



Team Jones Conquers the Island

It was an adventure never to be forgotten. It was to be our “Last Hurrah.” It would be E’s (Elizabeth’s) 6th Ironman and my 5th; our combined marathons equal 50, including 3 Boston Marathons. This was it! *by Tom Jones*

We flew to Cancun, Mexico on Thanksgiving Day – no turkey. Then we took a bus to Playa del Carman and a ferry to Cozumel, Mexico (the island), and then a cab to our hotel. Yes, besides our regular bags we had to pull our bike boxes which were rather large. Where was our porter?

We were worried about putting our bikes together, but the major hotels had free bike mechanics working all day, so first thing Friday morning we hauled our boxes to him. Then we went to swim in the beautiful clear ocean. The winds were 20-25 miles per hour and the choppy seas were bad enough that we decided to call off swim practice. Saturday it calmed down and we could swim with the barracuda. Our friend Mike saw it but did not tell me – thanks, Mike. It was crystal clear for 30-40 feet down and we could see star fish on the bottom and beautiful rainbow fish – a sight not to be forgotten. Later in the day we racked our bikes in T1 (transition one). Our bikes were right next to each other. I told E that if I got to my bike and saw hers there I’d know the barracuda got her (just a little push to keep her going). We then had a quiet supper and watched the sun go down. Then the second guessing kicked in, “Why are we doing this?” The nerves set in and began to overcome us. We had a restless night’s sleep, then we were up at 4:30 to begin the day. It’s Race Day!!

The swim (2.4 miles) began and ended in a park where you could swim and snorkel with dolphins. Before the 2000 swimmers entered the water all of the dolphins miraculously jumped out of the water, giving us a salute and good wishes. The Mexican local band played their national anthem and we were asked to get in the water. After treading water for about 5 minutes, the gun finally went off and all of us headed for the same place. It was something of mad house, kind of like a washing machine. The water

temperature was 80 degrees so wet suits were not allowed. We were prepared and ready. Naturally E was out of the water fast in 1 hour and 3 minutes, and I was close behind with a 1:16. Then we were off to the bike portion (112 miles). It was a 3-loop course around the island. The winds were calm at the start and I noticed I was going 20 mph and thought, “Wow,



Tom and Elizabeth Jones finishing Ironman Cozumel 2009

this is great!” Then I started to slow down, the course direction changed, and the wind was now a head wind which then became a very strong side wind. The longest part of the course was with the side winds. This will not only make you tired, it will play tricks with your mind. Finally we were around the island again with some tail wind and then the side winds. Once is okay, twice I can do, but three times?!!!

My goal was to finish the swim and bike in 8 hours. I came out of the transition tent in 8:24. E was ahead of me. The run portion (26.2 miles) began in downtown Cozumel. The crowds were great, but I was dead. I tried to run but I had nothing left. The course for the marathon was yet another 3-loop course: four and a half miles down and back, down and back, and down and back – sheesh! I saw E each time and finally caught up with her with 4 miles remaining. She was having a bad run as well and her heel was killing her. We decided that since we train together, we were going to help each other now and finish together. After all, we are Team Jones.

It was fantastic holding hands high and crossing that line in 14 hours and 40 min. Sure it wasn’t our fastest race for either one of us, but we crossed the finish line. Nearly 600 people who started the race did not finish. I can truly say, “It was a long day.”

(Continued on page 4)

Running Club News

Overall, given the economic state of 2009, the Macon Tracks Running Club had good year. Despite our decline in race sponsorship, we made a profit of over \$1,600 on the Al Toll Memorial Race and over \$15,000 on the Labor Day Road Race. Proceeds from those races have been distributed to the Georgia Industrial Children's Home (\$3,000), the Ocmulgee Heritage Trail (\$3,000), the Epilepsy Foundation (\$800), the American Red Cross (\$500), the Boy Scouts of Middle GA (\$100), Mt Zion Youth Group (\$100), and the Ocmulgee Mountain Bike Association-OMBA (\$200).

