



## Rock 'n Roll Half Ironman

### Triathlon Report

When Monika asked me *by Gina Foil* to write a re-cap about my experience at the Rock 'n Roll Half Ironman, my first thoughts were that that would be easy. I can do that in less than ten words, "thank goodness that's over 'til next year ... maybe."



This was my fourth time participating in this race and even though I know what to expect, it just does not get any easier. I guess I like doing it because it is at home - no travel - and it gives me a reason to train through the long, cold winter months.

Packet pick-up and the bike check in are on Friday. For some reason, being at the race site with many of the other participants makes me very anxious. This is the time questions start racing through my mind. Did I train enough? Did I train too much? Did I taper enough? Did I taper too much? Did I do enough long runs, bricks, long rides? Do I know what I am doing? What am I doing? Am I crazy? Why am I doing this? Is this really fun? What am I doing?????

Saturday morning was cool and I hoped this was a sign that the heat and humidity would not be as brutal as it was the previous year. After getting body marked, I headed to my bike and started setting up my transition area. Since the water temperature was 75 degrees, wetsuits would be allowed. That was good news for most of the racers as the wetsuit does make the swim easier. And for some swimmers - like me - it is a security blanket. However, putting on a wetsuit is a workout in itself. I've always wondered if I look as silly as I feel trying to get into something that looks and feels 3 sizes too small.

As I headed to the beach, the nerves and questions started again. Looking over the swim course, it always amazes me how far out the buoys are located. Can 1.2 miles really be that far? To calm down, I got in the water for a short warm up. My wave, which consisted of all women age 30 and up, started about 7:45 AM. I tried to stay over to the

side of the pack and out of everyone's way. I felt good, stayed fairly on course, and, for the most part, avoided most of the other swimmers.

If you are not anaerobic after the swim, you will be by the time you run across the beach trying to get your wetsuit off and climb the steep hill up to the transition area. Although it's hard putting a wetsuit on, it is even more of a challenge to take it off. It seemed like I was in transition for an eternity. I could not get the wetsuit off my ankles. Finally, I run out of transition in my bike shoes with my bike. I have yet to master the art of slipping my feet into my bike shoes while riding. Anyway, I made it onto the bike course. The hills start immediately and do not stop for most of the 56 miles.

It was not as hot and humid during the bike stage as it has been in past years. I concentrate on keeping a steady pace, pedaling circles, and not pushing too hard. I also try to remember to drink and eat enough on the bike. I've made the huge mistake of not getting enough fluids and calories on the bike and paid dearly for it on the run. Other than the continual hills, the ride is uneventful--no wrecks, flats, dropped chains. Traffic was not bad, even going back into town on Eisenhower.

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The Triathlon Newbies: Elizabeth Vane and Mike Corrigan  
*Photos by Sam Martinez*

## Running Club News

I love summer. *by VP / Editor Monika Bubacz*  
 Summer reminds me of those free, independent, worry- and responsibility-free student days. Back then summer meant no school, sleeping late, staying up late, spending most of the time outside with friends. As a teacher, I still have the luxury of having two or three months of vacation, which I usually spoil anyway by teaching summer school or working on some bigger projects. Still, there are at least a few weeks left for travelling, sports, rest, and being heavily attacked by mosquitoes and ticks. Do I get the chance to sleep late? No, not really. With the temps in upper 90's during the day and muggy evenings, 6-7 am seems to be the best time to run. So I run. And enjoy it. These longer summer days are also great to catch up with other outdoor activities and, in my case, reading. This issue of MTRC Newsletter is great summer reading with reports on slightly different than usual events – the Coliseum Rock 'n Roll Triathlon in Macon and an adventure race in Fort Yargo State Park. You will also find a very 'sweet' runner's story, two new members' profiles, an invitation to blogger's world, Race Series update, and per a special request - a successful runner's profile. And since the weather is hot, Brian Ross from Piedmont Sports Medicine Complex shares his wisdom on heat illness prevention. I placed it as a 'center piece' so it can be easily taken out, stuck to your fridge or put on your vehicle dashboard, and used when needed.

