

The Loop

Ancient City Road Runners

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3rd Annual ACRR Running Camp

Today is the third day of camp. Enthusiastic campers fill the room, their pictures on the wall with descriptions of who they are, where they're from, and what their hobbies are. The runner of the day has just been awarded to the camper who has best demonstrated running values (leadership, competitiveness, integrity, respect, and work ethic).

The campers then go on to filling out their running logs, writing in mileage and a description of the tempo run that they did the day before. On the first day of camp, we have the campers fill out three goals (big and small). For some campers it is as big as winning state and shattering school records. For others, it is as simple as having a good season, enjoying themselves, and staying injury free. Everybody is different.

Pat, Todd, and myself all agree that Wednesday, the third day of camp, is where it really kicks off. It is the day where we split the campers into teams. Currently we have three teams: Team Africa, Team Europe, and Team America. One by one, the campers are called up and assigned to their new teams and introduced to their team-mates and coaches. The great thing is that because we are now in our third year, there is a history to each team, as well as camp records and goals to shoot for.

Once the kids are split into their teams, they begin the camp challenges in order to win points for their respective teams. Over the next few days this will include creating a team poster and chant, a paper airplane contest, points for runner of the day award, closest team to hit their time on a pace run,

and much more. It creates a true team environment and come Saturday (race day), the campers are ready to lay it all on the line not just for themselves, but for their team and their team's history.

On Saturday, the camp ends. We have gone over almost everything that the kids need to have a successful season (base, strength, speed, peaking). We feel as though we created a team environment for the kids to immerse themselves in and feel the true meaning of competition, no matter what their level. The most important thing that we try to instill in the campers, however, and the thing that we hope they take away from the camp more than anything, is running values: Leadership, Competitiveness, Integrity, Respect, and Work Ethic.

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Traveling Through Traverse City

A few ACRR members were fortunate enough to run the Bayshore Marathon in Traverse City, Michigan this past May 24th. Mary Ann and Ed Andrews ran the half marathon. Sally Howes, Jessica Born, Bob Wong and Jim Wauldron ran the full marathon. Jim's 2 sons, Mike and Don, also ran the 10K race.

All of these runners, plus Jack and Addie Born, met at Mary Ann & Ed's home near Traverse City, Michigan. The Edwards' beautiful hillside home overlooking a lake was "base camp" for the race.

We had a GREAT Day! The weather was perfect—about 50 degrees at the start....sunny, clear and crisp. The 1700 runners had a rolling course along the beautiful Grand Traverse Bay.

The full and half marathons started at 7:00AM. Sally took a 5th place in her age group with a 3:34:02, just 4



seconds ahead of her running partner, Jessica, who took a 7th place in her age group. The OFC division of the ACRR was represented by Jim with a 3:48 and Bob with a 3:50. (Bob's lucky he can even WALK at his age.)

The half marathoners started at the turning point for the marathon and finished in the stadium, which was the endpoint for all three races. Mary Ann and Ed did a great job, with Mary Ann's 2:29:35.35 earning her the 3rd place award in her age division.

Jim's sons, Mike and Don, did a fine job in the 10K. Both guys had recovered in plenty of time to run mile 26 with Jim and Bob, who needed all the help they could get.

After the race, we celebrated in some of the local taverns and spent some time exploring (slowly) spectacular, historic Mackinac Island. Overall.....just a GREAT time.....with great people!

—Jim Wauldron

Upcoming Races:

Carrabba's Summer Beach Run, 23 August 2008 at 7pm.

Endless Summer 10K, 20 September 2008 at 7:30am.

Compassion Crusade 5K, 8 November 2008 at 8am.

Marine Corps 1/2 Marathon, 4 October 2008 at 7 am.

Check out ancientcityrr.org for details.

Running Camp, continued

At the end of camp the campers may not be able to remember who Kenenisa Bekele is (the WR holder in the 5K and 10K), but each one of them is able to stand up and name these running values.

