



# *The Road Runner* *December 2007*



## Every CRR Dog Has Its Day

Scenes from October's CRR Dog Walk



### This Month's Features:

- \* Photos from November's Monthly Meeting
- \* Monthly Columns by Donna and Coach Will
- \* Introduction to Go the Distance
- \* 2007 Marine Corps Marathon
- \* Member Spotlight: Chris Molaison



*The Road Runner  
December 2007*

**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

**Contribute your articles and photos today!**

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**MEMBER APPLICATION**

*Not a member? Interested in joining the Chattahoochee Road Runners? Download an application (<http://www.crrclub.com/Membapp.pdf>) and become a member today!*

**New members —**

**Susan Nicholas**

**Tyler Moss**

**welcome to the club!**

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**HAPPY HOLIDAYS!**

The saying says, "Time Flies When you are Having Fun". I suppose that is why Thanksgiving is over and the December Holidays are upon us.

The November Club Meeting was FUN! There were members, guests and lots of new Hoochies. Everyone got a chance to use our new microphone system for introductions and comments; I had no idea we had so many comedians. Open Mic Night anyone?

We celebrated a Major Event... Gary Jenkins' 60<sup>th</sup> Birthday. Cake & Pizza- now that is the perfect runner's diet.

Our charitable event for the month was a donation drive for MUST Ministries. Thanks to all who donated food, blankets and much needed supplies. We filled Chris Vandembos' truck. Now that's A LOT of stuff.

December's Meeting will be a PARTY! A white elephant party to be exact. Please see newsletter and website for specifics. I can't wait to see what items people bring, and what everyone goes home with! Should be lots of FUN!

The club announced BIG NEWS! Our "Go the Distance" program will begin in January. EVERY Saturday, there will be an organized, aided, multi distance group run. I cannot say enough "good stuff" about the group of coaches who will lead the program. Come on out, participate, and I know you will agree.

Have you signed up for the Hogpen Bus? (PS-It is free to members). The 35 spots are going, going, maybe gone by the time this goes to press.

Are you TUFF ENUF for Coach Will's challenge? See page 5 and [www.crrclub.com](http://www.crrclub.com) for more details.

I wish everyone a Joyous Holiday Season. I am so thankful for our club and the friendships and camaraderie. Go out and enjoy those Holiday Races; Sleigh bells on the Square, Reindeer Run, Santa Stroll, and/or the Jingle Bell Jog.

Donna

# GO THE DISTANCE

We are excited to introduce the new Chattahoochee Road Runners "Go the Distance" running program. "Go the Distance" is an addition of a longer distance Saturday morning running option for members who might want to train for a half or full marathon, or for those who simply like to run longer distances. This is for all levels of runners. Starting on Saturday, January 5th at 7:30AM (Location will be determined soon) we will have maps and fluid stops for various mileages. The run locations will vary throughout the Atlanta area and will cover all of the terrains that Atlanta has to offer. It is a great way to meet new people and enjoy the longer supported runs with others.

There is currently a large group of members training for the Boston Marathon in April and many more that have the ING Atlanta Half & Full Marathon in March on their list of goals for 2008.. Please tell your friends and come join us on the 5th! If you have any questions please e mail us at [gothedistancecrr@charter.net](mailto:gothedistancecrr@charter.net).

# Planning Ahead

**December 9** - Monthly Club Run by the River- Cochrane 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. **\*\*NOTE: time has changed for the Fall!\*\*** We are currently getting 10 to 15 people. Runners, Walkers & Dog Walkers. The coffee & goodies post run are wonderful!



**December 17** - Monthly Club Meeting at the Mellow Mushroom (Powers Ferry). 7:00—9:00. December's meeting will be a White Elephant Gift Exchange (contact Doreen for more info). Pizza and soft drinks will be provided by the club. Congratulations to our November drawing winners: Arlene Dahlberg (Brasstown Bald Buster), Hunter Branch (RRCA Calendar), and Lynn Pinyerd (RoadID). See page 8 for more scenes from November's CRR club meeting.



**Weekly Club Runs**

**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 information.



## Are You Tuff Enuf ?

Are you tough enough or crazy enough to run two of the hardest races in the State of Georgia? The Brasstown Bald Buster and the Hogpen Hill Climb.

