



First at Chickamauga

In June 2001, I made my first visit to Chickamauga Battlefield Park, not for a race, but as a history buff to explore the park and museum. Never would I have imagined that it would be the site of my first half-marathon. In setting my running goals for the year, the two top priorities were a PR at Labor Day, followed by a race at a distance longer than any I had completed. With the rave reviews given by everyone who had completed the Battlefield Marathon, it became the top candidate for a fall goal race. Sam was interested in running it also, so we made our plans for November 14. Since this was my birthday week, it seemed like a bonus to prove I really was not getting older.

My training for the half-marathon distance was not that different than prior races except that the Sunday long runs were extended a little with a longer run sometime during the week. The extra work in preparing for Labor Day had made my piriformis problem grow worse, but with only nine weeks to prepare, there was no time to take a break, so the pain would just have to be an additional challenge.

Two weeks prior to race day, my work took me to Virginia Beach for a few days where I managed to get in one windy day of running. After returning on Thursday evening, I woke up on Friday morning coughing with lungs that felt full and heavy, with only 8 days to go before the race. Assuming it was a cold, I stayed home most of the day and slept until Saturday noon. By Monday, there was no improvement, so I gave in and went to the doctor. Leaving there I was on multiple inhaled and one oral medication, with only six days to the race. As the week continued, the prospects of a good race looked bleaker and bleaker.

Heading north on Friday before the race I was still coughing, but things were looking up with one day to go. Arriving at the hotel about the same time as Amy

and Troy, we headed over to the pasta supper and were joined by Kenny, Stefanie, Tim, Mandie, Cindy, Karen, Marcus, Teri, and Tommy. Since the meal was being catered by Carraba's, hopes were high for a great carb loading opportunity. Were we wrong; it was served in a school cafeteria with first-grader portions and a greasy film at the bottom of the plate. (That is the only negative thing you will read about this race.) So, we headed back to the hotel to spend the rest of the evening sitting in the lobby eating chocolate chip cookies.



Photo by Marcus Parker

After a nervous night's sleep, I awoke at 4 a.m. to allow time to cough and stretch well. For some reason, my need to cough had gone away. Maybe this would be a great day despite the week of doubts about even finishing the race. I started the day with an hour of yoga followed by a hot shower to get everything limber and ready to run, followed by a big (perhaps too big) breakfast. The Hampton Inn started serving breakfast an hour early and, unlike the prior evening, provided a good variety of hot and cold food.

Due to misjudging the traffic, I arrived at the race just in time for a quick 10 minute warm up and then headed straight to the starting line. The pre-race festivities were brief but the best of any I have seen. After the presentation of colors by the color guard, a bugler played the National Anthem. The race was then started with the firing of a cannon leaving no doubt that it was time to go!

My plan was to have a first mile pace of 8:40 and slowly decrease that throughout the race. For the first 8 miles everything surprisingly went according to plan. The beautiful course weaved through the woods on maintenance roads and park drives between monuments and markers. There was even the added excitement of dodging a deer that crossed the route twice, scattering runners on both sides. Through mile 9, I was never more than 100 yards from Marcus who was running a superb race himself, as well as being a great running partner. Between miles 9 and 10, my pace

(Continued on page 5)

Running Couples:

JEROME and BONNIE

Running couples ... where do we start? Jerome and I met a year and a half ago through a mutual friend and runner, Catherine "Cat" Tucker. Cat and I had talked over time about running and I had expressed that I would love to start running sometime ... so, after meeting Jerome, that didn't take too long. In the beginning, I



Bonnie and Jerome
at Red Barn Ramble near Athens, GA

have to admit that I would always go with him to the races just to spend time together but, it was only a few months down the line that I ran my first 5K (Tallulah Falls).

Jerome would tell me about different couples where one would run in the beginning and

then the other would follow soon. I didn't know if this was a "hint" or not, but regardless, I started running races too and I have to admit ... I think I am just as addicted as he is.

We have so many things we like to do together and it is a blessing that we both enjoy running so much because of the extra time we get to spend together. Jerome has been such a great source of encouragement and a mentor for me.

This past April, I began working on organizing the inaugural "Take Back the Night" race in Milledgeville and, though I was nervous about doing this, Jerome was there every step of the way to help and encourage me. I know the race was a success because of the team effort and so many wonderful friends and runners that were with us all the way! We plan our races together, support each other and cheer each other on at every race.