Not everyone is going to go on to win state or run in college or qualify for the Olympics. Not everyone will even continue running in a few years. However, they take more away from running camp than just

running. They take away these values, and one of our goals at the camp is that this is what they remember more than anything down the line.

—Justin Taylor

Spotlight on Hash Runs

A Hash what?!? Here's a bit of history behind an ACRR tradition. Hashing began in 1938 in Kuala Lumpur, Malaysia when British colonial officials and expatriates met after work on Mondays to do a hare and hound-style run. These bachelors, who dined at an eatery nicknamed the "Hash House," dubbed themselves the Hash House Harriers (HHH or H3). The group paused while Japan invaded Malaysia, but after WWII they reassembled and carried on.

In 1962, a second chapter, or "kennel" was formed in Singapore; from there the phenomenon spread to New Zealand, Australia, Europe and North America. Today, there are thousands of hash groups all over the world with newsletters, calendars and directories. *EuroHash* occurs in Europe on odd numbered years; *Interhash*, an international hashing event held on even years, will take place in Perth, Australia this year.

Those of you who have hashed here or abroad (which I recommend if the opportunity arises), have enjoyed many of the same traditions from the original runs. Each kennel varies slightly, but most hashes start with "Chalk-talk" to give instruction to the "virgins" and describe the trail marking system. The trail can be "dead," in which case the course



is pre-laid, or it can be "live" with a "hare" marking the trail as the "pack" pursues a from a few minutes behind.

"Checks" are employed to slow down the faster runners as they must sleuth-out which trails are "falsies" and which is the "true trail." An imaginative "hare" may lead the "hounds" through back alleys, jungles, shopping malls, streams, etc., so a "beer stop" is a tradition to refresh and regroup before continuing to the "On-In."

The "On-In" includes more beer, food, and bawdy songs, as well as the "Circle." At the "Circle," the "Committee of Mismanagement" presides over such rituals as the bestowing of hash names and the awarding of "down-downs" for real or imagined "misdemeanors" committed during the run. These frequently boisterous festivities are undoubtedly the source of the HHH's motto, "A drinking club with a running problem."



Perth, Hong Kong, Jakarta, London, Paris, St. Augustine. Just some of the great international cities that share a strong hashing history.

Come enjoy the tradition on Friday, October 31st at our 11th Annual Halloween Hash. On-on!

—Olive Oyl, aka Heather Bushnell

In His Shoes...

...as in the saying "you can't understand someone unless you run a mile..." Mo Szytlerman is our featured club member for this issue.

Mo's been running for 31 years. He got started after a recreational football injury sidelined him for awhile. After he got the cast off his leg, he started to run just as a way to active and healthy—and he's been running ever since.



Over the years, Mo has run close to 400 races of a wide variety of distances—everything from 5Ks to half marathons to 28.4-mile trail runs and 50Ks,

one of these 31-milers on his 31st birthday. He prefers distances of 10 miles or less, though. It gets the race over faster, he says. How fast? Well, his 5K PR is 15:27. Pretty impressive.

While Mo doesn't race as often now as he used to, that certainly doesn't keep him from hitting the pavement. He calls running his "medicine." It's a daily regime, like a "one-a-day vitamin" that just clears everything out—oh, say, too much food or drink the day before—and makes him feel good. And Mo really does take his runs like he takes his vitamins. For instance, from March 1984 to November 1995—a period of eleven years and seven months—he ran every day. Every day. He's on another streak like this now. Pretty impressive.

And have I mentioned the running celebs that Mo's rubbed elbows with? Working in a Miami running store back in the 1980s when the

running craze was just getting started gave Mo access to a distinguished list of competitors—Frank Shorter, Bill Rodgers, Pete Kissinger, Herb Lindsey, Greg Meyer, Gretta Weitz. In one race, Mo kept pace with Bill Rodgers and finished 3rd just behind him. Pretty impressive.

Now, being a running force to be reckoned with doesn't completely define who Mo is. He's also a massage therapist who's a self-described "rock hound" who enjoys being out in nature, looking for crystals, and panning for gold. And word on the street is that he gave Madonna a massage back in 1992. Say it with me, pretty impressive.