The **Brasstown Bald Buster** is just a little old 5K with just one hill, however that hill starts at the start and finishes at the finish at the highest point in the state. About 1864 foot **elevation gain** in 3.1 miles.

The course record is held by Adam Pinkston and has stood for years at 24:38. In case you think Adam was a slow runner he ran 14:38 on the road a week before setting the course record. Most runners finish the race in a time a little under their 10K race time.

The race will be held this year on Sunday December 16<sup>th</sup> and starts at 11:00AM. The weather can be a challenge and we have run in snow and ice. Two years ago we went from blue skies to a complete white-out in less than an hour.

Because this is such a challenging event Gary Jenkins says if you finish you deserve an award and everyone gets one with Overall Male and Female as the top award. There are additional perks for this event like homemade vegetable soup, hot chocolate and cider and some additional goodies, plus you get a sweatshirt!!!

The **Hogpen Hill Climb** is the second hardest race in the State of Georgia. It is a 17K with a **net elevation gain** of 2600 feet (over 3600 feet of climbing). It starts in downtown Helen and finishes at the top of Hogpen Gap. The weather here can also be a challenge because it can be 20 degrees colder at the finish than at the start. I have always joked that this is the only race where you carry clothes to put on rather than take off as the race progresses.

There is a section between 7 and 9 miles where you will swear that you need handrails due to the steep grade. The first time I ran this race I asked a long time participant about the course and he said, "You will walk past people who think they are running". The race will be held this year on Saturday January 19, 2008 and starts at 12:00 noon.

This will be the 24<sup>th</sup> year that the CRR has chartered a bus to take members to Helen to participate in this challenging event so look for the bus information in this newsletter and on the CRR website.

Race entries will also be posted on the CRR website when they are available.

So, are you tough enough to take on the challenge? I am issuing a challenge to all members to compete in these two events. If you do and survive you will not only have bragging rights but there will be some special perks for anyone who does both events.

You will need to email me at [clubcoach@crrclub.com](mailto:clubcoach@crrclub.com) and let me know your plan to compete and I will add you to the list, then send me your results after you have run the races and I will let you know how you can get your stuff.

## TUFF ENUF?

*See you at the races...*

**Coach Will**

*USA Triathlon Certified Coach*

*USA Cycling Expert Level Certified Coach*

*USA Track & Field Level II Certified Coach*

*ASEP & RRCA Certified Coach*

*Blaze Sports Track & Field Coach*

*"To give anything less than your best is to sacrifice the gift." Steve Prefontaine*

*"The difference between the impossible and the possible lies in a man's determination." Tommy LaSorda*

# 2007 Marine Corps Marathon

By: Amanda Poole  
Photos by: Daniel Dietz



If you have never given the Marine Corps Marathon a try, you should check it out especially if you would like to visit our nation's capital or if you are patriotic. The thing that really blew me away was the volunteers—all of them are Marines! Packet pick-up, water stops, and aid stations are manned by Marines. Not only do they serve our nation, but they are serving the runners, too. It gave me chills just to see them on the course helping the runners during the race.

In addition to wonderful volunteers, this race has a very challenging and beautiful course. It is a large loop that starts and finishes near the Pentagon and the Arlington

National Cemetery in Virginia. The race course takes you past famous places and monuments—The Kennedy Center, Watergate, Lincoln Memorial, the Ellipse and South Lawn of the White House, the Capital building, the Smithsonian Museums, the Jefferson Memorial, and the Washington Monument just to name a few. In addition to seeing “the sights” of Washington DC, the course took us past some beautiful scenery. This year Rock Creek Parkway was omitted from the course due to construction. Instead of the Parkway, miles three thru seven took runners out to Georgetown and around the Georgetown Reservoir. This was a nice area I used to try and settle into a decent pace. After the reservoir the course heads to The Mall. Runners pass the monuments and head out to Haynes Point for a few miles that were a bit windy. After the point, runners run over the Potomac for a second time and then into Crystal City. There were tons of spectators in Crystal City and a rock band too. It seems like the marching bands that were spread out along the course were on a break when ever I would run by so hearing music at mile 22 really helped me get to the next mile marker. The rest of the course retraces the start area at the Pentagon and has a small out and back from mile 25 to mile 26.2. I was a little frustrated when I realized that I had to go out for a mile past the finish area and loop around, but then I saw Joe smiling and waving to me as he headed up to the finish line. I tired to pick up my pace and run hard to the finish since he would most likely be watching me wrap up the race.