Additionally, the Board agreed to use a portion of the Labor Day Race proceeds to purchase a new race timing clock (\$3,800) and also allocated a sizeable portion to make improvements to the 2010 Labor Day Race (\$5,000). Finally, construction is underway on a new finish line, which will be used for the Al Toll and Labor Day Races. The budget for this project was set at \$1,000, of which \$630 has already been used to purchase the frame for the finish line. The Club was also able to provide funding for a new chronograph (race timing system) and for permanent mile markers and directional signage that can be used at Club sponsored races as well as races we time for a fee. Finally, the Board agreed and the Club funded USATF Level I training for Sam Martinez, President (aka RC – Running Coach).

The Club's cash position as of December 31, 2009 was \$24,145.86. An interfund transfer of \$3,700 was made from the general account to the operating account to fund 2010 operating expenses that arise above and beyond membership dues collected (membership dues collected in 2009 were approximately \$4,200 while operating expenses were nearly \$7,500). Taking into consideration the transfer, the remaining cost of the new finish line, and the amount to be used for 2010 Labor Day Race improvements, our current available cash is \$15,075.86. The Board has been in discussion on how to best utilize a portion of this available cash to further our mission to promote and encourage running in the Middle Georgia area.

The financial statements are posted on the Macon Tracks website Club Documents page. Please contact me if you have any specific questions: amytarpley@dentricks.com.

Disney Goofy Race

The "Goofy" Race-and-half, is created as a sinister torture test for people that are a little off their rocker. You compete in a half marathon on Saturday with 17,000 of your closest running buddies. Try to get a decent days rest, before heading out 24 hours later to do a full marathon or 'fool' marathon.

I am 38 years young and have a lust for competition. For the last 14 years I have worked on career, marriage, and family. Somewhere in there competition, health, and exercise disappeared. Unfortunately it was replaced with about 25 extra pounds. About a year ago, I had a close friend that started running. I tagged along one day and caught the fever. Next thing I know, I am going through shoes every few months. I check the Macon Tracks website daily for new interesting races I can sign up for. And of course the mail can't come fast enough with next month's edition of Runner's World magazine. Over the past year I have run in several races. I have watched my times get better and my waist get smaller. I have a rejuvenated lust for competition. I recently took first place male in the Hearts for Hope race in October.

I like challenges that most people look at as outrageous, strange, or even goofy. This is why the Goofy challenge caught my eye. The thought of my first marathon was terrifying enough. To add a half marathon the day before was just insane. Luckily the race is held in beautiful, "SUNNY" Florida. What could go wrong?????????

The alarm went off at 2:45 a.m. (Yes, it says 2:45 a.m.). I hurried out of bed, grabbed some oatmeal and a banana. I opened the door to breathe the warm fresh air of Florida, only to find 25 degree temperatures with rain, sleet and snow!!! I have never been so cold in my life. We had to check in at the race by 4:00 a.m. The race kicked off at about 5:40 a.m. with fireworks and a large mouse that seemed way too happy for 5:40 a.m. As the next several miles went by, I spent most of my time trying to forget about the freezing rain that had soaked me to the bone and spent the rest of the time trying to maintain my goal race pace. As a competitive person, I find this highly difficult as the younger, faster, and more experienced runners fly by. I fight the urges to pick up the pace, knowing that I have a 26.2 mile stroll tomorrow. I had set a goal of under 2 hours for the half. I finished in 2:01. I was a little disappointed, but still satisfied.

The next morning the alarm went off, again, at 2:45 a.m. This time there was no "hurry out of bed". My



James after the "Goofy" race

body was rebelling in a major way. I had cramps, creaks, and aches like never before. I laid in bed thinking of any reason not to get up. After finally lumbering out of bed, I opened the door to find even colder temperatures. It was a brisk 23 degrees with a 15 degree wind chill. I headed to the race site wrapped in 4 layers of anything I could find. When I arrived at the race site, there were 17,000 more dedicated runners trying to catch frost bite. Many had stolen the trash liners out of garbage cans and were using them as windbreakers. Others huddled together in any corner they could find to get away from the wind, waiting for the race to start. I took sanctuary in the cozy warmth of a port-a-potty for about 20 minutes until the race began. I was praying that when the race started my body would finally thaw out. No such luck. Moving on from a half marathon, into a full marathon takes a lot of mental preparation. I was not able to do this very well in the cold temperatures. I found myself spending way too much time not focusing on my race. Oh well, the starting gun still went off. The next thing I knew I was 7 miles in. My legs had loosened up and I was starting to feel a little better. My mental focus seemed to be dialing in. From miles 7 through 12, I enjoyed the run with the thousands of spectators cheering us on and the sights and sounds of Disney. I finished the first 13 miles in a little under 2 hours

