

THE LOOP

Ancient City Road Runners

Volume 4, Issue 1



From the President...

About three years ago, Grant and I joined ACRR. We wanted to get in better shape and meet new people. We immediately felt welcome, were challenged by our new running companions, and began running farther and faster. With the encouragement and partnership of our ACRR friends, Grant and I both ran our first marathon last November in Savannah. I'm proud to be part of a group that encourages fitness and fun, and I'm even more proud to be the president!

My goal as president for the next year is to build on the established culture, traditions, and events of ACRR. To encourage new membership, we now have ACRR business cards. The cards (designed by Brenna Knotts) include our website, membership information, and time/location of our big group runs. I hope these cards will help spread the word about ACRR and bring us new members.

When those new members come, I want to make sure they feel welcome like I did. I remember feeling nervous at my first few

group runs. Would anyone want to run with me? How would I find them? To help new runners find running partners, I've started asking members to announce how far they are running when we circle up before the run.

The ACRR Board will be meeting monthly to give the officers time to discuss club business together. This should help streamline club meetings and allow us to make more informed decisions as a club. In order to keep members up to date on club happenings, I have been posting summaries of our club meetings on the message board, and I have started a thread on the board titled "Presidential Correspondence" to pass on information I think might be relevant to the club.

I'm excited about the coming year. Our running camp committee had a productive first meeting and is enthusiastically working on putting together a great week of camp this July. The St. Augustine Half Marathon is anticipating a larger crowd this

November (capped at 3000 runners), and they want us to feel like it is our race. The possibilities are endless for making it a fun weekend for the club and a great event for St. Augustine. Jay Floyd hit the ground running as Race Director for the 2013 Matanzas 5000 with some great ideas. Bridget has taken the reins on producing our newsletter. Our Hash Runs continue to excite tourists and give everyone the chance to express their creativity. The marathon committee is diligently evaluating options for the club marathon this year.

It's going to be a great year, and there is a lot going on, so watch the discussion board, enjoy your runs, and send me your suggestions. Tell me what you like about ACRR, and tell me how we can make it even better. I want to hear from you. See you at Publix!

-Jessica Mysterly, President ACRR 2012

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Join Jess and Mabel or Grant on some runs for fun lessons in gravity, birds, and coquina!!



Jessica, Mabel and Grant after finishing Savanna Rock & Roll Marathon fall 2011, ACRR group marathon. Both firsts for team Mysterly! Congrats!

FEATURED RUNNER



Jim Gaffney (42)

St. Augustine

Joined ACRR: February 2012

Join jim with jude
Platko and the North
ACRR section with runs
from Publix and
Starbuck's after...

New Member's Corner...

Being part of ACRR has been a great way to stay motivated and push my limits. Meeting and running with so many wonderful people has been a great experience. Everyone has been extremely helpful as well as patient on some of my slower days. I never could have known that my weight loss journey would have developed into such a passion for running. I still have a lot of solo runs these days but I particularly look forward to those days when I am able to run with the group.

2012 Races

Run 5 To Keep Kids Alive - Wolfson Children's Hospital (5 mile): 41:36

26.2 With Donna (half marathon): 1:52:03

5K Run for Zack: 24:27

Gate River Run: 1:21:27

Don's Friends: 24:31

Recent Accomplishments

- Spring/Summer 2010 - Started treadmill running at a 12 minute mile pace. Shed 85 lbs over the course of 5 months.
- Fall/Winter 2010 - Ditched the treadmill and started running outside and increased speed to average pace between 8-8:30/mile.
- February 2011: Finished my first half marathon and achieved my goal of finishing in under 2 hours.
- February 2011: Joined ACRR in order to meet other runners, stay motivated and challenge myself to keep improving.

Goals

- Increase my training and get my weight down to 175 lbs from my recent average weight of 220 lbs. Current weight is 208 lbs after 3 weeks of increased training.
- Improve my speed to an average pace of 7-7:30/mile.

I would like to run my first full marathon in 2013 and finish in under 4 hours.

Happy Spring Birthdays!

March

Hobbs B.
Jack B.
Jessica B.
John W.
John R.
Wendy T.
James R.
Leigh Ann
Kevin
Cindy
Catherine
Art
Aaron
Drew
Bill P.
Melissa (Mo) T.

April

Justin B.
Meredith B.
Beth S.
Rene H.
Heather B.
Mike M.
Shelby D.
Felicia R.
Giselle

May

Jay F.
Denise N.
Deb B.
Tara V.
MaryAnn A.
Cindy T.
Liz A.

Happy Birthday to any ACRR members that may have been missed! Hope you all have a great year running the loop!