Don't forget to register for late evening 2<sup>nd</sup> Annual Moonlight Miles 5K which is a part of Bragg Jam Music Festival and the 4- or 8-hour Ocmulgee Adventure Race. For those who like to run longer distances there will be the Pig Trail XTerra 10K Trail Run at the Georgia Industrial Children's Home and for those who like really long distance there is the Make It By Midnight Marathon and Half-Marathon in Lake Wildwood subdivision (registration form has been sent out in the previous issue of the MTRC Newsletter; even if you are not interested in participating you certainly should read their Waiver Statement :).

Be smart, educated and sensible during this difficult for runners season. Drink plenty, wear light colored clothing, sun screen and bug repellent, choose shady trails over uncovered roads but stay away from poison ivy, and have fun. That's what summers are for!

## Calling All Bloggers

Beginning this month, I will be featuring clips from blogs near and wide. *by Amy Tarpley*

For those of you not in the know, a blog is akin to an online journal. They are motivational, inspiring, and many are down-right funny! Fortunately for the running community, running blogs abound. Monthly, I will be featuring local bloggers as well as some not-so-locals, but all are sure to inspire. If you have a blog, chances are I'm already reading it, but feel free to drop me an email with the web address and who knows, you might be featured next. Happy reading!

This blog clip is from "The Addled Runner." He is a writer from Gardendale, Alabama and currently training for the Rocket City Marathon in December. I loved his take on training for a marathon.

"The Rocket City Marathon is almost six months away. I am nervous already, but I don't need to be. I think if I go out with the mindset of having fun, I'll do well. I'm not trying to break any records, mainly because I couldn't even if I tried, but I am trying to change my life. They say the race is simply a graduation day for the weeks of training you've put in; that while the race is wonderful and a celebration, it is the training that changes you.

"I think it is the fear of failure that I am so frightened of. This will be my third attempt at training for a marathon, but I swear that on December 18th I will feel the glory of a completed race. It will take serious injury to keep me off the streets of Huntsville. This time I have friends and allies to aid me on my journey --mainly, all of those podcasters and bloggers who find the time to record and write about their experiences. They make me feel less lonesome out there. [Cue wind sound and tumbleweeds]"

You can read more from The Addled Runner at [www.addledrunner.com](http://www.addledrunner.com)

*Amy's Running Life [www.amysrunninglife.com](http://www.amysrunninglife.com)*

## DID YOU KNOW?

According to Running in the USA, Georgia is one of the best states in which to run. Our Club is among 41 other clubs in Georgia, helping to place the state 9<sup>th</sup> nationwide for number of clubs. Our state places 7<sup>th</sup> for number of all races, 4<sup>th</sup> for 10K races and **2<sup>nd</sup> for 5Ks** (374 for GA vs. 393 for PA vs. 6376 for all of US in 2008). In 2009, Georgia already had 215 races which placed us in the 3<sup>rd</sup> position, with the most races in March and May (though April was the most productive last year).

See more on [www.runningintheusa.com](http://www.runningintheusa.com)

*by M.B.*

## Running on Fumes

A couple of weeks ago, I woke up with a little familiar fear and trembling. The night before, my fiancée, Heather Braun, said she wanted to run a few miles in the morning, and I'd agreed to it thinking it sounded like a great idea since it meant I didn't have to go running right that minute (I'm a procrastinator). When it came time to do it, all my worst attributes emerged. I was grumpy and mumbling and begrudging. A week or so had lapsed since my last run, so I knew it'd be a little more painful than usual.

*This isn't my thing, I thought. I don't know why I'm doing it.*

As we started our run and the aches in my shins and tightness in my back worked themselves out, I remembered why.

It has nothing to do with a love for running, so I hope you're not expecting a meditation on how great I think it is. It ain't. To me, running is pretty much just a half hour of non-stop misery that ends with some strange and satisfying sense of accomplishment that only temporarily masks how much I hated what it took to get that feeling. Between that and my short attention span, I walk away from a run forgetting the agony I'm doomed to repeat as long as I lace up, remembering just enough to growl in the morning when my lovely lady suggests we run.

Then again, I'm not much of a runner.