and started getting delusions of a possible sub 4-hour marathon. This lasted until mile 18, when I found the infamous "wall". I really didn't find it, it kind of landed on me. My legs instantly went downhill. I watched my pace slow down, but I was able to push on. The last 8 miles were the hardest thing I have ever done. I would laugh for no reason and then cry. The closer I got to the finish line, the more impossible each step was to take. Then finally, I rounded a corner at Epcot and could see the large sign screaming "Finish", with a neon clock ticking away. This gave me a burst I had missed all day. I sprinted the last 150 yards, giving Goofy a high five as I crossed the line. The clock read 4:18. Not the sub 4-hour I was looking for, but, all things considered, I was very happy.

This race is not for the weak-at-heart or those looking to bust a new PR, but for those looking for a fun spectacle with all the bells and whistles. Nobody puts a show on like Disney. As I got on the bus full of pride and heading back toward my cabin, I was sure nothing could make my day any brighter, but I was wrong. As I exited the bus my 5-year-old son Evan and 9-year-old son Ethan greeted me. Both were holding up handmade signs that said, "We are so proud of you Dad!" Those signs made every bit of misery worth the trip!!

James would like to add a special thanks to his wife Rachael for being "there" for him - she stood in the sleet and snow during the whole half marathon!

I've Had Better Runs

This hill is one I can not climb

For my legs have now lost their prime.

Some miles ago I did feel fine

As will sent us out from the line.

Since then I have been losing time

From inadequate training I'm

Still trying to maintain a pace

With buzzards now watching me race.

If I make it to that next hill

Perhaps I'll avoid a road kill!

By Tom Weitzel

Running Couples:

SAM and ROBIN

Anyone who knows Sam knows he *by Robin Martinez* only has one way of doing things.

Once he's committed, there is no stopping him until he achieves his level of perfection. I, on the other hand, am content to just try things and enjoy them



Sam and Robin Martinez

regardless of how well I can do them. It was pretty obvious early on that we would not make good running partners. So when he and I both started running for fitness he did it his way and I did it mine.

That worked for us. Something changed in the last year. Sam started coaching people and I saw a side of him I had not seen before. He was eager to teach and was patient with people. He took the time to explain why they needed to run certain ways to get the results they wanted.

Up until that time I had never liked running much. I was getting results (I lost 10 lbs), but not enjoying myself at all. It was like getting the flu shot – you may think you need it, but you never look forward to it. Well, after watching him coach Grasshopper (a.k.a. Amy Tarpley), I decided to try out his coaching skills. Now we work out together every week. He paces me on my tempo runs. We have many conversations about something we are both passionate about – training. Now we also have more time to just talk about things as we run down Estes Road on long runs. He's also helped me improve as I can now run a tempo run faster than I've run my 5K PR. For his effort he enjoys the new slimmer, fitter me. Everybody's happy.

Run with somebody you love.

(Continued from page 1 'Ironman Cozumel')

Will there be another? Yes!! Team Jones will take on Panama City Ironman in 3 years for my 65th birthday celebration, and E will be going for her 7th Ironman (which happens to be her favorite number). Dreams keep us going. Doubt, faith, and perseverance is our mantra when things get tough. We conquered the island together.

New Year's Day Run

2010 was ushered in by 24 hardy *by Steve Corkery* souls who had faith that the clouds would cease showering us with attention. Indeed, once we finished the official photo shot (carrying on the tradition of Chuck Place and Don Edwards - for you newbies, ask us old folks to share their stories, although you can call Don yourselves, for that matter), the clouds did stop leaking and we embarked on a journey from Tom Hill Sr. Blvd. to Northside Drive to Rivoli and beyond!

