your foot. The socks' Dri-WRIGHT, multichanneled yarns wick moisture away from the foot, which allows the moisture to spread out, giving it a larger area from which to evaporate. So your feet stay dry and, hopefully, blister-free.*

### 3. Brooks Reflective Vest

*Since they need to run fairly high mileage, many marathon runners find themselves running outside in dawn, dusk, or dark. Make sure your runner stays safe with a reflective vest, which will ensure that they're seen.*

### 4. "50/50: Secrets I Learned Running 50 Marathons in 50 Days" by Dean Karnazes

*Fifty marathons in 50 days sounds like an unfathomable feat, but that's exactly what Dean Karnazes, the "quintessential marathoner" did. His book details his journey and describes how he accomplished his remarkable feat. But Dean also shares his advice and secrets, which can be applied to runners of all levels. Packed with practical advice and training schedules, this book will inspire and educate runners, whether they're training for their first or fiftieth marathon.*

### 5. Hydration Belt

*If you have a long-distance runner on your shopping list, they're running long enough that they need to hydrate on the run. Since finding fluids on the run isn't always easy, many long distance runners use hydration carriers to have their fluids close at hand. Many of the hydration carriers also include pouches that runners can use to carry their food and other long run supplies.*

### 6. Superfeet Insoles

*Superfeet are a popular sports shoe insole for runners because they help align and control foot motion and provide extra shock absorption, helping prevent running injuries.*

### 7. "Spirit of the Marathon" DVD

*This documentary captures the unique stories of six runners preparing for the Chicago Marathon. Coming from all different backgrounds and levels of ability, the runners each face different challenges and struggles as they train for and run the 26-mile race. In addition to being entertaining, the film is very educational, as it tells the rich history of marathon running through vintage footage and interviews with running legends. This film will definitely inspire your runner to push his or her limits.*

### 8. The Marathon Stick

*The Marathon Stick was specifically designed for runners to help increase flexibility, accelerate recovery time, and reduce muscle soreness, stiffness and pain. Similar to a foam roller, you can roll the stick on your muscles for a self-massage. The stick is small enough to fit into a backpack or small suitcase, so you can easily take it along to races. It's particularly effective at loosening up tight leg muscles.*

### 9. Cold Weather Running Clothes

*Many runners run outside all winter long, so they need running clothes that are made for cold-weather running. Look for windproof and waterproof jackets, running shirts and pants made from synthetic fabrics such as polypropylene, warm gloves, mittens, and hats designed for runners. Avoid buying clothes made from cotton because they'll stay wet with sweat and chill the runner.*

for product information visit:

<http://running.about.com/od/shoesapparel/giftguiderunners.htm>

## ULTRAMARATHONING CAN BE A TEAM EFFORT

BY DR. ED

On 11-8-08 I had the privilege of Crewing for my friend and business partner Dr. Troy Espiritu. Dr. Troy has come a long way from the runner that I asked about 3 years ago if he wanted to join our training to run his first marathon. Of course, Troy joined the group and completed the Country Music Marathon in 3:59. Troy went on to run 7 marathons in the next year.

November 8, 2008 was different. Troy was running the Pinhoti 100 Mile run. That's right ONE HUNDRED MILES! The run went from Helfin, AL through Talladega National Forest over Mount Cheaha to Sylacauga, AL.

My job was to make sure Troy had everything he needed along the entire run. The runners had 30 hours to complete this event. There were 18 Water and check-in Stations along the course. They were approximately 5 miles apart. About 4 of these locations I could not get to by car because the roads were undrivable. I made it to every station to help Troy and a new friend I met the day before Mac Flowers, also from Columbus and running his first 100 mile run too.

I also help coordinate the legs of all the pacers ran that night. The most difficult one to coordinate was the Cecil Cheves. Cecil ran 17 miles Saturday morning in Columbus at 8:50 per mile then Saturday night he drove to Talladega National Forest to run with Troy. At 1:00 AM Sunday morning, in 29 degree temperatures, Cecil ran the toughest leg the Pacers could do. It was a 17 mile run from mile 68 to 85. This 17 mile leg took 6 hours and 2 minutes to do. There were two Aid stations along this route. So Cecil ran 34 miles withn 24 hours to help a friend. Then he got in his car and drove to Columbus so that he could be home in time to go to Church with his wife Bettye.

