



The Adventures of Curtis 'Indiana Jones' White

October 2008 I had the opportunity to work out west for a company based in Salt Lake City, UT. To my surprise, I was apprehensive to leave my beloved South, but felt the adventure would be worthy of any 40-44 age group runner who may be going through a midlife crisis.

by Curtis White



Salt Lake City was flat with two mountain ranges on the East and West. I set out one Saturday for a 6-8 hour run just for the chance to explore the city. I took my fuel belt and a credit card knowing I would need to refuel periodically, and just in case I became lost and needed a taxi ride home. The altitude was around 4600' and I figured this would affect my endurance and speed. Nope, not at all. I cruised through town with reaching the mountain range as a goal. 2, 3, 4, 5 hours and the mountain never got closer. The Garmin kept registering miles, but the mountains never came within reach, so I decided the only way to run in the mountains was to drive to them and then run. To this day, I still can not figure out how, after 5 hours of running I could not reach the base of the mountain. I'm sure there is some philosophical reason behind the outcome of that particular run, but I'll leave that to the professionals and I'll just go for another run.

I did enjoy the Utah and Wyoming area for running, but then winter showed up and it started to get cold. In the south when you wake up and it is 40 degrees, you know as soon as the sun comes out it will warm up. NOT HERE! 20 degrees and it only seems to get colder as the day goes along. There was a nine-day period I experienced minus 20-degree weather, and through this experience, I decided it was time to go home. Which brings me to the best running experience I had while out of the land of grits, collards, and healthy pork (they tend to only eat beef out west).

Driving home I passed through a town called Chetopa, KS. This small town is located at the far southeast cor-

ner of the state, not far from Joplin, MO. I felt like going for an easy five miler, and within one mile met a runner coming up the main street. I thought how cool, but also how odd to see another runner in a small town. Then two miles later saw another runner heading down the street. I started to get excited, thinking I might have come across a runner's mecca in Southeast Kansas. This runner flagged me down and was just as surprised to see someone from out of town running the streets. We introduced each other and Rob decided to run a couple of miles with me, so he could show me parts of the town. Rob invited me to their Sunday loop run, which is run on gravel roads and is 10 miles long. Rob also told me I would have the chance to meet the other runners who belonged to Team Chetopa, a dedicated group of runners who meet every Sunday at noon for a run. I jumped at the chance, thinking I deserved at least one more day dedicated to my mid-life crisis.

Sunday morning I ran to the starting point to meet Team Chetopa. Rob showed up first, then Tim, a high school teacher. I was now standing in front of Team Chetopa. To be fair they were missing two members this Sunday. We had a great time running, exchanging race stories, and trying not to inhale the dust from passing trucks on the gravel road. I still stay in touch with them, and hope to make it back there for their Chetopa 5K. If I learned anything, in the seven months of living the vagabond lifestyle it is: **RUNNERS ARE THE BEST PEOPLE IN THE WORLD, AND NO MATTER WHERE YOU'RE AT, IF YOU SEE A RUNNER, YOU ARE NOT ALONE!**



Rob and Tim from Chetopa KS

Running Club News

Greetings *by Secretary / Webmaster Kerry Oedel*
from New

Hampshire! We've been blessed to spend another great month of July in Dave's parents' cottage on a small glacial lake in the granitic state. One of my favorite parts of this annual tradition in recent years has been getting involved with the local running club, the White Mountain Milers. They sponsor a low-key 5K trail race every Tuesday night. There is no entry fee, no bib numbers, and no prizes until the end of the 9-week series. Then runners who have completed at least 6 races are eligible to win a free pair of Innov-8 trail shoes if they win their age group. Since we aren't here for 6 weeks, Dave and I just participate for fun and try to better our times from week to week. This summer has been quite rainy and there have been several ankle-deep muddy areas on the trail. Dave's biggest challenge has been keeping his shoes on. Twice during a race he stepped in a boggy area and it sucked the shoe right off his foot. At one race he lost both his shoes! I told him he's going to have to take up barefoot running if this keeps up. We've both enjoyed strategizing on ways to best attack the tricky course and have fun seeing the same group of runners there week after week.