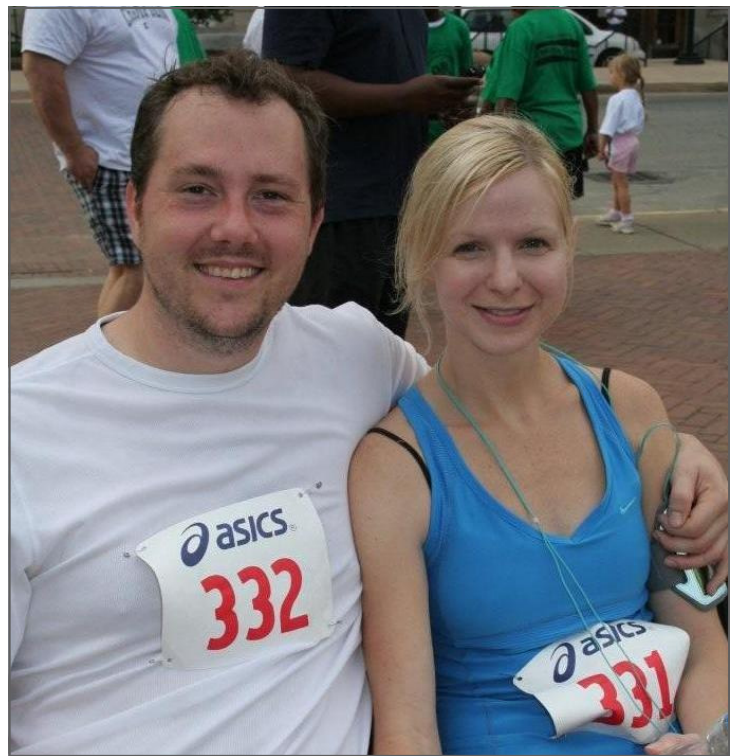
See, what I love is that no matter what hurts when I run, whether it's my legs (which were built for a chicken and are constantly out of shape) or my pride (my red-faced, sweat-drenched race photos aren't as flattering as I'd otherwise hope), there is one thing that never happens anymore: I don't have to stop before I get to the end of a 5K, and I never have to hack up a lung or hurl by the roadside. Not anymore.

So I am not a great runner, not by any means, but I once was a great smoker. For a period of about ten years, I smoked two packs a day everyday and more on those long nights at the bar. My endurance was tailored to seeing how late I could stay out and what stupid stuff I could do in that time. In fact, I was so good at it that I became a columnist, chronicling my misdeeds. My willpower was exerted solely to retain the nuanced details of late night debauchery. Any physical workout usually involved stumbling and was completely wiped out by my expertise in allocating my non-cigarettes-and-booze budget on little more

than beef sticks, processed cheese food, and energy drinks.

In short, I had some obstacles to overcome. Learning how to get this far was a major challenge. Running did not forgive me of my sins, and instead, seemed to punish me all the more for them. So it was either going to be a life of vice or one with running (and other things because vice took a lot of time so if I was cutting it out, I needed reinforcements). I quit smoking and moderated the alcohol abuse and late nights to something more tolerable. I never became a fan of early mornings but I learned what they were, how they worked and why they were helpful.

Basically, because of running's tough love, my chances of reaching 40 have drastically improved.



Chris with Heather after Salute to Freedom 5K  
*Photo by Mandie Cook*

Unless you're insane, no one enters into a world of pain like that without a reason. Heather is my reason, which is to say I fell in love with Heather and took on running as a way to be in her life, which is to say I was temporarily insane (Seriously, we started running at six and seven in the morning. Egads!).

As a professor new to town with a heavy load in her first semester at Macon State, Heather had precious little time for me to convince her that I was awesome enough to date. Since I'm far more impressive the less I talk, running seemed like a super idea. More so

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then because I couldn't breathe even thinking about running. And while her physical beauty and intellect were apparent when we met (as was her sense of humor for allowing herself to be seen with me), I didn't learn how compassionate and kind she could be until I was doubled over in pain on the asphalt, trying like rip not to puke (and sometimes failing).

When things started to change for the better between me and running, when I was able to keep going that first time non-stop on our three-mile loop, I learned how exciting running COULD be, but most importantly, I began to understand how fulfilling it could be when I challenged myself to do something and succeeded. This, in short, is the first part of why I run. I'd gone a long time without demanding much of myself, and I'd forgotten how good it could feel. Better still, it was more evident than ever that I'd found a person who would and could provoke those challenges and support me in the effort to meet them. And while she's done so much for me--I'm only good for a couple of laughs or defending her from threats made by small children--Heather's actually going to marry me, which sounds like a win-win for me.

