



### MIBM 2010

I got to the race around 2 pm to start setting up. I was amazed to find that Andrew, his wife, and 2 other volunteers had already set up the huge finish line, set up the packet pickup table, and were in the process of setting up the aid station. Andrew had already marked the course and we were good to go.

Folks started trickling in to pick up their race packets. Along with the regular race goodies (bib, other race flyers, Power bars, coupons for stuff) we also gave everyone a flashlight and an aluminum water bottle. For fun we also threw in a tiara pin, pumpkin necklace, and a pumpkin lollipop with a glow stick as the lollipop stick. If nothing else, we had a great time shopping for stuff for our race goodies.

A few folks took off at the 3 pm start. Some folks wanted to be finished long before midnight and others wanted the extra cushion. It was 95 degrees around 2 pm, but after a brief shower the temperature dropped to 88 degrees. We all had a fear that the small shower would turn the race into a sauna, but fortunately it didn't.

We tried to ensure that every participant got VIP treatment. This went double for the folks from out of town. We had a family (all 3 were participants) drive in from Minnesota the night before. I'm amazed that folks would put themselves in a car for 2 days (one way) for our race. I was determined to ensure that they had extra special VIP treatment due to their marathon effort just to get to the starting line.

I had previously arranged to run with a fellow Marathon Maniac, Melody Hughes, so at 5:15 pm we took off. We wanted to add a buffer for hills, heat, and humidity. The course starts off by looping around the club house to the beach area on the lake. The lake is calm and serene. The view is beautiful. Then the road takes a turn for the first of many up hills that were to be faced on the looped course.

I didn't know that the woman I arranged to run with was actually a speed walker. My (slow) run was faster than her walk so I joined her in speed walking so we could maintain our conversation. There is no PR setting at Make It By Midnight, so what the heck.

I can walk fast during a race, but this woman could move. I think she slowed it down a touch just so I could keep walking pace with her. I believe our pace was 14:20 minutes per mile up the hills and 13:45 down the hills. For someone not versed in speed walking, this was a challenge.

The race twisted and turned through the neighborhood of Lake Wildwood. There were small hills, killer hills, slight elevations, and an occasional 10 foot stretch of flat road. There are no mile markers so you have to judge your mileage by either Garmin (wasn't wearing mine) or by the aid stations.



Jerome Harvey, one of the hardcore "12 hr +" volunteers, Steven Holehan, and Parvaneh Moayed from Austin, TX

*Photo by Mandie Cook*

The two manned aid stations had water, Powerade, PB&Js, pretzels, Power bars, homemade muffins, bananas, cold wet sponges, and so much more. The volunteers there were exceptional at encouragement and getting you out as quickly as possible. There were also 2 other unmanned aid stations with water, Powerade, and buckets with cold wet sponges. I believe the longest mileage between aid stations was approx 1.8 miles. We were hoping to prevent folks from dehydrating on their race.

I made it to the manned aid station at the midway point. I was ever so thankful to see the cheerful volunteers and a bit overwhelmed that we had only traversed 3.7ish miles. The weather was hovering

*(Continued on page 8)*

## Mission: Find That Geocache!

by Kerry Oedel

Last year we started doing orienteering meets as a family and really enjoyed being outdoors and using our brains to try and figure out where checkpoints are with just a map and compass to guide us. Orienteering meets are rather few and far between in the summer months, however, so we decided to try something a little different, Geocaching. Basically, you use a GPS enabled device to locate a cache that someone else has hidden. To find out coordinates of caches in your area, just go to [www.geocaching.com](http://www.geocaching.com). You can search for caches that others have hidden, transfer the coordinates to your GPS device with a USB cable (or you can enter them manually – we used the Garmin Nuvi that gives us driving directions in the car), and print off encrypted hints of where to find the cache. You can also log your find and read what others have written. When you get to the cache, you can take any of the objects in it as long as you leave something of equal or greater value. We set off with two of our kids on our bikes to look for our first geocache while on vacation in New Hampshire. The coordinates led us to a Natural Area less than a mile from our cottage, where we located an ammo box hidden in the foundation of what used to be a house long ago. It was full of trinkets and the kids were excited to look through the objects. The poet e.e. cummings was a lifelong summer resident of Silver Lake, so someone put some of his poems in the cache which were completely inscrutable to me, but apparently avoiding capital letters was rather radical in his day (if cell phones had been invented in the early 1900's, he would have been very good at text messaging). We had a great time and already have a few more coordinates saved in the GPS and plan to look for more hidden treasure soon. It turns out there are hidden caches all over the world. Check it out – there might even be one in your neighborhood!



