



Little Rock Marathon 2010: A Family Affair

by Donna Segelken

Phyllis drove us to the marathon and would take our coats back with her when we took off at the start. Well, fate had other plans. It seems there was a drop in a curb and she fell. Her ankle was hurting her and we later found out she fractured a small bone in her ankle. She drove herself to the emergency room - what a woman! Dad, Shanna and I were there at the start with nearly 300 early start folks. We were all charged up and ready to go!

We started out walking the first three miles, letting Dad's body warm up well and then we started our 45 seconds/1 min 30 seconds run-walk series. It went really well. We were all upbeat and cruising, passing mile after mile with ease. We got to the split for the 12 mile area where the half folks go one way and we went another. We were on pace for a 7 hour finish. That was, until around mile 18. Shanna and Dad had blisters and my plantar fasciitis was killing me. I had to do a slow little jog type walk to be able to move; walking was killing my heels. I would jog ahead and then wait on dad and Shanna. We were doing well on fluids and food and made bathroom stops so, other than our feet, we were good.

At mile 22, we were dragging, but still moving forward, stopping to add body glide to Dad's feet here and there.

At mile 25 there was a long hill. That is where Dad's knee finally started hurting him. Last time it was mile 8 of the half marathon, so, much better Dad! I did my slow jog up the hill and waited for them at the top. We had one mile to go, one more mile in this

forever long journey. One more Mile!

We came to the "lipstick stop" where Loreal hands out lip gloss for the ladies, new tubes you can keep and use to get ready for your finish line photo. A woman had her finisher medal on and Dad said, "Is that the medal?" I said, "Yes, it is" and that helped spur us on. We were so close. We could hear the music and the announcer now. We had one curve to go before opening up to the finish line. The announcer said, "Here comes three more marathon finishers!" and it was us! We all finished together. We didn't feel the pain at that moment, our emotions rushed us forward, Dad crossing the line, then seconds later Shanna and I at the same time. We started together, we finished together. We kept each other going through it all and finished the Little Rock Marathon. We didn't care about our time anymore, we were just glad we set out to get the medal and we made that goal. That huge medal was placed around our necks, it was heavy but



Donna with her cousin Shanna McKeller and Dad Ed Arledge

we gladly carried it out to meet those that waited for us. Jason, Shanna's husband, and his parents and their dog were there waiting for us. We took photos, we sat down a moment, and off went my shoes! That ice pack sure felt good on my heels.

Thanks to Jason for getting us some food, we sure were hungry, and for taking us home. That cold soak in the tub did the trick. We chilled out for the rest of the day, in awe of the

size of the medal and the fact that we DID it!

Yes, we may not be sub-6 hour marathon folks, but we trained, we worked hard, we kept each other going and we finished the race. We were very proud of what we did and will truly cherish that moment in time, spent with each other and making it through something we never thought we would do.

Good job to all of us!

Running Club News

As someone who lived in cold Europe with long chilly springs and falls, and even longer winters, I do enjoy the summer time in Georgia, U.S.A. And for me the summer time is officially on. How do I know? There is one perfect and guaranteed indication - taking more than one shower a day. There just comes one day and I know that the summer has started. And I am not talking about those random refreshing showers after a slightly sweaty exercise. I'm talking about scraping off that nasty mixture of sunscreen, bug repellent, dust, dirt, sweat, and ... maybe blood. That's what I'm talking about! The rinse you couldn't live without. :) And that reminds me that now, as the days get longer and warmer, we have to pay special attention in order to stay healthy and safe while outside. Whether going for a run or any other type of outdoor activity (biking, swimming, boating, playing games or even yard work), please keep in mind all the hot day precautions: proper hydration and protection from heat and the nature. And while you're out there, please remember to protect the environment as well.

The Club's Board of Directors is already working on preparing this year's Labor Day Race. Right now we are actively seeking sponsors. If you know of a company that might want to sponsor the race, please send an e-mail to macontracks@cox.net or check www.macontracks.org for more information. We also need volunteers and suggestions for how to improve that very important event. Please, contact us if you're willing to get involved.

Once again, thanks for creating such a great running community! Yours, MB.

by *Monika Bubacz*

Violet

*The wind I feel upon my face,
As I challenge my feet to race.
Reflections of my younger years
I keep a smile and fain my tears.
A daughter is my heart felt grace
And one who keeps me on my pace.
Tomorrow is another day
Still time to run, run... run away.*

*for Violet Carden
by Tom Weitzel*

Running as Therapy

Today (March 6, 2010) was a good day to run!! I preregistered for the 12K, but just wasn't feeling up to a long run today even though the weather was perfect. The wonderful GEICO folks were very understanding and let me switch to the 5K. Apparently racing is new to A LOT of the folks there because there they were at the front and midsection of the start, SLOWLY walking 2-5 people deep when the race began!! Once I made my way past them, all was well! I had a course PR, brought home a 3rd place trophy, and had a much needed therapy session!

