



Training Run with Jeff Galloway before the Wine & Dine Half Marathon

Those of you who know me are aware of how much I love all things Disney. In fact, I share the same story told in previous newsletters by several other Macon Tracks members: one main reason that I started running almost three years ago was to run the 2009 Walt Disney World Marathon. Of course, I didn't stop with that race. In fact, I'll participate in my third Disney Marathon this January.

by Jonathan Davis

Disney is packaging their race series under a new brand called "runDisney" and Jeff Galloway has signed on as the official training consultant. When Disney announced that they were combining the Tower of Terror 13K with the Race for the Taste 10K to create the new Wine & Dine Half Marathon, I knew I had to participate in the inaugural event!

A few days before leaving for Orlando, I saw a twitter post that said "Check the Disney Parks Blog at 11:00 for an opportunity to go on a training run with Jeff Galloway". I checked the blog, quickly submitted my name, and waited. At 2:00, I got the confirmation that I was one of only 20 people chosen! Needless to say, I quickly modified my travel plans to be there.

On the morning of the training run (the day before the half-marathon), the other participants and I arrived at Epcot at 6:30am. We checked in and signed waivers allowing Disney to photograph and video the activities. We also received a nice moisture-wicking "runDisney" shirt, which is currently not available for purchase. Then, Jeff Galloway arrived.

Some of us chatted informally with him, while others jumped at the chance to take photographs of the

beautiful sunrise over the closed theme park. After a little while, we were told to warm up for our training run.

The training run consisted of a run through Future World followed by two loops around the World Showcase, which was bustling with activity in the early morning hours in preparation for the first day of Epcot's Food & Wine Festival. We had the option of running at our pace, staying with Jeff (and his run/walk/run method), or falling behind. Of course, I stayed within earshot of Jeff. It was amazing to be able to run in such a small group through such a beautiful place with an athlete like Jeff Galloway. Of course, you can't run at Walt Disney World without Mickey Mouse. He was on hand too to welcome us back to Future World.



After the run, there were numerous photo opportunities. The photos of our group with Jeff Galloway will likely be used for future race publicity. It was surreal having my photo taken with the world's most famous mouse and one of best known running athletes.

Jeff Galloway is a great guy. After even more photo opportunities, he took over an hour to answer all of our questions and share tips and strategies. The most popular topic by far was how to properly eat before a night race, because running in a

long-distance night race is something that most runners have yet to do. As expected, stretching and injuries were discussed as well. Did you know that Jeff has not had a running-related injury in 31 years? That's my entire life span! And as for stretching, Jeff doesn't do it! He told us that current research shows that stretchers are more likely to get injuries than non-stretchers.

Other Disney Sports administrators were on-hand as

(Continued on page 7)

Macon Labor Day Road Race 2010 in Numbers *by Kerry Oedel*

We had another very successful Labor Day Road Race this year. Since organizing the race is such a big part of Macon Tracks Running Club, you might be interested to hear some of the figures from this year's race.

After coming close last year, this year we easily broke the 2,000 mark with 2,125 participants, an 8% increase over last year. Of those, 1456 ran the 5K, 591 ran the 10K, and 78 did the fun run. We've had continued growth over the last several years with a 33% total increase in participants since 2007.

82% of registrants took advantage of the online registration, saving us a lot of time not having to input registration forms, process checks, and do error checking. Andrea Berger made improvements to the software and handled all the online registrations. By doing online registration in-house we were able to save the club and/or participants over \$1800 in fees and increase accuracy and decrease headaches at the same time.

The total income for the race was \$53,020, \$12,000 of which was donated by our sponsors. This is a relatively costly race to put on and expenses were \$34,620. The bill for chip timing alone was \$6,100. The point-to-point course requires a lot of traffic control and paying officials to man all those intersections costs \$2,250. The t-shirts are by far the biggest expense at a cost of \$13,400. Despite investing more money in race improvements such as the Kids' Corral, DJ, nicer shirts and trophies, an extra bus, and lots of ice, we still had net proceeds of \$18,400. Half of this money will be invested back into next year's race and used to help fund the running club. The other half will be donated.

Our treasurer, Amy Tarpley, was pleased to recently bring a donation check to Friends of the Ocmulgee Heritage Trail for \$4,000. Senator Saxby Chambliss and Congressman Jim Marshall were able to obtain federal money for the Trail, but the community is obligated to raise 20%, or \$160,000, to receive the full amount of federal funding. Our donation will help meet the matching requirement and will be magnified 5 times for use in expanding the Riverwalk Trail.