If you ask me, Mo's got a lot of claims to ACRR fame. Thanks for the interview, Mo!

—Judith Burdan

The Cross-training Corner

Strength training for cycling, involves three areas of concern: lower body, upper body and core. Strength training allows a cyclist to develop greater lower body strength than is possible on the bicycle alone. Hamstring strengthening is important because cycling can over-develop the quadriceps. A balance must be maintained between hamstring and quadriceps to avoid muscle tears in the hamstring, which is used at the bottom of the pedal stroke).

Strength training the upper body will give greater power in sprints and on short, steep climbs where pulling on the handlebars is needed for added pedal power.

The core, which includes the back and abdominal muscles, can be a weak link because

of the extended aerodynamic positions. A strong core (back and abdominals) allows a cyclist to remain in a more aerodynamic position for longer periods of time and increases stability on the bike.

The best strengthening exercises for a cyclist are:

- Leg press and squats, which are a multi-muscle exercises.
- Stiff-legged dead lifts and leg curls to strengthen the hamstrings and gluteus maximus.
- Seated or bent rows to develop the middle and upper back and the posterior surface of the shoulders.

• Back extension to develop lower back strength.

• Prone bridge (also known as the modified plank) and lateral bridge (also known as the Modified Side Plank) to build core strength.

Novices must be careful when starting a strength training program. For example, squats and stiff-legged dead lifts can be harmful and must be performed carefully to avoid back or knee injuries. It may be wise to consult a personal trainer to help devise the best program and teach proper form and technique for all exercises.



—Cindy Treaster,
Certified Personal Trainer,
Real Women Lift, LLC

“When strength training for cycling, there are three areas of concern: lower body, upper body and core.”

Clips, bike shoes, specialized body-hugging clothing, computers, cadence meters, and instant fuel known as “goo” (flavored toothpaste). There you have it! The average Thursday night bike ride in the Shores neighborhood. All sorts from first time road bikers learning to unclip without falling to state bike champions ride the loop. Sometimes a group surges ahead to pick up the pace, but before the evening is over, everybody has ridden together for a cool-down. This camaraderie is not unique to the Shores ride.

Bicycling levels the field when it comes to participation. It also provides a means to cross train for other sports. I’m usually the last person in our club to finish one of our loops, because I am not a runner but a walker/runner. Being accustomed to finishing alone, imagine my response when one of our elite runners asking me if I want to ride bikes the next morning. You bet! Even if it is a warm-up pace for them, I can still participate and enjoy the bike ride.

Nine months ago when I bought my first fast hybrid bike, I never envisioned myself on a road bike. After five months of trying to keep up a pace with road bikers, I got the courage to ride a road bike. Three

weeks later I completed my first group event, which was a shorter-distance MS ride in Savannah. Cindy Ortiz (who coached and cheered me on through our training rides) completed the ride with me.

Bike riding is a great cross-training tool. While a 2- or 3-hour run is not routine for most runners, it is common for bikers. This kind of ride provides a great cardio workout if planned correctly, not to mention improvement in muscle strength and endurance. All of these factors are a great bonus for runners.

For me, riding has doubled my ratio of running to walking. This has resulted in shaving a minute per mile off my walk/run time in half marathons. This improvement is bringing me closer to my goal of decreasing the walking portion of my routine until I’m running. My husband John has experienced improvements as well, as he road bikes as part of his cross-training. His improved endurance and speed have resulted in a 15 % reduction in his mile pace. Think about it, biking can improve your running, provide lasting friendships, and push you to new limits.

—Felicia Regan

A Day In The Life Of A “Tri-geek”

It was minutes away from the start of the BFAST triathlon, aka the “D-Rocket, JB123:51, James and Libby Showdown,” and I could feel the excitement.

As the gun sounded, the chaos of the swim began. While the swim was only ¼ mile, it felt like an eternity. I emerged from the water and headed towards the transition area.

I grabbed my helmet and bike and set out in pursuit of James and JB on a fierce attack, passing James on mile five. I continued my brutal effort to catch JB, unsure of how much distance he had gained.

