



Like Daughter, Like Father

It is always a great thing to share something you enjoy with those that are important to you. I recently got to share my enthusiasm for running/walking, with my dad.

by Donna Segelken

It all started in March 2007, when I asked my dad to come watch me at my first half marathon - Snickers in Albany, Ga. I still have that photo my husband Richard snapped of me running under the finish line and my dad off to the side, cheering me in with a huge smile.

That moment was one of the many I have shared with my dad and cherish. Just nearly three weeks ago, we got to make a new memory, his first half marathon. I got to sit down with him and ask him some questions about his experience, for our newsletter. This is that interview in written word.

Donna- *What made you decide to do a run with me, your daughter?*

Ed- When I watched you run in Georgia that first half marathon, I told myself that I wanted to do that with you. I wanted to surprise you and waited until December 2008 to let you know my plans. I thought it would be a neat thing to do with my daughter. Not every day a dad gets to do something amazing like that.

Donna- *How was your training and how did you go about your training?*

Ed- I started out with just a basic walking schedule and gradually added faster walking. Then, some jogging stints as I trained longer. Donna had me on a long, drawnout training program in order for me to train strong and injury free, taking it slowly and gradually adding miles on long runs. I read several Runner's World magazines Donna and a friend had gotten me, as well as Jeff Galloway's Running book. I also got weekly phone calls from my daughter making sure I wasn't pushing too hard, getting the miles in and still enjoying the process.

Donna- *What were your goals for the race and did you accomplish them?*

Ed- My personal goal was first, to finish the race. Second, to finish under four hours and do it respectfully. I believe I met those goals, especially for a first time half marathoner.

Donna- *How were you on the day of the race? How was the event, for you?*

Ed- The morning of the race, I woke up as I normally do. We ate a good breakfast and my nerves were in check so far. The trip there was calm, besides the parking, and once we were in the crowd, the electricity in the air was amazing. Once we got into the start area and prepared for the gun, I got a little bit of nervous excitement. The people that were in the crowd, ranged from all ages and sizes, and they were all there to enjoy the race through Little Rock. The spectators and volunteers, the music and the runners, all made for a good starting experience.

The crowd of roughly 4500 marathoners and half marathoners moved in a wave of people and it took us

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Donna and her Dad Ed Arledge with his first finisher's medal after the Little Rock Half Marathon

Running Club News:

I hope everyone is enjoying the arrival of warmer weather and longer days. This is truly my favorite time of year to be running. There are many opportunities for us to run in races for the next several months. Remember to continually check the on-line event calendar as it's being constantly updated.

Work is already underway to get the 33rd annual Macon Labor Day Road Race organized. Committee leaders have been selected and each is working on their respective areas of responsibility to insure we have everything in place for our premier race.

Dave Oedel, our sponsorship committee chair, has sent out letters to our previous MLDRR sponsors and some potential new ones asking for their support to help us put on this important Middle Georgia community event. This year it's very important that everyone in our club helps in recruiting sponsors. Due to the tough economic times many companies have to cut back or eliminate support going to community events like this one. That's why it's so imperative that we all actively seek business partners to support this year's event. Sponsorship Information packets and sign up sheets can be downloaded from our Home Page (www.macontracks.org).

Many thanks to Monika Bubacz for taking over as newsletter editor. Tell her what a great job she's done with this issue and send her stories for the next issue!

Volunteer(s) Needed. We need someone to interact with people about what our club is all about at local races / events and answer any questions they may have. We just want people in our community to know we are Middle Georgia's running club and we have a great group of people that are excited about physical fitness achieved primarily through running. We provide materials to hand out which explains what we're all about and how to plug into our running community through our website, group runs and club socials. We also have promotional materials we sell like hats and shirts so that people can be seen wearing our logo throughout Middle Georgia.

This is a great opportunity for someone or a couple who wants to meet people and promote our club. We want to be visible at any and all local races and also community health fairs. If you or someone you know can help us with this contact me anytime at 478-972-6772 or sam-martinez00@gmail.com.

Run Strong Friends,
Sam

Macon Tracks Running Club members are famous in Middle Georgia for being particularly active in races. We run, win, and volunteer to the extent that other clubs could envy. A new local race has a much greater chance of being successful with our involvement and help. One third of recent 2nd Annual Gator Go 5K Race participants were Tracksters. FM Barron helped with setting the course, Steve Corkery and Chris Woodgeard did the timing, the Cooks took photos, and others were helping with setting the right atmosphere. And we all enjoyed the race.