My favorite part about the entire race was seeing my friends who were spectators. I saw Deeter twice and each time he had the crowd around him cheering my name. Chris and Deidre were also on the course with a giant sign they made for our group of runners. I must have seen Chris and Deidre five times during the race! Chris even ran ten or fifteen yards with me at one point. Seeing my friends cheering for me really lifted my spirits and helped me have a great experience during a challenging race.



While I was training for the marathon, I learned that the Core Values of the Marine Corps are Honor, Courage, and Commitment. Those values definitely helped me thru sweltering training runs and the times when I was burned out. Take those values to heart the next time you begin to train for a race and you might be pleasantly surprised by the outcome.

# Upcoming CRR Grand Prix Races

Sweet Tomatoes 5K  
December 1, 2007



Sleighbells on the Square 5K  
December 8, 2007

## November Race Results

**Ronnie Brownell**

*Gobble Jog 5K*  
29:05

*Halloween Moonlight 5K*  
29:34

**Jack Eckles**

*Chicago Marathon*

"Completed in over 5 hours, grin, because it was damn hot and I stopped for beer!"

*Disney Tower of Terror 13K*

58:09 1st in 50-54 AG, 3rd in Military Division

*ATC Stone Mountain 10 Miler*

1:09:20 2nd in 50-54 AG

**Sandra Alford**

*William's Walk and Run 5K*

*Xterra 5K and 10K Trail Run*

3rd AG in 5K and 4th AG in 10K

*Xterra Half-Marathon Trail Run*

4th AG

*Gobble Jog 10K*

**Andy Keel**

*Atlanta Half Marathon*

1:22:49

**Mike Gerber**

*ATC Stone Mountain 15 Miler*

1:28:45 1st OA

*Atlanta Half Marathon*

1:17:01 3rd 25-29 AG

**Donna Garcia**

*Cross Country 4.8 Mile Race (Millen, GA)*

28:27 1st OA

*Atlanta Half Marathon*

1:23:39 1st 35-59 AG

**Michael Strickland**

*Cross Country 4.8 Mile Race (Millen, GA)*

25:42 3rd OA

*Gobble Jog 5K (Marietta, GA)*

15:44 2nd OA

# November's Club Meeting

Photos Submitted By: Donna Garica



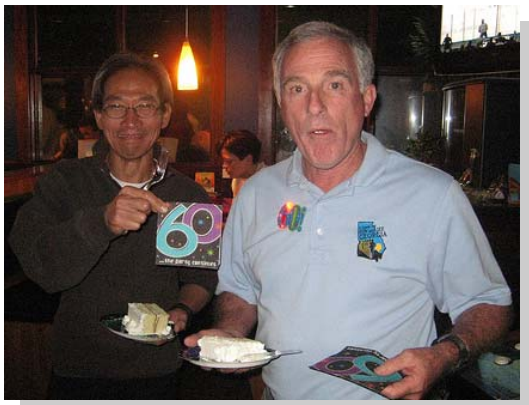
Arlene wins a entry to the Brass-town Bald Buster 5K (12/16/07)



Gary's 60th Birthday Surprise!



Kim gives samples of Mona Vie, a health drink made from acai berries



Pooh and Gary were the first to try out the cake!



Lynn wins a RoadID



Doreen, our social event queen, talks about upcoming events

## DECEMBER BIRTHDAYS

Happy Birthday from your friends at the Chattahoochee Road Runners



Lindsay Pinyerd 12/5  
Brooke Pinyerd 12/9  
Donald Macoy 12/13  
Charles Teague 12/13  
Deidre Vandebos 12/16  
J. Scott Mullennix 12/17  
Kelly Cook 12/20  
Collette Ragan 12/23  
Jim Parks 12/24  
Deb Chichester 12/25  
John R. Stamey 12/31



Greetings Hoochies,

Fall is upon us! As was announced at the November meeting, there will be no Grand Prix series in 2008. We will be finishing up this year's though so be sure to review the points on the following pages and the race by race breakdown spreadsheet at [www.crrclub.com](http://www.crrclub.com). Remember that you must have run a minimum of 8 races and have volunteered at one club event to qualify for OVERALLAGE GROUP awards. Currently, Sandra Alford is the only one who has met that standard!