Jerome always finishes his race (much faster than I do, of course) and comes back to pick me up as I head to the finish. In the beginning, I would think "oh no ... here he comes ... he's not going to let me walk"! Now, I would miss it so much if he wasn't there to encourage me on to the finish! Jerome has been running for

about fifteen years and I have been running for only one year and he has to remind me of that sometimes when I want to run as fast as he does.

We have met so many wonderful people at the races and formed so many friendships and just continue to look forward to every upcoming race.

Jerome ran his first marathon at Rocket City (Huntsville, Alabama) on Dec. 12th (and hint, hint ... this was also his birthday!). I am working as race director for the 2nd annual "Take Back the Night" race for 2010 as well as training for my first half marathon!

The biggest surprise for both of us was finding out that we both (a running couple) are the Grand masters winners for the Macon Tracks Piedmont Sports Medicine Race Series for 2009! How exciting and fun! We look forward to 2010 and many more races!

LET'S WELCOME OUR NEW MEMBERS!

Chelsea Smith grew up running *by F.M. Barron* in various sports through 8th grade and again in college, but never took it seriously enough to get better at specifically the art of running - until now. An occasional run has helped to keep weight off and also helps her let out stress when needed. She joined MTRC to get those speed workouts in that she would never do on her own, but she enjoys other sports as well: triathlons, skiing, mountain biking, and anything else she can get her hands (or feet) into.



MTRC Annual Meeting

will take place on Friday, January 29th 2010
at Piedmont Sports Medicine Complex at 6 pm.
Join us for a night of family fun and runner's
recognition. A BBQ dinner will be provided and
you may bring a salad or a dessert to share.

*Whether you're a new member or have been
a member for years, we want to hear from you!*

*Please submit profiles, stories, race recaps,
or other running-related articles to macontracks@cox.net*

Krista's Beauty Secret

Amazingly, I have enjoyed running *by Krista Wieters* for 15 years now. Yes, I said I actually enjoy it. People often ask me why I run and once my college cross-county coach asked me what would motivate me to race. I don't have a competitive bone in my body, but, after much reflection, I told my coach that I loved to run and that I should be true to the sport and myself by giving every thing I had. That kind of attitude (with a whole lot of practice) is what wins conference championships and of course, carries into the rest of your life.

I run because I enjoy it and I'm a better woman because of it. Running helps me to stay balanced, confident and in touch with my body and my relationships. When I was a sophomore in high school, I'll admit I was

pretty nerdy - my brain got a good workout in school, but I needed that after school cross-country practice in the wide open spaces to loosen me up and use the other 95% of my body! As a gangly fifteen-year-old who never expected to go to prom or have a date, I felt the most confident, happy, free, and pretty while pounding away the miles in my sweaty running shorts. I still feel that way today, especially when exploring a new running route with a good friend.

There is something mysterious about working out that causes you to stand a little straighter and feel a little stronger in every area of your life. Beauty really does come from the inside out and when you take care of your body and soul, you will radiate kindness, peace and beauty (I'm still working on these three). Your health is your most critical beauty supply item and good news ... it's a lot cheaper to go for a run than to "run" to the mall for a new outfit!

Running transformed me from an insecure teenager who could be swayed by the world's definition of success and beauty, to a strong, confident woman who could accept the roles that God had planned for her - supportive wife, homemaker, teacher and maybe one



Chris and Krista with their trophies after 2003 Macon Labor Day Road Race

day, a mother. This year has been challenging for many of us. My husband, Chris, started a new financial advising business in a tough market and I am writing a dissertation and looking for a job. Running has given me the confidence and self discipline that is needed to pick up my tasks in life and make a few miles of progress everyday. Only God knows the route and only He knows when the finish line will appear. But let's be thankful for a loving and forgiving God, our health, our running buddies, and the beautiful scenery along the way!! Have a wonderful Christmas!!

GPS Art, part II

Let's try a one hour "Run The Rabbit" event. *by Tom Weitzel* It could as easily be to run a bear, a dog or a grand piano... We might announce the "Thing" that we will run in advance, or we may choose to have the participants be surprised at their task as the starting gun sounds. We would also decide, if it will be free art, where each participant runs their own version of the proper rabbit, or they could all be given the same sketch of a rabbit that they are assigned to run.