Special welcome and congratulations to the Neville family, Welcoming baby boy, Sutherland Tex Neville born 4/30/2012 to Heather and Todd. Hope to see you on the path again soon!

BECOMING A BOSTONIAN...

1. Get ready: by very serious training with the OFC/HGC gang.



2. Get set: by qualifying at Jax Bank Marathon Dec. 2010.



3. Go! Even if you are dying, you can look good for 5 seconds at Boston.



Boston Battle...

Because Bridget had asked for an article about the Boston marathon experience, I packed paper and pen into my bag to take to the Athletes' Village (the runner assembly area 26 miles southwest of Boston)- thinking I would have plenty of time to record some thoughts. However, like so much about marathon Monday, it didn't exactly work out according to plan. So here is a synopsis of the day:

5:45 alarm goes off

6:20 leave hotel to walk to "T" station

6:45 arrive bus loading area at Boston Common

7:45 hundreds of school buses later, mine departs

8:55 arrive Athletes' Village, Hopkinton High School

9:00 immediately get in port-o-john line

9:25 lie down in shade!

9:55 2nd port-o-john line

10:00 begin 0.7 mi walk to start area

10:20 last! port-o-john stop

10:40 arrive in corral, gun goes off! 77 degrees!

START - scaled back pace to my re-qualifying time because of heat warnings, telling myself to take it easy, maybe by some miracle I can hold that the whole way. MILE 1-5 - 0.66 mi=first uphill, don't let them tell you the first 5 miles are downhill! Amazing to see the mass of people going down the road ahead of me. MILE 5-10 - levels out (kinda), still basically holding pace but trying to stop at most water stops to drink and pour water over my head. MILE 10-16 - obviously not going to be able to hold pace, so just go with even effort as I can. Hard decision=run the tangents or swerve right for 2 feet of shade next to curb and left to get sprayed. Kissed a girl at Wellesley! 87 degrees at the half marathon point. MILE 16-18.5 - get over the first and second hills without walking, proud of that. Richard is there at Mile 17 - thank God! MILE 18.5-26.2 - Nausea the whole way, not sure I'm going to make it, lots of walking, run up that last "little" hill, make the left turn and I'll be damned if I'm going to walk now! Across the finish line! 85 degrees. My best memories are of all the people yelling for us out on the course - a zillion water stop volunteers, people with garden hoses spraying you off, little kids handing out sponges and paper towels and popsicles, old ladies with ziploc bags of ice cubes, the Boston College kids encouraging us for miles and miles, the blessed blue banner on Boylston Street. It was the hardest thing I have ever done. A big thank you to everyone who trained with me (OFC & HGC) and encouraged me. Viva ACRR!

- Karen Wilson

Congrats also to 2012 Boston Marathon finishers Kevin and Beth Sweeny!

**WOW! those are some GUNS!!
Congrats Karen,
Boston Finisher!!**

Confessions of An Average Age Grouper...

I never liked to run. Wasn't really good at it. Sure, as a kid I would compete in relay races, track and field and be competitive, but that's about it. I was very good at sports, soccer, softball, basketball and competitive horseback riding. Once I went to Prep school, however, and gained the "freshman fifteen", running was definitely an option that I opted out of. The college days were great, but I was a champion beer drinker, not the child athlete that could give any competitor a run for her money.

Dragging along those extra 15 pounds for two more decades or so, and moving through various stages of life and career, (got married, started a business) I made attempts at running from time to time (meaning once in a blue moon I'd slop along on a treadmill at the Y in hopes of gaining some fitness.). But, each attempt always ended up in ruins and frustration.

Eventually, life brought my lovely husband, Rene and me to St Augustine. He wasn't much of a runner either (but was "oh, so good at it back in the day")! And his "freshman fifteen" was more like the 30's thirty!

So, I started walking fast. I was determined in my new life and new decade of life, my 40's, that I would rid myself of that dreaded fifteen. I made myself run in intervals, doing the famous walk/run method we have all done at some point in our running careers.

It worked! I got to where I could actually run for 5 miles without stopping. Once I hit that point, I was hooked. I made it! I wanted more.

Rene' and I decided to join the local running club, the ACRR.

What a great and supportive group! Learning and being challenged by these people was an inspiration. So many of them had lots of

experience at all sort of levels and in other sports as well.

One day one of the regulars on our Tuesday night run said, "You guys should race a Triathlon".

Whoa!!! Now this was something beyond my comfort and comprehension.

No way.