This month's Member Spotlight sections shines on Chris Molaison, one of the members of our winning Ekiden team this year. Thanks Chris for an excellent submission.

Chris Molaison, 30, grew up in Cut Off, LA (yes, there is a "South-of-New Orleans"), married to Jenny (also a CRR member). I'm a polymer chemist for Columbian Chemicals

Company.

#### Running History:

My start in running was totally an accident. Throughout my junior high years, I played basketball. However, the track coach wanted me to long and/or triple jump. Well, I wasn't as good as he thought I'd be, so I asked to run the mile so I could stay on the team (to 8<sup>th</sup> and 9<sup>th</sup> graders in South Louisiana, a mile is an eternity and no one else wanted to run it). I was hooked ever since. I did run in high school and college (Southern Mississippi). After experiencing burn-out and gaining a good bit of weight, I picked up running again a few months after moving to Albany, NY when I started working for GE. My "second life" as a runner has been much more fun and rewarding even though I can't pull off some of the workouts that I once did in college.

#### Racing History:

In junior/senior high, in addition to racing the 3200m, 1600m, and 800m, I occasionally made a cameo appearance on our 4x400m relay team. In summer-track, I ran the 4x800m relay and the 2000m steeplechase. In college, my favorites were 8km XC and the 3000m steeplechase. As an adult, I enjoy 5km/10km races the most, but I've run two half-marathons and one marathon.

#### Favorite Races:

Penn Relays Corporate DMR, NYC Marathon, Mayor's Cup 8km XC (Boston), Hudson Mohawk Winter Marathon Relay (Jenny and I dominated in 2003 and 2004), and I cannot forget the 2007 Ekiden where we opened up a can of you know what!!

#### Favorite Place to Run:

The "Mountain Run" that started in Voorheesville, NY and finished at Thacher Park (Helderberg Escarpment). There was one hill referred to as "The Stairway to Heaven" because when climbing it, all you'd see was the sky. However, once you made it to the top, there was an awesome view of the Catskills. It was a 14-mile long-run course that the Willow Street AC (the club team on which I ran) would occasionally run.

#### Favorite Running Story:

After competitively running for Southern Miss but before graduating, my friend, Chip, and I would run 5 miles after classes adjourned for the day. We'd run to downtown Hattiesburg, turn around, and run back to campus. The turn-around point was at Stokes Distributing—that's right, the place that delivers beer to the greater majority of Hattiesburg! A couple of times, we timed it just right, where some of the guys were knocking off of work standing outside drinking a few cold ones. The boys would give Chip and me a beer, and we'd start running back. Yeah, we were dorks, but we still thought it was pretty cool to be running and drinking beer at the same time. In any event, we told one of our professors, Dr. Robson Storey, about "The Beer Run," and he said that we were full of crap. So we took him with us. All three of us successfully hit the 2.5-mile beer aid station and were each given a cold one. Unfortunately, the boys at Stokes thought that we'd eventually keep adding people to the Beer Run Posse; therefore, the Beer Run with Chip, Dr. Storey, and me was the final one.

#### Running Goals:

My primary goal is to keep running as long as life and my body allow me. I feel that running gives me the best chance to battle my family history (heart disease). Another goal is to use our Baby Jogger as much as possible once our soon-to-be-born baby is old enough to ride in it!!

Next month's issue: Amanda Poole

## 2007 CRR Grand Prix

NOTE: Important changes this year; please read thoroughly

In 2007, the club's challenge to you is to take part in our Grand Prix. The goal this year is to get members out there running and involved with club activities. No matter your age, experience level or best distance there is something for you. You must be a member to participate. It is the responsibility of each runner to report your race results and volunteering to the VP of Racing ([vpracing@crrclub.com](mailto:vpracing@crrclub.com)). Updated results will be posted in the monthly newsletter and on our website at [www.crrclub.com](http://www.crrclub.com). It is ultimately the competitor's responsibility to ensure that points are accurate. If you think an error has been made or you have questions, please contact the VP of Racing.

### Points

Points will be given for each race completed. Breakdown is as follows:

- 5K (only Grand Prix 5Ks as listed below) - 10 pts.
- 10K (only Grand Prix 10Ks as listed below) - 20 pts.
- 15K, Half-Marathon (any race) - 30 pts.
- Marathon (any race) - 50 pts.