As I got to the transition area, I had yet to see JB so I knew I had to give it my all on the run. I had to put aside the pain from the all out bike effort if I wanted a chance to win the showdown.

With my legs burning and feet covered in blisters, I knew this would not be an easy feat. My worst fears came true when ¼ mile into the run James emerged from behind and regained his lead on me. To make matters worse, he informed me that JB was ¼ mile ahead of us. I knew at this point that despite my best efforts, my ego was bruised and my pride was

shattered. Nonetheless, I didn’t let up and finished strong not too far behind JB123:51 and James.

Our friendship and many hours of training together allow us to have this competitive outlook, but we truly are proud of each other’s accomplishments. That said, look out JB and James, I’m coming for you! While Libby was not in the same wave as we were, she truly held her own, finishing first in her age group in the first race of the series. She went on to win second overall female in the series.

—Derek Ballew



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...

I ran alone...but was not lonely this morning. This is a fairly rare occurrence for me and most of us these days in the Club. Since joining, I have found great comfort and motivation in running with others. And yet, this morning, I rediscovered some of the things I had been missing. I ran "unplugged" – no I-pod, no music, no one to talk to, and no one to listen to.

I heard my feet hitting the pavement and the breeze blowing past my ears. On A1A, the steady hum of morning traffic had a certain rhythm to it, and I welcomed the wind created by the passing cars. Someone even honked their horn when they passed. The 20-year-old within me believed it was a beautiful female,

while the 43-year-old I have become said: "Get Real!"

I came to realize that we can learn much about ourselves while running alone. The most obvious being whether we prefer a solo run to the company of others. I also began to consider our position in a race of any decent size. Those watching the race believe we are all running the race together as one large mass of legs and torsos. But for those of us actually running the race, we become an island of our own making. We may start with a friend, but we rarely run the entire course together. We wage our own battles against the clock, the elements, and our own individual expectations. (Cue up the

Chicago Marathon video now!) And so we run these races in the company of many, and yet we run them alone. In the end – in running – there are only two legs that will carry me where I want to go.

As I neared the end of my run this morning, I was satisfied with my effort and my results. But I must confess, I was not completely alone. Thanks to Garmin, my 305's "virtual partner" kept up with me throughout. And true to form, as the run came to end, I shouted "Gauntlet!" and out-dueled him by 100 yards to the end of my 6-mile adventure! (Kevin Sweeney – are you out there?!)

—Jay Floyd

Jay's "Quick Hits"

ACRR Summer Social is set for 4 p.m. on Saturday, August 23 at the home of John and Mary Lee Weeks located in Sea Colony at 321 S Forest Dune Drive, St. Augustine Beach, FL. ACRR Members and their guests only. Bring a food dish and an adult beverage of your choice. Set ups and other drinks will be provided. Also, it's a pool party, so plan accordingly.

You can **advertise on our website** for a very reasonable price. Please visit the website and click on "Sponsors" under "Key Links."

Huge thanks to **Todd Neville, Patrick Neville, and Justin Taylor** for organizing and "running" the **ACRR Summer Running Camp** for middle and high school students. They gave much time and effort, and Patrick - in particular - came down from New York to see his family and contribute to our Club. Thanks also to **Mary Lee Weeks** and **Fred Schmidt** as integral contributors. If I have missed anyone, you can hit me with a water balloon at the Summer Social!

Thanks to **Judith Burdan** for putting together this newsletter for the ACRR! We really appreciate your efforts and the quality of your work!

The start times of our group runs have been discussed a bit lately. On Tuesday night at 6, all is good, and turn-out has been between 40 and 60 throughout the summer. I know the Saturday and Sunday morning start time of 7:30 has not been well-attended, as there have been many early-starters seeking to beat the heat. It has now been 6 weeks in a row with 5 or fewer persons making the 7:30 start. **So, we are changing the Saturday morning group run start time to 6:30, which will remain in effect through Labor Day weekend. The Sunday group run start time will remain at 7:30.** Peace.