Rudy Mendes and Derrick Sanders showing an excellent form in Cherry Blossom 15K Race.

MTRC is grateful for the sponsors that have already signed up to support this year's Macon Labor Day Road Race.

GEICO—lead sponsor

Macon Telegraph

Taylor Services

Restrooms2Go

Dent Tricks

Medical Center of Central Georgia

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

If you have some exciting news to be shared with MTRC members send a short memo to macontracks@cox.net

What Is A Double And Why Would I Want One?

It is your big night out on the town. You have just finished dinner and your next choice is either that Creamy Cherry Cheese Cake, the Deep Dark Double Chocolate-Chocolate Cake with Ice Cream or The Chief's Own Special Key Lime Surprise. If your solution to this complex problem is the selection of two, or even three of the offered options then you already understand some of the motivation behind the Double.

Many race events offer a choice of two and sometimes three race distances. This gives a little something to draw runners of different levels of fitness or satisfy the preference many have for a particular number of K's.

There is a present and growing group of runners who seem to abuse themselves by signing up for more than one of these races when given a choice. When they do so and when they complete more than one race at a given event it is considered a "Double". They pay the entry fees for each additional race and receive even more T-shirts for their effort!

I recognize three levels of doubles in racing. Jay's Hope would be an example of the "Simple Double". The race starts are at different times, which gives runners of most abilities the time to finish the first race before the start of the second. Al Toll would be an example of the more "Advanced Double" as both races start at the same time. One needs to run the first while the clock has already started for their second. As local rules at Al Toll require the 15K to be completed before the 5k you will find 5k finish times posted in the results by these doublers of well over one if not two hours. At many double race events, such as Jim Herrin, the runner can choose which event they will run first. The Museum of Aviation would be an example of the "Extreme Double". Here the doubler would choose the 5k as a first event. The 5K starts 15 minutes after the Marathon (or Half) that they will then do as their second race. There is also a sub category of double, "The Handicap", where the finish of the first is not at the same point as the start of the second.

The double is not a rare event; however, it seems to be carried out by only a handful of the usual suspects. Al Toll had about 10 runners who completed both the 15k and 5k events. Jim Herrin had a similar number of doubles and most names were the same for both. The question I suspect most people wonder is why do these runners do this?



Tom in Advanced Double at Al Toll

by Tom Weitzel

Many would blame the Run and See Georgia points system for this obsession. Points are accumulated based upon place of finish in the age group. There is no restriction on the number of races for a given event so runners can grab more points by running more races even though it is at the same event with the same start time. The

hope is that there will not be many runners entered in their age group in the race they chose to run second.

It is not unusual to place in both double events. The better runners are likely to win their age group in the "Simple Doubles". It is not, however, uncommon for runners to win awards in both races of the "Advanced Double" or even the "Extreme Double". One of the better known doublers in the state and recent Macon Tracks member, David Watkins, has won both first place age group awards at the Centerville Sweetheart 5K and 12K Run with same time starts. I recently won Grand Masters in the GEICO 5K and was given the third place in the 12K that had the same time start. I must confess, however that had Rich Mines not taken Masters and Rick Stout the Grandmasters in the 12K I would have been fifth for my age group! Still, if one is running for Run and See Georgia Points, where you earn double points for a race over 10K, a fifth place is a precious 32 points!

I am not promoting Run and See Georgia. In my case I would like to have 1000 points for the usual jacket award, yet I will likely accumulate around 1800 points. So why do I run doubles? Many do run under the pretext of earning more and more Run and See

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Georgia Points. If one calculates the cost per point to include cost of travel you would quickly see that the additional points for the second event are very cheap. You would have already covered the travel cost on the first, which in my case usually exceeds the race entry fee.

I earn points for each race, which is a plus, but I do not double just to earn points. There are two main draws to racing as I see it. One is the competitive spirit where you want to best someone and/or achieve for yourself a feeling of having given your best and perhaps hitting an occasional PR. The other is the social side. There is ample opportunity for socializing before and after a race in these events.

