

The Loop

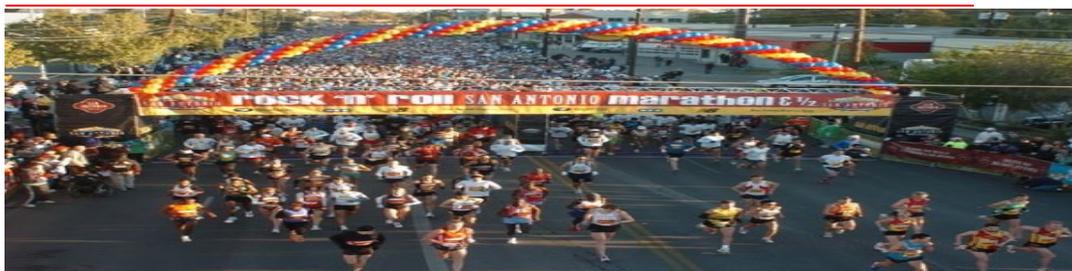
Ancient City Road Runners

December 2008

Volume 2, Issue 3



Marathon Mania



As the weather cools down and the leaves begin to change colors (not in St. Augustine, of course, but somewhere in the world), ACRR members gather up their running shorts and singlets and shoes and goos, and run off to exotic locales to try their legs at the marathon game. This October and November saw quite of number of club members running all over the country. The stories that follow relay some of the tales of triumph that came home to the Ancient City.

Chicago

My story began last October at the infamous 2007 Chicago Marathon. The ACRR trained and traveled to the city together with hopes of big finishes and Boston-qualifying times. Unfortunately, race day came with record high temps



and horrible humidity. Despite the cramps, dehydration, and poor performance, I had a great time: 26.2 miles of screaming spectators, the awe of running through the metropolis with over 30,000 runners, and most importantly, the company of my friends from the ACRR.

I returned to Chicago this year without the ACRR and wanting revenge. On the day of the race, I could feel the race-

day magic. I was no longer nervous or excited but there to perform. As the runners in the starting corrals moved closer to the start line, I reflected on last year's race and how I wished I was with the ACRR. Suddenly, James Resor, a fellow ACRR splinter marathoner and dear friend, appeared. One good luck hug from James, and we were off.

I crossed the starting line, and the sounds of the timing chips reminded me of all the people who were now online with me following my every step: friends not only from St. Augustine and Tampa, but friends and family all over the country. They were my own silent cheerleaders.

Once the race began, I vowed to not allow a negative thought enter my mind. During the first part of the race, mile after mile was a constant struggle to hold back from running faster. Although I held back, I consistently hit every mile under goal pace. After 20 miles I was still on pace, actually slightly under pace.

It was getting harder to suppress negative thoughts at this point, knowing that anything can happen the last 6 miles of a marathon, when you find out what you are really made of.

At mile 24, my entire body began to ache. There were 2 miles left, and I needed help. Suddenly, I heard my name. Sally Howes appeared out of the crowd of spectators and ran out onto the course screaming my name. That gave me the boost I needed to maintain speed and push through to the end. I crossed the finish line at 3:34:43, qualifying to run in the Boston marathon for the first time.

Despite having the run of my life, there was still something missing: my friends in the ACRR to share in the marathon experience. I thought running was my true love, but I was wrong. I love running WITH the ACRR! Boston here WE come!

—Nichole Gebhart

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ACRR's Boston Qualifiers So Far:

David Beck
Jessica Born
Justin Breidenstein
Chris Calkins
Nichole Gebhart
Craig Herzog
Sally Howes
Eva Lowry
Todd Neville
Mick Porter
Kevin Sweeny
Mary Lee Weeks

Marathon Mania, continued

Philadelphia

It is not always about the results but the journey to get the results. Where do I start with my Philadelphia marathon experience? I can say my journey started at 10:52am on October 3, 2007. I had just blown up at mile 12 and sputtered for the next 14 miles to the Chicago Marathon finish. I did not qualify for Boston and my body was wrecked. The next day was the second day of my journey, and I decided that I would make another run at qualifying for Boston.

Between that day and the start of the Philadelphia Marathon there are many things that come to mind during this 13 1/2 month journey. There were the numerous long runs. There were the inspirational runs in Michigan, Chicago, and San Antonio. There was the birth of my boy Hobbs!! There were the nights lying awake in bed calculating the mile splits to possibly breaking three hours. There was the blow-up in the Gate River Run and the great run at the Miracle Mile 15K. And there was the anticipation of getting to the starting line....

