



# The Road Runner

NOVEMBER 2009

The Monthly Newsletter of the Chattahoochee Road Runners

## CRR MONTHLY CLUB MEETINGS



November 16

### **Ugly Race T-Shirt Contest**

Break out that one shirt you swore you would never wear again and join in on the fun!

December 21

### **White Elephant Gift Exchange**

Bring a \$20 wrapped running related gift to this annual CRR tradition which is guaranteed to be filled with surprises!



January 18

### **Annual CRR Awards**

Send in your nominations today to [vpracing@crrclub.com](mailto:vpracing@crrclub.com) along with why you think he/she should be considered for the following categories:

- Male/Female Runner of the Year
- Male/Female Most Improved
- Service to the Club

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## From the President—Donna Garcia



### GIVING THANKS

The month of Thanksgiving is upon us! For many runners, Nov 26<sup>th</sup> will start with a Turkey Trot or Gobble Jog so they can feel “guilt free” about the feast they will have later in the day. This is what Thanksgiving used to mean to me. Don’t get me wrong, I plan to race and do some serious eating...however, I plan to start the month by GIVING THANKS!

My attitude of gratitude will start November 1<sup>st</sup>. My plan is as follows; every day I will reflect on what I am thankful for and pass it on (a cycle of giving). Kind of a pay it forward approach!

Running will be on top of my gratitude list. This is the sport I love and I hope that is evident to all who know me. Running has shaped who I am and provided me with countless opportunities (far too many to list).

I am THANKFUL to be a part of this GREAT running club. Our membership continues to grow and more members are GIVING

BACK. This is how our club will sustain itself; through the volunteer efforts of members.

There is a lot happening in November:

- Weekly “Go the Distance” Runs
- 11/8 Monthly Social Run
- 11/16 Monthly Club Meeting

### Remember...its Ugly Shirt Contest Month!

Thanks Hoochies for all that you do!

*Donna*

## Upcoming Events

**November 8 - Monthly Club Run by the River—** Cochrane Shoals Park entrance at the parking lot off Interstate North Pkwy near 1285. Meet at **8:00 AM**, ready to run. Varying distances and paces. The coffee & goodies post run are wonderful!

**November 16 - Monthly Club Meeting at Rockledge: A Residential Resort, 2075 Powers Ferry Road, Atlanta, GA 30067.** 7-9PM. Pizza and drinks will be provided by Rockledge. Come join us for food and fun in their outdoor party tent!

Remember to check out our website—[crrclub.com](http://crrclub.com)—for the latest happenings and updates.

**crrclub.com**



## Running on Empty by Jason Nocera



## 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 summer, 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 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.

## Coach's Corner—Sean Pfister

### 250,000 Runners Didn't Die in Detroit!

The big news in the running world this month was the tragic deaths of 3 half-marathoners at the Detroit Marathon. We as runners know how rare marathon deaths are, that is why it makes the headlines when it occurs but rarely do I here the counterpoint of running as healthy in the same articles. This may sound like a "preaching to the choir" article and it is in some way but I wanted to point out some statistics for you to share with your non-running friends in defense of running if it ever comes up that running is bad for you.

It's been 15 years since Detroit has had its last death during the race. I estimate that a quarter of a million runners have participated in all of their race day events since the last fatality. 86,700 people died in Michigan in 2007. That's 237 per day and I'll estimate that 50% were from the Detroit area (50% live in metro area), which means 115 people also died that Sunday. When you add it up about 1,800 people died on marathon Sunday in Detroit that did not run in the race. Yet when 3 people die it becomes a sensation and one so huge that we feel defensive in

justifying our lifestyle.

The Lifestyle of running has also saved countless lives. If we estimate that 5% of the people that run a marathon (400,000 in 2008) also changed their lifestyle from sedentary to running/jogging/walking (briskly) then we can argue that despite the hazards of running a long distance race, 20,000 people will be healthier because of it. I'm sorry for being marathon-centric, but since it happened at a marathon event I thought I should focus on its statistics. Countless thousands run/jog/walk much shorter distances and receive the same health benefits.

Another argument from the non-running community is the author and runner Jim Fixx. I've heard comedians do bit's on him because he was such a huge proponent for the benefits of running and died shortly after a jog. Ironic? Sure. But they fail to mention that at the age of 35 (same age his father had his first heart attack) he weighed 240 pound and smoked 2-packs a day. By age 42 (the age his father died from a heart attack) he was down to 180 pounds and stopped smoking. He lived to be 52 and had massive

coronary artery disease most likely genetic factors were a huge cause. It can be said, not only did running increase his lifespan but his quality of life and he died doing something he loved. Had he died raking the leaves or in his sleep, his legacy would probably be better preserved. BUT I say we are fortunate that he died while running because when it's brought up we now have an opportunity to defend his lifestyle choice. Had he not gone for a jog in 1967 it is doubtful he would've outlived his dad. Not only that, his lifestyle made him rich and famous and most importantly, healthy.