The second part of why I run is easier to see: Heather. She's like a little puppy sometimes; I have to take her out and run her around. It's funny, but it's true, and more than anything, it's fun to spend that time with her. Plus, I think she still likes me best when I'm not talking, which makes running pretty ideal.

*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*

MTRC is grateful for new Macon Labor Day  
Road Race sponsors

**Rivoli Realty Security Bank**

**IKON Peach Sports Photography**

We encourage other companies to join us  
in making this year's race  
another great success.

## LET'S WELCOME OUR NEW MEMBERS!

### Amanda 'Mandy'

*by Deborah Botkin*

**Miller** is a massage and skin therapist who has been running for the past 3 years. She has joined Team POD and has gone from running from one stop sign to another to running mile to another. She is looking forward to running her first half marathon this fall. She can be found on Sunday mornings at the loop and really enjoys the camaraderie of other MTRC members and gets motivated being with such positive folks.

**Debbie Lindley** is a veteran to the sport and has been running for the past 35 years and enjoys running 5K and 10K races. She nearly has a 15 year streak of running the Peach Tree road race. Debbie has joined MTRC to help motivate her to train and run more 5/10K races. Her two children 15 y/o twins Gray Lindy and Mary Grace Lindy follow in their mother's footsteps. Gray runs cross country and track at FPD and Mary Grace also runs track.

## DID YOU KNOW?



F.M. Barron, David and Grace Tinkey, on the photo in the middle together with the Tinkey's friends from Sparta - Mary, Will, and Larry Lacksen, completed the 30<sup>th</sup> Annual Bike Ride Across Georgia (BRAG). The course consisted of 400+ miles from Hiawassee, GA to Savannah Lakes, SC from June 7-13. Approximately 1400 people from all over the US and other Tracksters - Carl and Meredith Christianson and Steve Gatlin participated in this grueling but beautiful ride.

*by FM Barron*

# Runners and the Heat

There is nothing like a nice, bright sunny day to go for a run. Now that summer is here with all of its heat and humidity, your pleasant summertime run can turn into a difficult trudge if you are unprepared. Scorching heat and running do not go together very well; therefore you must take the heat very seriously. Running in the heat can go well beyond just being uncomfortable, and under extreme conditions it can become very dangerous. When we run, we generate an incredible amount of body heat (due to increased blood flow). The body's ability to generate this heat is one reason why we can run comfortably in shorts during colder winter months. However, this heat is a major problem in the summer when it is hot and humid because we get rid of very little of the body heat that is generated. When running, we produce approximately 20 degrees of heat. This is a good thing in the winter, but when the temperatures are in the 80s or higher this can begin to put increased stress on the body. If you do not take proper precautions and you push yourself beyond your limits, then you are putting yourself at risk of suffering from heat exhaustion. The heat and humidity of the summer should never be underestimated because no matter how fit you are or how strong of a runner you are, if your body's natural cooling system cannot keep up, your body will shut down.

So what is a runner to do? Not run in the heat at all? Absolutely not! The good news is that there are some precautions that runners can take to help them "beat the heat." One of the first things you need to do is to give your body a chance to **acclimatize** to the increase in temperature. As temperatures rise in the summer, scale back your effort and gradually build back up. You are naturally going to run more slowly and feel worse than you will at lower temperatures. According to some researchers, for every seven degrees above 54 degrees F, your overall time may slow by up to a minute or more. As you run in the hotter weather, your body will begin to adapt to the elevated heat in only three or four days, though it will likely take up to two weeks for you to acclimatize. Understand, though, that you probably cannot and should not run as fast as you did in cooler weather. Adjust your pace and your goals, and take walk