Pacers were not allowed to run with the participants until mile 40.74 after they had climbed Mount Cheaha. We team of pacers (and friends) that alternated legs with Troy, Mac and John Teeples, also from Columbus and a veteran Ultramarathoner. This team consisted of Reynolds Count, John Cobis, Keith Williams, Jose Mendez, Rich Cellino, Cecil Cheves, and David Smart. All the pacers had similar stories as Cecil above. These runners were key support members as they helped the Columbus Runners run through Talladega National Forest during the night. They all had to wear head lamps and make sure that they saw each reflective marker on the course. They were there to support and guide our tired Columbus runners through the night. The worst thing that could happen outside of a health issue is getting lost on the course. After 40 miles I no longer saw John Teeples again.

John was in 2nd place when he arrived at the 74 mile mark. The leader arrived at the 74 mile mark one hour ahead of John. The leader had hypothermia and went in to a trailer for 2 hours before he came out to start running again. When the previous leader came out to start running again he was an hour behind John. John Teeples went on to win his first Ultramarathon in 20:57 minutes. This is a little over 12:30 a mile. Think about that for a minute and that is 12:30 pace for a 100 miles.

Watching our Columbus Trio and the rest of the field of 99 runners attempt to run 100 miles taught me a lot about the human will and spirit. As the temperatures dipped to 29 through the night and some runners came in shivering to the aid stations. Hot soup, hot fires were fluids, PB & J sandwiches, etc all was used to energize the runners. Our trio looked strong the whole way.

However, watching them refuel and then head off in the pitch black of night to get to the next aid station unable to see more than 5 feet in from of them taught what positive thinking and determination can do. My job was to tell Troy how far to get the next aid station, if he will see me there, how long it will be before he sees me again. At each station I had his LSU chair, his extra supplies and extra clothes, shoes and socks. This the key job of the Crew leader. I needed to make sure Troy & Mac had a dry shirt, the right shirt long sleeve vs. short sleeve, jackets, gloves, shoes, fresh socks, food, fluid, fuel (heed for Troy) and electrolyte replacements. I made sure he had body glide and vaseline to lubricate all those sore places. Afterwards Troy would tell me " you can't Train for Chaffing". Amazingly, the trio did not have any foot issues. But just in case they had their own podiatrist there as well.

I learned that night from watch all the runners that there is no such thing as being too cold, too tired, too sore, or too sleepy to continue running. If you don't run it is not because you can't run it is because you choose not to run. If you watch the Ultramarathoners progress through a race you see them change as fatigue sets in. Yet each runner is filled with the resolve that they will finish the race at any cost just short of death. Troy and Mac always had a positive attitudes. I would ask them if they were ok and they would say yes. I would ask what they needed or wanted and I would supply it.

The deeper it gets in to the race the harder it is to do even the simplest of things. Troy, told me earlier in the day if I ask you to put moleskin on my nipples please don't take it the wrong way. Fortunately, this was a bridge we did not have to cross but I would have crossed it to help him.

## ULTRAMARATHONING continued

After mile 85 I no longer saw Mac. Mac went on to finish in 25 hours 21 minutes. A very strong time for your first 100 mile run.

All the runners in this race are winners. This is a battle to survive and keep getting to the next aid station until you finally reach the end.

I ended up helping other runners in the race that had no crew. There were bag drops and their stuff would be at aid stations along the course. Yet they had no personal support. I helped one runner tie his dry shoes because his fingers were too numb and cold to tie his shoes. I changed the batteries for more than one runner's head lamp. I made friends with other crew members as we waited at each aid station for our runners to emerge out of the woods. We would see a light bobbing in the distance. I would say "be Troy" and it would be another runner. All the crew members from other runners would yell encouragement and assist these runners unknown to them if they needed and were unsupported.