This race always has special meaning for me and helps me cope with the greatest loss of my life. Twenty years ago tomorrow (March 7, 1990) my Daddy died after a very short battle with cancer. I was only 13 when he died and his death took a very grave toll on me, both physically and mentally. After many years of struggling with his absence, I was finally able to come to terms with

it, but the hole is still in my heart.

Four years ago I became a dedicated runner after the Komen Race in Macon and took up the position of Assistant Cross Country Coach at Mary Persons High School. If anyone had ever suggested that I would be running for fun and fitness I would have laughed hysterically at them. Running, in my mind, was meant for finding means of safety and nothing more! I was not an athlete in school, unless being a "nerd" counts as a sport! The thought of walking a mile from my apartment to classes at Southern was absurd ... walking from the parking lot to the building was even pushing it sometimes!

I don't know why, but I just felt the need to sign up for the Komen Race that October. As I ran, in retrospect I don't know if I even ran more than 10



Terri with the Disney marathon finisher medal and well earned meal

steps before walking, something inside of me broke loose and I knew I was headed in the right direction. After hundreds of miles of training, numerous 5Ks, 10Ks, and a marathon later, running has turned into the cornerstone of my sanity, even more so when the anniversary of Daddy's death approaches.

When I ran the GEICO race for the 1st time 4 years ago, I wasn't out to set a PR or bring home a trophy. My only goal was to finish strong for my Daddy. "Why?" you may be thinking. The GEICO race always falls on or very near the anniversary of his death. To make it even more meaningful, he was an executive at Brown & Williamson. Even though B & W has since closed its doors, having been in the building with my Daddy many times and knowing he spent many years of his life there, running past the building that he was once in helps ease the pain I still carry.

Four years ago when I ran the GEICO race for the 1st time, I DID set a PR for myself, I DID bring home a trophy (1st place for my age, no less!), I DID finish strong for my Daddy, and I DID have a good, much needed cry as I crossed the finish line!!!

Hydration in the Heat

While there are many things I love *by Rachel May* about living in Macon, 95 degree temperatures and 90% humidity don't top the list. As a runner, I definitely appreciate the fact that I rarely have to run in snow, but running in the extreme heat can definitely have its perils for those of us active outside during the summer months. Proper hydration is absolutely crucial to our performance, health and even safety. For humans, the importance of water in maintaining life is second only to oxygen.

Between 50-70% of a healthy adult's body weight is fluid and varies from individual to individual based on body composition, gender and age. Included in all that water are electrolytes (sodium, potassium, chloride and phosphorus) that are critical for proper body functioning as well as athletic performance. During exercise, especially under environmental heat stress, sweating and respiratory evaporation can lead to rapid losses of as much as 2-3 liters of water per hour. Even low levels of dehydration of approximately 2% of body weight can affect heart rate, body temperature and dramatically impact performance.

With a little preparation, maintaining proper hydration during exercise in the heat can keep you safe and performing optimally no matter what the Georgia

summer holds.

1) Drink Early & Often: About 1 hour – 90 minutes before a run, drink at least 1 liter of water. During exercise (60 minutes in duration or longer) drink 6-8 ounces of water every 20 minutes. Continue drinking after you exercise until urine color returns to light yellow.

2) Sports Drinks: For runs (or other exercise) lasting 90 minutes or more, drink 6-8 ounces of sports drink every 20 minutes for hydration and electrolyte balance.

3) Weigh Yourself: Step on the scale before you head out on your run. When you return, get on the scale again. You should aim to lose no more than 1-2% of your body weight. For a 160 lb person, that would be 1.6-3.2 lbs. If you lose more than 2%, make sure to drink more water during your next run.

4) Cool is Better: While water at any temperature maintains proper hydration, drinking cool water during exercise also helps to maintain body temperature and keep us comfortable.

It is important to recognize the signs of heat-related disorders in yourself or running partners. Be aware that dehydration can quickly worsen to more severe outcomes. Dehydration involves a feeling of severe thirst, lack of appetite and a general feeling of discomfort. Heat cramps are characterized by severe muscle cramps, typically in the muscles that are being heavily used during exercise. At onset, stop exercising, move to cooler temperatures, and drink plenty of fluids. Heat exhaustion is marked by fatigue, dizziness, vomiting, cold or clammy skin or hot and dry skin. Move immediately to cool environment and administer fluids, especially salt water. Seek medical treatment as appropriate. Heat stroke is a life-threatening condition that requires immediate medical attention. It involves cessation of sweating, hot and dry skin, rapid pulse and respiration and confusion or unconsciousness. If not treated immediately, death can occur.

Drink up! Those hot Georgia roads are calling your name!

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.