Kevin Sweeny and I finally made it to the starting line in Philadelphia, and there was a 26.2 mile course awaiting us with sub-freezing temperatures and a few hills. We lined up at the starting line, took off the excess layers, and made good use of an empty

water bottle. The gun went off, and we were off.

The journey ended at 10:06 am on November 23, 2008, and it was a great ending. I had Meredith, Hobbs, my brother, and other family members there to meet me after the finish. I had qualified for Boston, and my good buddy had broken three hours.

Funny thing is that at 10:07am on November 23, 2008 a new journey began. A journey to the 2009 Boston marathon.

—Justin Breidenstein



Remembering the Alamo...



San Antonio



Where do I even begin, from training to the friendships to the actual race itself. It was all such an incredible experience. I am blessed beyond belief to be a part of such a wonderful running club.

I have been a member for a year now, and I can say without a shadow of a doubt that I have formed friendships that will last a lifetime. Who else will wake up with me at 5:00 in the morning to run 22 miles or motivate me when I just don't feel like running?

The whole experience was amazing. The actual race was inspiring. To start it off, it was freezing. I couldn't even feel my hands and feet. The start was smooth, al-

lowing me to settle into a comfortable pace right away. By mile 8, I was gleaming from ear to ear. Every time I stepped over the pacer, I knew somebody was watching me and that gave me more motivation.

It wasn't until about mile 19, when there wasn't much around and the sun was really shining, that I hit the wall, as they say. I just felt drained, and everything started to hurt, especially the huge blister on my foot that got started at mile 6. Thank goodness I met a friend along the way, and she pulled me through it. Just talking to other people about running makes me appreciate what we have with ACRR, a great cause with a great group of people.

By mile 23, we started to get back into town where all the action was, and I knew the end was near. I was able to muster up some energy for the last few miles. I was just so happy and so thrilled to be almost

done with my first marathon. I kept thinking about how I couldn't wait to see everybody again.

Once I crossed the finish line and after all the screaming and yelling, I began to feel the pain; at that point I just wished I never stopped running. Being able to reunite with everybody and to hear how great everybody did was awesome. Not only do we have a kick-ass running club, they're fast, too.

With the pain once I fell asleep, the drinking, the waddling, and all of the rest of the trip, I wouldn't trade it for the world. I am already planning my next race. I guess you could say I am addicted, but who isn't in this club? All in all, thank you ACRR for making my 1st marathon an experience that I will never forget. I love you all.

—Sofi Puyol

San Antonio

Most marathon runners have a motivational story to tell about their first marathon involving inspiration, or who they ran it for, or the obstacles they had to overcome. Well, I don't really have a story like that.

I'm pretty sure the only reason I ran this thing was due to 100% pure ACRR peer pressure! In fact, just six months ago I was adamantly against running a marathon. I was relatively certain that it would not be a good thing for my body and that it would surely cause injury.

So, as I sit here today, with both feet elevated and iced, having just administered ultrasound to both in an attempt to relieve some of the pain caused by bilateral plantar fasciitis, I realize... I was right!

Now that you know the source of my (temporary) bitterness, I will proceed to list 26.2 reasons why you should not run a marathon...

1. Having to neglect other hobbies (i.e. cycling, swimming, sleeping, etc)
2. Having to sacrifice a few toe nails...real cute!
3. Missing Saturday morning cartoons for weeks and weeks.
4. Bridge repeats.

5. Knowing obscure facts such as how at the first marathon Pheidippides ran 26.2 miles to deliver the momentous message "Niki!" ("Victory"), then collapsed and died!

6. Chub rub (a.k.a. road rash) between your legs and under your arms.

7. Chub rub on your chest and back.



8. Chub rub in all these obscene places during bathing suit season in St. Augustine.

9. Having to awkwardly explain to disapproving eyes the innocent source of these obscene, hicky-like marks.

10. Going through running shoes like a box of Kleenex during flu season.

11. Missing Saturday morning club runs.

12. Reading disgruntled club members whine and moan about the marathoners missing Saturday morning club runs.

13. Caboose.

14. Sky high grocery bills due to continual, insatiable hunger.

15. Sacrificing Friday night fun for an 8pm bedtime.

16. Aspirating on Gatorade at mile 20 when

you really were counting on that fluid entering your gut...not your lungs!

17. Being exposed to several women with "poopie pants" (3 to be exact) during the race...I thought that was a myth!

18. Having to wonder, "hmm...do I have "poopie pants" too?"!

19. Plantar fasciitis in your right foot.

20. Plantar fasciitis in your left foot.

21. Being at the top of the Vilano Bridge looking back beyond the lighthouse and thinking, "Now I have to run back, too!!!?"

