



Maui Marathon

Autumn: On our 25th wedding anniversary, friends told us we needed to go to Hawaii. That seemed like light years away! We had three children, two in college, one a senior in high



Roscoe, Autumn and David Perry in Maui

school, which just would not work! But we decided to plan for a trip to Hawaii and decided that on our 40th wedding anniversary we would go! All of this was long before we started doing marathons - before we ever heard about the "50 state club"! So ... when we realized our 40th year was coming up and we had not done a marathon in Hawaii yet, we decided that was exactly what we would do. Perhaps not on our actual 40th anniversary date, but in that year we could do our dream trip.

Roscoe: Gwen and I had been to Hawaii 25 years ago, and our 4 children are grown and out of college. When Autumn mentioned a Marathon in Maui, we were ready.

Autumn: We began to make plans to run in the Maui Marathon held in January. We usually plan our marathons with Roscoe and his wife, Gwen. This one was no different except we decided to spend at least a week in Hawaii. Now, we realize that is not enough time to see all there is to see.

The marathon was to be run on a Sunday so we traveled on a Thursday, spent the day Friday checking out the course, finding the start, getting packets, shopping and Roscoe had a surfing lesson!! (Ask to

see his picture - standing up!)

Roscoe: Gwen's brother Britt and his wife Cathy went with us to Hawaii. Britt and I signed up for the surfing lesson. We spent a couple of hours learning how to catch a wave, stand up, and fall. Mostly fall. At the end of the lesson, a 20-year-old girl who had been part of our class asked for help getting out of the water. She had stepped on a spiny sea urchin, and had at least 10 barbs in her heel. What a wakeup call! I was being careful not to get hurt on the coral, and had no idea that the equivalent of a porcupine was lurking in the shallow water.

Autumn: That night we went to our first Luau. It was one of the oldest on the island of Maui and I would say very impressive and enjoyable.

Roscoe: The Luau was great. We ate a traditional Hawaiian meal cooked buried in the sand under leaves over hot coals, and watched the story of Hawaii presented in a Traditional Hawaiian Hula. What a way to start our vacation.

Autumn: The next day, we were up early and off to kayak in the ocean and then do some snorkeling. Kayaking I had done, but snorkeling - no! It was a beautiful day and the ocean was so calm. We went out over a mile and then we began to see why we were there! Whales!! It was so very exciting!! The guide explained that the mothers had their babies and the male was the chaperone! We were able to see it all! Thrilling!



Gwen and Roscoe

We kayaked to another part of the ocean and were going snorkeling. This was scary for me as it was new, but the guide helped me and soon I was thrilled with what I was seeing!! Amazing! Later I found out that we were in water 60-90 feet deep! Glad I did not

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Running Club News

I wish to thank *by President Sam Martinez* everyone that helped put on our MTRC annual meeting program. The night rolled along smoothly and was enjoyed by all. We had a very nice bar-b-q and pizza dinner and give special thanks to those who brought delicious salads and desserts. We gave a report of the past year and held several award presentations. I want to thank Brian and Melissa Ross along with Piedmont Sports Medicine for opening up their facility to us. It was nice to see so many new faces and seasoned club veterans intermingling. I left that evening very proud of what we accomplished in 2009 and excited about the upcoming year. I am pleased that our current officers will continue to serve for 2010 and I am grateful for their hard work. We will solicit new members to our board to leverage the talents and leadership within our membership. There are lots of things to be done and many places for people to get involved. With everyone's participation our club will continue to be faithful in focusing on our mission to promote fitness through running and exercise throughout our community.

Challenge of the Miles 2009 Winners

2000 miles and more

Dan Ash and Sam Martinez

1500—2000 miles

Mike Willson, Jeremy Skeen,
Andrew Strickland, and Elizabeth Vane

1000—1500 miles

Johnny Jones, FM Barron, Chris Woodgeard,
Tom Jones, Elizabeth Jones, Amy Tarpley,
David Dark, James Baldwin, Mary Katz,
Kerry Oedel, Angela Lewis, Terry Patterson,
Brian Grimsley, and Susan Pennington

500—1000 miles

Tim Cook, Frank Eady, Donna Segelken,
Robin Martinez, and Bonnie Murphey

500 miles and less

Terri Duncan

LET'S WELCOME OUR NEW MEMBERS!



