



# The Road Runner

MARCH 2010

The Monthly Newsletter of the Chattahoochee Road Runners

## March 6: A Fine Day for Our Races

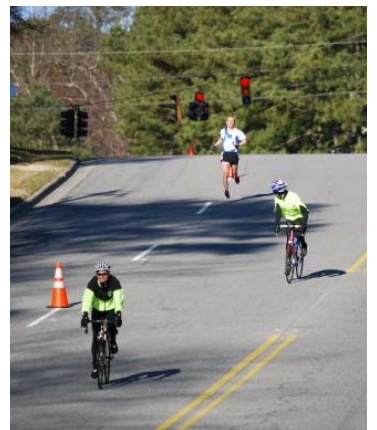


●●●●●●●●●●  
**Inside this issue:**

From the President	2
From the Editor	4
Upcoming Events	4
Weekly Club Runs	5
New Members	5
Coach's Corner	7
Birthdays	8
Race Results	8
Membership App	10



Overall winners on page 5.  
Complete Race Results @  
[crclub.com](http://crclub.com)



## From the President—Donna Garcia

---



THANK YOU! THANK YOU! THANK YOU!

The Chattahoochee Road Runners 5K & 10K races were a HUGE SUCCESS! 99% of the feedback from the race was positive. Lots of runners have shared their race stories, and many of them had Personal Record days!

Huge Thanks to all who volunteered; the race could not happen without you! Especially the Lead Volunteer's who coordinated groups. As always, the Riverwood girls did an exceptional job!

Heritage Sandy Springs provided an awesome post race venue and we had great support from our vendor partners. We really appreciate all of the raffle prizes donated for our race participants.

Please check the club web site for results, pictures & Don's famous photo show!

Now that the race is over.....we need to start on a membership drive!

It is the perfect time to join our club! Here is some of what you get for your membership (\$25 single & \$35 family)

Monthly FREE PIZZA nights

Weekly "Go the Distance Runs"

Monthly social runs

Free entry to select Relay Events (if you wear your CRR shirt)

Social Events

We have worked hard to develop a fun and social club. It must be working, as membership has surged to 400+ members. Now is the time to get your friends to join.

Hope to see you at a monthly club meeting!

JOIN US!

*Donna*



# ***ENCORE!***

## ***Even Better than the Last!***

Were you there on January 30, or did you just hear what a great time you missed from your friends?

Don't miss out again!

## ***CRRs Second Party of 2010!!!***

*Saturday, March 13 from 7:00-10:00 pm*



### **Marlow's Tavern Vinings**

2355 Cumberland Parkway, Suite 10  
Atlanta, GA 30339  
(770) 432-2526

**Free parking. Cash bar.**

**Light appetizers until 8:30.**

**Raffles at 7:30, 8, and 8:30.**

**Cash bar. Full menu available for purchase.**

***Live music starting at 9 pm!!***

### ***New and improved at Marlow's!!***

- Everyone plays! Both members and non members entered in raffles.
- More space!
- More food – and served buffet style so you can find it!

Please bring your friends, significant others, etc. The more the merrier!

***Not a member?*** Don't know anyone? Not a problem! Come meet us!

### ***Questions?***

Email Kris Anderson at [vppr@crrclub.com](mailto:vppr@crrclub.com)

## Upcoming Events

**March 13 - CRR Party @ Marlow's Tavern Vinings,** Free parking, cash bar, light appetizers until 8:30, raffles @ 7:30, 8 and 8:30. Full menu available for purchase. Live music starting @ 9.

**March 14- Monthly Club Run by the River–** Coch-rane Shoals Park entrance at the parking lot off Interstate North Pkwy near I285. Meet at **8:00 AM**, ready to run. Varying distances and paces. The coffee & goodies post run are wonderful!

**March 15 - Monthly Club Meeting at Mellow Mushroom, Powers Ferry.** 7-9PM. Pizza and soft drinks will be provided by the club. Come join us for food and fun!