Tonight we went to the "I'll Be Dipped" White Mountain Milers event. This was a 4-mile race around Crystal Lake where we predicted what our finishing time would be and competed to see who could run closest to their predicted time. Watches and GPS devices, of course, were not allowed. I got a little carried away on the second half because I was having such a great time running in the cool misty evening with fellow runners along the mountain road and thought I'd gone too fast for my predicted time, but luckily I was only 11 seconds off and won for the ladies. After the run there was a potluck dinner with grilled hamburgers and hot dogs with some intrepid runners taking a dip in the lake to cool off. I had already had my swim earlier in our own 72-degree mountain lake (with my wetsuit on, thank you very much), so declined a second ice-bath, but enjoyed the warm companionship.

Like Macon Tracks Running Club, the White Mountain Milers are a friendly blend of differing ages, paces, and personalities. It's great to know that, as a runner, I've got a running club home wherever we roam.

Why I Painted my Nails Black and Pink

I had prepared for this day for almost 6 months. June 28th would be my debut as a triathlete. I had trained hard. All of the race day necessities had been bought. Heck, I even had a new bike! However, it was the mental preparation that had me shaking in my bathing suit. There is just something about tackling a new sport that leaves you a bit breathless at the start line.

In the week leading up to race day, I knew I needed a bit of a personal pep talk. So, I turned to Nail Polish. Nail polish is so simple yet effective.

- It is waterproof (important for the swim)
- It can be brightly colored (great for foggy eyes that can't see straight)
- It is semi permanent (I wasn't too keen on tattooing motivational messages)
- But most importantly, It's color can have hidden meaning

I call it Nail Polish Motivation.

So, Why Black and Pink? It is a simple answer for me. The black was there to remind me to kick some serious booty. The training hours had been long and I knew parts of the course were going to be challenging. I used black to remind me to push myself and to be tough. On the other hand, pink was there to remind me to have fun, to be spontaneous and to just enjoy the experience. I needed the pink to remind me to be girly and cheerful.



Stefanie at the finish line
Photos by Mandie and Tim Cook

Something to distract me when the black polish wasn't working!

So how exactly did I tackle the Irongirl triathlon? With a little bit of Courage, a good portion of fear, and a lot of help from my friends. The race was much easier than I had anticipated but honestly, it was still tough. At an 800-meter swim, 19-mile bike and 3-mile run, it was the right challenge for me. I am not quite sure how people complete the Ironman Distance.



The Swim ... Oh my the swim. Jumping into the water with 200 of your newest close friends is somewhat intimidating. The first 45 seconds were a bit scary but once I settled into this crazy environment, I was golden. I gained a bit of confidence as I started passing people who had been in waves that started 5 to 10 minutes ahead of me.

The Bike ... Yeah my black polish came into play here. This was one course where they really meant what they said when it was described as "rolling hills." I am very proud to say that I never once dismounted my bike to walk during the entire 19 miles. I may have shared a few choice words with the road and at one point I do remember asking another athlete "Since when did they move the Rockies to Georgia", but I am so proud that I never gave up.

The Run ... a lesson in internal strength. Clearly, I have been a "runner" much longer than I have been a swimmer/cyclist. However by the time you reach a run portion of any triathlon, it becomes a mind over energy matter. I was so thankful for the volunteers and spectators that lined the run course. It provided just the right amount of encouragement and push to run "a little bit further."

And the Finish... Sweet Glory! I consider myself very lucky to have had three awesome spectators with me at this race. All three of them found great spots along the finish line to cheer me in. I am not sure they knew how scared I was at the start of the day but they certainly never doubted my abilities. And they cheered like mad crazy! (Thanks Kenny, Tim and Mandie!) However, in the end, at the finish line, it was just me and my nail polish. The Black and Pink had carried me to the end; so simple, yet so symbolic. It was something I will never forget.

Now that it is all said and done... I AM HOOKED! Triathlons are a ton of fun and not nearly as scary as I had imagined. Through this experience, I have learned to trust in my training and to believe in my

abilities. This race gave me a new-found inner strength and confidence level and I am not sure I could have found anywhere else. The Black and Pink served me well.

I challenge each MTRC member to participate in at least one multisport event this coming year. There are a ton of options to choose from: Xterra, Duathlon, Aquabike, Triathlon, Muddy Buddy, Adventure Races. The added sports are awesome cross training and it gives

your running legs a chance to "relax" too. Anyone game for the Rock N Roll Man Sprint next May?

I hope to see you at the starting line soon!

Author's Note: My inspiration for nail polish motivation was taken from the true-life story of GERALYN LUCAS in her book "Why I Wore Lipstick to my Mastectomy." Next time you are feeling a little bit of trepidation before race day, pick up this book and find your courage in a tube of lipstick (or nail polish if you are like me). If you see me on race day with the Pink and Black on, reassure me that I will be all right!

