

The Loop

Ancient City Road Runners

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Oldest City in the Pink!

The first annual Pink up the Pace 5k walk/run took place on September 26th kicking off October's Breast Cancer Awareness month. This event started as a way of educating the public about this life-threatening disease. It ended as a celebration of life, support, and hope to those around us. From elite runners to 5K novices, 893 registered participants gathered that morning to support friends, loved ones, and themselves.

At the sound of the gun, the streets of St. Augustine were filled with Pink up the Pace white participant t-shirts, pink survivor t-shirts, pink angel wings, and black t-shirts representing team Ashley (a recently diagnosed 22-year-old). PUTP was the first running event that the city has allowed to take place down St. George Street. Following a course through scenic downtown, racers ended between the two stone columns at the city gates. Built in 1808 as a line of defense, these gates were the best symbol of the strength of a breast cancer survivor.

Another highlight to the PUTP weekend was the health expo held on the campus of the University of St. Augustine. Free of charge and open to the public, the event gave people the opportunity to register, pick up their pack-



ets, and visit 20 vendors involved in health, nutrition, and education.

This race was a vision that became a reality and surpassed any expectations that anyone, including me, ever imagined would successfully be accomplished. A net total of \$20,000 dollars was collected to assist under-served individuals with screening for breast cancer. Currently PUTP is in the process of becoming a company and then a non-profit entity. Discussions are ongoing with the health department, Flagler Hospital, and the St. Augustine Imaging Center for the set up and distribution of vouchers for breast cancer screening.

Looking back, those two days in September were a blur. Months of anticipation for a few hours. However, the end result was overwhelming, emotional, and rewarding. It was a great finale to the end of a chapter—the conclusion of my treatments—and the beginning of a new one—helping others through their journeys as breast cancer patients.

The success of the event could not have been possible without the help of the ACRR members. I want to thank my boyfriend Eric, my administrator Amy Kaelin, Jim for unimaginable support, John for the great contacts, Judith for editing, Jack for the website, Shelby for being the treasurer, and the Sassy chicks. I can not list everyone on one page, but I am so grateful for all the ACRR members who assisted me and donated valuable time and expertise to make this event a success. The city, too, has acknowledged ACRR for its efficiency and organizational skills.

I am glad to be a member of ACRR because apart from running you have become my extended family whom have supported me and have been an integral part of my recovery and well being.

In hopes of making this an annual event the city has agreed to reserve the first weekend in October for PUTP. As a result, the 2nd Annual Pink Up the Pace 5K walk/run is scheduled for October 2nd, 2010. If you'd like to help, just contact me at 904.471.1819 or cortiz7160@aol.com.

—Cindy Ortiz
Founder and Race Director

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Save the Date!



The First Coast Rehabilitation Mantanzas 5K is 23 January 2010.

Want to help with Matanzas? Volunteer opportunities include race day ACRR membership and shirt sales, collections for race packets, packet pickup-Friday, pre-race publicity, registration race day, sponsor board (updates, pickup, return), Publix water return. Call the RACE HOTLINE at 797-7575 to sign up.

Want to run Matanzas? Register online at 1stPlaceSports.com, Active.com; download the entry form at ancientcityrr.org or 1stPlaceSports.com; use the form in *Florida Running & Triathlon* or *Runner's World*, or at one of numerous locations in St. Augustine and Jacksonville.





Running By the Numbers

I thought about NUMBERS a lot on my solitary runs in NC this year. As runners, we seem to surround ourselves with numbers. We post on the bulletin board the time and number



of miles we plan to run. We carefully lay out the mileage for our half, marathon, or Ironman(!) training schedules. And then there are those important Boston qualifying time goals and those pesky age group ranges. Above all, there are those numbers by which we often define ourselves - our pace per

mile and our race times - in other words, our speed.

For most of my running life, I successfully avoided getting caught up in the speed thing. As I ran off and on during my late 20's and 30's, it was more about just covering the distances. When I ran marathons at age 30 and 40, I was just happy to finish at any time. I ran by myself and very rarely raced. After all, I told myself that speed was not my forte. Instead, I ran to keep my weight down, stay healthy, and feel good about myself.