Liam and Sophie with a cache box and its treasure

## The Race Not Run

*Two runs converged in a neighborhood,  
And knowing I could not race both  
And be one runner; there I stood  
And studied one from as close as I could  
To where it waives one's rights under oath;*

*Then booked the other; without despair,  
And having likely the sweeter claim,  
Because it was trail by which I swear;  
Though as for the roads I also care  
Having run them each about the same,*

*And both that morning were 5K  
In awards no race had the plague.  
Oh, I may run the first another day!  
Yet knowing how K leads on to K,  
I wondered if I would ever come back.*

*I shall recall a run long gone by  
Somewhere as age groups advance;  
Two runs converged in a 'hood, and I-  
I booked the hardest one to try  
And that has helped me go the distance.*

by Tom Weitzel

(Parody on "The Road Not Taken" by Robert Frost)

## BRAGing in 2010

The Bike Ride Across Georgia by F.M. Barron (BRAG) began 31 years ago as a small group of riders who retraced the route of Sherman's march through Georgia from Atlanta to Savannah. Each year it takes a different route through different cities (mostly small towns) where the riders camp each night either in tents or in a school gym. There is an option to stay in hotels, but often they are not close to the main site. On the cycling routes, rest stops are provided every 10-15 miles, where snacks, water, and PowerAde are available. Luggage is transported by truck to each site and vendors follow the riders to support them with food, drinks, bicycle maintenance, and to demonstrate new cycling products. When using the campus of a school, dinner is usually provided in the cafeteria, although I don't recommend it. You will have a much better experience with the local town and vendors. Typically the local town will provide shuttle service to selected areas and may provide entertainment for the visitors. For many small towns, 1500 tourists in one day is a big bonus for the local economy. Medical profession-

als who are along for the ride provide first aid and medical assistance for those who might need it.

BRAG is NOT a race, but rather a tour of the state. There are those who ride it as fast as they can sustain for 60-80 miles and those who are happy to return to camp at 5 pm. The oldest rider I met this year was 80 and there are many children as young as 10 who participate. You do not need to have the latest bike ridden in the Tour de France to participate. People will be on anything from Huffy's to the latest Madone's to classic European bikes, to tandems, triples, and even those capable of holding four riders. Perhaps the only bicycle you should not bring is a time-trial or a triathlon model, although you will see a few of those.



F.M., Karl and Meredith Christianson,  
and Will and Mary Lacksen from Sparta, GA

While it is a tour, most people do not seem to be attracted to it as much for the on-bike scenes as for the experience. The entire event is as family friendly as anything I have seen. Families ride together, camp together, enjoy the events together, and yet are not afraid to let their children roam the camping area alone or with other kids. It is not uncommon to see several generations making the journey together. Last year one family had four generations present and active. This is my third year and from the time of arrival I began to see people who recognized me and greeted me by name. If you have mechanical problems, there are many experienced cyclists who will provide assistance. Last year, I got out my tool set to make an adjustment on one person's bike and had four more ask for help. This year, a 74-year-old gentleman from Germany stopped me and thanked me again for helping him last year when he had two flat tires on the descent of Unicoi Gap. The moral from his story is that having two spare tubes without a pump is not a good idea.

This year, I had the honor of enjoying the trip with

Mary Lacksen and her son Will from Sparta, and Karl Christianson and his daughter Meredith. Although you will meet many great people during the week-long ride, it is better to enjoy it with old friends.