Macon has precious little in the way of pedestrian walkways and we're glad to help provide the community with a safe and scenic place to run.

Another exciting development made possible by Labor Day Road Race proceeds is the start of an after-school kids' running program. Macon Tracks has hired Rudy Mendes to work with kids and get them excited about running. He's currently meeting with kids at Springdale Elementary and L.H. Williams Elementary one day a week and reports that 50 or more kids are participating at each school. The kids will be offered free entry to the Al Toll Memorial 5K at the end of the program.

Additionally, \$4,000 of proceeds from the Labor Day Race was donated to the Georgia Industrial Children's Home. This money helps provide care

for troubled children and additionally helps the organization maintain seven miles of wooded trails open to the public for walking, running, or mountain biking.

Money was also set aside to fund Boy or Girl Scout projects that involve improving trails. Steve Corkery will administer this program.

A great many of you helped with the race and it definitely takes a village or at least a small army to put the race on every year. We welcome ideas and suggestions. Know that your efforts are well-appreciated and we hope you'll consider participating again next year!



Donation to New Town Macon. From left: Mike Ford, CEO, Amy Tarpley, and Laura Schofield



2010 Macon Tracks Piedmont Sports Medicine Series Races:

John Harvey and Jacqueline Hunsicker are currently in the lead for the Race Series with twenty four races completed

Overall and Age Group winners will be awarded during the Club's Yearly Meeting!

The 13.1 in Atlanta

10/03/2010 – The 13.1 in Atlanta - my first Half Marathon! *by John David Miller*
I was nervous about this.

I signed up in August and started running 6 miles twice a week.

Katie (wife) and Pearce (1.5 year old son) came to cheer me on!

We got there about 6:20 am - 40 minutes before the start. I had forgotten my GPS watch and had to return to the car to get it. I made it back to the start line with 15 minutes to spare. I didn't really stretch before the race ... which I am regretting now.

The first 6 miles were a breeze. I've been running 6 every Thursday for several months now ... this was routine for me. I felt really good once we passed the 6.2 mile mark - this was the furthest I'd ever been! Miles 7 - 10 went pretty smoothly as well. My legs started to feel stiff around 9. I tried to "high step" and found that my knees were stiff and felt as if they were full of fluid. I focused on maintaining my current cadence and stride length. I felt like I was constantly looking at my Garmin from 11 till the end. I was ready for it to be over. There were various musicians and cheerleading squads the last few miles that helped distract the runners from the likely discomfort they were experiencing. We turned onto the last leg around mile 12.5 - Katie and Amy (friend's fiancé) were there cheering us in! I think she snapped a picture. As we started down this .5 mile or so hill ... we realized that we were going to have to come right back up it to cross the finish: the last 2/10's of a mile were the most difficult. Everything in me wanted to stop and walk. Chris was in high spirits and we crossed the finish line with smiles on our faces!

The reception at the finish line was such a welcome sight! They had the typical post-race fare (bagels, bananas, water). Katie was glad to see me ... Peace had been crazy during the race!

It was a great experience! I certainly plan to run



more halves in the future. I'd love to consider training for a full ... but (at this point) could not imagine turning back around at the finish and running it again!

Mountain Air Marathon

This was David and Autumn Perry's and my 46th state on the quest for the 50 states. Colorado was beautiful. The leaves of the Aspen trees had changed to yellow giving the mountains a splash of color. The air was thin. We started at 8,800 feet of elevation and we ran to 7,700 feet. Most of the course was either up- or downhill, but scenic. This was one of my favorite marathons. David, Autumn and I were joined in the marathon by Judy Altman from Atlanta. Judy and I started early and of course Judy and I came in dead last. But best of all, I felt great after the 26.2. David and Autumn did not feel quite as good as I did after the marathon, but they flew in on Saturday, and ran on Sunday. They had no time to acclimate to the elevation. My wife Gwen and I had been there since Thursday.



From left: David, Autumn, Gwen, and Roscoe

Of course, Autumn won her age group while David and I finished.

Mystery Mountain Marathon & 12-miler Report

I started the race by taking my place in the normal spot ... in the back. I have noticed when running trail races from Georgia to North Carolina, when I tell folks where I'm from I often hear, "Do you know Kevin Hatfield?" This race was once again no different. No kidding. I get this every trail race! Kevin, you are truly infamous!