Even when ACRR first came into my life, I steadfastly maintained my lack of desire to

brought about the shift in my attitude - I think it was a gradual thing - but I decided to run the 2008 Donna Hicken Half with an ACTUAL TIME GOAL.

On the hottest February day ever, and with the help of my friends Jim Wauldron and Bob Wong, I did it! Maybe I could actually run faster than my self-talk had indicated for so long. Later that year in NC, I trained for a fall half marathon and finally bought a Garmin. Ahh, the disappointment when I saw how slow I actually was running! Nonetheless, I lined up for the Outback Half and stunned myself by knocking five minutes off my time - and this is where the trouble REALLY started.

Not only did I paint a big target on my back for Shelby and Meredith, but I locked onto that NUMBER. That Outback race pace then became the focus of all things running. If I could run that pace, why was it still so hard to keep up with my dear HGC and OFC friends? If I ran that pace for 13 miles, couldn't I run a 5K considerably faster? (Two 5K's this summer, and that answer is still unclear.) Would I repeat the performance at this fall's Outback or even improve it? All of this brings me back to why I was thinking so much about runners and our fixation on numbers.

On paper, my pace is just that - a number. When I think about that number abstractly, it seems easy to think I could take off 10-15

try to run faster. I don't really know what seconds per mile in a race (especially after being humbled by the performances of our Ironmen this summer). Well, running isn't done on paper, and my body doesn't exactly respond to what my mind thinks should be doable. So of course I began to think, "What's so important about this NUMBER anyway? Why do we runners focus on it so much?"

On one hand, running is a (dare I say, competitive) sport to many. Sports performances are measured with numbers - it's how we compare ourselves and determine "winners." We celebrate those fastest winners with awards and call those in our club the "good" runners. But what about those of us for whom running is not a sport, but more a lifestyle choice? Are we not as "good" a runner because we seem to lack the physical ability to run really fast?

For me, I guess it's a combination of focusing on that goal pace number AND taking personal satisfaction in the journey. Some days it's more one than the other (probably depending on how well I'm running), with no "right" answer. As I read recently, "Life is an adventure to be lived, not a problem to be solved." So I guess I'll just pull on my shoes and think about the adventure some more on next week's long run. After all, this one went by pretty fast as I wrote this article in my head.

—Karen Wilson

Hollyweird Hashing



All in all, 56 glamorous hashers made it down the red carpet. The celebs cruised by 2 weddings, with cops following on bikes and asking with a smile, "Is this a hash run?" and then dashed down St George (the Oldest City's walk of fame) amidst the flashing cameras of their awestruck fans. There were 10 virgins and 6 baptisms, and the awards went on forever because the costumes were so stunning, dahlings. Needless to say, a grand time was had by all!

The Cross-training Corner

Yoga benefits us in many ways: balance, strength, flexibility, breath awareness, peacefulness, deeper sleep, increased energy, concentration, symmetry, and improved posture.

The practice of yoga is not about “working out.” It’s about “working in.” It’s about becoming aware, being aware! That awareness develops with deeper levels of concentration and effort. By cross-training your running with yoga, you improve both practices.

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For most westerners this means learning the Third of the Eight Limbs of Yoga. These are the Asanas or the physical practice. By practicing yoga postures regularly one develops agility, balance, endurance and greater vitality.

The Asanas (poses, postures) have evolved over centuries of development. They work every muscle, nerve, and gland in the body. The benefits lie in the training and discipline of the mind to reach the sculpture of the pose. You listen to and try to meet to the demands of the asana: feet direction, joint alignment, breath control, limb, neck, and head attitude. Then you wait for the lightness of being that tells you you’re “In.”

Yoga is not something to be mastered; there’s no victory or defeat, gain or loss. You are not seeking perfection. It is a practice, meant to be a new journey inward each time you step on your mat. Our practice is like a mirror in which to see and know the inside, enhancing this inner spirituality connection.