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

Macon Galloway Training Group Completes 26.2 with Donna

by Brandi Calloway, Program Director



The Macon Galloway Running group began training in August 2009 for the National Breast Cancer Marathon. After 6 months of training we were able to achieve our goal and on February 21, 2010 we crossed the finish line. In the months leading up to the marathon we, like most of you, had to endure some unfriendly weather. We were all looking forward to having some warmer weather in Jacksonville. Some may say be careful what you wish for ... at the start of the race the temperature was around 32 degrees and at the finish line it had risen to around 71 degrees. The race started and finished at the Mayo clinic and was

loons, posters, and everything pink you could imagine. There was water, energy gels, and food along most of the course provided by the race organizers and sponsors but also by tables that the locals set up in their own front yards. Even without the gorgeous scenery, race support from the organizers and crowd, plus the worthy cause are reasons enough to run this race. Donna Deegan, a three time breast cancer survivor, teamed up with Olympian Jeff Galloway and organized the National Breast Cancer Marathon to Finish Breast



lined with the most wonderful supporters any of us have ever experienced. The crowd was as equally thankful for us running the race as we were for them cheering us on. There is nothing like hearing a complete stranger yell your name and cheer you on as you run to help stop breast cancer. If you have ever wanted to feel like a celebrity, run this race!! The course also included a beautiful two mile trek along the beach, cobblestone streets decorated with bal-

Cancer. One hundred percent of the proceeds from the race go to breast cancer research and the Donna Foundation, an organization to help women and men who are currently living with breast cancer.

The 26.2 with Donna was the first marathon for many of the Macon Galloway run/walk/run training group members. Our group consists of people whom, prior to this training program, never ran a single day

in their lives, those who only ran 5 and 10Ks, to those who have ran half and full marathons. We all have different shapes, sizes, backgrounds, and stories. But with our vast differences the one thing we have in common is we are all runners thanks to the Galloway run/walk/run method. Jill Thompson, who ran the event's half marathon last year, had this to share "I just have to say that training for the half marathon last year, all by myself, was hard. Then I got injured during the race and thought I would never run again. On the shuttle bus back to my hotel, I met this lady, older than me, that beat me, using the Galloway program. It piqued my curiosity about the Galloway method and I did some research online. In the summer I saw the article in the Macon Tracks Newsletter about Macon forming a Galloway group and I thought I would try it. And I did the full marathon – injury free and I had a blast!! And training with a group was the best – we encouraged each other and laughed together during training, even on the 25 mile training run!! It was an experience of a lifetime!!"

If you are looking for a group to train with, no matter the distance, this might just be the group for you. We are not only a group of runners; we are also people who share a passion for health, fellowship, and friendship. Our next session will begin April 30, 2010. Come join us and run/walk/run your way to a healthier and happier you!

Current members: Roscoe Douglas, Diane Raley, Joel Raley, Vickie Solis, Michael Solis, Tim Cook, Shannyn Gardner, Kevin Newell, Melanie Warren, Kathi Garcia, Portia Lake, Debbie Lindley, Jill Thompson, Jennifer Ramsey, Christa Garner, Robin Mitchell, Cindy Rogers, and Brandi Calloway.

You can learn more about the Macon Galloway Program from www.macongalloway.com or contact Brandi via macongalloway@hotmail.com



Tom Jones ran Power of Prevention 5K in Boston
He was 11th overall and 1st in his age group!



MTRC is recruiting a team for Macon's first annual dragon boat competition. The event will be held on Saturday, May 22 at Sandy Beach on Lake Tobesofkee. The race will benefit Big Brothers Big Sisters of Central Georgia. Each paddler is asked to raise \$100 for the organization.

We need at least 20 people (age 14 and older) who are up for spending the day at the lake and paddling a long "dragon boat." No athletic experience is required. And, good news, we have a sponsor - Mass Mutual! All we need is you to form a team!

It will be an all day event (9am till 4pm if we keep winning :) on the lake and families are welcome to come hang out, watch, and picnic. There will be over 20 teams that compete against each other in numerous rounds/heats.

If you cannot come you still can support us by donating to the "Mass Mutual Powered by Macon Tracks" boat? That can be done online through the link below.

For more details check
www.macondragonboats.org
or contact MTRC.

2010 Macon Tracks Piedmont Sports Medicine Series Races:

- Run for Your Heart 5K & 10K - May 22nd**
- Day Lily Dash 5K - June 4th**
- Salute to Freedom 5K - June 12th**
- Georgia Peach Festival 5K - June 19th**
- Jim Herrin Memorial 5K & 10K - Aug. 14th**
- Macon Labor Day Road Race - Sept. 6th**
- Race for Camp Little Shot 5K - Sept. 11th**
- City of Gordon's Fall Line Fest. 5K - Oct. 2nd**
- Take Back the Night 5K & 10K - Oct. 9th**

*Andrew Strickland and Angela Lewis
are currently in the lead for the Race Series
with ten races completed*

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Our new finish line built with lots of help from the President Sam Martinez and other club members. The white sides will be filled with runners' signatures at the 2010 Labor Day Road Race so don't miss it!