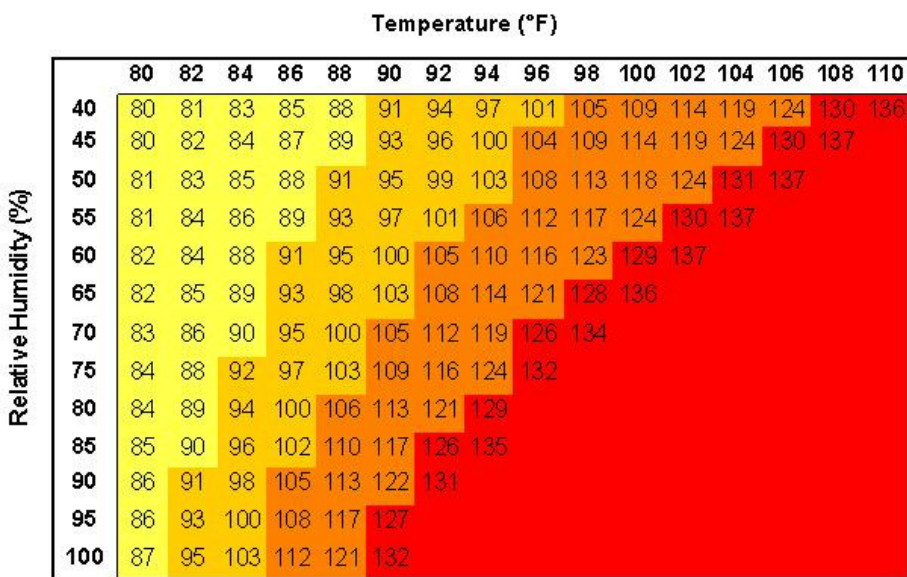
breaks if necessary. Also, you might want to consider running shorter distances if necessary. Just remember, there is no other way to get used to the heat, other than building up a tolerance for it.

**Changing your running schedule** is another precaution that can be taken when running in the summer heat. On very hot days, if at all possible, absolutely avoid running at midday. Most experts will agree that the best time for hot weather running is just before or just after sunrise.

**Changing your running route** is another option in battling the heat. You might want to choose a route where there will be areas of shade. Also, you might consider running routes that go through parks with water fountains or on a route with convenience stores to allow you to get water or a sports drink.

That leads us to the next suggestion; **make sure you drink plenty of fluids**. Staying hydrated when you go for a run is very important, especially a long one in the hot weather. Before you head out for your run, drink a glass of water and then bring a water bottle along for the run. You can use a handheld water bottle, or you might consider wearing a water belt. Water is your best protection against heat exhaustion. Be careful not to drink too much though. When hydrating during your run, the rule of thumb is to aim for 16 to 32 ounces of fluid per hour of exercise, or three to six ounces every 15 to 20 minutes. You can also pour some water on your head while you are running to cool you off (remember to lean forward so you don't get water in your shoes - wet shoes can cause blisters). On your longer runs, you

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may want to consider rehydrating with fluids containing electrolytes since you will be sweating a lot of salt out. Many of the sports drinks sold in stores should be sufficient, but try to look for a drink that contains 25 to 50 grams of carbs, 230 to 345 milligrams of sodium, and 40 to 100 milligrams of potassium. Whatever you do, don't wait until you are thirsty to drink. By then it will be too late, and you could be well on your way to heat exhaustion. Also, avoid consuming products with caffeine, alcohol, antihistamines, and antidepressants that can all have a dehydrating effect. Using them just before a run can cause you to have to hit the restroom, compounding your dehydration risk. Anti-inflammatory medications affect kidney function, so they should also be avoided before long, hot runs or races.

Your **clothing** is another thing to consider when running in the heat. To help your body stay cool, wear clothes that breathe easily, like the dri-fit or coolmax material. Avoid cotton t-shirts, which will become soaked causing them to feel heavy and prevent evaporation of your sweat (which is how your body cools itself). Also, wet t-shirts mean chafing, and in men can result in bloody nipples.

We have all heard the phrase "it's not the heat, it's the humidity." This is a reminder to **check the heat in-**

**dex** (see the chart on the previous page) prior to your runs. Moist air slows down your body's ability to cool itself through sweat. The heat index combines temperature with relative humidity to give you the apparent temperature, how hot it actually feels, and the National Weather Service issues a heat advisory when that number hits 105.