Sthira sukham asanam means the posture should have a balance

between steady and comfortable, firm and soft, challenging and easy. All at the same time. This is both physical and mental. You work towards and past your edges of comfort. Yoga practice is a marriage of the body, mind and breath, and like any relationship it requires work, communication, patience, understanding, and give and take.

That said, don’t be fooled. You may be “working in,” but you can choose your level of intensity. I have always enjoyed the wide menu of choices yoga provides. You start by just rolling out your mat!! Yoga practices range from hot, vinyasa, yin, flow, hatha, gentle, pre-natal, Iyengar, Ashtanga, Bikram, to name a few. There is a wide range from physical to meditative.

Yoga is like the ocean, it is infinite and runs very, very deep with practices that suit all peoples. Start out by trying several different types of yoga classes to get a feel for what’s offered. Listen inward to your own experience and vibration with the practice you choose. You’ll sense what’s right for you. A knowledgeable teacher will be a great influence on your practice. Yoga doesn’t end when you walk off your mat; that’s when it really begins. Namaste.

—Peggy Bliss

In His Shoes...

...as in the saying “you can’t understand someone unless you run a mile...” Fred Schmidt is our featured club member for this issue.

Fred has been running since 1957. That’s when one of his teachers at Broad Street Elementary, Arnie Walquist, would encour-



age students to run during their lunch hour.

More importantly, he ran WITH the students. Apparently that made quite an impression on Fred, because he continued running

in high school, on the cross country team.

When asked what his favorite part of running was, Fred said that answer has changed over the years. Years ago, he ran for the physical aspect of it. Now, he said, “It’s not as physically comfortable for me to run, but I think that it might be good for me, and I know that it’s mentally good for me.”

Fred moved to St. Augustine in 1983 and soon after started running with the Ancient City Road Runners. He said he has watched the club grow into a wonderful, inclusive, positive, and nurturing running club. He said he likes the social aspect of the club as well as having people to run with. “What a great club. What a wonderful, positive bunch of people.”

Fred has run a lot of races. I asked Fred what his most memorable race was and (almost) saw him speechless. He recovered quickly, however, and went on to say that

there are several moments that he can remember. Like running in a race in San Francisco where he ran past some buffalo. Or when he ran his first 26.2 miles on a track in college just because he told some people he could do it. Certainly his very first marathon in New York was meaningful. Another unforgettable moment was one which a lot of us can still recall in vivid detail. It was at the Lighthouse 5K, where Gene passed Fred right at the finish line. Said Fred, “I mean, I’d rather that he hadn’t passed me, but it was still memorable.”

Fred said that he plans on continuing to run as long as he is physically able to. That means that we can probably look forward to Fred’s insight for years to come!

—Laura Gordon





Marathon News from the International Scene

RUN 26.2 MILES OUT OF YOUR COMFORT ZONE

You've run marathons before. Why not combine the experience with a little adventure? For me, it was an easy call – BERLIN! The Berlin Marathon is one of the five World Marathon Majors, along with New York, Chicago, London, and Boston. It is also the site of the current world record. I have been a regular visitor to Germany over the years, and it seemed a good fit with my interest in marathon travel adventure. There is SO MUCH history in Berlin, I can't even begin to do it justice. There's a story behind every statue, building, and street. And, the history of Berlin has many important links to the history of the US. Suffice it to say that you will not be bored, and you will find something interesting at every turn.

The Expo and packet pick-up were at Tempelhof Airport, the site of the Berlin Airlift. The Expo was quite an event. The airport itself is no longer in use, but the facility is occasionally used for fairs or festivals. The main terminal and hangar building is a 1000-meter-long quarter-circle arc. It consisted of hall after hall of expo displays. Outside were tents with two of Germany's most popular offerings – beer and sausages! There were also mini-events for mini-participants. They had short-distance races for children, along with games and rides to keep the little ones entertained.

The beautiful urban course runs through central Berlin, and through various neighborhoods around downtown. There is a good mix of East and West Berlin. There is no evidence of the Berlin Wall, though some of the marathon course goes along the “no man's land” where the Wall actually stood. The starting line and corrals are in the Berlin Zoo Park. The home stretch takes one through the Brandenburg Gate. Some of the city streets were a little bit narrow. Highly enthusiastic spectators lined the course much of the way.