So we all toed the line and hit the trail. The first mile circled a pond before hitting the trail. I once heard from TIGHURT (Andrew Strickland) that it isn't a good trail race unless you bleed some... or something like that. So under that advice I decided to make it a really great race and take a face plant around mile 1.0000001. Of course, there were at least 25 people around to see my magnificent fall. My pride hurt more than anything else. I got back up and took off. I sliced my chin up pretty badly and it was bleeding like crazy. I was wearing my favorite white race shirt and I really didn't want to get blood on it, so I was wiping my chin with my forearm every minute or so. Let me tell you, I might not run like an elite trail runner, but I was definitely looking as hard core as one. I came across a volunteer who was directing runners where to turn. I asked if she had a napkin or the like. She offered me a slightly used tissue paper. OK, let's see. The choices were bleeding on my favorite shirt or taking the slightly used tissue paper. Neither one was a good choice.

The trail itself ranged from well-groomed horse trails, to double track, to single track, to half track. I'm calling it a half track because the trail was only as wide as the width of your shoe. The trail was

extremely technical at times and pleasantly not at other times. The hills ranged from steep, very steep, and "holy crap, you expect me to go up that?" steep. Actually I exaggerate. Only the trails at Sweet H2O 50K have earned that last description. The views accurately met the race director's description – breathless. I stopped to take a few pictures along the way.

The forest was alive with chirps, scampers, and beauty. I was in total awe at the canvas of colors, the sounds, and the smells all around me. If you can believe this, I actually didn't want to finish the race because I was enjoying being out there on the trail so much.

To my surprise I passed up a few folks on my way back in. The last aid station was a mile from the finish line. I recognized a few of the volunteers as folks from previous races and gabbed a bit. Those participants I had just passed were more than happy to pass me back up. Oh well. Perhaps one day I'll actually treat a race like a race.

The last mile was the trail back around the pond and back to the start/finish area. Apparently my fall had earned me the "best blood" award for the race. My knee was bleeding as badly as my face but I didn't notice it. The pain I noticed, but not the amount of blood coming out. I got a cool tie-dye blaze orange shirt for my fall. Sweet.



Speaking of shirts ... of course I took the used tissue from the volunteer! Didn't I mention that the white race shirt I was wearing was one of my favorites?? :)

MTRC member Dale Vaughan got 2nd in the 65-69 age group (out of 25) at the 2010 National Championship Olympic distance triathlon in Tuscaloosa, AL on Sept. 25th.

Anne Wright placed 2nd in the 65-69 age group for the women.

Elizabeth Jones also qualified to enter and competed.

More Than Just a Runner?

I certainly hope I am. Last year after 3 years of nonstop training and racing I decided I needed a new challenge. I saw friends seemingly having a great time doing triathlons. My youngest child, Bethany, even got in the game. She completed IronKids Alpharetta, her first triathlon at age 7. She committed to do it as long as I would train for one also.

Well, after much advice from other triathletes and reading what I could on the sport I jumped into the twisted world of triathlon training. The good news was I already had the running part down which for most people is the most difficult part. The bad news was cycling and swimming were totally foreign to me.

In preparing for my first triathlon last summer, I knew I only had a certain amount of training hours I could invest each week. So I tried to give each discipline enough training hours to allow for improvement in endurance and speed. It's difficult to translate running training into swimming or cycling training. Swimming proved to be the most challenging to progress on. You see, running to me is a natural behavior. I move my feet and they propel me. The more running I do, the better a runner I become. I don't have to think about anything other than controlling my effort. That is not the case with swimming. I swim like a horse. Like a horse with no legs dragging a boat anchor. The more I swam, the more I stunk just the same. You see, swimming is very technical in nature. There are stroke lengths, breath rates, and hip rotations to be learned. They all have to be simultaneously in sync. When I attempt to swim I have to think all the time. It is mentally taxing while you learn the basics. I like to train in open water. It eliminates the boredom of counting endless laps in a pool. Besides, avoiding death by drowning is a great motivator to keep me from quitting during a workout. I've done 99% of all my swim training at Lake Juliette. I often do 2 to 4 x 400 meter laps from the pavilion to a point and back. On my Long Swim days I go from the pavilion to the dam and back which ends up being 2000 meters.