In the first case, at the sound of the gun everyone has one hour to plan what their rabbit should look like, its scale, optimum starting and ending points, other details of the run and of course to actually "Run The Rabbit". Reference points are very important. Trees, rocks, dead patches of grass might be used to mark the position of the nose, tail or ears on the design. I believe that several dozen participants, if not hundreds, could all be attempting to run their Rabbit in the same 20, 30 ... 100 acre field, without interfering with the other participants. It would be a curious sight in that everyone will be moving in different directions with no seeming purpose. Staggered start times would also be an option.

As runners finish the event their result would be downloaded into the Garmin GPS account established for this event. Each participant's "Art Run" would then be available to anyone who wants to see the results by doing a Garmin "Explore-Activities" search by the event location or name.

Individual results would be printed for display with all others on the event board. The "Running Art" judges would then decide the place of finish awards. The specific categories are open to debate but could be "Most Creative", "Most Impressive", "Most Whimsical", "Best of Scale", ... and each winner would be presented with that famous Running Rabbit Award.

5th Annual Bartram Forest Marathon, 50K, and Fun Run

For the past five years, there has been something to do in middle Georgia besides shopping on the Saturday after Thanksgiving, thanks to Kevin Hatfield's generous contribution to the running community. *by Krista Wieters*



Eighty-nine runners awoke early on a chilly morning for the 5th annual Bartram Forest 50K, Marathon, and Fun Run held at a state forest. A number of first-time marathoners and ultra-marathoners chose the race for its reputation as a small, low-key, and friendly run on a forgiving surface without large hills or water crossings. Runners completed five loops of 5.25 miles each for the marathon and six for the 50K, while a number of runners enjoyed three or less loops for a fun run. Only in the ultra community is a fifteen mile run considered a fun run!

People, who drove or flew in from colder regions of the United States, were not disappointed when the sun warmed the park to a balmy 65 degrees. This year's weather was a welcomed improvement compared to last year where there were torrential rains throughout the race, turning many parts of the course into a pond.

Terri Hayes of Newberry, SC, a race director for several great trail races in the Carolinas, returned for her fifth Bartram finish. The race was a milestone for Anne Rentz of Marietta, GA, who completed it as her 99th ultra-marathon. The youngest entrant was 16-year-old Sarah Sarenz from Lawrenceville, GA who ran her first 50K, while 74-year-old Eugene Bruckert drove in from Illinois to complete the 50K. Other first timers included a marathon for Courtney Antonucci of Alpharetta and Debra Fingles of Warner Robins and a 50K first for Jennifer Coker of Hinesville, Georgia.

Bartram Forest Race History:

Kevin started running marathons in 2003 and was soon on a mission to join the Fifty State Marathon Club, a club in which members have completed a marathon in each of the United States. While running these marathons, 50Ks, and longer runs all over the country, Kevin was impressed with the kindness and hospitality of the runners and race coordinators.

Having rarely traveled from his small town of Milledgeville, Georgia, completing races around the country exposed Kevin to a whole new world of intriguing people and beautiful places. These running accomplishments and new friendships fueled Kevin's desire to give back to the running community.

Five years ago, recognizing that there were few fall ultra races in Georgia,

Kevin began the Bartram Forest Run. It wouldn't be just any race though; after running 74 marathons and ultras around the country, Kevin wanted to offer a truly unique experience complete with deluxe aid stations and a relaxed atmosphere. In addition to being a great loop race, it also resembles a family reunion where runners from all over see old friends and make new ones. Because of the fellowship, homemade fudge, grilled cheese sandwiches, and hot soup under the old park forest pavilion, non-runners enjoy the event as much as the runners. Kids bring their bikes and toys and people of all ages enjoy cheering on the runners as they pass the pavilion area each loop.

A one-man show with a huge passion for running, Kevin has grown the Bartram Forest Race from 30 runners to 89 in just four years. Wanting to be a great southern host for his guests, Kevin works for months ahead of time to order the supplies, seek sponsors (thank-you to Montrail, ZombieRunner, SaltStick, Scott's Loaded Granola, and BadgerBalm for their contributions), prepare the running trail and bake the prizes. Runners love the gingerbread men that are given out as trophies. They were inspired by the fairy tale in which a gingerbread man taunts his pursuers by yelling, "Run, run as fast as you can; You can't catch me, I'm the Gingerbread Man!"

As a tribute to the sport and the wonderful people in the running community, Kevin has made the annual Bartram Forest Race a great way to get the Christmas season off to a healthy start!