Stefanie finished Aflac Iron Girl Atlanta Women's Tri in 2:10:56.

The kickoff for **The Jeff Galloway Marathon Training program in Macon** is August 2009. We are looking for participants who are willing to commit to a 30 week training program that will end with the participant completing a marathon in Jacksonville Florida in Feb 2010.

The program is designed to help average people of all skill levels and ages to complete a half- or full-marathon by adhering to Jeff's run/walk approach to running. This approach advocates establishing a run/walk ratio based upon a runner's predicted pace per mile that will enable him/her to go the distance while remaining healthy and injury free. The program requires two 30-minute run/walks during the week and a long, group run/walk on the weekend. When you begin a training program like this that extends over a long period of time, it helps to be part of a group. Just to have people with common interests to share the experience with is a great help and encouragement.

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Macon's Make It By Midnight Marathon

by Andrew Strickland

It all started as something of a joke.

I had been reading through the rules of the Marathon Maniacs. One item struck me as interesting. A marathon would be considered legitimate by the Maniacs (and the 50-Staters who use similar rules) if it was publicized a month ahead of time, had at least five starters and three finishers, and had race results published or posted on the web. I was in the middle of a search for a summer marathon – there are very few in the South, and a trip to North Dakota did not seem to fit into the family travel plans. I posted the marathon rules on the Macon Tracks online forum and suggested that we could make our own miniature marathon. Then I sat back and waited to be lambasted for my stupid idea.

To my surprise many people seemed taken by the idea. Deb Botkin, a fellow Maniac and infamous marathon/ultra pusher (ahem...encourager), loved the idea and added a great one of her own. One of the worst things about being a slower long-distance runner is arriving at the finish line to find everything packed up, your friends gone, the awards ceremony finished, and only a few weary volunteers waiting for the final runners to come across. What would happen, Deb suggested, if runners in our new marathon started when they wanted with the goal of finishing as close to midnight as possible? She laughingly tossed in a Cinderella theme: runners finishing before midnight would receive a tiara, those arriving late from the ball would get a pumpkin. She also waited to be told that her idea was dumb, but was surprised when I told her I thought it was brilliant. Whoever heard of a race like that? We could be a truly original event.

We decided to go ahead with both of our ideas and the Make It By Midnight Marathon was born. We figured if we begged enough of our friends hard enough we could probably find 3 more people to start the race with us. We'd drag at least one to the finish so it would count. One problem: where to have the race? We could not afford to have roads closed, and we figured we would have very few volunteers to help with aid. The logical solution was a loop course – maybe in a housing development that was not yet finished or another abandoned area. Weeks went by and we still had no course. I finally suggested (once again, largely as a joke) that we should just run the race out of my garage. To my surprise I found myself running around my neighborhood the next day looking for an appropriate course. I found a decent 4-mile loop, planned some finishing loops to make up the remainder of the race distances, and the race had a course.

All of this time people were signing up for our little race. It was posted on the Marathon Maniacs website, and Maniacs from other states were asking to join us. By the time race day rolled around, 13 people had signed up to try the marathon or half-marathon distances. The race itself was more like a yard party. The driveway aid station looked like an ultrarunning buffet with all of the goodies the runners had brought to share. My wonderful wife Janet handled registration and runner support. The family members of the runners provided an army of volunteers. As it got dark, the amusingly militant volunteers (concerned for runner safety on the dark roads) decorated the runners with enough glow-

ing lightstick jewelry to make us look like a running version of the Main Street Electrical Parade.

The runners needed the aid too. The little course around my neighborhood proved to be...well...brutal. The hills were constant, the heat and humidity were fierce, and the darkness made things surreal and difficult. Several of the Maniacs who ran the race rated this among their most difficult marathons.

But the real story of Make It By Midnight was the finish line. Every runner received a warm welcome, a crowning with their tiara (everyone got one whether they finished before midnight or not), and a medal. In keeping with the unusual atmosphere of the race, the medals were Tae Kwon Do awards donated to the race by Melissa Cowart. Considering that we all felt beaten down by the course, they seemed strangely appropriate. The other great joy of the finish line was watching the runners sitting and talking for hours, sharing running war stories, recommending other races, and generally having a wonderful time. The atmosphere was amazing – a party with many new friends that happened to have 26.2 miles in the middle of it.