Lastly, the best advice I can give you is to **be sensible!** Be sure to familiarize yourself with the signs and symptoms of heat illness as well as how to treat each form of heat illness (see the information table below). As a safety measure, you might want to consider running with a partner or a group. You can help each other watch out for the signs and symptoms, as well as help treat each other if necessary. If you ignore the signs of heat illness, you run the risk of experiencing heat exhaustion or full-fledged heat stroke. This is not to be taken lightly and can even be fatal. Just be sure to use common sense. Take it easy, and enjoy your run. If you begin to feel dizzy or sick on a run, stop running and get out of the sun immediately. The best treatment is prevention. When running in the heat, be sure to try your best to follow the precautions mentioned in this article and remember to be careful out there. 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!

Illness	Cause	Symptoms	Treatment	Prevention
<b>Heat Cramps</b>	Dehydration leads to an electrolyte imbalance	Severe abdominal or large-muscle cramps	Restore salt balance with foods or drinks that contain sodium	Don't run hard in the heat until acclimatized, and stay well hydrated with water or a sports drink
<b>Heat Fainting</b>	Often brought on by a sudden stop that interrupts blood flow from the legs to the brain	Fainting	After the fall, elevate legs and pelvis to help restore blood flow to the brain	Cool down gradually after a workout with at least five minutes of easy jogging or walking
<b>Heat Exhaustion</b>	Dehydration leads to an electrolyte imbalance	Core body temperature of 102 to 104, headache, fatigue, profuse sweating, nausea, clammy skin	Rest and apply a cold pack on head/neck; also restore salt balance with foods and drinks with sodium	Don't run hard in the heat until acclimatized, and stay well hydrated with water or a sports drink
<b>Hyponatremia</b>	Excessive water intake dilutes blood-sodium levels; usually occurs after running for four or more hours	Headache, disorientation, muscle twitching	Emergency medical treatment is necessary; hydration in any form can be fatal	When running, don't drink more than about 32 ounces per hour; choose sports drink over water
<b>Heat Stroke</b>	Extreme exertion and dehydration impair your body's ability to maintain an optimal temperature	Core body temp of 104 or above, headache, nausea, vomiting, rapid pulse, disorientation	Emergency medical treatment is necessary for immediate ice-water immersion and IV-fluids	Don't run hard in the heat until acclimatized, and stay well hydrated with sports drink

## Team Adventure

Six intrepid Tracksters traveled to Winder, Georgia, on June 20th for the Siege on Fort Yargo Adventure Race. Amy Tarpley completed her first adventure race on team "Two Farts and a Tart" along with her husband Troy and my husband Dave. Monika joined Andi and me on team "Diamonds in the Rough". The race organizers came up with a great format this year that allowed for maximum creativity and strategizing. The race was divided into 3 parts: mountain biking, canoe paddling, and trekking, with the goal being to get as many checkpoints as possible on each leg. Teams were randomly assigned which section of the race to start with. This thinned out the crowds which was especially helpful on the single-track bike trails. The only other requirement was that you had to get at least two checkpoints on each leg, team members had to stay within 100 feet of each other, and you had to be back in 5 hours or you'd be ranked below all other teams regardless of how many checkpoints you got.

As the race director hollered, "Go!", I took off to try and find our team's number nailed to the ground on our "passport" which we would then need to get punched to prove that we'd been to a checkpoint. My heart sank as I pulled the passport over to find "bike" written at the top. I knew that the bike section would be the toughest both for me and for newbie mountain-biker Monika. I soon realized, though, that it actually



'Diamonds in the Rough' - Andi, Kerry and Monika placed 3<sup>rd</sup> in the Female Team division

was a blessing to do our hardest leg first while we were still feeling fresh. We had thought to just grab a few bike checkpoints and double back to the transition area, but Monika was feeling so confident that she wanted to keep going on the 12-mile loop around the lake. This turned out to be a great decision because most of the bike checkpoints were on the trail and easier to spot, whereas the trekking checkpoints required a lot more bushwhacking through poison ivy to try and locate them. Andi, as usual, did an awesome job navigating and we managed to get all but a few of the bike checkpoints with very little backtracking. Monika did a great job conquering her fear of the bike and was taking dips and gulleys that she wouldn't have even thought of attempting during our practice rides. The temperature was in the high 90's, but luckily most of the trails were shaded. Still, we saw a guy lying on the ground cramped up next to his bike, only an hour and a half into the race. Not good! We all took care to remind each other to drink from our camelbaks early and often so as not to suffer a similar fate.