Richard "Sky" *by F.M. Barron*

George enjoys running, ultra-light hiking, cycling and some yoga. His running goals for 2010 are running regularly to stay in shape, avoid injuries, and participate in at least one 10K. He says that he is always ready to exercise. Sky recently moved back to Macon where he grew up and ran track at FPD in the mid-70s. He later graduated from UGA.

Willie's Last Run

*He started at his normal pace
Down the road he seemed to fly.
For him it was an easy race
And another PR try.*

*I never saw him run so fast
To the lead I saw him dash.
I was so close into that turn
That I even saw the crash.*

*Roads were not made for runners
Yet runners on roads do run.
We share these paths with larger things
Which sometimes steal our fun.*

*Willie, why Willie?
My running bud no more.
He loved the road and now he
Lies upon its endless floor.*

*How could I leave poor Willie?
Yet help I had to find.
And what better place might I look
Than at the finish line.*

*Runners come and runners go
As they push their time and pace.
And in Willie's case I now know
That I have just moved up a place!*

by Tom Weitzel

Ultra-Runner and Ultra-Lifter?

For many years, Kevin Hatfield has been known as an ultra-marathoner and prolific marathon competitor. Long ago he achieved his goal of completing a marathon in all 50 states. In 2008, Kevin completed his 100th race of marathon distance or longer and achieved the seemingly impossible feat of running 300 miles during a period of seven days.

Looking for a new challenge, Kevin has taken up weight training and in January he signed up for his first power lifting competition. It took a little encouragement by the gym owner and trainer to convince him that he had a reasonable shot in the two-handed curl event.

The event was held on Saturday morning, January 9th, at a gym in Macon. In case you have never been to a power lifting event, it is significantly different from the races that we are accustomed to. There were about 30 competitors who participated in one or more of the following events:

squat, bench press, dead lift, and curl. They have to psyche themselves into focusing all their energy into a few seconds of power rather than spreading that out over many minutes or hours of an endurance event. Their pre-lift routines are often more entertaining than the competition itself. The preparation and warm ups include much more screaming, stomping, jumping, and groaning than the actual event.

Before Kevin's event began, he quietly slipped away for his warm-up, preferring solitude and concentration to a loud preparation. On his second attempt, he succeeded in completing one curl of 145 pounds, ten above his goal, to the delight of a screaming audience. The total number of spectators for the event was small, but Kevin was well supported by a group of friends that made up more than half of the attendees. Kevin got 2nd place in this event, which is great for his first competition in this new field. However, it is a safe bet that Kevin was the only power lifting competitor there who could have run a 50K race afterwards.



These muscles did not come from running 50-milers
Photo by Krista Wieters

RECIPE OF THE MONTH

Did you try that very tasty multi-bean salad at the MTRC yearly meeting? Lucky you! Mike Brown prepared it and agreed to share the recipe with all of us.

Edamame Bean Salad

1 (10 ounce) package shelled frozen edamame

1 large red pepper

1 (15 ounce) can black beans

1 (15 ounce) can cannellini beans

1 (15 ounce) can corn (shoepeg or white is best)

1/4 cup fresh dill or 1-2 tablespoon dried dill

2 tablespoons lime juice

1/4 cup Italian dressing (lite or regular)

ground pepper

optional: 1 avocado, 1 whole red onion, 1/4 cup of finely chopped jalapeno, extra edamame beans

1. Use unsalted ingredients when possible, otherwise, rinse well to get rid of excess salt.
2. Put edamame in microwave-safe covered dish, add a few tablespoons of water, cook for 4 min or as per directions.
3. Cut up red pepper and other optional ingredients into small cubes, set aside.
4. Pour cooked edamame, canned beans and corn into colander, rinse with cold water to chill and until it runs clear, shake off excess water, and pour into serving dish.
5. Add cut vegetables to dish.
6. Add dill to taste.
7. Add lime juice and Italian dressing, reduce dressing to cut back on salt, fat.
8. Season to taste with ground pepper.
9. Serve immediately or chill before serving.