Magnus Gluteus Maximus

It surprised me that I made it through Virginia Happy Trails Running Club's 50K race called "Magnus Gluteus Maximus" on December 12th and didn't fall. I got off-course four times with a runner following me; after the 4th time having to backtrack, she realized that she should go the opposite way than me when we came to a fork in the trail. It was cold, but not as cold as it was in town the day before, with the wind and such. At the race start I had one long-sleeve shirt, one fleece coat, two water-proof felt-covered hunting gloves, 4 chemical hand-warmers going (two less than at the Museum of Aviation Marathon a couple of years back), and a warm stocking hat. After six miles I shed all but the long-sleeve shirt. The trail wasn't bad, with some icy rocks and such but nothing like the Mountain Mist race in January in Alabama. About mile 20 I asked a runner how far it was, feeling for sure that we must be about done by now, and I had a sinking feeling, my legs suddenly feeling very tired, when she said 12 miles remained.

The course was on part of the "Bull Run" course, a race that the Virginia running club has in the spring. The best part was that there were bridges over every stream we crossed. There were only two aid stations, but you hit them again on your way back. There were runners drinking a half-bottle's worth of hard liquor 6 miles out at a point called "Fountain Head", real hard-core runners with serious endurance races such as MMT 100 and Wasatch, etc. under their belt, ones that run this race as the easiest thing they do all year. The race director at the end was trying to see if anyone was left on the course and he called out, "Kim, 46, from Virginia...anyone see someone that looks like that?"

On the course a funny thing happened. A runner, Ben, caught up with me and was chatting. When I said I was from Georgia he asked if I by chance knew Kevin Hatfield. Turns out he was someone who ran his first 100-miler the same race I did in North Carolina years ago, and I'd helped motivate him a bit when it was getting dark, although he ended up finishing hours ahead of me. He'd recently written an article about that 2005 race and we'd corresponded via e-mail earlier this year, so it was quite a surprise meeting up with him in the race.

by *Kevin Hatfield*



The inner thigh muscles were wiped out after the race; it was painful just getting around the hotel room that evening. Long Injinji socks and Thorlos, plus my old pair of gaiters with a new pair of Mon-trail 'Streak' shoes did well: no blisters. The knee feels better after the long run but still looks the same - swollen like it has been for most of 2009 and it was painful flying back to Atlanta as there was no leg-room.

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slowed by a few seconds and Marcus sped up by about 15 seconds per mile faster and disappeared. The last miles ticked off fairly quickly with the end approaching much easier than I ever expected.

The end of the course leaves the Battlefield Park and circles a city park before the finish line. At the beginning of the circle, there is a slight hill that then turns downhill to the finish line. As I approached the finish line, Marcus was yelling encouragement and taking photos. It was a relief to cross the finish line, but in a crazy way, I was sorry it was over. Whether it was excitement, exhaustion, or whatever, I dropped my finishing medal in the mud on the street. Mandie was entertained by this, but managed to stop laughing long enough to take the photo.

Two years ago, running a half-marathon seemed to be an impossible dream that only other people were capable of doing. Now, it was over and seemed easy, almost too easy to be real. It was made so much easier with the encouragement of those who had trained together for the race. Thanks to all the Tracksters who made the trek to Chickamauga and supported each other through the event.

The Battlefield Marathon is an outstanding event that is well-supported on a beautiful course and I highly recommend it to anyone, whether you plan to run it for a new personal record or just for fun. Next year, be sure to sign up early since it closed in September this year and I predict it will close earlier in 2010. I will be registering in July.



MTRC Weight Challenge

*Was weight loss one of your resolutions for 2009?
Have you succeeded?
We want to hear about it and award the 'biggest losers' at the yearly meeting!
Send an email with your weight for the beginning and the end of the year to macontracks@cox.net with 'Weight Challenge' as subject line.*