I actually ran 4 times that day at least one to two hours apart. I ran with another crew member for most of these miles. I ran at least 12 miles with this woman. I don't recall her name but I know she is running the Rocket City Marathon this year. We would time our runs to be back in time for our runners to come in at the a given check point. At one point before Troy had a pacer I decided to run to him. I got to an aid station and then ran to him with water and to see what else he needed. At one point I was going up a one mile hill and the 62 year old leader passed me at 17 mile mark. I don't know how this man fared in the end but he is definitely a fit runner and knew the course well as he was recognized as one of the volunteers that marked the course

at the pasta feed the night before, that was a job that took 5 days to complete. I thought to myself there is no way I could run 100 miles at this pace.

Ultramarathoning may seem like a solitary thing and perhaps most of the training can be. On event day, the Ultramarathoner becomes part of a team effort. The runner is the key part of the team. Yet the crew member(s) and pacer(s) are very important factors in the success of an Ultramarathoners. They can make it or break it for a runner. The good thing is that they usually make it for the runner.

This was truly a mind blowing experience. There are so many little stories I can tell you about what happened in those magical 100 miles. However, I don't have the space to put them all in the Strider. I have a different perspective on running now.

If you saw these Ultramarathoners run through the night to finish line you would never complain of being too tired, too cold, too wet, too rainy, too sore or too sleepy to run again. You would just say the bottom line truth, "I don't want to run today". At this event I learned there are no excuses not to run except injury or illness. If there is a WILL to run, a runner will get up out of his chair by the fire at the 74 mile mark, in 29 degree temperature at 3 AM in the morning and pose by a sign that says congratulations you ONLY have a Marathon to go.

I have done medical before at the 46 miles mark of the Western States 100. That was fun but you don't see what the runners are going through. You see them once and they are gone. However, following a runner along the entire route of an 100 mile run you share the entire experience with the runner. You go through what

they go through. I could not sleep. I was so excited to see Troy run the last 200 meters on the track to the finish. I was so proud of him. I am glad I could share the entire 27 hours 39 minutes that he ran with him. I am glad that I was able to help achieve this incredible accomplishment.

In all I was up for 36 hours straight. Troy slept in the his truck as I drove him home after the race. I stayed up because I wanted to up and ready to help Troy, Mac, John and any runner that may need help. I made friends with a family of runners that were crewing and pacing for the dad. His wife, his three college kids ( 2 girls and one boy) have all run at least 2 marathons. At mile 40.74 his family became his team of pacers and rest of the family would crew for dad and the current pacer. They ran the last 60 miles with him. His youngest daughter ran the last 15 miles with him. It was a thrilling thing to watch him finish with his entire family there, crewing and pacing the race with him.

Troy has 4 kids and Mary Denise has run 2 marathons so maybe someday he will have the chance to have his family crew him and be his pacers in an 100 Mile Run. And of course, his personal podiatrist will be there too!



RACE NUMBER (FOR OFFICIAL USE ONLY) [ ]

AGE on 1/10/09 [ ]  MALE  FEMALE

Columbus, Georgia
The Third Annual Red Nose Marathon and USATF/RRTC Certified Half Marathon
Saturday, January 10, 2009
Marathon and Half Marathon 8:00 am

Where: Fountain City Coffee (1007 Broadway, Columbus, Georgia)

Course: The 26.2 mile and 13.1 course starts and finishes at Fountain City Coffee and is a mostly out-and-back style run that follows the scenic RiverWalk.

Cost: FREE. There is an "optional" long sleeve t-shirt offered to runners at a cost of \$15. Please email hkirsch78@gmail.com or call 706.566.2613 by December 22 to reserve your t-shirt.

Awards: There will be door prizes following the run, so after your run, go into Fountain City Coffee, grab a coffee and muffin and warm up with fellow runners! You must be present to win a door prize.

Registration: Please register by emailing Heidi Kirsch at hkirsch78@gmail.com or calling 706.566.2613 by January 2, 2009. or register online at active.com.

First Name: Last Name:

Address:

City: State: Zip: Age: Gender:

Phone Number: Email: Half Marathon: Marathon:

T-Shirt Size (Circle): Small Medium Large XL XXL

Waiver/Release statement (please read and sign below)

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Columbus RoadRunners Club, the Road Runners Club of America, and it's officers, directors and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, nor any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connection with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I have carefully read this release and know the contents.