We are still looking for the cooks and their recipes for Asian slaw with broccoli and Macaroni salad

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Running Couples:

KAT and CHUCK

She says: *by Kat Wilkins and Chuck Whitaker*

Chuck and I began running together seriously in the fall of 2008. The first race we ran together was the Macon Labor Day Road Race. Bringing Chuck to a race that I had run yearly since 2004, I felt like the leader, in charge of the situation, the seasoned runner I was, the race girl ... I was showing him the ropes. Ha, Chuck and his adaptable personality blended right in with the racing crowd. Having lived in Macon all of his life, he knew more people at the race than I did! I think he showed me up! That morning we ran the 5K, which we hadn't really trained for. The weather was warm and humid, the course was great as always, and we finished in just under 28 minutes. Our next race was the Reindeer Run. It was our last race of the year for 2008, yet the beginning of something great. The morning of that race, Chuck suggested that we run every local race in 2009. I knew right then I had a keeper, as a boyfriend and a great running partner!

We started 2009 strong and ended up running a total of 20 races together.

Sure, we didn't run every single race in Macon. We did hit the big ones and built some wonderful memories. Together we shared experiences such as the Sweetheart 12K on Valentine's Day, the Gate River Run 15K in Jacksonville, and the Cherry Blossom 10K that was 10.25 miles long. Chuck beat me in a 5K in Perry, we crossed the South Carolina/Georgia border while running over the Hartwell Dam, and Chuck coaxed me through my first 15K trail race at Dauset (recovering from strep throat). I remember sweaty hot 10Ks in August and September, our first half marathon in Jacksonville in October, joining MTRC and TEAM P.O.D., then full circle all the way back again to the Reindeer Run where I shaved about 3 minutes off of my previous year's time and Chuck took down about 2 minutes.

I was a solo runner for about 4 years. Yes, I loved running then just as much as I do now. I loved to race, I loved to train, and I was perfectly OK with it that way. A running partner is just that added bonus. I rely on him for spontaneity ... and if it weren't for me, who would make him all those cool running spreadsheet plans? I think we're a good pair and I enjoy sharing something that is so important to me

with him.

He Says:

Before I started running with Kat about 2 years ago, I had run a little bit in the past, off and on, and had lifted weights, but all usually by myself. Kat had been running for about 4 years and I was a newbie. My idea of running was to don a cotton shirt, swim shorts, and whatever shoes I had in my closet that matched. I headed out the door and put one foot in front of the other. "Hey, I'm running just like I did as a kid! This isn't so hard." Wrong!



Kat and Chuck at XTerra 10K

Kat and her lovely mother started dropping hints like, "Those aren't running shoes", "you're landing on your feet wrong", "you're bouncing like a Tigger". Well, you get the picture. Then, after about six months of blisters, my partners say, "Oh, you should be running in wicking socks." My first thought was, "Oh my, I'm running with witches!!!" Stupid me, how was I supposed to know about these special socks and clothes that pulled moisture away from your body or about the three different kinds of running shoes for from normal to extreme Donald Duck feet. My sensei told me that to be a good runner, one would have to read a book about running. So

I was given a book to read, not a men's book, but a women's book on running. I was told that it was basically the same terminology and training workouts, but nevertheless, I skipped the "running while pregnant" and menstruation portions of the book.

As far as Running Couples, if it wasn't for Kat training me and teaching me the basics, I'd be lost. To be diligent with your workouts and to push yourself alone is tough. We inspire each other to get through periods of low motivation. It's easier to eat right and train hard if you have a partner. Not only that, but we both get to experience the country roads, downtown landscapes, Georgia mountain trails, and even a beach or two. We use some races as out-of-town mini-vacations to help us get away from our busy work schedules.