In addition, bonus points can be earned by:

- Volunteering at the CRR10K - 50 pts
- Volunteering at other CRR events - 20 pts
- Submitting articles for the newsletter - 10 pts per article

### Awards

Awards will be presented at our January 2008 monthly meeting. You must be a member of the Chattahoochee Road Runners to receive an award. The man and woman who accumulate the most points will be given Hoochie of the Year Running Series awards. In addition, the top man and woman in each age group will receive awards (Age Groups: 10-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+). **In order to be eligible to win an award you must run a minimum of 8 races and volunteer at one club event.**

### Grand Prix Races

January -	Hogpen Hill Climb Polar Bear 5K	July -	Homespun Fest 5K Etowah River Run 5K
February -	Walton Raider Chase 5K Chattahoochee Challenge 10K	August -	Clocktower 5K Run for Life 10K
March -	Silver Comet 10K Spring Chicken Run 5K	September -	Macon Labor Day 10K Fuzz Run 5K
April -	Sickle Cell 7K Jonquil Jog 5K	October -	Peachtree City 15K Halloween Moonlight Run 5K
May -	Mt. Ranger Run 15K Celebrate America 10K	November -	Gobble Jog 5K/10K Strong Legs 10K
June -	Cave Spring 5K Achilles Hope & Possibility 5K (20 pts.) Magnolia Run 4 Mile	December -	Sweet Tomatoes 5K Sleighbells on the Square 5K

# 2007 CRR Grand Prix - Males

Following standings are through the Gobble Jog 5K/10K. Check the club website at [www.crrclub.com](http://www.crrclub.com) for the race by race breakdown. If you find any errors or omissions please contact Mike Gerber at [vprac-ing@crrclub.com](mailto:vprac-ing@crrclub.com).

## 20-29

Mike Gerber	130
Tyler Stevenson	30

## 30-39

Joe Poole	100
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## 40-49

Rick Kimball	60
Sean Jarnagin	30
Michael Strickland	20

## 50-59

Jack Eckles	190
Ronnie Brownell	140
Pooh Neovakul	40
Jake Bodenheimer	10

## 70+

Jim Parks	10
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# 2007 CRR Grand Prix - Females

Following standings are through the Gobble Jog 5K/10K. Check the club website at [www.crrclub.com](http://www.crrclub.com) for the race by race breakdown. If you find any errors or omissions please contact Mike Gerber at [vprac-ing@crrclub.com](mailto:vprac-ing@crrclub.com).

## 10-19

Hailey Branch	60
Hunter Branch	60

## 20-29

Amanda Poole	200
Lee Ann Stevenson	30
Crystal Perkins	20

## 30-39

Elizabeth Peterson	20
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## 40-49

Sandra Alford	290
Doreen Branch	70
Melissa White	20
Barb Jarnagin	10

## 60-69

Arlene Dahlberg	70
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# WANTED

## Classified Advertisements

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## Put your advertising dollars to work in the Chattahoochee *Road Runner* Newsletter.

The *Road Runner* Newsletter, published since 1981, has a readership of over 400 and is also circulated to many area running clubs. It is published on a monthly basis and reaches a roster that includes business owners, presidents, community leaders, doctors, lawyers and many other professionals, all part of a strong running community.

### Monthly Advertising Rates & Ad Sizes

	<u>Size</u>	<u>Cost Per Month</u>
Full Page	10" H x 7-1/2" W	\$100.00
Half Page	4-3/4" H x 7-1/2" W	\$50.00
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1/8 Page	(Business Card) 2-1/4" H x 3-1/2" W	\$15.00 (3 Month Minimum)

Discounts for 6 month & 12 month contracts. Contact [editor@crrclub.com](mailto:editor@crrclub.com) for prices.

