



Running Club News:

Greetings! Hope you all have figured out what to wear and are enjoying the faster times that running in cold weather brings. Soon enough we'll be back to having the sweat pour off and going "swish swish" with every step!

I'm happy to report that the Macon Tracks annual meeting was a great success. About 75 people attended, and spirits were high as people said hello to old friends and got acquainted with new ones. I survived having to speak in front of a room full of people, and didn't even need Paramedic Tim Cook to revive me! It helped that I had only good news to report. The club is thriving. Web hits increased from almost 150,000 in October to almost 250,000 in December. The forum is by far the most popular destination, and, interestingly enough, Monday morning is the busiest time (back to work, time to check the forum? ☺).

Membership has more than tripled, attendance on the Sunday loop run and Tuesday track night workouts has increased, and the Labor Day race was a big success. We have a balance of \$10,111 in our bank account. I'm happy to announce the election of officers: myself for one more year as president, Sam Martinez as vice-president, Kathy Stege as secretary, and Gwen Wilkes as treasurer. We also now have a board of directors: Neel Dickey, FM Barron, Jim Baldwin, Andrew Strickland, Steve Corkery, & Deborah Botkin. Thank you very much to everyone who has volunteered their time and talents. I'm proud to be part of such a great team!

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Are We Having Fun, Yet?

by Leora Juster

Hello. Guten tag. Hola. Shalom. This is Leora J. a.k.a. lost in the



Photo by Kim Mickalonis/PeachSports.Com

Neel Dickey and Leslie Spiegel showing great fortitude as they push toward the finish at the Museum of Aviation half marathon race on January 19th.

parking lot girl here to report the happenings at the annual MUSEUM OF AVIATION CELEBRATION RUN. First, let's get all the shout outs out of the way. Thanks to the volunteers who endured awful weather to make the races happen....it is very appreciated! Dave Oedel, well he's a runner, and he is seriously skilled at reporting accomplishment as smooth as....well smoothness IT-SELF. So here's a Dave excerpt, "So many things to remember -- Sam taking third overall in the half with a strong kick, the Acceler8tors (Luke, Grace, Andrew and Victoria) winning first team for the marathon with a time of 2:56 in abysmal conditions, Kerry, Leslie Tuck and Andi Berger getting 1st, 2nd, and 3rd Masters in the half, Philip, Phil, Monika, Melissa and many others snagging serious hardware in the 5K, Neel and Tim PR-ing in the half, Andrew in the full, and Donna in the 5K, Leslie S., Chris, Karl, Elizabeth and Angela smoking to the trophy stand -- what can I say? Thanks so much to Caryl Deems for organizing a successful event overall under extreme conditions, to Steve Corkery for standing out in the interminable rain and cold to welcome all in, to Amanda Cook for her pictures -- and to all the

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There are several new projects in the works for the upcoming year. We have launched the brand new "Macon Tracks Piedmont Sports Medicine Race Series". See page 3 for more information. Many thanks to **Piedmont Sports Medicine** for being our sponsor for the series! Brian Ross and his colleagues at the **Athletic Training and Rehabilitation Institute** at Piedmont have also volunteered to answer our questions about running-related injuries on the forum. They've got some really good information on there already, so be sure and check it out. I also have added a new "**Young Runners**" section on the forum. Encourage your kids to join in the fun and support each other with their running.

The **Al Toll 5K/15K** race will be the first in the new race series. Please consider registering online at www.macontracks.org. It won't cost you any extra, and it will help us a lot by not having to input the data off the paper forms (less chance of errors, too). We are trying a new online registration software program, and if it works well, we'll use it for the Labor Day race this year.

FM & Neel are working on ways to let people know about Macon Tracks and to welcome our new members. Thanks very much to Chris Wieters at **Macon Tent & Awning** for making us a banner at no charge. The plan is to set up a tent at races with informational flyers, Macon Tracks shirts for sale, and friendly faces to tell people about the club and encourage them in their running. We took a vote at the meeting on 6 different designs for the Macon Tracks shirts, and the existing logo (like you see on the front of this newsletter) won by one vote!