Race organization was quite similar to what we are used to. Registration is *a la carte*. Entry into the race is a set fee, and other items can be purchased individually as desired. It's nice because you can avoid getting stuck with, and paying for, things you don't want or need. Timing was done by familiar ChampionChip. The drink tables on the course had water, sports drink, hot tea, and fruit. The hot tea was surprisingly refreshing – even on a warm day.

Traveling to Germany is easy! German is the primary language, of course, but many Germans speak at least some English. The travel and hospitality industries use English as an “international” language, to accommodate the wide variety of travelers to the country. The public transportation system is excellent, and makes it quite easy to get around. The road and highway systems are excellent, and driving there is nearly the same as driving in the States.

Many thanks to my travel partner, Sally! She is an enthusiastic traveler, and has boundless energy, both evidenced by the fact that she undertook a six-hour mostly-walking tour of the city in the afternoon after the race. Sally did quite a bit of research before and during the trip, to guarantee that we were active and entertained for the entire trip. I believe that she is nearly ready for the exam to become a fully qualified Berlin tour guide. I appreciated her “eyes-wide-open” approach to our trip, (though I'm sure she'd say it was really the “deer-in-the-headlights” look.)

All-in-all, the race and the trip were wonderful experiences. I encourage everyone to step outside the comfort zone, just a little bit. The Berlin Marathon was a well-organized race, and an “easy” one to run. Germany is an interesting and welcoming place to visit. The expense of traveling to Berlin was truly not any greater than traveling to the Majors in the States.

—David Boyle





Ancient City Road Runners

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Club Merchandise	Jay Decker
Floatmeister	Fred Schmidt

The **Ancient City Road Runners** are runners just like you who meet several times a week to... run. Fortunately, club members also tend to meet and gather for the social aspect, which is so well-deserved after spending so much time hitting the pavement together. **We run hard and have fun!**

The ACRR started in 1982 when some like-minded people saw the need for a running club in our city. The club's constitution states:

"The prime object of this association shall be the promotion and encouragement of long distance running and the education of the public to its benefits."

This still rings true today as we volunteer our services in the timing and management of local races like the **Matanzas 5K**, raise money for St. Johns County high-school track and cross-country teams, and hold a running camp each summer.

ancientcityrr.org

And Now a Word From Our President...

In a ten-week stretch, the local community has been touched by the Pink up the Pace, the Endless Summer 10K, the USA 5K, the Compassion 5K, the Shut up and Run, our Hash Run, the 10th Annual Reindeer Run and the Holiday Parade. In each of these



events the Ancient City Road Runners have played a role in different capacities. For a number of these races we have contributed the manpower and equipment to time the events, and as a result we have allowed these races to keep more of the funds to distribute to their cause! These unselfish acts by the club do not go unnoticed. We constantly are receiving thank-you e-mails and

requests for the club to time local 5K events. The community appreciates our service, and we are making a difference in the community.

Well, next month it is our turn as a club to be able to organize, run, and distribute the proceeds from OUR race. This will be the 30th anniversary for the First Coast Rehabilitation Matanzas 5000, and we are well on our way in making it the best yet. We are going to have for the first time an expo and a free spaghetti dinner the night before the race. We have also been selected as the RRCA Florida 5K championship. We encourage all our members to take an active role in this year's race. Come volunteer for the race and invite your friends and family to register and participate in this great event. With your help

we can take this annual race to the next level!

—Justin Breidenstein

Editor's Note

Some races are individual challenges, others team endeavors. This newsletter has been the latter, and as editor, I am most grateful to its contributors over the past two years. It is now time, though, for me to pass the baton to someone else as I attend to other dimensions of my life that have become more demanding. It has been a pleasure and an honor to run the first leg of this relay, and I look forward to seeing the ACRR newsletter in the able hands of a new, fresh runner. The race has been great fun so far, and I know that it can only get better!

Warmest regards,
Judith Burdan