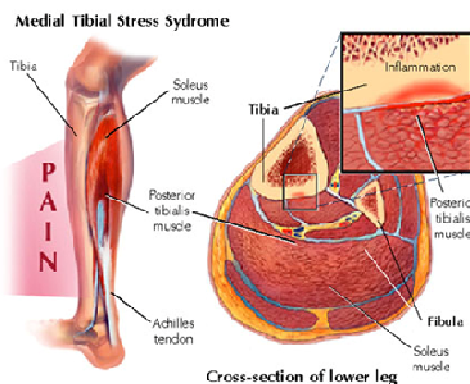
RUNNING INJURIES: Lower Leg Pain: Shin Splints, Stress Fracture, Compartment Syndrome

by Brian Ross, MPT, ATC, CSCS



One of the most common complaints that I hear from runners is lower leg pain. Such pain can be very debilitating for runners. In addition to pure muscle problems (i.e. strain, tendonitis), this type of pain in runners is usually caused by one of 3 main problems: (1) **Shin Splints**, (2) **Stress Fracture**, and (3) **Compartment Syndrome**. As a reminder, there can be numerous causes for injuries in runners; therefore, it is important to see your medical professional to help determine the source of the problem, especially if you are experiencing pain.

Rather than being a diagnosis of a specific injury, the term **shin splints** is widely used as a catch-all term referring to a collection of different conditions that cause pain in the lower leg on the anterior (front) aspect of the tibia bone. The term **medial tibial stress syndrome (MTSS)** better defines the injury and differentiates it from conditions such as stress fractures or compartment syndrome (discussed later). Pain with this injury is located along the medial (inside) border of the tibia. This is a classic overuse injury. MTSS is commonly seen in runners who suddenly increase their duration or intensity of training. This type of shin splint may also be seen in runners who have very high training levels, such as marathoners, even if their training levels are not dramatically increased. A change in running shoe or a change in the running terrain may also lead to MTSS. The pain associated with MTSS is typically described as a dull, aching type of pain. A small amount of detectible swelling might also be present over the area of pain. The origin of the pain lies with the connection of the soleus and posterior tibialis muscles to the tibia. Chronic strain, overuse, and/or microtrauma of these muscles at their origin on the shinbone (posteromedial tibia) can lead to inflammation of the connective tissue (periosteum) that covers the bone where these muscles attach. This inflammation is believed to be the cause of the pain associated with this condition. MTSS may also affect individuals who have



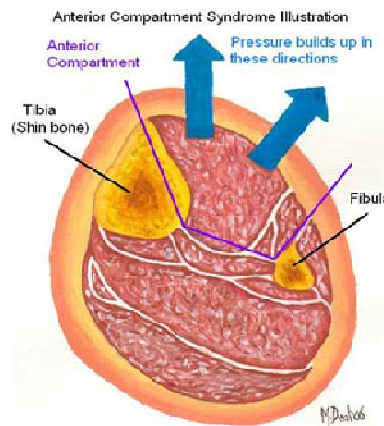
flat feet because the mechanics of the foot (overpronation) increase the stress on the soleus muscles connection to the tibia. Treatment of MTSS should include the following: (1) Rest; (2) Application of ice packs or performing ice massage to the affected area for 10-15 minutes, three times daily; (3) Anti-inflammatory medication prescribed by your doctor; (4) Proper footwear or custom orthotics for those that have flat-feet or excessively pronate during running; (5) Have your doctor refer you to physical therapist or certified athletic trainer who can treat your pain with modalities such as ultrasound or electrical stimulation as well as develop a customized stretching and strengthening program for you to follow; (6) Perform alternate low-impact exercises such as swimming, cycling, or using an elliptical trainer in order to continue your cardiovascular conditioning; (7) When it is time to return to running, keep mileage increases less than 10 percent per week, and gradually increase hill and speed work in your program.

Persistent shin pain that does not subside may indicate the possibility of a **stress fracture** and should be evaluated by your doctor. A stress fracture, like MTSS, is a common overuse injury often seen in athletes and is likely to occur in the foot or shin (tibia) bones. Usually a fracture is caused by an extreme force from a traumatic event such as a fall or car crash; however, a stress fracture occurs when forces are much lower, but happen repetitively for long periods of time. Stress fractures are commonly seen in athletes who run on hard surfaces such as distance runners. Like MTSS, stress fractures are usually seen in runners who suddenly increase their duration or intensity of training or those who train at a very high level. This type of training causes an increased demand placed on the bone and if the bone cannot maintain the pace of the repetitive forces, a stress fracture results. The amount of stress needed to cause a stress fracture varies from person to person. Other factors that can contribute to the development of stress fractures are dietary abnormalities and menstrual irregularities. Because both factors contribute to bone health, any problems with diet (i.e. poor nutrition, anorexia, bulimia) or menstruation (amenorrhea) may place an individual at higher risk for these injuries. This is one reason that adolescent females are at a particularly high risk for the development of a stress fracture. Diagnosis of a stress fracture will involve a thorough history and physical ex-