## Running on Empty by Jason Nocera



### Note from the editor:

This is my third year putting together your monthly *The Road Runner* newsletter. Although it does take some time piecing together the finished product, hearing the constant positive feedback from so many of you has made each month's hard work worth it. And, of course, I would be remiss not to give most of the credit to our board and the rest of our membership for sending in their informative and often intriguing submissions month after month. As much as I would like to continue on with putting all this content into a finished presentable product, other endeavors in my life are making it more of a challenge to devote the time and energy it takes. So, I have decided to help our board start the search for a new newsletter editor. If you might be interested and want more information, email me at [editor@crrclub.com](mailto:editor@crrclub.com).

Thanks,

Mike Gerber

### House for Rent 1289 Fairhill Lane Atlanta, Georgia 30319



- 2 BD/2.5 BA with office, 1950's brick ranch
- Brookhaven area, corner lot on quiet streets. Minutes from I85, 400, Lenox/Phipps Malls
- Hardwood floors throughout, central heat and a/c, dishwasher, updated kitchen & baths, w/d
- Run to Big Peach, easy access to in town bike/run routes

**Rent: \$1,390 + utilities. Call 404-323-0281 or email [cmeihofer@hotmail.com](mailto:cmeihofer@hotmail.com)**

## Weekly Club Runs

### "CRR Go The Distance"

**Weekly Training Runs on Saturdays.** Check the website ([crrclub.com](http://crrclub.com)) for run location and details. Varying paces and distances. Fully supported runs with maps and fluid stops. These are member only runs, but visitors are welcome to attend a run to check us out! For more information please contact: [gothedistanceCRR@charter.net](mailto:gothedistanceCRR@charter.net)

**Monday Night Runs in Wildwood** — Meet in the parking lot in back of T.G.I.Friday's in the Wildwood Office Park on Powers Ferry Road at 6pm. In the fall and winter, before the time changes, we run 5 to 8 hilly miles on the roads in the Wildwood. In spring and sum-

mer, it is an 8 mile (hilly) trail run. There's never any traffic in the woods. Usually, we go out for pizza and beer afterwards to replace some of the calories we've burned up. Any questions, call Rob or Adri Herman at 770.980.9239.

**Wednesday Morning Run** — Meet at Lee Nunn's 599 East Morningside (corner of Piedmont and E. Morningside). All paces are welcome as they vary from 8:30 to 9:00+ with about 6-7 core people in the group. Email [rleenunn3@gmail.com](mailto:rleenunn3@gmail.com) for more info.

**Wednesday Night Runs from Marietta Square** — Meet at the Small Locomotive in the Children's Playground

on the Marietta Square at 6pm for runs of varying distance. Then join the group for a post-run carbo reload at La Parrilla Mexican Restaurant. If you are interested in a run meet the group at the Small Locomotive in the Marietta Square Park at 6PM, otherwise, stop by LaParrilla around 7 PM for appetizers, good food and company. Call 770.427.4471 for more information.

**Thursday Night Runs from Fleet Feet Sports-Sandy Springs** — Meet at Fleet Feet Sports Johnson Ferry Rd at Roswell Rd. across from Target at 6pm for runs of 5-7 miles. Call 404.255.3338 for more info.

## Welcome New Members!

William Stewart  
Shelley Sloan  
Scott Brasfield  
Jeffrey Rumbaugh  
Jessica Doan  
Payton Holland  
Tina Wright  
Daniel Wright  
Amy McCullough  
Sandie Pletcher  
David Wang



Kay Corio  
Heather Noland  
Rhonda Vincent  
Darcey Topham  
Richard Yow  
Susan Yow  
Lawson Yow  
Callie Yow  
Charles Yow  
Keene Miller  
David Williams

And our youngest new member, Skyler Wynter Strickland, who was born March 3, 2010 to Kim and Michael Strickland.