But, a few months later, Rene' and I were both suffering from various running injuries, an IT band here, a foot neuroma there...time to think about cross training. So we bought some bikes at Sports Authority and got pedaling....hmmm, maybe this Triathlon thing wasn't such a crazy idea after all. I mean, riding a bike was, well, like riding a bike! Everyone can do that, right? But the swim, that was another story. I had grown up in a pool. My best friends and I spent every summer in one playing Marco Polo and judging diving contests off the diving board. Even took a swim class in Camp Snipatuit a few summers, though I spent more time horsing around and pushing kids off the dock than really learning anything. But, really, how hard could it be? So we started swimming laps at the local gym pool. Not so bad. Just got to get the mileage in.

The challenge came in the ocean. I know how to swim, but how come I don't know how to swim in the ocean without hyperventilating? So, we took lessons from a few of the local swim coaches and rescue swimmers in the area (thank you, Luis!).

Just getting our butts out there, we learned to relax and get into a rhythm. We mastered the swim!

Our first Triathlon went well. It was a small, local Sprint distance, but the adrenaline and challenge of it all was addicting! As soon as we were finished, we wanted to sign up for more!

After lots more training in all the disciplines (we upgrading our bikes to real race bikes), joining in

on lots of group rides, group runs and group swims, Rene' and I were in for the long haul.

That first season, we raced in ten Triathlons, both Sprint and Olympic distances.

The next season was very much the same, but left us craving for more. Could we possibly do a Half Iron distance, 1.2-mile swim, 56-mile bike and a Half Marathon?

Many of our fellow runner/ Triathletes were well seasoned and had done lots of them and lots of Full Ironman distance races as well. So, why couldn't we?

That's when we decided to sign up for the Augusta, GA Half Ironman last year.

What a blast. What a tough challenge. I left my blood sweat and tears on that course. Got weepy at mile 10 of the run. Thank god my brother was there to photograph that scene-NOT!

We also ventured off to Puerto Rico and raced another Half Ironman this past March. That was even tougher. Hill training on the Vilano Bridge will NOT prepare you for the grueling hills of Old San Juan's streets!

So here I am, back at the beginning of my tale.

Running has become such an important part of my life. The therapy it provides, the release it gives and the fun that comes from it and the community that follows are all unexpected bonuses I am greatly enjoying. Oh, and that "freshman fifteen"? Finally gone after all these years. Rene' lost his 30's thirty as well. Granted, eating habits had more to do with it than the running, but we'll save that soapbox tale for another day!

Now, not only do I like running, I love it!

-Allison Ross-Hofstetter

TRI-TRIBUTE

(Rene Hoffsetter with) Allison
Ross-Hofstetter
Cocoa Beach Triathlon,
2011



Trivia: How many doggies
does Allison have??

hint in the caption

The Journey of a First Timer...

Completing a marathon has long been a desire for me. My oldest brother is a runner and was the first person I knew who ran a marathon, and for many years, the only person. Sure, there were marathoners back in Alabama, but I didn't personally know them.

So for me, the journey began here, in St. Augustine. And I am quite sure my life will never be the same.

As many of you know, I picked a doozie of a first marathon. For a week the weather forecasters were predicting rain. The closer the day got, the worse the prediction. As the storms approached and moved through the southeast, the deadly tornados began spawning. Devastation and sadness followed making my worries of a wet marathon seem insignificant.

I accepted that there was nothing to do, but run. As I was standing with my 4 hour pacer and other hopefuls, the rains began. Early on I knew my goal time would not be reached. When the tornado sirens began wailing, I actually thought we would be forced to stop. But we weren't, and I just kept running.

I lost my pace group about mile 12 and the struggles began, the internal struggle, that voice that just keeps saying "you don't have this". Every time I'd hear it, I would repeat over and over...indomitable will, indomitable will. Gandhi said "strength does not come from physical capacity, it comes from an indomitable will." I believe him. I knew my body was strong, very strong, but my belief in my ability was not.

About mile 15 the sweetest face on this earth appeared. Yes, it was my son Denton, and just the look in his eyes, the pride

on his face, gave me the strength to keep going. Next it was strangers that I drew from. The cheers of the wonderful citizens of Albany, braving the weather, encouraged me to just keep running. Then the rains started again and I heard that voice "you just don't have it today Tracy"...indomitable will, indomitable will. And there, standing in the downpour was my sweet friend Karen. And with her colorful words of encouragement I managed to continue.

It was between mile 23 and 24 that my son's girlfriend Ashley took the telling photo. Yet, what was so very amazing was that they were standing in that deluge waiting for me to pass, to cheer me on, sharing with my husband and friends the struggles of the day. And it was in that very moment that I knew I had the strength to finish...I had that indomitable will!!