We arrived late in the afternoon on Saturday at Our Lady of Mercy High School in Fayetteville before the ride started. Everyone has to check in, pick up maps, get parking passes, and stake out your first camping area. We found a cool, quiet (or so we thought) area near the end of the hallway in front of the chapel. Unfortunately, every other light fixture in the hall stayed on all night. We did not know how vital the ability to sleep with the lights on would be in the coming week. Someone wearing flip-flops walked up and down the hallway regularly all night resulting our being awakened many times. In my opinion, the biggest problem with BRAG is that many riders believe they must leave well prior to sunrise, so they get up, pack up, and disturb everyone else. I believe this to be a very dangerous practice, but it seems to continue. So, this means you will be awakened too early and just have to deal with it. My way is to sleep until the coffee vendor opens and enjoy a couple cups of good coffee while waiting for sunrise.

On Sunday morning, we left at 6:57 am on a 58 mile route to Griffin that was challenging with one hill described as "killer", but it was not really that bad. On the first day, everyone is energetic and rides hard, but that energy soon fades away. I saw lots of familiar faces from prior years, even one lady who remembered me helping her after a bee sting. Along the route, we passed by the Atlanta Motor Speedway, where BRAG organizers tried to arrange for everyone to ride one lap around the track, but the cost for this proved to be prohibitive. At the last rest stop I provided entertainment for others by falling while not moving as we were leaving. I clipped into the pedals and started to move forward, hit a low spot and came to a complete stop, then fell onto my right side, half on grass, and half on asphalt. No real harm was done except to my pride. The last part of the route had shake-and-bake pavement with a head wind. We were happy to arrive in Griffin by 12:20 after which we headed into Griffin and enjoyed a great Italian meal. On the prior day, Griffin had a music festival that they extended for the BRAG visitors. They had the town square blocked off and bands playing throughout the afternoon and evening. We then spent the night at Spaulding County High School.

On Monday, the day started way too early with people getting up at 5 am. After 3 cups of coffee, we left at 6:38 am on the 62 mile route with a very fast 15 miles to the first rest stop. I split off to do the hammerhead option and linked up with a group of riders

for a fast paceline on Highway 41 and then caught up with Mary and Will at the lunch stop. My plan was to complete the hammerhead each day, but shin splits prevented this on the remaining days. The completion of Monday's ride was in Thomaston, the county seat of Upson county. The Upson county sheriff's department provided excellent road patrols along our route and was very active in supporting the riders. Mary had a problem with her pedals and could not clip in after a rest stop. While we were on the side of the road working on her problem, the Upson county sheriff stopped to offer his help and a local walked up and asked the sheriff if he wanted a dead beaver. Yes, you see lots of unique things when traveling by bike. Again, at the end of the route there was a hilly section of road entering Thomaston where we encountered very bad shake-and-bake roads along with strong headwinds. Arriving at Upson County High School at 11:43, we were welcomed to Thomaston by volunteers who greeted each person with a bottle of cold water, a fresh peach, and a bag of goodies including a map and food. Thanks very much to MTRC member Neel Dickey's family who donated many cases of peaches that were a welcome snack. Thomaston blocked off their town square until 10 pm and had vendors set up to serve the visitors, along with a band and shuttle service between the camping area and downtown. The festivities included a welcome by the chamber of commerce, the mayor, and a state representative. Thomaston seemed to be very happy to have the business that 1,500 visitors brought into the area.

On Tuesday, we left at 6:26 am on a 67 mile route that included a mixture of climbing, downhill, and a section of road described as "bad shake-and-bake pavement". That was a very optimistic description of a dirt road with a few chunks of pavement thrown in. It caused many punctures and blowouts. The destination city was Columbus where we arrived at 12:13 at Columbus State College, our home for two days. The site was along the river where you could walk or ride along the riverwalk to see other parts of the city or walk three blocks into downtown Columbus. This site provided unique sleeping conditions where the only available space was a fire escape hallway. Even though we arrived early, this was the only open area. The school management at first told us to leave, but could not provide an answer about where we should go to. They finally realized there was no place to go and let us stay in the odd, but very quiet area, then opened another building for the remaining riders. For two days we slept with the lights on, something that became a repeated event that we just had to adjust to.