Fast forward to this year. Despite the painful course, many of the participants were quickly asking if the race would go on again. Deb and I were pleased to tell them that we certainly planned to try it in 2009. We tweaked the course to make it a perfect 4.37 miles (6 laps even for the marathon.) We actually ordered a cool running medal. I found even more ridiculous tiaras and pumpkins. And, thankfully, even more wonderful runners found us.

This year we had runners from as far away as California. David Reid joined us from the West Coast to add Georgia as his 38th marathon state and Make It By Midnight as his 88th marathon. The states of Alabama, Florida, Tennessee, Arkansas, and (of course) Georgia were well represented. A new course record was set by John Nevels, a graduate student at Auburn University, who destroyed the course with a shocking 3:24. Several runners completed their first marathons this year! That is probably the only way to get a marathon PR on this course. Becki Middlebrooks defended her half-marathon title from last year.

There were so many wonderful moments. You would think that running in circles around my own neighborhood would not be so meaningful to me. Yet seeing so many amazing people supporting each other through a hard run and having so much fun really moved me. It was an incredible experience to see the glowing finish line in the distance, hear the cheers, and be so warmly welcomed to the running party. I have run 21 marathons and ultras and a ton of shorter races. No finish line has ever meant as much to me as this one.

The talk and fun went long into the night. The final runners drove off around 2:30 AM. What a fine night!

Thank you so much to everyone who was part of this race. So many friends and family members of the runners became volunteers at the race. This race was successful because of you! Keep an eye out for next year. I have a feeling Make It By Midnight will be back again. I can't wait.

Running Injuries - Prevention Tips and Techniques



by Brian Ross, MPT, ATC, CSCS

Running is a sport of passion; why else would we torture our bodies with miles upon miles of punishment? Running injuries are an unfortunate, but an all too common occurrence. Injuries can be devastating to runners because in many cases it means they have to stop running. And, if there is one thing that I have learned about runners, it is that runners **do not** want to stop running. Words that diehard runners fear the most from me are “don’t run and you’ll heal.” Unfortunately, the bad news is that aches and pains are a part of the sport and almost everyone that runs will suffer an injury at some point in their running career. You can run through some aches and pains without causing permanent damage, but if you are experiencing pain that changes your running stride, I suggest that you stop running and definitely see a sports medicine doctor (I highly recommend the MD’s here at Piedmont). However, there is some good news - many running injuries can be predicted and at times prevented. Let’s look at some specifics as to why runners get injured and discuss some prevention tips and techniques.

So why do runners get injured? The most common cause of running injuries is due to **overuse**. Overuse injuries are characterized by a chronic irritation to a body part. These types of injuries are usually more subtle and occur over time. They are a result of repetitive micro-trauma to the tendons, bones, and joints. Factors that lead to overuse injuries include, but are not limited to, the following: improper training routines, biomechanical flaws, footwear, training surfaces, improper running technique, and muscle weakness/imbalance.

Over training is a common cause of running injuries. Some runners will over train by doing too much, too soon. They just simply run more miles than their bodies can handle. Too much mileage is likely to lead to injury, especially in those runners that are unable to tolerate running at an extreme level. Decreasing mileage, in addition to cross-training, will cut down on total running miles without compromising fitness levels. Decreasing your miles does not mean that you can never progress to running longer distances. You just need to make sure you progress yourself at a pace so as not to “over-do-it,” which leads to the next topic.

Increasing your running miles too quickly is probably the leading cause of running injuries in recreational runners. It is suggested that runners use the 10 percent rule when training to increase mileage. The 10 percent rule states that you should increase

your total running mileage by no more than 10 percent per week. Using the 10 percent rule will help prevent overuse injuries by allowing the body to adapt to more stressful training levels.

Inconsistent training or improper training can also lead to injury. Inconsistencies occur when you have missed several workouts in a row and then try to add on additional miles in subsequent workouts in order to *catch up*. Jumping right back into your training program after missing several workouts greatly increases your risk of a running injury. Repeating hard workouts with no easy workouts in between can also lead to an injury. Do not run two hard workouts back-to-back. Hard workouts include long runs, hill repeats, races, speedwork and/or any other workout that overly stresses your body. Taking a one-day break (i.e. a day of rest, cross-training, etc) in between hard workouts allows your body to recover and rebuild while limiting your risk of suffering a running injury. Cross Training is a great way to avoid running injuries. Be sure to include some cross-training/aerobic exercises that supplement your regular running program. Cross training will develop parts of your body that running neglects, fights muscle imbalance injuries, burns additional calories, and increases aerobic capacity. Some examples of cross training include cycling, swimming, and elliptical machines.