Cycling, fortunately, was a little less technical once I got the initial set up out of the way. I had to be fitted properly for my bike and I invested in some aero bars that took some getting used to. But after that it was more about spending time in the saddle and finding

by *Sam Martinez*



the most efficient and powerful aero position to get into. Cycling just took a lot more investment of time than running. An EASY run for me is typically 7 miles which takes me less than 50 minutes. An EASY bike ride is typically 40 miles which takes a little over 2 hours. So the challenge has always been finding

the time to ride my bike enough to get faster and more comfortable on my rides. I like the Rivoli to Forsyth route with some Shi Road mixed in for some additional hills.

I like the advantages of multi-sport cross-training as it allows your body recovery time from the abuses of constant running and it builds up underutilized muscles in your upper and lower body. Another advantage to multi-sport training is that the variety helps fight off boredom and burnout from just doing one sport. The disadvantage is the increased demand of training hours needed to improve in all three disciplines.

Well, I've completed two Sprint Triathlons in the last year and the training has really paid off. I did very well overall in both events. On average I rank as a poor swimmer, an average cyclist and a pretty good runner. The ultimate challenge of being a good triathlete is finding the right combination of training regimens in a limited amount of time to show up on race day and be "pretty good" in all 3 disciplines. I'm not there yet, but I'm working on it. With so many triathlons held each month why not give one a try? You too might find out you're more than just a runner :)

Sam completed his first Ironman at the Beach to Battleship Triathlon on Nov. 13, 2010 with the time of 11 hrs 25 min.

Inaugural Soldier Half-Marathon

by *F.M. Barron*

While doing the BRAG (Bike Ride Across Georgia) this past June, I discovered the new National Infantry Museum in Columbus. It is an impressive collection of the history of the infantry back to the American Revolution that includes the contributions of Fort Benning and the families and sacrifices they made. This museum alone is worth making a trip to Columbus. If you have any appreciation for what the infantry has contributed to this country, you will be glad you went.

The Columbus Road Runners decided to start a marathon and half-marathon to raise money to support the museum. Mike Stafford wanted to participate since it was a benefit for the museum and it would give us an opportunity to visit the museum. So, we signed up and began training. I was a little apprehensive about going since it was the inaugural event, and you never know how things will go. Also, the registration forms that were circulated had a wrong mailing address, resulting in my form being rejected twice by the post office. After contacting someone in the club and learning of the problem, I was able to register.

We arrived on race morning about an hour early and were greeted by Sousa-style march music including hymns of each of the armed services being played at the start line. The road in front of the starting area was lined with small American flags. For Mike and



me, this was looking like the type of event we would enjoy. It was around 42 degrees, fortunately with no wind. Mike educated me on the technique of wearing a garbage bag until the start of the race. At first, I did not think it was necessary, but he won't have to tell me again. About 15 minutes prior to the start, troops from Fort Benning arrived and lined the starting chute for about 100 yards. Following the buglers call to order and singing of the National Anthem, the firing of a small howitzer started the race.

We ran through the line of troops into the entry of the base and circled past the parade grounds and housing areas. At each turn and intersection, there was at least one soldier directing runners, blocking traffic, or just shouting encouragement. Throughout the course, Army drill sergeants were standing, shouting words of support to all. They were somewhat harsher to the military participants, living up to their reputation.

They were obviously there for entertainment as well as looking out for the runners. Families brought their children out from the housing areas to watch and support the event.

After five miles on the base, the course headed through a wooded area and onto the riverwalk. The first part of the riverwalk was flat and went along the edge of a golf course, and then headed downhill and followed the path of the river. At this point, the morning fog was still hanging around, but was not an issue. The path along the river was well maintained and had enough up and down to cause you to be constantly changing pace. Reaching the turnaround point could not come fast enough for me, but then you had to go back up the hill that you had just enjoyed descending. After a short segment sharing the path with the oncoming runners, the course exited the riverwalk and went onto a road that parallels the riverwalk. The road was a welcome change since it did not have the undulations of the riverwalk.

Returning to the finish line, the course took a path that was an arc where if you ran across the arc you could save 1 1/2 miles. The best thing about of this part of the course was that for the last 2 miles you could hear the music playing and knew the end was coming soon. Along the side of the museum is a two hundred yard long concrete walking area called the Avenue of Flags where the flag of each of the fifty states lines the walkway. People stood along the walkway shouting support for their family, friends, or anyone coming in. Each runner's name and their hometown were announced as they approached the finish line. After you crossed the line, there were soldiers to place the finishing medal (dog tag style) around your neck, wrap you in a mylar blanket, and hand you both an electrolyte drink and water. As you walked past the finish line there was a selection of fruit, snacks, and hot food waiting. No runner should have left this event hungry. Mike had a great run finishing a little over 1:40 and placing first in his age group. He did not quite make his goal of being under 1:40, but the course was a little long, so we can give Mike credit for breaking his goal. I finished with a new PR and thoroughly enjoyed the event.