After sailing into transition, triumphant at finishing the bike section, we decided to do the canoe section of the race next. At each transition stop, a team member had to climb a rope ladder hanging from a tree branch and punch their passport. Andi did the



'Two Farts and a Tart' - Dave, Amy and Troy

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first punch, so I decided to attempt the next one while she made preparations for the paddle. The volunteers gave encouragement while I worked my way up the swinging ladder, then tried to figure out how to both hang onto the ladder and use two hands to punch my passport. Somehow I got the job done and the volunteers were impressed, boosting my confidence that I, too, could survive if marooned on a deserted island and forced to live in a tree house.

At the second canoe checkpoint, we found Amy taking a snooze in the canoe while Dave and Troy attempted to find checkpoint 7. Apparently they'd run right over the bridge from which the checkpoint was hanging underneath. Andi and I had better luck as another team had stumbled upon it just as we arrived. With our two canoe checkpoints out of the way, we wished Amy good luck and paddled back to transition to start the final trek.

Running during an adventure race is a little different from road race running because you have to carry your water on your back and in this race we had to wear or carry life jackets as well. We knew that we wouldn't have time to get all the way around the lake, so determined that we'd go about halfway around, then swim across to get back to the finish line. All was going well until we got to a checkpoint which was hung about 10 feet off the ground. As the lightest one, I was elected to be the one sent airborne. First Andi told me to climb up her shoulders. Okay, but how do I get up there? There were some guys who had just punched their passport and they were nice to try and help us. They tried to lift me but I still couldn't reach the puncher. Andi braced herself against the tree and said to climb on her back. With my trail running shoes on? With her camelbak on her back? Got to do something! The guys spotted me while I stepped on one's knee and then onto Andi's back. Now the punch was behind me and I again needed one hand to hold the passport, the other to do the punching, and two more hands to hang onto the tree trunk. Somehow I reached behind me, grabbed the punch, leaned my elbows against the trunk for balance, and managed to get down without breaking anything, including Andi's back. We all had a good laugh and went on our way.

After collecting a few more checkpoints we swam across the lake, shoes, camelbaks, life jackets, and all. Monika, who just started learning how to swim 6 months ago and was afraid to go into the deep end of the pool at first, plunged in bravely and did a nice freestyle stroke all the way across, giving thanks to Northside swim coach Justin along the way. There

was a family having a picnic on the shore as we 3 be-draggled, soaking-wet adventure racers emerged from the deep. I can only imagine their thoughts. The rather inebriated fisherman we ran by a few minutes later was a little more vocal.

At this point it was a race with the clock to make it back before the cut-off. We tried to get one more check point along the way but after slogging through briars and the aforementioned poison ivy, soon gave up and high-tailed it for the finish. We knew we were very close to missing the deadline. Andi told me to take the passport out and sprint to the top of the hill. Luckily my legs cooperated and we made it in with about a minute to spare!

We reunited with Amy, Troy, and Dave at the finish. They had been assigned to do the trek portion race first and had the misfortune of having the first two checkpoints they attempted be misplaced from what was shown on the map. After searching for a really long time, they finally found the checkpoints but then did not have as much time left to do the other sections as they'd have liked. Dave's life motto of "NEVER give up!" serves him well most of the time, but maybe not so much in this case! Still, they had a good time and with Amy's great biking skills I know there are more adventure races in her future.

If you've never done an adventure race before, I highly recommend the U-ROAR race right here in Macon on July 25th ([www.u-roar.org](http://www.u-roar.org)). The decision making required along the way makes these races really interesting and it's a great physical challenge as well. But the best part is working together as a team. Go Diamonds!

*(Triathlon Report continued from page 1)*

As I approach the dismount line, I have to constantly remind myself to unclip so I do not fall over. Although I am always ready to get off the bike by this time, the end is somewhat bittersweet. I now have to run. Usually, by the time I head out, the heat and humidity have shown up. After racking my bike, I put on the race number belt and cap and head out for the 13.1 mile "run."