All of your workouts should **start with a warm-up** and **end with a cool-down**. A good warm-up dilates your blood vessels, ensuring that your muscles are well supplied with oxygen. It also raises your muscles' temperature for optimal flexibility and efficiency. By slowly raising your heart rate, the warm-up also helps minimize stress on your heart when you start your run. Just as critical, the cool-down keeps the blood flowing throughout the body. Stopping suddenly can cause light-headedness because your heart rate and blood pressure drop rapidly. Winding down slowly allows them to fall gradually. The time required for the warm-up and the cool-down is about 5-10 minutes each. The warm-up should consist of light aerobic activity (i.e. brisk walk, stationary bike, light jog) to loosen up your muscles and stimulate increased blood flow. You can follow this up by doing some light stretching and then beginning your run slowly and gradually building up your speed. After you finish your run, cool-down by walking or slowly jogging for 3-5 minutes followed by a more

thorough stretching routine. Areas to stretch include: calves, quadriceps, hamstrings, groin area, and the low back. Perform each stretch 3-5 times and hold for 15-20 seconds. Remember to never bounce while stretching and the stretch itself should not be painful. Stretching is very important and all runners need to **stretch regularly**. Lack of stretching or improper stretching can lead to running injuries. Stretching is an important complementary aspect of any running program. We know that running creates stress on certain muscle groups. Soon after you stop running, muscles that have been stressed begin to tighten. The best way to avoid stiffness and eventual soreness from stressed, tightening muscles is to stretch after your run.

When training, be sure to **make use of recovery techniques**, especially after your hard workouts or races. Common recovery techniques can help you avoid running injuries. Some ideas for recovery from stressful runs and the cumulative effects of hard training include: rest, proper stretching after your runs, getting a massage, ice cup or ice bottle massage, icing down your joints after a long run or race, soaking your legs in a warm water whirlpool (wait two hours after a race or long run), and going for a walk or taking an easy bike ride. Not allowing enough rest and recovery time between your runs/workouts may also contribute to injuries. It is during the rest phase after exercise that our muscles get stronger. Not allowing this rest leads to continual breakdown. It is critical to alternate rest with exercise to in order to perform well.

Running technique is another area that you need to be aware of as a runner. Every runner has a unique running style and some styles can lead to overuse injuries. When running, a normal foot strike lands flat or on the outer-back portion of the heel and then rolls onto the sole and ends with the push-off from the ball of the foot. A heavy heel-strike can lead to excessive traumatic forces and actually slow you down. Landing hard on the mid-foot or ball of the foot places more stress on the Achilles tendon (which will contract to counterbalance the force of the strike). This is seen often in sprinters. For these runners, stretching the calves regularly is recommended to reduce injuries.

Footwear is another factor in injury prevention. Shoes are the most important piece of equipment for runners. Improper and/or inadequate shoe cushioning will quickly lead to running injuries. Some runners have biomechanical and alignment issues of the leg, and will therefore require orthotics or heel lifts specially made to help correct these issues. Approximately 25 percent of runners need some type of specialized shoe that is matched to their foot type. You

may benefit from knowing your foot type before you buy your next pair of running shoes (see foot type diagram). Feet come in all shapes and sizes, but their structure tends to get grouped into different categories. You have a flat-foot if you have no visible arch and your footprint is completely visible with no inward curve between the big toe and heel (Footprint #3). High arches are easy to spot. There is a clear arch between the heel and the ball of the foot. If your footprint has a large curve with a skinny outer edge, or perhaps an actual gap between the ball and the



heel, you have a high arch (#0 and #1). A neutral foot type is neither flat-footed nor high-arched. Your footprint will have a small inward curve of no more than an inch (#2).

Overpronators tend to roll inward from heel strike to take off during every stride. Those who pronate often need more stable running shoes. Supinators tend to roll outward from heel strike to take off during every stride and need a flexible, cushioned shoe to absorb road shock while running. I suggest that you buy a shoe that matches your foot type and body weight.