## 2010 Chattahoochee Road Runners 10K Overall Winners

Overall Female Winners:  
1st Jennie Kormanik 35:49  
(pictured 2nd from left)  
2nd Jen Feenstra 36:04  
(pictured left)  
3rd Genie Beaver 37:41  
4th Beth Old 37:47  
(pictured right)



Overall Male Winners:  
1st Michael Green 30:40  
(pictured right)  
2nd Kevin Clary 31:28  
(pictured left)  
3rd Sammy Nyamongo 31:46

Masters Male Winners:  
1st Robin Rogers 32:19  
(pictured right)  
2nd Valentin Alvarez 33:15  
(pictured left)  
3rd Michael Strickland 33:36



Note: All race photos in this month's newsletter by Donna Garcia and Mike Gerber

## Coach's Corner—Sean Pfister

I apologize for my short article this month. Since February is a short month (and my birthday month) I think it's only appropriate to have a short article...I want to thank CRR member Janice Hazen for sending me an article on the effects of caffeine and running and recent deaths associated with consuming too much during a race. The article warned about drinking too much before a race and continuing to consume even more throughout with highly caffeinated gu's and gels that are so common now. The article stated that less than

200mg was safe and I've actually heard that under that amount caffeine is not even a diuretic like we've been led to assume. 200mg is a little more than what is in a Starbucks "tall" coffee. There's a reason why too much caffeine (well below what is considered unsafe) is banned from professional competition and why I drink my cup before each race and long run, it's a performance enhancer if consumed in moderation.

Coach Sean



# ALTER

Anti-Gravity Treadmill®

### Low Impact Running

- Run without pain or the worry of injury
- Recommended by top physicians and used by the world's best athletes
- Easy to use and comfortable to run or walk in
- Experience what's it's like to Defy Gravity!



**Georgia Sports  
Chiropractic**

754 Peachtree St. NE, Suite 105 | Atlanta, GA 30308

**ATLANTA'S FIRST!**

For more information about the Alter G Treadmill:

<http://www.georgiasportschiropractic.com/alterg.htm>

## March Birthdays

Suzanne Krueger	March 1st	Kevin Burke	March 15th
Reilly MacNeill	March 2nd	Jennifer Disbrow	March 16th
Bradley Haertel	March 3rd	Samantha Godwin	March 17th
Wynter Skyler Strickland	March 3rd	Sandie Pletcher	March 19th
Catherine Meihoffer	March 5th	Carrol Jackson	March 20th
Glenn Calerda	March 5th	Charles Peebles	March 20th
Keith Hass	March 6th	Jerry Abiog	March 20th
Stephanie Deboer	March 7th	Heather Noland	March 21st
Camille Carmen	March 8th	Tina Klein	March 22nd
Karen DeGasperis	March 8th	Donna Garcia	March 26th
Charles Yow	March 9th	Perry Julien	March 28th
Doug Wise	March 10th	Chris Strong	March 28th
Ken Bolich	March 10th	Gopi Shammias	March 28th
Heather Nichols	March 11th	John Pinyerd	March 29th
Lawson Yow	March 14th	Dave Curry	March 29th
Bruce Robinson	March 15th	Judith Hine	March 30th
		Daryl Pridgeon	March 31st



## Race Results—Amanda Poole

### The Scenic City Half Marathon

Chattanooga, GA

Vanessa Irons—1:47:58

### Mercedes Marathon

Birmingham, AL

Kate Lowd - 3:35:53 (1st Marathon)

Yong Lee - 4:04:39

Joe Poole - 3:34:38

Deeter - 3:34:39

### Mercedes Half Marathon

Birmingham, AL

Malcolm Campbell - 1:09:45 (1st AG, 4th OA)

### Polar Bear Run 5k

Marietta, GA

Janice Hazen - 24:18

### Bermuda Triange Challenge

[http://www.bermudaraceweekend.com/index.php?option=com\\_content&view=article&id=49&Itemid=53](http://www.bermudaraceweekend.com/index.php?option=com_content&view=article&id=49&Itemid=53)

In January, Jennifer Murkison traveled to Bermuda over MLK weekend to compete in the Bermuda Triange Challenge. It was three days of racing. Friday night there was a mile race along the 'main' drag in Hamilton, Bermuda. Saturday morning, a hot and hilly 10k and then, Sunday morning, a nice and scenic half marathon. Front Street Mile - 7:57, International 10k - 1:02, Half Marathon - 2:14

### Challenged Child 5K

Gainesville, GA

Malcolm Campbell - 15:39 (2nd OA)

Michael Strickland - 1st Masters OA

**Chattahoochee Road Runners P.O. Box 724745 Atlanta, GA 31139-1745**

**Donna Garcia**

*President*

770.977.0125

[president@crrclub.com](mailto:president@crrclub.com)