Recently Kat got injured, causing me to continue my miles alone. It's harder without her encouragement and it hurts me to see her not being able to do something that she loves and has shared with me. I ran my first race without her on January 16th. While running, I just kept thinking, "The faster I finish, the sooner I could get back to her." Luckily she was volunteering with the race and was able to hang the

medal around my neck and give me a kiss at the finish line. I think about this now and I owe it all to her.

Running together allows us to share experiences and goals. But, don't get me wrong - for all those people who run alone, I salute you, I look up to you for having the discipline to train by yourselves, because it's hard ...

RUNNER'S PROFILE

Runner's Name: **Amy Tarpley**

Age: 33

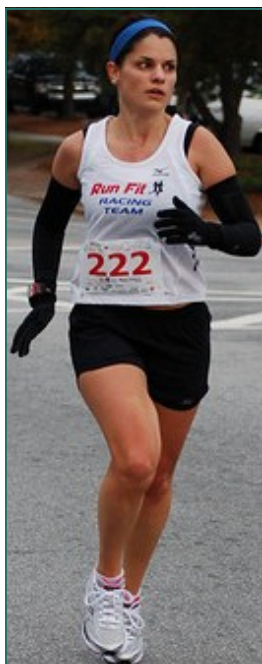
Years of running experience: 4

Average Miles Run per week: 30-40

Favorite Race(s): Local - Macon Labor Day Road Race, Non Local - Chickamauga Battlefield Half Marathon

Favorite Running Memory: Crossing the finish line at my first marathon in San Diego holding Troy's hand

Worst Running Memory: The time I tried running a tempo too fast on Forsyth Road and ended up getting sick on Wesleyan's front lawn ... it was embarrassing!



Typical Training:

Sunday: long run, anywhere from 10 to 16 miles

Monday: AM Fit Camp with Rick Cain at Trained by Cain Studios; Easy/Marathon Pace run, usually 4 - 6 miles with half being at marathon pace

Tuesday: Track workout

Wednesday: AM Weights with Rick and 4 - 6 miles Easy

Thursday: 3 - 4 mile tempo run

Friday: AM Fit Camp with Rick; Easy/Marathon Pace run of 4 - 6 miles

Saturday: hills, race, or intervals

I started running when I met Troy. I had previously been a smoker and needed something to keep me active while I quit smoking. At the time I didn't

realize how long a marathon was, but I told Troy that was what I wanted to do ... run a marathon. Eight months later we both crossed the finish line at the San Diego Rock n' Roll Marathon ... from there I was hooked. I have continued to train for various distances but recently have decided that I like running the shorter distances (5 and 10ks) the best ... it suits my inability to stay focused for long periods of time. I train using the Daniels Method as adapted by Team POD (led by Sam Martinez). I also write a blog about my running (www.amysrunninglife.com) and have been logging entries since the first day I laced my shoes (October 19, 2005).

It wasn't easy! Or was it?!

I made a resolution to lose *by Andrew Strickland* weight in 2009 (as usual) and was (as usual) completely ineffective with it for the first five months of the year. In May I had finally had enough. I was dismayed at my lack of improvement in running and my general feeling of unhealthiness despite the many miles I was running. I was also looking at the prospect of choreographing an extremely difficult tap dancing musical in 2010. The thought of doing all of that tapping on stage with all of the extra weight was terrifying.

I started my weight loss at 216 pounds. I did nothing really drastic, just stopped being stupid. No more fast food, more vegetables and healthy options, smaller portions, smarter snacks. It was, without a doubt, the easiest diet I have ever attempted. It was made even easier by my wife who joined me in cutting back. (She was very successful, losing 25 pounds herself!) As I felt healthier I ran more and felt even more committed to making the diet a lifestyle change.