This morning I ran my first Macon Tracks Loop Run. I chose the 12 mile option. (OK, 11.7 as did not do the last /out back leg, otherwise known as the "curly-q"). I started by pacing with Grace and Amy Boyer knowing that I could not keep up for but maybe a couple of miles. Grace turned around at 2.5 and I kept Amy B. in sight until the first water stop. My contingency was to fall back with the more sensible pacers for the balance of the run. The motivation on my first loop run was not to get lost. It made me hold pace longer and that seemed to be a good thing.

My first Loop experience for me was a lot like running a "Simple Double". I ran at a pace I thought I could not maintain in order to hang with someone faster for as long as I could. I was glad to find a rest station at mile 4.5. This was similar to the first event in the "Simple Double". The second segment I ran with more conservative pacers at a pace that was tough but manageable, similar to the feeling of the second event of a Double. It is of note that I could not have sustained the pace of the first segment on my own and for total distance I would otherwise stop at mile 8 or 10. Similarly the Double in my case offers the opportunity to undergo a better effort over more miles than I would ever do by training on my own. I also acknowledge and admire those Doublers who, unlike me, can hold the same and amazing pace for both of the events.

I often run races by trying to hang with someone faster than me. I stay as long as I can and then figure out how to muster enough stamina to finish. Walking is always an option. The agony of defeat is always a possibility. I sometimes enjoy the feeling of that hopelessness. The Double can give you that. Last year there were two must-do Doubles on my list and they happened to hit on the same day. Jay's Hope and Running with the Band in Beulah Land. Both

Many thanks to Amy and Troy Tarpley for hosting this year's Spring Social in their lovely home. We had a good mix of veteran club members as well as several new faces. It was so much fun to sit on their back deck on a beautiful evening and chat with friends. Thanks also to everyone who came and brought such fabulous food!

Let's do it again soon!

were 5K and 10Ks and to my amazement I survived the day and would do it again. After all, it is less than a marathon distance, so by some running standards I still have a ways to go.

The double is a trade-off between the two main objectives of racing, running under a bit of "race induced" pressure, and socializing. The Double cuts into the time you might otherwise have to enjoy the post race treats and the general race chit chat. It does give a sense of prolonged oxygen debt, a longer training run for future benefit and more points. My objective for the GEICO Double was to finish the second run in time to get back for the awards for the first. I made it!

I was the only Doubler a year ago at GEICO. I was surprised to find that the course was still "open" when I hit mile 2 of the 12K. I got to the top of that "Big" hill just before mile 3 and I was suddenly being escorted by police cars. I do not pace well in front of police cars! I was very happy to pass off those police cars at mile 4 to another runner. This year, I am pleased to say that GEICO had several other Doublers. Most noteworthy was 78 year old Bub Way!

If you build it they will come?

I think for my Doubles it is more the case: if you say go I will run. I like the oxygen debt and some socializing. I find however that many of the runners that I enjoy socializing with are also Doublers. If I stop after one race, then who would I have to talk to?

To run is to run is to run. Racing is what I seem to like to do.

Tom won last year's Macon Tracks Piedmont Sports Medicine Race Series and collected 1700 points in Run and See Georgia.

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about two miles before you could move around with a little more breathing room between people. I experienced my first water stop, even the people handing out the water seemed to be happy to be there and soaking up the race day experience.

When we reached the halfway mark, I was happy that we were there. It was my first time for reaching that far a distance and I was still feeling strong. Around the 7 and 8 mile mark, my right knee was bothering me and we slowed the running intervals some, but I didn't want to let myself or Donna down, so I worked through it. But by mile 9, I had to slow and walk the miles, still at a brisk pace. Once I reached mile 12, I was both happy to have it nearly over, and elated that we were about to accomplish something we set out to do - finish a half marathon - together. When we came to the tunnel, all the people were cheering, calling people's name, urging them to make that last tenth of a mile. I was hurting, but the crowd, the fact that I was about to accomplish my goal, and having my family there with me made that last bit a blur as I passed the finish line, completing the half-marathon. I was happy with the 3 hour 40 minute time, but it leaves room for improvement for next time.

Donna- *Do you plan to run another one?*

Ed- Yes. I know we can do better. I will have time to work on my knee and getting with the local group off and on and then make that next one. I think we want the big medal next year though. It was huge!

Donna- *Any advice you would give to anyone of any age, for those that wish to run their first half marathon?*

Ed- My advice would be to start off slow and get with others that have some experience in running/walking and races.