Thanks also to the **Wellness Center** for allowing us to use their space for our annual meeting, and to the hospitality committee for providing drinks and paper products. Thanks to Mandie Cook for taking pictures at the meeting, and to Steve Huff for showing us his beautiful quilts made of race t-shirts.

I'm looking forward to a great year ahead, running with all of you!

Kerry ☺

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Macon Tracksters for their mutual support. Glad to be a member." (Taken from the most visited site in the WORLD, Macon Tracks' insanely addictive forum). There were also several people who smashed some P.R.'s and everyone shared their joy, even if it was read on the forum because some people(*cough me*) were not warm enough to stay for the marathon finish (sorry Strickland).

Now it wouldn't be fun for everyone to re-read everything they have already re-read on the forum 5 or 6 times, so I'll just relive my little Aviation experience. As usual, running was, well, running. The legs moved as the mind moved from one mental state to another. "My knee hurts, I only have 12 more of these? (miles) No problem, my legs don't feel great, hey I'm not cold!, my legs feel pretty nice!, I think I feel my 3rd wind!., ow, ow, I want to walk but then I will have to start running again which feels worse than I feel now, at least I'm not cold, ok I'm probably on my 20th wind, when is this thing over, I thought Tim was not feeling good today why are we still running, ow, hmm that's some new pain,, what we're going the wrong way!? I'm done and I'm not cold!, Tim beat his time!, yeya!.

Hanging out afterwards and cheering was great as always. "The cheering was thunderous," said one Macon Tracks onlooker. Everyone was happy as always. The creation of endorphins while running makes post-run conversing never cease to be raucous and enjoyable! But I was soaked and the coldness set in, and was ready to not be the worst possible thing in the world, REALLY COLD. And now, four days after the half marathon, is the first thing I remember the mental preparation, running, or post-running elation? NO, it was that horrid walk back to the car in which I experienced feelings of cold I have never experienced before. Goosebumps that feel like bee stings?! What is that?! Really weird numbness?! What seemed like an eternity later, but was more like an hour, the last of my numb white spots on the bottom of my feet turned back to their usual carrot orange, and once again I was warm and had survived one of the worst experiences of my life. Remember runners, it's not the act of putting one foot in front of the other that keeps us coming back for more, it's all that we experience from turning the act of running into challenges, learning, and kinship (and all those awesome endorphins of course)! I had been on a basketball team from the age of 5, up until I graduated from college. And now I'm on a running team, whether it be random online bloggers or Macon Tracks members, and it's a team I hope to be on the rest of my life. Run on!

Editor's note: Leora moved here from San Diego last summer, so she's not yet acclimated to the fierce Macon winter weather.



Macon Tracks Piedmont Sports Medicine All Star Race Series



New this year! Macon Tracks Running Club members are now eligible to compete in the **Macon Tracks Piedmont Sports Medicine All Star Race Series**.

Points will be awarded based on how you place in your age group compared with other Macon Tracks Running Club members. The 1st MTRC member in each age group will earn 20 points, the 2nd will earn 19 points, and so on. Points can only be earned in one race per event.

Members who pre-register will be eligible for \$1 off their entry fee (or \$5 off for the Bartram Forest race). If you have a family membership, please check the member list on the website to be sure all your family members are listed so that race directors will be able to verify your membership.

Volunteers whose work precludes them from running (split callers, timers, finish line helpers, etc.) will earn 20 points. Volunteers must e-mail Kerry within a week of the race to claim their points. Limit of 20 volunteer points per race.

Points will not be awarded retroactively. You must be a current member on race day to earn points. Likewise, if your membership expires, you will not accrue points for races run after your membership expires (there will be a one-month grace period on this). Memberships expire on the first day of the month listed on your newsletter mailing label and also on the website member list. You must renew during that month to continue earning points and receiving an entry fee discount. It's quick and easy to renew online at www.macontracks.org.