Signature: Signature of parent or guardian if under 18 years old:

Mail your completed and signed entry form to: Columbus Roadrunners 98 Lee Road 450 • Phenix City, AL 36870



RACE NUMBER (FOR OFFICIAL USE ONLY) [ ]

AGE on 1/31/09 [ ]  MALE  FEMALE

Columbus, Georgia
Superbowl XII 5K Run & 1 Mile Fun Run
Saturday, January 31, 2009
Fun Run - 9:45 am | 5K Race - 10:00 am

Where: In front of Country's on Broad (Broadway & 14th Street).

Why: Columbus Road Runner's annual fund-raiser and Board Elections

Course: The 5K course will begin on 14th Street between the TSYS campus and Country's Bar-B-Q, and continue west on 14th Street to the Riverwalk. Once at the Riverwalk, the course continues north 1.5 miles to a marked turn around point at which time runners will continue back on the same route until arriving at the finish line located in front of Country's Bar-B-Q.

The 1 mile course will begin on 14th Street between the TSYS campus and Country's Bar-B-Q, and continue west on 14th Street to the Riverwalk. Once at the Riverwalk, the course continues north 1/2 of a mile to a marked turn around point at which time runners will continue back on the same route until arriving at the finish line located in front of Country's Bar-B-Q.

Cost: Before January 30th: \$12 for CRR members (membership must be active on race day), \$18 for non-members After January 30th: \$20 for all 5K entries. 1 Mile Fun Run - Before January 30th: \$6 for CRR members, \$9 for non-members After January 30th: \$10 for all race entries. 5K runners can register on-line at Active.com All runners will receive a T-shirt. (only pre registered runners will be GUARANTEED a t-shirt on race day) All Runners will receive lunch sponsored byCountry's Bar-B-Q.

Awards: First three overall Male and Female runners and first place Masters (40+) Male and Female runners will get awards. Male and Female 5K runners who achieve first, second or third place in their age group will get a medal.

Age Groups: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 +

The first three over-all finishers for the 1 mile race (under the age of 18) will get awards, and all finishers will receive ribbons. All participants eligible for door prizesto be raffled during awards ceremony!!!

Contact Information: Ed Lopez -olympiced@aol.com • www.columbusroadrunners.com

First Name: Last Name:

Address:

City: State: Zip: Age: Gender:

Phone Number: Email: One Mile: 5K:

T-Shirt Size (Circle): Small Medium Large XL XXL

Waiver/Release statement (please read and sign below)

In consideration of acceptance of this entry, I hereby, for myself, my heirs, my executors and administrators, waive any and all rights and claims for illness, injuries, or damages I may have against the Columbus RoadRunners Club, the Road Runners Club of America, and it's officers, directors and members, volunteers, employees, agents, sponsors or race director. None of the above is responsible for loss of personal items, nor any form of aggravation in connection with said event. I fully understand that my participation is a completely voluntary undertaking of my own choosing and I fully understand that in doing so I assume full responsibility for all damages or injuries incurred by me in connection with this event. I give permission for the free use of my name or photograph in any broadcast or print account of this event. I am in proper physical condition to participate in this event. I certify that I have carefully read this release and know the contents.

Signature: Signature of parent or guardian if under 18 years old:

Mail your completed and signed entry form to: Columbus Roadrunners • 2457 Airport Thruway PMB#121 • Columbus, Georgia 31904-9053

# *Great Running movies released in 2008...*

**The Distance of Truth.** Race coverage from the Badwater 135 ultra marathon.

**The Long Green Line.** About Coach Joe Newton and the York High School cross country team.

**Run For Your Life.** A feature film about New York City Marathon founder Fred Lebow.

**Spirit of the Marathon.** The theatrical hit of the year featuring five runners in the Chicago Marathon.

Please submit race reports, amusing stories, photos or any wisdom you have about running, training, injuries or nutrition by the 15th of each month to [hkirsch78@yahoo.com](mailto:hkirsch78@yahoo.com) and they will be included in the newsletter. We reserve the right to edit letters for length and clarity, or to withhold their publication.



2457 Airport Thruway PMB #121  
Columbus Ga. 31904-9053  
Club Phone: 706-494.1RUN  
Club Website: [columbusroadrunners.com](http://columbusroadrunners.com)