On Wednesday, the only cycling was to visit the infantry museum located at Fort Benning. This is

a museum everyone should visit and is worth the trip to Columbus. Along the way, we stopped at the Confederate Naval Museum. Columbus police and the city did a great job providing around-the-clock security and local hosts to help with directions and information about the area.

Thursday morning we left at 6:38 am and headed 63 miles towards LaGrange. We arrived at 12:07 in LaGrange West Side Magnet Middle School. Again, we were greeted by a town that put forth a good effort to entertain and serve the riders by providing local guidance and shuttle buses to local restaurants and entertainment.

Friday morning we left at 6:50 am on the 62 mile route to Newnan where the route featured several farms of miniature horses, one with more than one hundred who stared as we passed by. We arrived at 12:07 at Newnan High School which was not the best location since we were scattered over a quarter mile area. There was a lot of walking to set up camp after many miles on the bike. To make the visit easier, students at the school provided transportation in pickups, golf carts, etc. The local Chamber of Commerce had reserved vans from a local rental organization to transport the riders into town. The night before we arrived, the business was burglarized, losing all the vehicles. On such short notice they were not able to locate replacement vans, so they improvised and recruited local people who had businesses in the downtown area to help. So, people came to the campsite in whatever they had to provide transportation including pickups, construction vans without seats, etc. The city of Newnan had planned well and seemed embarrassed by the failure, but their efforts were appreciated by the riders. They also had a party in a park near the high school with a very good local band and refreshments for everyone.

Saturday, we left at 6:38 am on the final leg of 42 miles that would take us back to Fayetteville, our starting point. The route today was short and perhaps the easiest course of the week. We arrived at 9:52 back at Our Lady of Mercy High School where lunch and a hot shower awaited everyone before their trip home.

BRAG is a unique event where you camp and sleep in odd places with hundreds of strangers and are constantly on the move. That may not seem like everyone's dream vacation, but if you ever try it once, you will return. It takes some adaptation, but is a great way to see the state, get in a little exercise, and to meet a lot of great people.

Thanks to Mary, Will, Karl, and Meredith for enjoying it with me.

# Strength Training for Runners

**Piedmont**  
**SPORTS MEDICINE**  
**Complex**



by *Brian Ross, MPT, ATC, CSCS*

For middle and long distance runners, a properly executed strength training program will help to prevent injuries and improve overall performance. According to some research studies, 80% of runners (i.e. recreational, professional, short/long distance) will be injured each year. This is a statistic that pretty much guarantees an injury to any runner. Running injuries vary and most of the assumed causes are the same: too much running, increasing distance too quickly, not giving yourself enough rest between runs, etc. Typically, injuries in runners happen to one (or sometimes all) of five areas: feet, shins, knees, hips, and/or low back. Many of these injuries can be prevented with a properly prescribed strength training regimen. In addition to preventing injuries, a properly prescribed strength training regimen will allow the body to work more efficiently which will ultimately lead to improved running performance. The goal of this article is to give runners better insight into the importance of a proper strength training regimen.

A strong foundation of muscular balance and core stability is essential for middle and long distance runners whose sport involves balanced and powerful movements of the body propelling itself forward and catching itself in complex motor patterns. Because of the alternating motor patterns, core stabilization (the ability of the core to stabilize the torso under motion) is very important in injury prevention as well as enhancing performance. In my experience working with runners, I have found that weakness or lack of sufficient coordination in core musculature can lead to less efficient movements, compensatory movement patterns, strain/overuse, and injury. In many runners, including those at an elite level, the core musculature is not fully developed. By not having a stable base or core, increased stress is placed on the spine as well as the peripheral musculature (i.e. IT-band, patella, Achilles) and joints (i.e. knees, ankles). The core musculature is composed of 29 pairs of muscles that support the lumbo-pelvic-hip complex. These muscles help to stabilize the spine, pelvis, hips, and kinetic chain (movement of the extremities) during running. When the core system works efficiently, the result is an appropriate distribution of forces; optimal control and efficiency of movement; adequate absorption of ground-impact forces; and an absence of excessive compression, translation, or shearing forces on the joints of the kinetic chain.