22. Did I mention bridge repeats?

23. Did I mention recurrent chub rub despite gallons of body butter?

24. Did I mention BILATERAL PLANTAR FASCIITIS??!!

25. Mysteriously unavoidable stairs after long runs.

26. Getting sick for the first time in your adult life due to a compromised immune system as your body attempts to heal your frayed, torn, bleeding muscles.

.2 Todd's blood alcohol level shortly following the race...eek!

...But anyway, see you in Chicago. I am going to try to qualify for Boston ;)

—Amy Michie

Look, Mommy, It's a ...What?!

Like raindrops forming rivulets, making streams, and becoming an ocean, the dillo float is composed of many component parts and yet has a basic, simple unity and central principal. The basic idea is to make kids happy. She is also multi-faceted, with complexity and history, a congruence of more than meets the eye.

I first paddled into St. Augustine in 1971 in a kayak bearing a little armadillo flag. (This flag can be seen at the Fred history museum). Fabric-over-frame has been a continuing theme, as has the armadillo.

Rudolfadillo/Easterdillo II is the latest embodiment of voluntary simplicity meets Jiguro Kano (maximum efficiency with minimum effort), bread and puppets festival (art to nourish the soul), Kraft durch Freude, and what can I do with all this stuff in my back yard.

She and her two predecessors have all been designed and engineered to make people laugh and to inspire kids to think "Hey, I could make that!" Cheap, lightweight, and durable, she is constructed mostly with recycled materials: plywood scraps, a

2x4 from the beach, and a discarded swimming pool cover formed with ideas and suggestions gleaned from friends and travels and observations (such as an anti-shopping-center protest float in a German parade) a Conestoga wagon, anti-nuke demonstration puppets).



W. E Deming said to strive for continued improvement and flexibility, and she does, evolving into a two-fer as a christmas float and an Easter float, going from inanimate to articulated, growing from single to parent.

As she traverses the parade route, there is a bow wave—first the curious wonderment of "what IS that?" and then the ah-ha laughter of resolution and recognition.

She also embodies some of the strengths of our club: the acceptance of idiosyncratic team work, unity of purpose, and a willingness to have and spread fun.

Thanks to all who have made it possible—the floatmaidens, peer review committee, painters, cover designer and seamstress (rah Judith), levitators thru the years, candy elves (and bunnies), and adhesive specialists.

—Fred Schmidt

Spotlight on Matanzas 5K 2009

Only six weeks remain before the running of the 29th Matanzas 5000 on Saturday, January 24. As in the past, it will start in beautiful St. Augustine on Castillo Drive at 9:00AM.

Nancy has been working feverishly to bring sponsorship up to par. Total sponsorship so far is just over \$6000. It's clear the economy has slipped. Trying to get folks to commit has been a challenge. Out of 76 potential sponsors contacted, 33 responded favorably, 18 declined, and 25 have not responded.

Dr. Danita Heagy has been gracious enough to once again provide \$1000 sponsorship to cover the Fun Run. *The St. Augustine Record* (advertising) and Wauldron Corp (t-shirts) are providing in-kind sponsorship in excess of \$1000.

Repeat \$500 sponsorships have been received from 6 businesses, including Baker-Gilmour Cardiovascular Institute, Flagler Hospital, Jack Wilson Chevrolet, Orthopaedics Associates of St. Augustine, Raymond James Associates, Inc., and Thibault's Electric Service.

Additional repeat sponsors include 1st Place Sports, Anastasia Athletic Club, Arnett Heating & A/C, Craig Funeral Home, Hue Design, Mystic Bean Coffee Company, Office Max Impress, Outhouse Portables, Paul Beckman – Met Life, Publix, Road ID, Seaside Pharmacy, Smoothie King, St. Augustine Realty, and Touchtape, Inc.

New sponsors include Ringpower (a new \$500 sponsor), Conch House Restaurant, Dr. Glenos, Gabe Hynes Family, Drs. Isabella & Gregory Oxford, Sonny's Bar-B-Q,



St. Augustine Marina, and World Gym Fitness Center.

For Matanzas to be staged successfully, many tasks have to be addressed. Some are performed well in advance of race day, while others are performed right up to race day. To get everything done, we assign these tasks to one of 50 committees. Each committee has a designated committee head. The committee head is responsible for getting the materials and personnel necessary to complete the designated task.