There were a few puddles that claimed once-dry shoes, and a little traffic, but nothing to stop our quest of starting the New Year off Wright. No, that's not a typo, that's a tribute to our former hosts, Drs. Bob and Anne Wright, as well as their son & daughter-in-law, Drs. Michael and Bridget Wright. For over 20 years, they hosted runners with pancakes galore and other goodies. The fire department rotating grill kept the 'cakes coming for hours. This was a year to take a break, but we can't thank them enough for the many, many years of hosting a bunch of sweaty runners in all kinds of weather. So for me, it'll always be starting the year off Wright!



As you can see from the picture, all sizes, ages and ability levels were represented on this overcast start of 2010. After the run, we all returned to Panera's for assorted orders of bagels, omelets, etc., and also to drain the coffee urns many times over. The MTRC board came through with a great idea, and F.M. Barron measured the courses and coordinated the event. For those of you who want to use the short course, I ran with a runner who had a GPS. From Panera to the intersection of Northside and Rivoli is an exact 2.76 miles. So, on the next holiday with little traffic on the road, run and reward yourself at the end by stopping at Panera Bread. The newest addition to their menu is a Trail Mix bagel. I can vouch for it already, along with the every person favorite - Cinnamon Crunch.

Here's hoping your 2010 started well, even if you did roll over!! May your miles be merry, your conversations make them go by quickly, and may those miles accumulate to make it a healthy, happy year for you all.

Jeff Galloway in Macon

The local chapter of the Galloway Running Group and Piedmont Sports Medicine recently hosted former Olympic runner, Jeff Galloway. I've seen Jeff speak before at the 2009 Snickers Marathon, but due to my nerves being on overload (the marathon was less than 12 hours away), I didn't retain quite as much information as I'd hoped. So, when Roscoe Douglas announced that he had invited Jeff to speak to his local Galloway Group and that Macon Tracks club members were invited, I was excited to actually be able to sit and listen. With no marathon on the horizon for a good six months, I figured now was my time to concentrate on what he had to say. Jeff began his Galloway Training Method in 1978, and has been using this plan and running injury free for over 30 years. To date, he's had over 200,000 participants in his training plan with a 98% success rate. For those of you unfamiliar with the Galloway Method, it's very simple: insert walk breaks into your marathon training, and you will finish the marathon injury-free.



Jeff Galloway at Piedmont Sports Medicine Complex in Macon
Photo by Mandie Cook

Jeff began by explaining the two key components to his method: inserting the correct “run/walk/run” (RWR) ratio, and running a “conservative” long run pace. According to Jeff, your goal mile pace determines your RWR ratio. The following chart shows the ratio for marathoners from a 9 minute pace to a 15 minute pace (see his book “Galloway’s Book on Running” for more pacing charts).

GOAL PACE	RUN	WALK
9 min	4 min	1 min
10 min	3 min	1 min
11 min	2.5 min	1 min
12 min	2 min	1 min
13 min	1 min	1 min
14 min	30 sec	30 sec
15 min	20 sec	40 sec

Jeff explained that he has conducted studies on over 100,000 Galloway Method participants and found that marathoners using his program run on average 13 minutes faster than someone not using the R/W/R method, and that the 13 minute decrease in time comes during the last 8 miles. His theory for the quicker speed coming in the last few miles is that muscles fatigue quicker when they are exposed to constant, repetitive motion. By breaking up the running with walking, the muscles will not fatigue as quickly.

The second thing he talked about was running at a “conservative” pace for the long run. But how do you

find that conservative pace? According to Jeff, everyone should have a “magic mile” time. The ‘magic mile’ is one mile around a track at your easy run pace. He has collected data on over 20,000 runners and come up with the following formula:

- Take your “magic mile” pace and multiply by 1.3 to determine the pace you can complete the marathon in.
- Then add 2 more minutes to your projected marathon pace, and that should equal your “conservative” long run pace.
- For example, if your magic mile pace is 10 minutes, then your marathon pace should be 13 minutes and your conservative long run pace should be 15 minutes.