The following is a list of different shoe types:

- **Motion-Control Shoes** - these are the most rigid, durable, control-oriented running shoes that limit overpronation. Buy these shoes if you overpronate, you wear orthotics and want a stable shoe, or you have flat feet.
- **Stability Shoes** - a good blend of cushioning, support and durability. Buy these shoes if you are of average weight and don't have any severe pronation or supination, but do need support and good durability.
- **Cushioned Shoes** - the most cushioned shoes with the least support. Buy these shoes if you underpronate, have a rigid foot (high arch) and don't need any extra support.
- **Lightweight Training Shoes** - the lightest of the training shoes designed for fast-paced training or racing. Buy these shoes if you have no motion-control problems and are a fast, efficient runner.

It is recommended that you replace running shoes between 350-550 miles depending on your running style, body weight, and the surface on which you run.

This leads us to the next factor in injury prevention, which is your **running route or surface**. Hard surfaces increase the amount of stress on the muscles and joints and increase risk of chronic tissue trauma.

Soft surfaces (like sand) may cause the heel to sink and your foot to slide on push-off, leading to Achilles tendon overuse (*Achilles tendonitis*). Many roads have good running surfaces but are often crowned so that water will run off its center. Running on a slanted road will cause one foot to pronate (roll inward) and the other to supinate (roll outward), thereby increasing your chance of suffering one or more running injuries. Look for running routes over the flattest roads available. Uphill running can stress the Achilles tendon and the muscles in front of the leg (tibialis anterior) that lift the foot and toes. Running uphill may be particularly difficult for people with tight calves and achilles tendons. Downhill running places increased stress on the knees, which may result in developing pain in the anterior or lateral aspect of the knee.

Muscle weakness / imbalance is another factor that leads to injuries in runners. A muscle imbalance occurs when you have overdeveloped and tight muscles in one area of your body while the opposing muscles are weak and stretched out of their normal position. These imbalances can happen anywhere on the body and often develop as the result of the routine things you do while on the job, playing sports, or engaging in other activities you enjoy such as running. As your muscles get more and more out of balance, you end up pulling yourself out of proper alignment and causing additional wear and tear on muscles, ligaments, and joints. Muscle imbalance is the leading cause for most of the knee problems/injuries that I see in runners here at A.T.A.R.I. The key to improving muscle imbalance is to perform strength, stability/balance, and flexibility exercises designed for the runner's specific needs. I will address the muscle imbalance issues for specific joints in future articles.

The last bit of advice that I have is for you is to **pay attention to injury warning signs**. Warning signs of an injury include the following: moderate to severe joint pain/ache, tenderness at a specific joint, slight pain or tenderness lasting 7-10 days, swelling, discoloration/bruising, loss range of motion or function of a joint, numbness/tingling, sudden intense pain while performing an exercise, and significant loss of strength in the affected joint or muscle area. If you think you might be injured, immediately begin preventative measures in order to keep damage to a minimum and to speed your full recovery. Depending on the type of injury, this could mean using the **RICE** (**R**est, **I**ce, **C**ompression, and **E**levation) method to enhance recovery. Taking anti-inflammatory medication (aspirin, ibuprofen) along with taking a day or two off of running will also allow the injury to heal.

Secondary running injuries often occur by continuing to run through pain, favoring the injured area, and thereby changing your natural running style. If you are experiencing any of the warning signs mentioned and you are not sure what to do, then I recommend that you seek professional medical advice.

I hope that the information presented in this article is helpful and useful to you as you continue to train to reach all of your running goals. **Remember, you can't always avoid or prevent every injury, but runners who follow some of the basic guidelines that are mentioned in this article can reduce the likelihood of developing chronic nagging aches and pains.** In the following months I will contribute a series of articles dealing with specific injuries that are common to runners and how to treat them. If you have any questions or suggestions for future topics, please be sure to visit the forum on the Macon Tracks website or you can email Monika Bubacz. God Bless!

2009 Macon Tracks Piedmont Sports Medicine Series Races:

Jim Herrin 5K & 10K - August 8th

Feed the Bears 5K - August 21st

Macon Labor Day Road Race - Sept. 7th

Race for Camp Little Shot 5K - Sept. 12th

Gordon's Fall Line Festival 5K - Oct. 3rd

Take Back the Night 5K - Oct. 10th

Jay's Hope 5K & 10K - Oct. 31st

Peacemakers 5K - Nov. 7th

Will Robinson 5K

Bartram Forest Marathon & 50K - Nov. 28th

Reindeer Run 5K

Christmas Lane Dash 5K

Karen Clements and Tom Weitzel are currently in the lead for the Race Series, with fourteen races completed.

*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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Janice Duncan from Auburn, GA and James Baldwin at the 40th Peachtree Road Race in Atlanta on July 4th 2009