The organizers of this event did a great job of providing for every need of the runners which was made more challenging by the fact that they had more than twice as many participants than they ever expected. The troops at Fort Benning turned out in large numbers to help in any way they could. Each one that I spoke with thanked the runners for coming to support the museum. The race itself was good, but for me, the strong patriotic tone was the most important reason that I would want to go back next year!

LET'S WELCOME OUR NEW MEMBERS!

Matt Fogarty states upfront *by Nobuko Fogarty*

that he may not be the fastest long distance runner, but this once All-Conference athlete is no stranger to the track. The allure of running first enticed him in 8th grade and led to competitive meets in his native Ohio, including the state 300 meter hurdles and 4 x 400 meter relay. His track skills netted him the All-Conference at Wittenburg University in Ohio an impressive 13 times. In 1990, he received the team's coveted MVP award and held or co-held seven school records. In 2003, Matt relocated to the Warner Robins and Macon area with the US Air Force and calls Central Georgia his base camp. A man on the move, Matt's natural curiosity finds expression in traveling and seeking out new cultures.



Matt running 9/11 5K Race
in Bagram Air Base, Afghanistan

(Continued from page 1 "Wine & Dine Marathon")

well, including Disney's well-known race director Jon Hughes. They told us that Disney is actually planning a fourth race for the 2012 series to complement the Wine & Dine Half Marathon, WDW Marathon Weekend, and the Princess Half Marathon. That's great news, but not for my wallet!

After the Q&A session, Jeff gave us each an auto-graphed photo. He even offered his email address in case we had any additional questions. Then, we all exited the park, which was about to open to regular guests. The training run with Jeff Galloway was, by far the highlight of my weekend.

Later that day, we were off to the expo. Although it was smaller than the expo held during the regular marathon weekend, it was still very good. That afternoon, my kids participated in the Disney Kid's Races. I constantly tell people that the kids' races are the best deal at Disney. For \$10, each child gets a shirt, a nice finisher's medal, snacks, a goody bag, and lots of fun.

The next morning my wife Kimberlie, one of Macon Track's newest members, participated in her first 5K ever: Mickey's Halloween 5K. It is currently the only short race that goes through the Magic Kingdom.

The Wine & Dine Half Marathon was later that evening. With a starting temperature of 74 degrees at 10:00pm, it was the hottest long-distance race that I've participated in. During the run, I actually caught up with Jeff Galloway at mile 11! He was pacing someone using his run/walk/run method. I ran (and walked) and chatted with them for a while before they left me at mile 12. The race wasn't my best half-marathon, but it wasn't my worst either.

The course started at the newly rebranded ESPN Wide World of Sports, and followed Osceola Parkway to Animal Kingdom where we ran through the park. Animal Kingdom almost always closes to guests at 5:00, so it was extremely rare to be there at night. There was a "Jurassic Park" feel as we ran through the darkness, knowing that animals were nearby but unable to see them from the darkness. We then ran back down Osceola to Hollywood Studios and continued through the resort area to an Epcot finish. For those who have run the Disney Marathon, the last eight miles of this course nearly mirrored the marathon course.

The staging area and pre-race activities were surprisingly the best I've seen at Disney. At that point, I was impressed that an inaugural race was that well organized. However, the finish line area at Epcot was a logistical disaster. To retrieve a bag from baggage claim, the tired runners were funneled into a very long line down a relatively narrow hallway.

A post-race party was held in the world showcase and each runner was given vouchers for "one drink" and "one taste". However, when you divide 15,000 runners (and the many others who purchased party tickets) among only 26 food stands, those lines were excessive as well. The lines were so long that I didn't have the energy to stand in them.

Although overall I had a great time, I doubt I'll continue participating in this race annually. It always takes a few years for a new race to work out all of the problems, even at Disney. Also, I typically do much better racing in cool mornings than warm, humid evenings. Next stops for me: Chickamauga Half Marathon in November and back to Disney for marathon weekend in January!

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

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Grace Tinkley placed 25th on the Milesplit XC Top 50 High School Runners list announced by the National High School Cross Country / Track and Field Network

Photo: Grace at the GA State Meet on Nov. 7th by Sam Martinez