Donna- *What did you come away with from this whole event experience?*

Ed- The biggest thing was to finish the race and in the process, we had a wonderful day seeing other runners and the city. It was rewarding to do it with my daughter. It was pretty taxing on me but I made it. It took me about two weeks to recover from the race but I was very proud of what I did in the time I had. The one thing I didn't care for was the cold water soak after! That was so hard to do, but like Donna said, it worked.

Donna- *Thanks Dad for making something I enjoy even more special. I would do it again in a heartbeat to watch your excitement and knowing what you did and seeing how proud and happy you were when we*

made it, together.

Ed- Thanks Dee. The experience will be one that I will always remember.

I really was happy that he got to find out why I was always so excited about each race. Sure I don't bring home trophies, I'm not an elite runner, but I make up for it in my enthusiasm and my heart. I like having someone else see what I find to be so relaxing when other people think we're nuts to be out running when we could be sitting in front of a TV. Like me, my dad has that drive to do something with his life. He sets goals and does his best to make them come about. We are stubborn in our ways but our hearts are full of love and kindness and to share something so special for him - his first half marathon, and he wants to share that with me, was a very special moment I won't forget.

So I say to any of you that are thinking you can't "run" because you are too old, too fluffy, too slow or just don't think you are "a runner", think again! All it takes is that first step and the drive to try. Don't sell yourself short. Always TRY before you say, "I can't". If I can do it, and my dad can, YOU can too.

"Don't live your life standing still" do something with your life.

Don't forget about MTRC Group Runs!

We meet for Sunday Loop at 7.15 am and for Tuesday track workout at Stratford at 6.30 pm

Chris Woodgeard (on the photo with his daughter Olivia) is our Loop Water Stops Coordinator.

Check MTRC website for details



Age group competition, love 'em or hate 'em?

When I ran my first race, Komen Race for the Cure '07, I had no clue what racing really was. I did not know about age groups, awards other than 1st, 2nd, and 3rd overall, and ... the contest within those age groups. Racing seemed to be easier back then, my goal was to just finish. I planned to improve my fitness level to help my poor body deal with everyday stress rather than try to win anything. When I got my first trophy at Jay's Hope '07 due to ... shortage of competitors, I realized that the competitiveness was in my blood. The play was over, the game had begun! During subsequent races I learned plenty about my rivals; who they were, what were their strategies, and what were my chances (minimal at the beginning). The diverse feelings - anxiety, envy, motivation, and respect, were and still are associated with my age group rivals and I truly believe that my training and performance are strongly influenced by them. Let me cite Gary Cohen, aka Marathon Dude, who often posts on the Macon Tracks Forum, "Competitive athletes constantly strive to train harder, race faster and beat their foes." So true, but ...

During that year and a half since my first race I have gotten to know my age group "foes" well and many have become dear friends to the point that when I participate in races away from home I tend to miss them. Especially during longer races, knowing that there is no familiar face somewhere in front or behind me leaves some empty space in my heart - what is the meaning of racing



Kerry Oedel, Claudia Ayerdi and Leslie Tuck after Al Toll 15K Masters Race - same age group rivals but still great buddies

2009 Macon Tracks Piedmont Sports Medicine Series Races:

Run 4 Missions 5K - May 2nd

MSO Allegro 5K - cancelled

Old Capitol City Classic 5K - May 16th

Day Lily Dash 5K

Salute to Freedom 5K - June 13th

Georgia Peach Festival - June 20th

Bragg Jam Moonlight Miles 5K

Jim Herrin 5K & 10K - August 8th

Macon Labor Day Road Race - Sept. 7th

Race for Camp Little Shot 5K

Jay's Hope 5K & 10K

Peacemakers 5K

Will Robinson 5K

Bartram Forest Marathon & 50K - Nov. 28th

Reindeer Run 5K

Christmas Lane Dash 5K

Michelle Archer and Tom Weitzel are currently in the lead for the Race Series, with eight races completed.

if everything is so unknown?! And now, when I am getting ready to ascend to the next age group I feel very thrilled, excited, and ... sad, since I am leaving my very familiar old (actually younger) group.

So all you runners out there competing at all those races please remember that we would not have that much enjoyment without all those we compete against. Show your appreciation and love!

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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Brooks Stroud doing a long jump at the Blue Ribbon JV track meet on April 9th. Photo by Kelley Hague.