Be a running advocate and defend your lifestyle. Better yet, invite any that disagree to join the CRR and meet those of us that have benefited hugely from being a runner. I can't even begin to count the benefits that running has had for me personally- from a career, meeting girlfriends (past and present), making countless friends and acquaintances, traveling around the country, to staying in top health. Tell me another lifestyle or hobby that can offer as much for as cheap and with no learning required?

## Upcoming Races

**November 26:**  
**HUFFIN' FOR THE STUFFIN' 5K,**  
**MCDONOUGH**  
 5K – 8:00A.M., 1 MILE – 8:15A.M., TOT TROT – 8:30AM  
[www.active.com](http://www.active.com)

**November 26:**  
**ATLANTA MARATHON (7AM) & HALF MARATHON (7:30AM)**  
[www.atlantatrackclub.org](http://www.atlantatrackclub.org)

**December 12:**  
**SLEIGHBELLS ON THE SQUARE 5K , MARIETTA**  
 5K – 8:30A.M., 1 MILE – 9:15A.M., TOT TROT – 9:30AM  
[www.active.com](http://www.active.com)

**December 20:**  
**BRASSTOWN BALD BUSTER 5K, BRASSTOWN BALD, GA**  
 11AM  
[www.georgiarunner.com](http://www.georgiarunner.com)

## Welcome New Members!

John Christopher  
 Katy Holbrook  
 Frank Reese  
 Paul Alar  
 Kate Lowd  
 Doug Wise  
 Anne Wise  
 Kevin Waits  
 Bishop Leatherbury  
 Lauren Hitchins  
 John Schwarz  
 Cynthia Schwarz  
 Lily Harris  
 Annie Harris  
 Gary Harris

## Race Results—Amanda Poole



**Ismay Campbell** ran her first ever race in Cumming, GA at the Frog-town Trail Race. She completed the 4 mile distance and now understands and loves the pain we all feel from running!

**Gary Schaefer**  
 Detroit Free Press Marathon  
 4:01:21 (1st Marathon)

**Stephen King**  
 Detroit Free Press Marathon  
 4:11:27

**Malcolm Campbell**  
 Corporate Challenge (Atlanta)  
 15:54  
 3rd OA

Northface 50 mile Trail Race  
 (Washington D.C.)  
 7:21:23  
 5th OA

ING Run for Something Better 5K  
 (Atlanta)  
 15:26  
 1st OA

Frogtown 10M Trail Race  
 (Cumming)  
 1:19:51 (included one mile in a river)  
 1st OA

Big Peach 5M (Marietta)  
 27:06  
 5th OA

**Daniel “Deeter” Dietz**  
 Des Moines Marathon  
 3:08:15 (PR)  
 4th AG

**Mike Nash**  
 Chicago Marathon  
 3:28:30

**Sandra Alford**  
 Doug Kessler Lightning 10K  
 (Sandy Springs)  
 Duluth Fall Festival (Duluth)

Run for a Day (Carrollton)  
 Locomotive Half-Marathon  
 (Kennesaw)

Historic Roswell 5K (Roswell)  
 Nader Parman II Memorial 5K  
 (Marietta)

## November Birthdays

Alex Machan	November 2nd
Chris Zatto	November 2nd
Adri Herman	November 3rd
Ben McLain	November 5th
Teri Chiong	November 6th
Misty Stallo	November 7th
Jim Bitsko	November 9th
Lily Harris	November 11th
Lee Nunn	November 11th
Trudy Hearn	November 13th
Valerie Breslow	November 13th
Raymond Ross	November 14th
Ann Railsback	November 15th
Katie O'Grady	November 15th
Stephanie Strong	November 16th



John Elmore	November 16th
Annie Harris	November 16th
Sylvia Beaver	November 16th
Andy Keel	November 19th
Lynn Pinyerd	November 21st
Trevor Burns	November 21st
Mike Gerber	November 21st
Gary Jenkins	November 24th
John Butler	November 24th
Shelly Hobbs	November 25th
Randall MacNeill	November 25th
Leo Kormanik	November 26th
Anne Sereni	November 26th
Ron Creasy	November 28th

## Why Try "Go the Distance"

Looking for a change in where you run. Try **"Go the Distance"**. Meets at different locations each week throughout the city.

Want a variety of distances. Try **"Go the Distance"**. Your choice of a variety of distances from 5 miles to 20 miles. Great way to train for that road race of your choice, from a 10k to a marathon.

Maybe interested in running in a different area but concerned you might get lost. Try **"Go the Distance"**. You get excellent directions that you can carry with you.

What about water. Try **"Go the Distance"**. Water and Gatorade is set out every couple miles.



Interested in running with other folks. Try **"Go the Distance"**. Each Saturday you get a group of runners going different distances at different speeds. You can run with a group or

run by yourself. You may meet someone as you run who runs your pace. At different water breaks you can always meet other runners. Or see other runners along the course.

Want to see the metro area. Try **"Go the Distance"**. Each week it gives you a chance to get venture into different neighborhoods throughout metro Atlanta. What a great way to see Atlanta.

So some Saturday morning, change up your normal running routine and Try **"Go the Distance"**! Happy Running.

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**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) \_\_\_\_\_