This run course has several long, steady climbs and very little shade, if any. I felt OK heading out of transition and up Johnson Road. I made the turn around at Zebulon and even though I was only about 4 miles into the run, I have decided that my goal will be to just run to the next water stop. Take it water stop to water stop. All I want is some ice for under my hat and a cold blue towel. My legs are feeling the 56 mile bike as I head up Lamar. Again, just get to the next

## 2009 Macon Tracks Piedmont Sports Medicine Series Races:

**Bragg Jam Moonlight Miles 5K - July 18<sup>th</sup>**

**Jim Herrin 5K & 10K - August 8<sup>th</sup>**

**Feed the Bears 5K - August 21<sup>st</sup>**

**Macon Labor Day Road Race - Sept. 7<sup>th</sup>**

**Race for Camp Little Shot 5K - Sept. 12<sup>th</sup>**

**Gordon's Fall Line Festival 5K - Oct. 3<sup>rd</sup>**

**Take Back the Night 5K - Oct. 10<sup>th</sup>**

**Jay's Hope 5K & 10K - Oct. 31<sup>st</sup>**

**Peacemakers 5K - Nov. 7<sup>th</sup>**

**Will Robinson 5K**

**Bartram Forest Marathon & 50K - Nov. 28<sup>th</sup>**

**Reindeer Run 5K**

**Christmas Lane Dash 5K**

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

water stop ... ice and towel, ice and towel. The volunteers have ice, towels, etc. ready for you. They do an awesome job.

The short stretch on Nowell Road always gets to me mentally. At that point, the run becomes a run, walk, run, walk. Finally, I get back onto Lower Thomaston, and it is during this stretch that I get passed by three women in my age group. That is discouraging, but all I want to do is finish. Making the right turn onto Johnson heading back is always a relief. At that point, you know the finish is not far.

It is nice to come into the park and hear people cheering. Thankfully, the finish line is in sight and this race will soon be over ... 'til next year, maybe. I have a lot of work to do for my next race. There are three main areas, in addition to the swim and the bike - the run, the run, and the run.

*Gina finished her Half Iron in 5:52 and was the first woman from Macon.*

*Elizabeth finished her second Sprint in 2:03 placing in her age group and Michael finished in 1:37.*

## RUNNER'S PROFILE

Sam Martinez, MTRC President, became a USATF Level I certified coach in May '09. He attended a certification course held at Augusta University. The certification course consisted of basic training in track and field disciplines and cross country events. Sam learned about coaching ethics, bio-mechanics, physiology, and training theory just to name a few of the topics. Level I certification prepares individuals to coach at the junior high school, high school, club and junior age division level. Coach Sam uses this knowledge to work with runners in our community (already famous Team POD) on achieving their personal running objectives. Here is Sam's running profile:

*Runner's Name:* **Sam Martinez**

*Age:* 43

*Years of running experience:* 3

*Average Miles Run per week:* 45-55

*Favorite Race(s):* Local - Macon Labor Day Road Race and Susan Komen Race for the Cure, Non-local - Boston Marathon

*Favorite Running Memory:* Winning Al Toll 15K Masters while my family cheered me on at the finish line.

*Worst Running Memory:* That terrible feeling when I knew I had seriously injured my hip and would not be returning to Boston this year.

*Typical Training:*

Run 6-7 days a week.

2 Easy Pace Runs, 2 Marathon Pace Runs each from 5 -7 miles. Last one was 6 miles at 6:30 Marathon pace. 2 Quality workouts consisting of Repetitions, Intervals and Threshold Runs with paces based on Daniel's VDOT charts. Last quality workout consisted of 4x1600 Intervals at 5:30 and 1 mi warm up and cool down.

1 Long Run from 9-22 miles. Last LONG RUN was 14 miles at 7:15 pace.

'I use the Daniels Formula for pace selection except for the Easy Pace which I get from the McMillan On-Line Calculator. Most of my training schedules these days are just made up by me because I have learned over the last three years what I need to be focusing on during different phases of training. The key for me is to select the right combination of mileage and pace to get me the results I'm looking for. I also cycle, swim and workout at the gym regularly for cross training.'

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The Tracksters after Salute to Freedom 5K *Photo by Mandie Cook*