Jeff stated that he interviewed several Kenyans and found that they all run 3 to 4 minutes slower per mile on their long runs than they would in a marathon, and that this method allows for an ample and speedy recovery. According to Jeff, the long run is not about the speed, but is about the endurance; there is no benefit to running faster on the long run.

So what about speed? Jeff suggests that mile repeats work best. Incorporate 4 x 1-mile repeats into your training each week, with a 5 minute walk break between miles. Add two miles per week for a total of 14 x 1-mile repeats. When asked what the fastest marathon finishing time was using his method, Jeff replied “2 hours and 28 minutes which incorporated a 15 to 20 second walk every mile.”

Jeff concluded the session with a discussion on cross-training. He favors water running because it requires you to use a long extended range of motion and aids in becoming a smoother runner. He suggested avoiding anything that uses the calf muscles, such as stair machines, jumping rope, and step aerobics, while training for a marathon.

Interested in learning more about The Galloway Method? Check out his website at www.jeffgalloway.com.

*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*

My New Look on Life

March 2009 – I'm turning 30. I have been married for almost nine years now. My wife Kelli and I have a daughter, Ella,



Mike in November '08 - 260 lbs

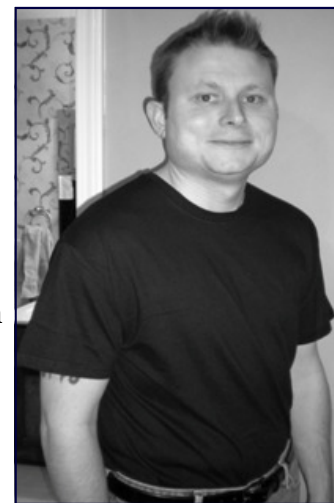
who is 16 months old and a firecracker of energy. My wife is about five months pregnant with our second daughter, Marley. The last time I got on the scale I saw 260 pounds for the first time. I'm sure I have gained more since then, but I'm not getting back on the scale to get slapped in the face with the obvious. Ignorance is bliss, right? I can barely get on the floor to play with Ella without being in pain. When I put her to bed at night, I stand and sway back and forth with her in my arms and her head on my shoulder. After a couple of minutes of this, I sweat and cringe due to the pain in my back from standing there with my 23-pound daughter, but I bite my lip and deal with it because she is finally asleep. I sweat all the time unless the house is set well below 70 degrees. My grandfather died at a very early age due to a heart attack and I look just like him in pictures. The reality of the condition of my health is really setting in now. The only thing I've done for my health lately is quit a 10-year, 2 pack a day smoking habit when I was 24. This is ridiculous, and it's time for a change.

The first thing I had to do was become a traitor. I had to turn my back on my favorite things – whole racks of ribs, 1-pound steaks, the big double cheeseburgers and fries conveniently located at every corner, fried chicken by the bucket, doughnuts, ice cream by the pint, and the best doctor money could buy – Dr. Pepper. I was drinking 1,000 calories a day easily, and eating another 3,000 or more. I needed to cut this down to around 1,500 calories and make those 1,500 count. I read articles in magazines and popular health sites on the internet every chance I got. I learned what foods are super-foods, heart healthy, about good fats and bad fats, whole grains vs. white, tips on weight loss like overcoming cravings, avoiding crash diets, eating out and things that can sabotage a diet. It was overwhelming at first. There is a lot of nutritional information out there to learn. But after a few

weeks of reading every new healthy eating article that comes out you start to realize you are reading the same stuff over and over again. With that said, it's almost a year later and I still read them. They are good reminders. So I've learned how to eat healthier and lighter while still enjoying good food. Who knew whole grains could taste so good!