**Gary Jenkins**

*Vice President - Administration*

678.795.0115

[vpadmin@crrclub.com](mailto:vpadmin@crrclub.com)

**Amanda Poole**

*Vice President - Racing*

770.833.7775

[vpracing@crrclub.com](mailto:vpracing@crrclub.com)

**Sean Pfister**

*Club Coach*

423.991.8500

[clubcoach@crrclub.com](mailto:clubcoach@crrclub.com)

**Sandra Alford**

*Secretary/Membership*

678.665.0131

[secretary@crrclub.com](mailto:secretary@crrclub.com)

**Jake Bodenheimer**

*Treasurer*

770.432.8275

[treasurer@crrclub.com](mailto:treasurer@crrclub.com)

**Kris Anderson**

*Vice President - Public Relations*

678.923.1969

[vppr@crrclub.com](mailto:vppr@crrclub.com)

**Connie McManus**

*RRCA Club Liaison*

770.428.3413

[rrcaclubliaison@crrclub.com](mailto:rrcaclubliaison@crrclub.com)

**Daniel "Deeter" Dietz**

*Member at Large*

404.234.0065

[boardmemberatlarge@crrclub.com](mailto:boardmemberatlarge@crrclub.com)

Online @

crrclub.com



**The Objectives of the Chattahoochee Road Runners:**

- Promote good health and fitness through running
- Provide a medium for meeting other runners and sharing a club camaraderie
- Participate as a club in at least one race per month
- Host the annual Chattahoochee Road Runners 10K in the spring of each year

***CONTRIBUTIONS?***

*THE ROAD RUNNER* is the monthly newsletter of Chattahoochee Road Runners, founded in 1981 by Ron Creasy, Ron Varner, and Dick Biggs. Deadline for submissions is *the 19th of the month*. Send articles and/or advertisements to Mike Gerber, Newsletter Editor, 951 Glenwood Avenue #1403, Atlanta, GA 30316.

Phone: 404.384.9130

Email Address: [editor@crrclub.com](mailto:editor@crrclub.com)

Contribute your articles, photos, recipes, and anything else of interest today!

Interested in becoming a member? Check out the Membership Application on the next page.



# CHATTAHOOCHEE ROAD RUNNERS MEMBERSHIP APPLICATION



Thank you for joining one of metro Atlanta's largest and most active running clubs. We hope you will take advantage of all of the member benefits: monthly social meetings, weekly 'Go The Distance' runs, team races, social activities, etc. Complete information about the club can be found at [www.CRRClub.com](http://www.CRRClub.com)

<b>Membership Dues: (September 1 – August 31 NO PRORATED DUES)</b>			
(Place a check mark in front of selection)			
	<u>1 Year</u>	<u>2 Years</u>	<u>3 Years</u>
Individual	<input type="checkbox"/> \$25	<input type="checkbox"/> \$40	<input type="checkbox"/> \$60
Family	<input type="checkbox"/> \$35	<input type="checkbox"/> \$60	<input type="checkbox"/> \$85

**New Member**                       **Previous Member**                       **Renewal**

Make Checks Payable to the Chattahoochee Road Runners & mail to:  
Chattahoochee Road Runners/ Attention Secretary / PO Box 724745 / Atlanta / GA / 31139  
Please print all information requested below:

Last Name: \_\_\_\_\_ First: \_\_\_\_\_ Sex:  M  F

Address: \_\_\_\_\_ City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Home/Work: \_\_\_\_\_

Email Address: \_\_\_\_\_ Birth Month & Day: \_\_\_\_\_

Spouse/Partner Name: \_\_\_\_\_

Email Address: \_\_\_\_\_ Birth Month & Day: \_\_\_\_\_

Child Name(s): \_\_\_\_\_ Birth Month & Day: \_\_\_\_\_

Child Name(s): \_\_\_\_\_ Birth Month & Day: \_\_\_\_\_



I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree and abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership or renewal, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattahoochee Road Runners, Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature \_\_\_\_\_

Parent's Signature (if under 18) \_\_\_\_\_