- Ads, entry forms, business cards can be supplied ready for print, or as WORD documents, PDFs or jpeg files. Ads can be black & white or color. Logos or special art must be supplied as a jpg file.
- Flyer/entry form insertion - Electronic File or original form must be supplied. Fees will be as shown above.
- ALL ADS MUST INCLUDE PAYMENT. DEADLINE FOR ADS IS THE 1ST OF EACH MONTH.
- MAIL TO: Mike Gerber; 951 Glenwood Ave. #1403; Atlanta, GA 30316. Or email to [editor@crrclub.com](mailto:editor@crrclub.com)

# Yes, I want to advertise in the Chattahoochee *Road Runner* Newsletter!

Contact Name \_\_\_\_\_

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Contact Phone \_\_\_\_\_

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_____ 1/4 Page	4-3/4" H x 3-1/2" W	\$25.00	_____
_____ 1/6 Page	3" H x 3-1/2" W	\$20.00	_____
_____ 1/8 Page	2-1/4" H x 3-1/2" W	\$15.00	_____

### Attachments:

\_\_\_\_\_ Camera Ready Original Ad

\_\_\_\_\_ WORD Document

\_\_\_\_\_ JPEG File(s)

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Total Amount Enclosed \$ \_\_\_\_\_  
(Please make checks payable to the Chattahoochee Road Runners)

Signature/Title \_\_\_\_\_

*The Chattahoochee Road Runners Club does not knowingly accept misleading advertising nor is responsible should false or misleading advertising be published and discovered to be misleading. The Chattahoochee Road Runners Club reserves the right to edit or refuse any classified ad. The Chattahoochee Road Runner Newsletter is a family and community oriented publication. Any ad considered in conflict with its standards or in conflict*

# *Holiday Season Tips*

By Dianne Gorski, MS, RD, LD

Americans gain an average of 7 unwanted pounds between Thanksgiving and New Years. Although runners are not your average American necessarily, we are still prone to potential slacking over the holidays.

First, focus on maintenance. Maintain your current weight by maintaining your current routine of eating healthy and exercising regularly. Continue or even increase your weekly mileage. Sign up for a 5K or 10K every month over these winter months. Choose a spring marathon or half marathon to train for.

When attending holiday parties, eat a healthy snack before you go to avoid overeating. At the party, indulge in fresh fruit and vegetables when available and limit high fat/high calorie items, like fried food, cheeses, dips and desserts. Use a small plate if available.

Make this a healthy holiday season without guilt! Try the following recipe from Diabetic Cooking (not just for diabetics!):

## Cinnamon Caramel Corn

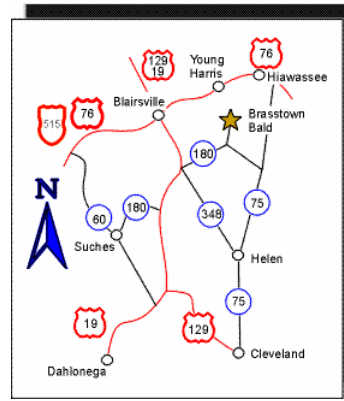
8 cups air-popped popcorn (about 1/3 cup kernels)  
2 Tablespoons honey  
4 teaspoons light butter  
¼ teaspoon ground cinnamon

Preheat oven to 350 degrees. Spray jelly-roll pan with nonstick cooking spray. Place popcorn in large bowl.

Stir honey, butter and cinnamon in small saucepan over low heat until butter is melted and mixture is smooth; immediately pour over popcorn. Toss with spoon to coat evenly. Pour onto prepared pan; bake 12-14 minutes or until coating is golden brown and appears crackled, stirring twice. Let cool on pan 5 minutes.

Makes 4 servings

Nutrients per serving: 117 calories, 4 g total fat, 19 g carbohydrates, 0 mg cholesterol, 1 g fiber, 29% calories from fat, 1 g saturated fat, 2 g protein, 45 mg sodium



**Sunday - December 16, 2007 - 11:00 A.M.**

**DIRECTIONS** – Your best bet is to get out your map .... (from Atlanta) drive to Helen, GA and take Hwy. 17/75 north to the Highway 180 turnoff to the left (look for Brasstown Bald sign). Travel apx. 9 miles and the entrance is on the right. **DO NOT PARK ON HIGHWAY 180 AT THE BOTTOM OF BRASSTOWN BALD! HIGHWAY PATROL AND FOREST SERVICE PERSONNEL WILL BE ON HAND TO “DISCOURAGE” YOU FROM DOING THAT!** If we should have one of our snow/sleet days and can't get to the top we will set up at the base of Brasstown – either way, the event is a go!

**COST:** Early registration (received by December 10, 2007) is \$20.00. After 12/10/07 and race day registration is \$25.00. **NO REFUNDS!** (We run/walk/crawl in rain. sleet, snow, fog or sunshine!)