Traditionally we think of resistance training as cable

machines, dumbbells, and heavy weights. However, resistance training for runners is quite different. The focus of the strength training regimen for the runner is not to lift a bunch of weights and “bulk up,” but rather to develop core stability, leg power, balance, and coordination by working on exercises that focus specifically on each of these areas. The strength program for the runner should begin with basic core exercises focusing on the abdominals and gluteals (i.e. bridging, partial sit-ups/crunches, planks, etc). The purpose of the basic core stabilization exercises is not only to increase stability, but more importantly it is to gain coordination and timing of the core muscles. These basic exercises are initially taught in various positions on a stable surface (i.e. floor or table). These exercises can then be progressed by performing the exercises on an unstable surface such as an exercise ball. When performing exercises on the ball, not only do you work the core muscles, but your body will recruit other stabilizing muscles in order to maintain control and balance. This helps to improve the body’s proprioception (the body’s sense of joint position). As core stability is developed, the runner can then progress to advanced, more functional exercises (i.e. single leg squats, walking lunges, and various plyometrics). Functional, or sport-specific, exercises are performed in order to load the muscles in a manner that replicates running in order to improve their strength, power, endurance, and coordination. Upper body strengthening should also be incorporated in the workout regimen for the runner. Exercises for the upper body should focus on the upper back, chest, shoulders, and arms.

All runners are different, therefore I recommend that prior to beginning any exercise regimen, each runner should see a healthcare professional (i.e. physical therapist or certified athletic trainer) or a fitness instructor that can identify his or her specific needs and make sure that each exercise is performed correctly. Incorrect resistance training can actually tighten you up and slow you down. Being a runner, your key weekly sessions are your runs. The strength training regimen is supplementary, and while important should never take priority over your running. When you are planning your training schedule, do not complete the strength sessions at times when they will lead to you being fatigued for one of your key runs. It does not matter so much if you are a little fatigued leading into a recovery run, but never schedule a strength session prior to a quality run session. The exercise regimen for the runner should be performed at least 2-3 times a week in order to maximize results. Depending on your strength training background, the level of exercises you begin with, as well as the sets and reps for each exercise, will vary.

Prior to performing your strength training program, be sure to warm up by jogging in place or riding a stationary bike for 3-5 minutes followed by stretching the muscles you will be working. The following are examples of exercises that should be included in the strength training regimen for runners.



### **Single-Leg Bridge (Arms up)**

This is a more advanced bridge. Focus on keeping your hips level and squeezing your gluteal muscles. Alternate your legs and hold each repetition for 5-10 seconds. Do not rest your hips on the floor in between alternating legs. Begin with **1-2 sets of 8-10 reps** and progress to **3-5 sets of 12-15 reps**.

### **Prone Plank**



Get in the prone plank position. Keep a flat back, neutral spine. Maintain this position throughout the whole exercise. Begin by holding the position for **20-30 seconds** and progress to where you can hold the position for a **minute or more**. Perform this exercise **3-5 times**. To make this exercise more advanced, raise one leg off of the floor during the exercise, maintaining a flat back.



### **Abdominal Bicycles**

Begin seated on the floor with your legs straight. Lean back placing your hands under your low back and raise your legs off the floor. Begin moving your legs as if pedaling a bicycle forward. Perform **15-20 reps**, and then move your legs as if pedaling a bicycle backwards performing another **15-20 reps**. Keep your legs and upper back off of the floor. Perform **3-5 sets**.



### **Abdominal Ball Thrust**

Begin in a table top position with your feet on the ball and your hands on the floor supporting your upper body. Pull your knees into your chest keeping your feet on the ball. Make sure to squeeze your abdominals. Then push the ball back away from you returning to the starting position. Perform **2-3 sets of 8-12 reps**.



### **Single Leg Squat**

Begin by standing with a stable chair or bench behind you. Step out from the bench keeping one foot on the floor and place one foot back on the bench. Be sure to keep your balance. Slowly squat down making sure your knee does not go past your toes of the foot on the floor. Do not go past parallel. Perform **2-3 sets of 10-15 reps** for each leg. To make this exercise more challenging, substitute an exercise ball for the bench and/or hold weights in your hands.