Tasks are divided among ACRR members and volunteers. Most of our Matanzas volunteers are selected from the high school cross-country teams who receive contributions from Matanzas 5000 race proceeds. A truly excellent partnership has evolved



between our ACRR members and our race volunteers

Out of 50 committees, 26 have been assigned with confirmation, 10 unassigned, 2 unconfirmed, 6 assigned to schools, and 6 completed tasks. Unassigned and unconfirmed committees will be filled this week. Schools will be notified of their committee responsibilities by January 2.

Want to help with Matanzas? No previous experience is necessary. Committee opportunities include race day ACRR membership sales, race day ACRR shirt sales, collections for race packets, packet pickup-Friday at gym, pre-race publicity (radio, internet), registration race day, sponsor board (updates, pickup, return), Publix water return. Call the RACE HOTLINE at 797-7575, and we'll sign you up.

How can you get Registered to Run? 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 pick up a form at any one of numerous locations in St. Augustine and Jacksonville.

Each year we give away excellent door prizes, trophies, cash awards and a 'Grand Prize'. This year's Grand Prize will be a dilly. Those who attend monthly ACRR meetings know what it will be. It's a dilly.

Packet stuffing will be held Tuesday, January 20, 2009, at Ed & MaryAnn Andrews' home. The time will be announced at ACRR January meeting, Tuesday, January 13.

—Nancy and Don Hollingsworth
2009 Matanzas 5000 Race Directors

This Trot Was No Turkey

The 6th Annual Shut up and Run 5K X-C held at Treaty Park Thanksgiving morning had 106 registered finishers. The event raised just over \$2000 for the St Francis House.

The top sponsors were Action Title, Moultrie Creek Nursing, and Rehabilitation and Orthopaedic Associates, with the Seafood Shoppe and The Law Offices of Jay Floyd returning as loyal supporters.

The front runners gave an exciting race. The overall winner was Eric Finan in 15:27, followed immediately by Justin Taylor in 15:32, who was just coming off a tough college 10K. The overall female winner was Cinnamon Morrison in 22:51, with Taylor Wiatt in second in 23:31.

Top Master's were Kevin Gamble in 19:19 and Laura Kelleher in 26:41. In the high school division, first and second male went to Dylan Rudolph (21:24) and Sean Bruner (21:34), while Alison Heffner (24:37) and Taryn Greene (24:39) took first and second for the females.

The Pie Guy returned from a marathon PR to give many happy participants a chance at a pie. He has become such a cherished tradition that getting a pie was all it took to make 9-year-old Chase Allen's day. Pie in hand, an excited Chase turned to his mother and said, "OK, we can go now, Mom." Complete triumph, complete satisfaction.

Once again, the race support from ACRR was excellent. I am very thankful to all who helped, participated, encouraged, and gave praise.

If you want to purchase t-shirts at the cost of \$6 each (with all proceeds going to St. Francis House), please contact me at rpmstaugustine@yahoo.com, and I'll make sure you get one. Or two. Or three. Aww, shut up and run.

—Sally Howes

The Cross-training Corner

I have been swimming all my life and coaching since I was 16. During that time I have known many people who primarily considered themselves runners that found swimming to be an excellent activity for cross training. Swimming, a low-impact aerobic activity, offers a great reprieve from the pounding associated with running. Whether you choose swimming as an activity for cross training or as an opportunity to rest and rejuvenate your running muscles without losing your aerobic base, you will likely find a number of benefits in adding it to your weekly exercise plan.

to increase your blood volume while resting your running-specific muscles and joints. You will accomplish this through high-intensity, low-impact exercise, and a Masters Swim Team is perfect for this since the workouts provide variety as well as a plan for increasing strength and speed with support and instruction. Basically, swimming works the upper body and only minimally affects the lower body. So, swimming allows the legs rest and helps to facilitate the recovery process of those tired muscles and joints used in our running workouts.

“Swimming, a low-impact aerobic activity, offers a great reprieve from the pounding associated with running.”

You all know that running is a high impact activity that subjects the joints to pounding on a regular basis. Most of us need at least one day a week to rest and many of us require 2-3 days of rest each week. Adding swimming as a cross-training activity allows us to take the time we need for rest without taking time off from exercising. Swimming effectively utilizes different muscles through low-impact aerobic activity to provide an excellent off-day workout.

Being a runner doesn't mean you only run. Being healthy is all part of cross training, the use of more than one sport to maintain or improve your fitness level. Many runners have already turned to another sport to help prevent injuries, build their strength and endurance for running, get a new mental challenge, and reach new goals.