The last few miles were interesting. We met another first timer, Leigh. She and I shared something in those last few miles that I guess I'll never share with anyone else...we were both in pursuit of and steps away from of the same dream...completing a marathon.

As the finish line neared Karen gave me my last few encouraging words and sent me on the final few yards, and I spotted that familiar sight. There in the crowd, cheering for me, were Denton and Ashley waiving Bama flags. The biggest smile overcame me and I did it, I crossed the finish line. I completed a marathon.

But the journey was far from over.

I had often imagined the elation I would feel as I crossed that line, and the overwhelming

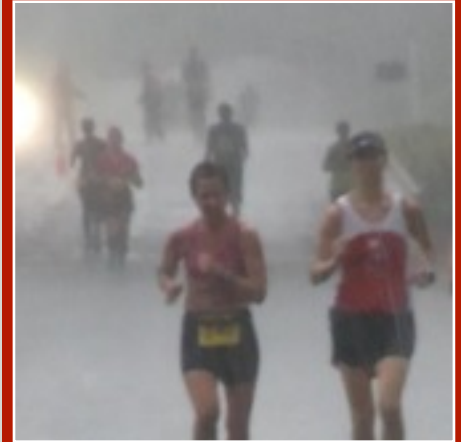
pride of receiving my finisher medal. I could finally get a 26.2 sticker. I imagined I would be walking on Cloud 9 for many days. Yes, all true.

I was not prepared, however, for the response I received from my family and friends. Nor was I aware of the personal growth that would follow. Your words countless e-mails, texts, Facebook messages were nothing short of life altering for me. Seeing myself through your words was empowering. As I sat and read those words, over and over, I realized how very blessed I am. My cup overfloweth!!

I now understand the importance of the people I surround myself with. I walk, and run, among you, hoping to be more like you. There is positive loving energy here, with you, in St. Augustine, where this journey began.

- Tracy Vann Lee

MARATHON FIRSTS



Tracy Vann Lee
Albany, GA
March 2012



Other Spring Items noted:

- Light House 5K Run
- Don's Run festival weekend
- Will Conrad's Ultra-Race
- Race to the Taste 5K
- Cinco de Mayo Hash

Guess who?? Which ACRR runners made cameo appearances with Tracy...

hint on Page 3

Stay Tuned for Upcoming Club Events

Birthday Socials Thursdays monthly-May 17th

Mickler Mile, Memorial Day, May 28

Muddy Buddy- Conyers GA, June 9th

ACRR Running Camp, July 16-20th

Vilano Bridge 5K- June 2

ACRR Summer Social, St Aug Beach Pier Pavilion July 28th

What's that orange ball doing above John's head?
It's a harvest moon.

Pedro Pedometer... (letter from the Editor)

First and foremost I would love to thank all of you for your submissions for this newsletter issue. I am very honored to be appointed to this position and it has been quite fun putting it together. I must apologize for the gap in issues from 2009 when our lovely Judith Burdan produced such a great run of newsletters for ACRR for 2 years or more. Thank you Judith for your hard work; you have laid the ground work and set a fantastic example to follow!

A new era has begun, and though my expectations for this issue are not grand, there must always come a first in which to build from. I look forward to putting together quarterly issues in effort to catch some of the great stories we have floating about during our runs and dive into the heart of each person in this running club, the challenges we face in running, life, fitness, work and family. Without your stories, the pages would be empty. Without the stories, running would be rather somber and quiet. Thank goodness we don't all have Ipods in our ears during group runs!

So many of you have great stories and I'd love to hear them all and pass them along for the tidbits of encouragement for other runners. Even if you think you can't write, you may surprise yourself! So be thinking, start journaling, and get a article in the next quarter. I'm ecstatic this opportunity has presented itself and am happy to capture these memoirs and look forward to many more. Thank you ACRR for great friendships that I should rather refer to as ACRR family.

- Bridget Calkins



ACRR Members Living la Vida Loca!
Post Spring Hash Run, "Cinco de Mayo" style
Downtown St Augustine Courtesy of Jim Powers
Pictured above: Bridget Calkins, John Weeks, MaryLee Weeks,
Chris Calkins, & Hash Master Jay Floyd

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. - Judith Burdan

If you have an article, announcement or just want to comment on the newsletter please write to: acrrnews2012@gmail.com or catch me on the discussion board or group runs. Check the board for current updates.



Looking forward... hopeful features coming in Summer 2012

- cross training tips
- JT's Olympic trials
- running camp countdown
- Muddy buddy
- summer tri's