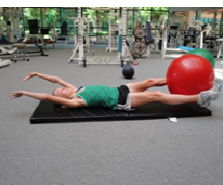
### **Side-Stepping with Resistance Bands**

Begin by standing in an athletic posture with knees flexed about 45° and feet shoulder width apart. Make sure you have tension in the band. Sidestep to the right keeping you athletic posture, then follow with the opposite leg keeping tension in the band. Repeat **8-10 steps** to the right and then back to the left. Perform **3-5 sets**.



### **Walking Lunges Alternating Legs**

Begin by standing tall. Take a big step forward with one leg and bring knee of the opposite leg toward the floor (but do not touch the floor). Make sure the knee of the leg you step with does not go past your toes. Step forward up to standing position. Repeat stepping first with the opposite leg. Take **10 steps** forward alternate legs, then turn around and take **10 steps** back. Perform **3-5 sets** of this exercise.



### **Alternating V-up w/ Physioball**

Begin by lying on your back with arms above your head holding the exercise ball. Keep both your arms and legs several inches off of the floor. Keeping your arms and legs straight, raise upper body and legs until legs meet physioball directly over waist. Grasp the ball with your legs and lower your arms and legs to several inches above the floor. Perform again in reverse order. Repeat **8-10 reps**. Perform **3-5 sets**.

# Yet Another MIBM Race Report

by Becki Rigdon Middlebrooks

Well, I did it! I completed Half Marathon #6 last night at the 3rd annual running of the Make It By Midnight Marathon and Half Marathon. And now, three of my six half marathons are at Make It By Midnight! This little race has been growing in popularity each year since it began in 2008. In 2008 and 2009, there were about 15 participants, give or take a few. This year, we had 70! I'm proud to say that I have been there from the beginning!

I was anxious to go from the time I got up Saturday morning. I was meeting my friend Wendy from Atlanta there to run this race with her, and knew that she would not be there until at least 7 pm, so I just bided my time. I hydrated and waited. Waited and hydrated. Finally, I just could not stand it anymore. I left my house at 5:30 and headed to Macon. I had been antsy all day and my bag was packed ... so I just decided to go on out and wait there for Wendy. After all ... if I was gonna be antsy about a race, I may as well be AT the race, right?? I had packed a pretty big bag for this one, including an extra pair of socks and shoes, and dry clothes for after the race (I was SO glad I did).

When Wendy and her sister-in-law, Linsey arrived, we got Linsey's packet switch-up mess figured out, got ready to run, snapped a few pics, and headed out!

The course for this race had changed a good bit from the previous 2 years ... the start and finish line was in a totally different place. They took out a few medium-sized hills and added 2 larger ones, from what I understand. And, like baptism by fire, the first hill was just after the start. There was a slight downhill and then a little scenery as we ran by the lake, but if you go downhill, you've gotta go back up, right?? Right. This hill was quite a climb.

Just as we hit mile 1 the rain started. It started off light, just enough to cool us off. Then it started getting harder ... and harder ... and harder still. After a few minutes, once we were soaked to the bone, we were thinking "OK, that was nice for a minute, but now it is just getting ridiculous!" People were looking at us from their front porches like we were insane to be running in that downpour. And, hey ... we are runners ... maybe we are just a LITTLE nutty!

When the rain stopped, we were pretty soggy. Pretty soggy, indeed. But the rain was truly a blessing. The forecasted temps were for the high 80's to low 90's with humidity around 90%. The rain cooled us off,

and fortunately, it was almost time for the sun to set, so the sun didn't come back out to start beating down on us again and make it more miserable. Seeing the steam coming up off the road for the rest of the race was pretty cool and a little daunting. And exhaling and seeing your own breath as STEAM was weird in July instead of winter! It was just THAT muggy!