A person's age group will be determined by his or her age on the date they first run a series race, and they will remain in that age group for race series scoring purposes until the end of the year. Standings will be updated each month.

Awards will be given at the end of the year to the 1st overall, 1st master, 1st grandmaster, and 3-deep in each age group male & female. Age groups: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.

Have fun, and good luck!

2008 Participating Races:

We hope to add additional races as the year unfolds. Check the website for an up-to-date list.

- ◆ **Al Toll 15K & 5K, Feb. 23rd**
- ◆ **Run 4 Missions 5K, May 3rd**
- ◆ **Day Lily Dash 5K**
- ◆ **Salute to Freedom 5K**
- ◆ **Jim Herrin 5K & 10K**
- ◆ **Macon Labor Day Road Race 5K & 10K, Sept. 1st**
- ◆ **Race for Camp Little Shot**
- ◆ **Peacemakers 5K**
- ◆ **Jay's Hope 5K & 10K**
- ◆ **Will Robinson 5K**
- ◆ **Bartram Forest Marathon & 50K*, Nov. 29th**
- ◆ **Reindeer Run 5K**
- ◆ **Christmas Lane Dash 5K, Dec. 13th**

*Bartram Forest Marathon finishers will receive triple points and 50K finishers quadruple points. Runners who register and run 3 loops (about 15.75 miles) will receive 20 participation points, regardless of their time. This means you can stop and enjoy the Rice Krispie Treats along the way!



Al Toll Memorial

Masters 15-K and Open 5-K

Feb. 23, 2008 - 9:00 a.m. – Macon

Register online at
www.macontracks.org.



**RUN & SEE
GEORGIA**



Please join us for the 24th annual running of this event. We will be hosted by a division of IKON Capital, on *New Forsyth Road*, just off of I-75 and Bass Road. Proceeds of these races will be sent to the Epilepsy Foundation in honor & memory of Al Toll, Macon Tracks Running Club member. The 5K is an out-and-back with a nice downhill finish, and the 15K is a rolling loop with pleasant scenery.

WHERE: Races will begin adjacent to the IKON Capital Building at the corner of Bass and New Forsyth Roads. You get there from I-75 taking the Bass Road exit and turning left (coming from Atlanta) or right (coming from Valdosta). Turn left at the 4-way stop and the new IKON building is ahead on the right, past First Data, at 101 Preston Court. Race day registration and Packet Pick-up will be inside.

AWARDS: Custom long-sleeved shirts to all finishers who pre-register by February 16th. Shirts available for race day registrants while supplies last. Awards will be given to first three overall male and female finishers in each race. First masters male and female will be awarded in the 5-K. Awards to top three finishers, male and female, in each five year age division-- for 15-K, starting at 40-44, proceeding up to 70-74 and 75 & Up. For 5-K, starting at 10 & Under, 11-14, 15-19, proceeding up to 70-74 and 75 & Up.

REGISTRATION: Early Registration is \$17. Macon Tracks members receive \$1 off when pre-registering. Online registration is available at www.macontracks.org through February 21st. There is no service fee to register online. Mailed registrations must be postmarked by February 16, 2008. Race Day Registration will be \$20.00. Send your checks, made payable to MTRC, or Macon Tracks Running Club, to: Steve Corkery, 4718 Guerry Drive, Macon, GA 31210. For more information, call Steve at 478-477-4571 (evenings), or e-mail Kerry Oedel at koedel@cox.net.

ELIGIBILITY: All runners and walkers are eligible for the 5K road race, but **ONLY** those runners 40 years of age or older (on Race Day) who have trained for the 15K are eligible.

SPONSORS: Thanks to The Wellness Center/Macon Health Club, The Georgia NeuroCenter, Heart Works, and our host, IKON Capital Sales Division.