The most common way of cross training in the pool is by swimming, and I would recommend joining the local Masters Swim Team if you can work it into your schedule. Your goal should be

specifically designed for keeping the head above water, you run in place in the deep end of the pool. Some running injuries will just be exacerbated by more pounding, so this allows you to use those running muscles without re-injuring yourself.

When you add swimming to your workouts, you are adding to your upper-body strength and aerobic capacity. Upper-body strength is often neglected by many runners. Most runners don't realize how much they need this strength, especially for pumping your arms hard at times when you need to, like near the finish line. By using swimming for a cross-training method, you get resistance without impact and have less boredom to deal with.

If you are interested, give me a call (471-2409), or just corner me at one of the runs. I will be happy to help you anyway I can. There are already quite a few club members who spend 2-3 days a week in the pool, so you already know a number of people who can help you get started.

—Clark Pace

In Her Shoes...

...as in the saying “you can't understand someone unless you run a mile...” Mary Lee Weeks is our featured club member for this issue.

I met Mary Lee Weeks about three years ago at a group run. She is the one that says “hi” to everyone and she made me feel like she was so glad I showed up. Quickly we became close friends, and before I knew it she was my “Southern Mamma” and I was her “Yankee Daughter.”

After many runs with me trying to keep up with this quick mamma—for some reason I thought the daughter would be faster—I learned a lot about her.

Not only is Mary Lee an outstanding runner with a 3:33 P.R for the Chicago Marathon, but she is also a wonderful asset to the club. Many of you have probably been to one of

the many events hosted at her beautiful house. You may also have met her pride and joy, McKenzie, and her warm, laid-back husband John.

What may not Mary Lee started 10 years sister ent-to do it. the only Lee got



Diet Coke and smoking cigarettes. Mary Lee quickly realized that smoking and running just didn't mix, and she decided she had better choose one or the other. Four marathons later, she is glad she picked running.

some of you know about is that she running only ago when her couraged her Up until then, exercise Mary was drinking

Mary Lee is one of the toughest individuals I know. A couple summers ago, she spent nearly four weeks lying in a hospital bed. Mary Lee has a very rare blood disease and that summer it caused a blockage of blood to her organs. She spent weeks fighting for her life. Thankfully, her blood began to re-route itself, and she began pleading with the doctors to allow her to run. It didn't take long before she was out running again.

I am constantly inspired by and amazed at Mary Lee—not only for her running achievements, her persistence, and her dedication to the sport, but also for the way she makes people feel welcome in the club. She'll always be my “Southern Mamma.”

—Amanda Strange



Ancient City Road Runners

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President	Jay Floyd
Vice-President	Todd Neville
Treasurer	Mary Ann Andrews
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Membership	Jessica Born
At-Large	David Beck
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Timing	Todd Neville
Matanzas 5000	Don Hollingsworth
Website	Todd Neville
Volunteer Coordinator	Peggy Bliss
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...

Wow, what a great ride it's been with all of you! After two years as your president, I'm stepping aside to allow someone else the privilege of being your "El Presidente."

Only good thoughts as I look back – and forward – for this club. I remember first taking office and wanting only to keep the ship running – (no pun intended).

But as I became more involved in the club, I also became more involved in the lives of our club members, and I began to appreciate that decisions made at the helm

of ACRR were not those of a "simple running club". The social dynamic of our club is driven by the great variety of personalities in our membership.

And meeting the needs of each became more challenging as time went by. We dealt with issues ranging from the time our group runs should start to issues of parliamentary procedure. We were also challenged by the so-called "bulletin board" and adequate staffing of local runs.

It's important you know that I found – and still find – happiness when I'm among my fellow runners. Apart from

being with my wife and my daughter – whom most of you know to be simply wonderful – I prefer to spend my time with you.

Whatever may come in the future, I hope that this remains part of who I am. As far as a "legacy" goes, well, we now have decals, membership cards, and hats!!! And I think the social aspect of the club picked up a notch, but not at the expense of our commitment to running!

So, peace to all, and I'll catch you on the run!

—Jay Floyd

Editor's Note: In this traditional season of gift giving, I wanted to take a moment to write a "thank-you note" to all of the contributors to this year's three issues of *The Loop*. I appreciate the gifts of your experience, talent, and time that you have given to the club through this newsletter. And I also wanted to thank each member of the club for all the gifts you've given me as a "comrade in running shoes"—your encouragement and support, your spirit of competition, and your friendship, to name just a few. As you turn the corner into the new year, may your feet be swift, your mind open, and your heart full.

—Judith Burdan