Becki, Wendy Kent Mitchell, and Linsey Newbern

Photo by Jessica Middlebrooks

We meandered through the neighborhood, still in the first loop, and up and down the hills. Wendy and I ran our first race together at Museum of Aviation in January. She did the half and I was doing my first full. There was one point during that race when we were singing out loud, annoying the others around us, and changed the words to a song at the same time to make it about running. Well, just after we passed Andrew's house on the first loop, as we climbed the next big hill, she was telling me that she had lost that song from her iPod ... and I immediately told her that we had a new one to add. She needed to put a little Miley Cyrus on there for this race ... "The Climb"! "Ain't about how fast you get there, Ain't about what's waiting on the other side ... It's the CLIMB" So true for this race! And yes, how obvious is it that we both have "tween" daughters and therefore know the words to Miley! HA!

We kept on trucking along and finished the first loop. Back at the start/finish aid station, we stopped for a few minutes to change socks and shoes. I felt great after that. My clothes were still wet, but I wasn't so much worried about that. They would've been wet from sweating anyway. I just wanted to avoid blisters, so I changed the socks and shoes.

We got our glowy necklaces and donned our head-lamps and headed out for the final loop. We made it through the second set of hills. We also determined that several of the hills (especially that first one by the lake) had been raised a little while we were away.



**Come join us for the 34th running of this family-friendly Macon Labor Day tradition on Monday, September 6, 2010. The fast, point-to-point course leads to downtown Macon and ends in Central City Park.**

**Activities in the park will include:**

- **DJ announcing the race and music**
- **Kids Corral featuring: Double Lane Giant Slide, 50ft. Obstacle Course, Caterpillar Craze, Moonwalk, Train, Snow Cones, Cotton Candy, and Face Painting**
- **Post race food and drinks for participants including Chick-Fil-A biscuits**
- **Information booths**

**For more information, on-line registration, or an entry form, go to [www.macontracks.org](http://www.macontracks.org).**

*(Continued from page 7 "MIBM by Becki")*

But then again, we also kind of figured that running it in the dark might be better than it was before dark, because after dark you can't really SEE the hills in front of you. You just feel them as you climb them. Linsey was really feeling it on this second loop. She had a hard time. At one point she said "I need this to end ... NOW". Wendy and I waited for her a good bit ... either slowing down to walk or stopping altogether to let her catch up, but that's ok. We didn't want her feeling alone and lost in the dark in a strange neighborhood, especially if she was hurting. My time for the race was off by almost an hour from last year because I stopped a lot to wait for my friends, but I am glad I did. I am not sweating the time a bit! I had a blast hanging out with my friend, who I do not get to see often enough!!

The hills were killer, as usual. The people were fantastic ... from the other runners down to the volunteers and the people in the neighborhood who waved and said hi and looked at us like we were crazy as we went past. Wendy and I both agreed during the first loop that the people running the marathon on this course were most definitely beyond crazy! But, count us in with them. By Sunday afternoon, we had both decided that we will be back next year ... to do the FULL!

*(Continued from page 1 "MIBM by Deb")*

around 88 degrees, but it seemed so much hotter than that. A few more hills later we hit the second unmanned station, climbed a few more hills, and headed toward the completion of our first lap.

Somewhere on that first loop I started listening to what my body was telling me. If my body could actually form words it probably would have been name calling. I had been so focused on getting participants checked in, sent off, answering questions, making small talk with the runners and volunteers earlier in the day that I had forgotten to eat. I had lunch around 11:30 am and somewhere on the loop around 6 pm my body told me with no uncertainty that it was NOT happy.

We finally made it to the main aid station and I told my partner to go on. I stuffed my face with PB&J, Powerade, and some cookies. The volunteers told me that they were overwhelmed with checking runners in, tracking runners as they looped, and maintaining the aid station (there were only 3 of them). Glow sticks still needed to go out on the course to light up the signs and they were unable to break away to do this. I think a good RD (race director, Ed.) would have called it quits right then and would have gone into volunteer status, but I went out for one more loop so I could at least finish up a half marathon. I feel really bad about that.

So I took off with my iPod for company to complete my last loop. I caught up to my running partner and another woman walking. The other lady was also a Marathon Maniac and was really struggling. She was a bit upset that there was no Gu at the aid station when we stated there would be some there. (Inner monolog: Dang, she's right. We totally messed up on that one). Melody gave a Gu to the woman and I offered her my fanny pack full of gels. She took the Gu and rejected my fanny pack as she didn't want the extra weight. We parted ways with the struggling woman. I stayed with Melody, as her company was much better than my iPod. I shared how awful I felt about not having Gu at the aid stations and she pointed out that there was so much food at those stations that I shouldn't let it bother me. Good point. I stopped worrying about it ... but there will be some Gu on the tables next year.