2008 Al Toll Memorial Macon Masters 15-K & Open 5-K Road Race Registration Form

Name _____ Birth Date _____ Age on 2-23-08 _____

Address _____ City _____ State _____ Zip _____

E-mail Address _____ Sex _____

Home Phone _____ Business or Cell Phone _____

Shirt Size (circle one): *S M L XL *XXL(\$2 extra) Race Event (circle): 5K (open) 15K (40+ only)

Are you a member of Macon Tracks Running Club? Yes (entry fee \$16) No (entry fee \$17)

Visit the membership page at www.macontracks.org to make sure your membership is current.

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials or sponsors of the 2008 Al Toll Memorial Masters 15-K and Open 5-K Races for injury or illness which may directly or indirectly result from my participation in this event. I further state that I am in proper physical condition to participate in this event.

Runner's Signature _____ Date _____

(Guardian if runner is younger than 18)

Start Your New Year Off Wright Run & Pancake Breakfast

By Sam Martinez

Michael Wright and his wife Bridget, along with Michael's parents Anne & Bob, hosted a wonderful event on New Year's Day morning. With running and food as the featured attractions, not even the cold, windy weather could keep us away. We had close to 40 people show up to run anywhere from 4 to 12 miles, then get back together at the Wrights' beautiful, historic, downtown home for some hot pancakes and a variety of goodies everyone brought to share. I partnered up with Dan Ash and we set off on a 9-mile adventure. We headed towards Central City Park look-



Photo by Donna Segelken

Challenge of the Miles

Challenge of the Miles 2007 participants received their awards (\$25 gift certificates to Run Fit Sports!) at the annual meeting, and over 30 people signed up for Challenge of the Miles 2008. The program is simple. Just set a mileage goal for yourself this year, send it to Elizabeth Jones at emjtj@cox.net, then keep track of your mileage and send her your totals at the end of each month. Keeping a log is a great way to keep yourself motivated and track your progress. The prize at the next annual meeting is a bonus!

2007 Award Winners:

Liam Bassett (age 11) 175
 Scott Tankard 750.8 (making sure that .8 got in there, probably on New Year's Eve)
 Brian Grimsley 757
 Steve Corkery 914 (with injury)
 Scott Higgins 1010
 E. Jones 1140
 Mary Katz 1355.3
 Sam Martinez 1504
 James Baldwin 1528
 Kerry Oedel 1782
 Dave Oedel 1782 (tag along)
 Johnny Jones 2152 (cross training with walking)
 Dan Ash 2261.5 (all running !!)

ing at many beautifully restored homes and churches in downtown as we went along. From there we ran into Central City Park and through the back side past the old ballpark. After that things got a little fuzzy. We were told to make a left onto the trail when we got to the landfill. Well, Dan and I did just that. What we were not told is that there are a set of truck scales before you get to the landfill that you had to cross over first. We turned left at the scales. We figured out we weren't on the right trail when the ground starting sinking beneath our running shoes! The only time we weren't sinking in the wet marsh was when we were tripping on the tree roots. But we would not be denied. We just kept marching along, jumping over mud puddles and dodging low branches. We jumped a barbed-wire fence, ran through a huge power line, and made our way to a wooded area beside the river. Luckily for us we came across a path along a large dairy farm that dumped us back onto a road beside the water treatment plant. We were pleasantly surprised to see some Macon firemen out for their morning jog who kindly pointed us back to civilization. By this time Dan and I only had one thing on our minds, PANCAKES!! There were tables full of pancakes, eggs, breakfast casseroles and many other things. We enjoyed a great time of fellowship and sharing our harrowing story of survival. I hope the Wright's New Year's Day Run and Eat tradition is back to stay. See you there next year.

Need to Renew? Check your mailing label for your renewal date. Easily join online at www.macontracks.org. Thanks for supporting your local running club!

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Photo by Ashley Evans/PeachSports.Com

George Neville still has a smile on his face as he finishes running 26.2 miles in the rain. He ran a 3:27 at the Museum of Aviation Marathon on January 19th and got 2nd in his age group. Even the cold rain couldn't dampen the enthusiasm of the 603 runners who participated in the 5K, half-marathon, and marathon. Great job everyone!