So it's March 2009 and I have changed my diet, no sodas, McDonald's or any of that good stuff. I'm feeling right, but I know a change in diet won't be enough. It's time to exercise and get the weight flying off. I began waking up in the morning around 4:45 a.m. and lifting heavy weights for an hour before work. While at work, I drink a lot of water and commit myself to not snacking at the office except for two planned snacks of yogurt. When I get home from work, my wife and I eat a low-calorie dinner as soon as possible. Right after dinner, I put Ella in a carrier that places her on my back, leash up the dog and hit the neighborhood walking. I always go down the road with the bigger hills twice and average about 3 miles every walk with an extra 30 pounds strapped to my back. Now we're talking. I'm losing weight like never before, literally a few pounds a week and feeling great. Just a few weeks of exercise and weight loss and my back doesn't hurt anymore plus I have a lot more energy, sleep better, and sweat less.

A couple of months of this and I'm already down to 225 pounds. My wife is pregnant and gaining weight as fast as I'm losing it. She wants to kill me. One evening, after I got Ella back from our walk and we put her to bed, I decide that things are going well, but the pounds aren't coming off as quickly as I'd like, so I'm going to try and get back out and run a little. I never liked running. Even when I was a teenager who weighed 160 pounds and was a competitive weight lifter, I never ran because I smoked. So I thought I would go run a mile in intervals; running what I could and walking the rest. I remember being about halfway and thinking, "I'm going to finish this thing running. I'm going to run a mile!" I finished my mile running and pumped my fist like I had just run an entire marathon. I continued to run more and more each week. At this point, I was doing a 4 to 5 mile run each week and happily losing weight.



January '10 - 181 lbs

Now it's August 2009 and I've lost about 55 pounds. My second daughter is born. It takes a little time to adjust to our new schedule but I work it out quickly. I run my first 5K at the Macon Labor Day Road Race. My time is 33 minutes. I do a few more races and lose more weight. A few more months go by and I join Macon Tracks Running Club. I recently began speed training with the group and I completed all 12 miles of "the loop" for the first time. My total weight loss at this time is 79 pounds, putting me at 181. It's 2010 and I plan on running a half marathon and a full marathon before ringing in 2011. I also plan to lose at least another ten pounds, or whatever it takes to run at a more optimum performance level. 2009 was the year I made the right changes in life to benefit my own health and give my family the foundation they deserve for a long, healthy, life. My wife is nipping at my heels with her own weight loss and about to run her first 5K at the Museum of Aviation. Ella begs to go run and exercise with us and hopefully Marley will follow in her footsteps.

AL TOLL MEMORIAL

**MASTERS
15K**

**OPEN
5K**



**FEBRUARY 20, 2010
MACON, GEORGIA**

Join us for the 26th anniversary of the Al Toll Memorial 5K & Masters 15K. Proceeds from these races go to the Epilepsy Foundation in honor and memory of Al Toll, Macon Tracks Running Club member.

Custom long-sleeved cotton shirts featuring above logo will be provided to all finishers who pre-register by February 12th. Early registration is only \$17.

**Piedmont
SPORTS MEDICINE
Complex**

Tip of the Month: CHAFING

Defined by Webster as "soreness or irritation of the skin caused by friction." Often a taboo subject among runners, chafing is one of those major irritants that only come to mind once it's "too late". Primary areas of concern are the inner thighs, groin area, and nipples.

Tips to prevent chafing include:

1. Wear clothing that fits well. Too tight shorts, sports bras or shirts can constrict the skin and too loose fabric can create friction with constant rubbing. Seams can be bothersome also. Some people wear socks inside out so the seam is not touching their toes.
2. Moisture wicking material helps. Cotton fiber soaks up sweat and water and retains it, causing a heavy, sticky shirt that chafes. Technical shirts wick away moisture and help the moisture evaporate.
3. Specific preventative solutions are petroleum jelly and Body Glide. Apply liberally to sensitive spots pre-run for best results.
4. Use band-aids or Nip Guards for nipples, especially on runs of 10K distance or longer.
5. For training runs, have an extra set of clothes ready if needed. If chafing begins, you'll be able to change clothes.
6. On race day, remember the mantra "Don't wear anything new!"

2010 Macon Tracks Piedmont Sports Medicine Series Races:

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

Run 4 Missions 5K & Fun Run - May 1st

The Exchange Club GA State Fair 5K - May 8th

Race for Camp Little Shot 5K - Sep. 11th

Take Back the Night 5K & 10.5K - Oct. 9th

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