Somewhere along this second loop the heavens opened up and the rain poured down in bucketfuls. My first thought, dang, there goes all of our chalk markings. We have signs up telling people where to turn, but we also put chalk on the road to help

encourage runners and let them know that they were still on the course on those long stretches.

We continued on in the rain feeling rejuvenated. The rain washed off the early miles of sweat and discomfort and offered hope of even cooler temps. It also offered blisters but that is a small occupational hazard. I kept my phone with me during the race to alert home base if water was needed at the unmanned aid stations, found a down runner, or if someone was lost trying to find Lake Wildwood. Sadly, this rain also marked the end of my phone. Phone + rain = dead, short circuit, broken phone.



Deb and Melody  
*Photo by Marcus Parker*

Even with the rain, the second loop seemed more difficult than the first loop. I was never so glad to reach the finish line and collect my medal. Also worth noting, each participant received a generic running medal where on the back of that medal was an inscription of the race and the participant's name. That nice touch was Andrew's idea. Folks really seemed to like that.

I changed into dry clothes and morphed into a volunteer. We assisted folks with food, encouraged runners when they came by, and provided assistance when it was needed. I noticed that several folks changed their mind along the course and also downgraded to the half marathon. Several of these were even the Marathon Maniacs that came from out of town for the race. I guess the race was a bit more to swallow for others as well as for me.

A half marathoner from Savannah was about to start her race. I noticed that she had the glow necklaces around her neck for safety but she didn't have a light or any other reflective gear. Since I wasn't going out at night I offered her my head lamp. She reluctantly took the light but declined the reflective belt. We try to stress how dark this neighborhood is at night. On this 6.55 mile loop there are maybe 10 street lights. When she finished she shared that she was glad to have had the light. That was yet another good reason for me to have quit running at the half mark.

I had obsessed for nearly a month about having enough safety measures on the course to help keep runners safe. Middle Georgia Ambulance was kind

enough to donate an ambulance and 3 medics to our race. Thank goodness! The lady who was struggling ended up collapsing and needing attention. One other runner needed to be picked up on the course by the ambulance as well due to severe cramping. Both runners finished the half marathon distance.

Several local Macon Tracks members trickled in to start their half marathon race or came to help volunteer. I really can't say enough for the folks in our running club. One person became the race photographer and took pictures as folks finished and received their tiara and medal. More people assisted with the aid station and met the needs of runners. Most importantly, they hung around after the race and helped us break down the aid stations and clean up.

Overall the race went much better than expected. Andrew and I can't take very much credit for this. Rather, the credit goes to the five core volunteers: Janet Strickland, Jerome Harvey, Karen Jones, Marcus and Teri Parker, that arrived at 1 pm, helped set up the race, worked the race, and broke down the race. They called it a day around 1:30 am for a 12+ hour day. We had several volunteers do amazing work but these main five folks organized the rest to where they could best serve. I do some volunteering in races during the year to help out and give back. I will make it a point to try and do that at least once a month (two months at a minimum) to give back just a portion of what was given so freely to me.

*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](mailto:macontracks@cox.net)*

## **2010 Macon Tracks Piedmont Sports Medicine Series Races:**

**Jim Herrin Memorial 5K & 10K - Aug. 14<sup>th</sup>**

**Feed the Bears 5K - Aug. 20<sup>th</sup>**

**Macon Labor Day Road Race - Sept. 6<sup>th</sup>**

**Race for Camp Little Shot 5K - Sept. 11<sup>th</sup>**

**City of Gordon's Fall Line Fest. 5K - Oct. 2<sup>nd</sup>**

**Take Back the Night 5K & 10.5K - Oct. 9<sup>th</sup>**

**Jay's Hope 5K - Oct. 30<sup>th</sup>**

**Peacemakers 5K - Nov. 5<sup>th</sup>**

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

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