Andrew at Bartram Forrest '09
Photo by F.M. Barron

I finished the 2009 year at 173 pounds for a total loss of 43 pounds. More amazing to me is that I have been able to stay at that weight for two months now. I am considering dropping a few more pounds, but being able to hold onto a weight loss for the first time in my life has given me some serious hope for the future.

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know that then! We swam with the green sea turtles - what a thrill!

Roscoe: We were within 50 yards of a mother whale nursing her baby, and she began to slap the water with her pectoral fins. I have seldom seen Gwen as excited as she was that day. What a memory. I had snorkeled with turtles before, but this was really special; the turtles were right with us. No more than a foot away at times. Great pictures.

Autumn: The next day we were up at 3:15 as we had to get to the shuttle by 4:00! The marathon began 26 miles away and there was only one shuttle from near our place so we wanted to be there for sure!! We arrived at start and were a bit late for the early starters but Roscoe was able to leave with another group of early starters. The race committee held a special ceremony and then the marathon was started with the folks blowing into their conch shells!

Roscoe: The early start was to be at 4:45, and our bus arrived at 5:00. Just when I had decided to wait and start at 5:45, I heard two ladies asking for directions to the start. We started out in the dark along an unmarked course. One block away, we turned the wrong way, and a few blocks later had to back track when we met another runner who had also gone the wrong way. The first two hours were in the dark with occasional oncoming traffic. I usually do one minute running and one minute walking, but in the dark, I mostly walked. Later in the day, I would appreciate the two hours of nice cool weather.

Autumn: The first 5-6 miles were run in the dark (no street lights) but soon the dawn came. The first 10-11 miles were relatively flat but ... then ... the heat and hills! I kept expecting it would be flat but oh no! It was hilly! The rest of the race was uphill to the finish line! It was hot, hilly and without many water stops. Thankfully we carried water, but training in 20 and 30 degree weather with not much need to drink a lot and then running in 85 degree heat is a big difference! The best part was the scenery! We saw the morning whales breaching and blowing in the ocean and boats sailing in the Pacific - beautiful water! It was quite exciting to experience all of this. Needless to say, we crossed the finish line. After we ate a bit we just went to the beach and went swimming and snorkeling to cool off. Super way to celebrate 40 years of marriage!!

Roscoe: We are used to heat, so 90 degree weather is really not bad, and it was probably just in the high 80's, but it seemed much hotter. The first part of the run in the dark was flat, the as soon as it was light we

had a slight incline and a head wind. I could see the mountain in the distance, and knew we had to run up it, but at least it would block the wind. What I did not count on was how hot the sun was, so the uphill was in direct sun and no wind. Toward the end, we passed a campground with an outdoor shower. I could not resist. I must have stood under the cold water for several minutes before jogging on toward the finish line. Hawaii was our 39th state and 43rd marathon since July 2006.

The day after the marathon, David and Autumn were bused up a mountain for the most beautiful sunrise David can remember. Afterward, they coasted 35 miles down the mountain on a bicycle. The rest of us drove up another mountain and spent two hours horseback riding. We drove back by a scenic narrow road with no guard rails and a sheer drop off of hundreds of feet down to the water. I drove and Britt



said later that he has never been as scared as he was on that drive. He was in the front, and had a view of the rocks below.

After 5 nights in

Maui we finished our trip with two nights in Honolulu. We spent an entire day at Pearl Harbor. The oil seeping from the Arizona is said to be the tears of those who perished when the ship went down. We toured the submarine Bowfin, and the Battleship Missouri. We all left with more of an understanding of the price paid for our freedom. As the song says, I am "Proud to Be an American."

Hawaii was a wonderful trip. Gwen purchased a CD by IZ, a Hawaiian singer who died in the 1990's and when I listen to his music I remember the mountains, the beaches, and fun we had with our running buddies, David and Autumn.

Now, an interesting tidbit from Hawaii. When the last Hawaiian King killed his cousin in battle and united the islands under one ruler, he wanted to assure that all Hawaiians could feel safe while traveling from island to island, so he declared the Law of the Splintered Paddle. Any traveler was allowed to spend the night anywhere on the islands without fear of being harmed or harassed. Today the homeless reside in public parks and even on the grounds of the only American Palace (the former Hawaiian King's residence). They are protected by the Law of The Splintered Paddle.