amination by your doctor. X-rays usually do not show a stress fracture, however they may show evidence of bone attempting to heal around the stress fracture. A bone scan will likely be ordered by your doctor in an attempt to rule out a stress fracture. Treatment involves resting the injured leg. Weight bearing activity should be avoided and the athlete may be required to wear a walking boot or use crutches to avoid stress to the affected area and allow the injured bone to heal. Once cleared by your doctor to return to running, I suggest implementing walk breaks into your training regimen. Also, I suggest performing strengthening exercises for your affected leg (hip, knee, and ankle) because weakness will likely develop in your muscles from a limited weight bearing status. This weakness could change the biomechanics of your running style and lead to a secondary injury. Following some of the treatment suggestions mentioned previously for MTSS may also be helpful when recovering from a stress fracture.

Chronic or Exercise-Induced **compartment syndrome** is another condition that can cause pain in the front of the shin. To better understand compartment syndrome, it is a good idea to have some knowledge of the anatomy involved. In this case, we are discussing the anterior compartment of the lower leg. This anterior compartment consists of muscles of the lower leg that perform dorsiflexion (i.e. anterior tibialis) and eversion (i.e. peroneus longus and brevis) of the ankle. These muscles are bordered by the tibia and fibula. Also running through this compartment are nerves, veins, and arteries. This compartment is encased by a thick layer of connective tissue called fascia, which supports the compartments and holds the tissues within the compartment in place. The fascia is inelastic, which means it has little ability to stretch. Exercise-induced compartment syndrome results from overuse or repetitive stresses to the muscle inside the compartment. When a muscle is worked it becomes engorged with blood causing it to swell. When minor trauma from overwork or repetitive stresses causes the muscle to continue to swell it may become too large for the surrounding fascia thereby increasing the pressure in the compartment. As the pressure builds up within the compartment, with no outlet for release, the nerves and blood vessels are compressed. Blood flow may then decrease, causing tissues to get inadequate amounts of oxygen-rich blood, a condition known as ischemia. Nerves and muscles may sustain damage. Symptoms of this condition include: aching, burning,

or cramping pain in the affected limb during running; numbness or tingling; tightness or weakness of the affected limb; foot drop (in severe cases when the nerve is affected); occasional swelling. In most cases, the pressure will begin to diminish after the exercise is stopped, although it may stay up for some time after. Experts aren't sure why exercise or muscle contraction creates this excessive pressure in some people, leading to compartment syndrome. Some experts suggest that biomechanics - how you move, i.e. landing styles when you jog - may have a role. Other causes may include having enlarged muscles, an especially thick or inelastic fascia, or high pressure within your veins (venous hypertension). Chronic compartment syndrome usually responds well to rest from activities that cause pain. Ice and elevation along with anti-inflammatory medications will help to control the swelling that causes the pressure. Sports massage may help to stretch the fascia to accommodate any swelling or growth of the muscle. It is important not to wrap the area since additional compression will only aggravate the problem. In extreme cases, where the pressure stays elevated and does not respond to non-invasive treatment, surgery may be required to relieve the pressure and prevent further tissue damage. Prevention of compartment syndrome involves proper warm-up prior to running, stretching and strengthening exercises for the lower leg, and remembering to gradually increase the intensity and duration of your runs.



If you have any questions or suggestions for future topics, please be sure to visit the forum on the Macon Tracks website or you can email Monika Bubacz. God Bless!

2010 Macon Tracks Piedmont Sports Medicine Series Races:

- Museum of Aviation 5K, HM & M - Jan. 16th**
 - Sweetheart Run for Sight 5K & 12K - Feb. 13th**
 - Al Toll Masters 15K & Open 5K - Feb. 20th**
 - Cantrell Center 5K - Feb. 27th**
 - GEICO 5K & 12K - Mar. 6th**
 - Forsythia Festival 5K & Fun Run - Mar. 13th**
 - Share the Path 5K & 1 Mile - Apr. 3rd**
 - Taylor County Race for Literacy 5K - Apr. 24th**
- Congratulations to the 2009 Winners!***

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Grace Tinkey came in 20th at the Foot Locker Cross Country National Championships in San Diego, CA. **Congratulations!**

Photo by Sam Martinez