Fuel Your Run

You're a runner. You're active. You're healthy. You make good food choices? *by Rachel May*

Whether or not you're at your ideal weight, most of us could stand to make better choices when it comes to what we eat. In this column, I will share what I consider to be good nutrition tips for runners. If you have a specific question, feel free to submit it.

Balancing the Scales

Weight gain and weight loss is a simple mathematic equation: If you consume more calories than you expend, you gain weight; if you consume fewer than you burn, you lose. If you are a person who wants to lose weight, you need to create a 3500 calorie deficit in order to lose one pound (or vice versa to gain). Over the course of one week, that translates to 500 calories per day. If you are trying to lose weight, creating that calorie deficit through a combination of diet *and* exercise is the most effective. Running is a great exercise and it burns a lot of calories. But research suggests that we tend to *underestimate* how much we eat and *overestimate* how much we burn in exercise (by about 30% each direction). An average 150 pound person burns approximately 100 calories per mile. But here's a scenario that is probably all too common: 5 mile run at lunch = 500 calories burned. Post-run meal at McDonald's: Double Quarter Pounder with Cheese = 740 calories. Uh oh!

As runners we often take for granted that being active allows us to "eat whatever we want." But if you are like so many who are active, but yet not seeing the result you want on the scale, be sure to check in with your diet. I recommend to anyone looking to lose weight or improve your diet to keep a food journal for 1-2 weeks. There are countless free online tools available (check out www.fitday.com and www.livestrong.com). During this time, record all your food choices (be accurate and honest with portions) and see how many calories you average each day. Then, record your daily physical activity (again, be accurate and honest) and see how many calories you burn. You may be surprised. If you want to lose weight, subtract 500 – 1000 calories per day (depending on your goal weight) and track again while making better food choices.

Whether or not you are trying to lose weight, maintaining a healthy diet that is adequate in calories, protein, fat, carbohydrates and micronutrients is

crucial. Consuming a diet rich in fruits and vegetables, especially of the deep-colored variety with high concentrations of antioxidants, is important for runners to promote recovery and possibly aid in performance. Choose foods like blueberries, raspberries, tomatoes, broccoli, kale, etc. as well as whole grains and lean proteins to make sure you are getting the nutrition you need to fuel your runs and your health.

Rachel May is Director of Employee Wellness at Mercer University. If you have a diet or food-related question, please submit to may_rl@mercer.edu.

*The MTRC Weight Loss Challenge is on!
You can join the team by e-mailing MTRC.
We watch what we eat, smartly and responsibly
exercise, and provide group support.*

*For more health related info check Elizabeth Jones's
initiative "It Starts With the Heart"
on www.13wmaz.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*

2010 Macon Tracks Piedmont Sports Medicine Series Races:

- GEICO 5K & 12K - Mar. 6th**
- Forsythia Festival 5K - Mar. 13th**
- Sweetheart Run for Sight 5K & 12K - Mar. 20th**
- Gator-Go 5K - Mar. 27th**
- Share the Path 5K - Apr. 3rd**
- Taylor County Race for Literacy 5K - Apr. 24th**
- Run 4 Missions 5K - May 1st**
- The Exchange Club GA State Fair 5K - May 8th**
- Old Capitol City Classic 5K - May 15th**
- Day Lily Dash 5K - June 4th**
- Macon Labor Day Road Race - Sept. 6th**
- Race for Camp Little Shot 5K - Sept. 11th**

*Linda Zeeman, Deborah Botkin, Twiggs Tanner,
Mitchell Sinyard, and George Neville
are currently in the lead for the Race Series
with two races completed*

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At Toll 5K and 15K Masters took place on a beautiful February morning. MTRC would like to thank sponsors and volunteers for making it happen once again. Congratulations to all finishers Photo by Michelle Archer