**WHAT YOU GET FOR THAT ENTRY FEE** - 1) You get to say you ran/walked/crawled the toughest race in Georgia, 2) you get a great, colorful warm sweatshirt provided by **New World Graphics** of Athens, GA , 3) the uncertainty of what the weather will be like before, during and after the event, 4) spectacular views if the weather is clear, 5) spectacular views of the backside of the person in front of you during this 1864' climb over 3.1 miles (okay, there is a stretch of flat of about 50-yards at the 2.5 mile mark), 6) and this is most important - a fun time, regardless of the pain and suffering and weather!

**AWARDS** - ALL finishers receive a unique “I Beat the Brasstown “ award.....hey, it’s the toughest race in Georgia - you finish it, you deserve an award. Award also given to overall male & female finisher.

**HOW TO PREPARE FOR THIS “LITTLE OL’ 5K”** – Pre-race prayer has always helped; plenty of hill repeats before the race helps; walking during the race helps; grabbing hold of the shorts of the person ahead of you helps (just be courteous and ask first); but actually, having a stand-in runner is probably the best bet!

**POST RACE ACTIVITIES:** Plenty of hot chocolate, apple cider , Anne Patrick’s wonderful homemade soup and other low-level munchies!

**QUESTIONS:** Contact Gary Jenkins at 678-795-0115 or [pacesetr@bellsouth.net](mailto:pacesetr@bellsouth.net) or [www.active.com](http://www.active.com) . To see the live webcam view from atop Brasstown Bald (check the weather?) go to: [www.fs.fed.us/conf/webcam.htm](http://www.fs.fed.us/conf/webcam.htm)



Mail registration form and checks payable to:

Brasstown Bald Buster 5K  
c/o Pacesetter’s P.R.  
P.O. Box 81777  
Atlanta, GA 30366



NAME \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_ SWEATSHIRT SIZE (CHECK ONE) Small Medium Large XLarge

In consideration of the acceptance of this registration I, intending to be legally bound, hereby for myself and my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Dept. of Natural Resources, Parks and Historic Sites Division, their representatives, successors and assigns for injuries incurred by me during or because of this event.

SIGNATURE \_\_\_\_\_  
SIGNATURE OF PARENT IF ENTRANT IS UNDER 18 YEARS OF AGE \_\_\_\_\_

DATE \_\_\_\_\_



**29<sup>th</sup> Annual HOGPEN HILL CLIMB  
17K HOGPEN & 5K PIGLET FOOT RACES  
Saturday, January 19, 2008 at 12:00 Noon  
Helen, Georgia**

**“ One of the toughest races in North America”  
3,600 Ft. of Climbing over the 17.8 K course**

**And  
5K Alpine Lights Friday, January 18 at 7:30p.m.  
Around the City of Helen**

*Habitat for Humanity of Northeast Georgia, Wildwood Outfitters, and Georgia Runners Magazine invite all runners to participate in one of the state’s most famous races and Georgia Grand Prix events*

**COST:** *Early Registration received by 01/11/08 is \$ 20.00 17K and \$15.00 each 5K ( After 1/1/08 and race day registration add \$ 5.00 more ). NO REFUNDS*

**REGISTRATION:** *Race day registration and packet pickup will be at the Helen Fest Halle on Edel weiss Drive begin 2 hours prior to the races (5:30 p.m. Friday night, 10a.m. Saturday)*

**\*\*\*ANNOUNCEMENTS BEGIN AT 11:30 AM \*\*\***

**WHAT YOU WILL RECEIVE WITH REGISTRATION AND CHECK-IN:** *Hogpen 17 k runners will receive a long sleeve henley. Alpine Lights and Piglet 5 k runners will receive a long sleeve t-shirt..*

**No shows are not sent their shirt !!**

*Runners in all races will be treated to fruit, drinks and plenty of water*

**AWARDS:** *17K & 5K - Awards to the overall male and female winner and the top three finishers in the following age groups will win awards: 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.*

**POST RACE:** *The awards ceremony will be in the Fest Hall*

**Questions?:** Call Habitat Office At 706-754-5313 or Gary Jenkins at 770-920-2881

**Official Entry Form**

**Make Checks Payable to :** HFH, NeGA

**Mail to:** PO Box 982, Clarkesville, GA 30523

**Check which race(s) you will be running:**

\_\_\_\_\_ **5k Alpine Lights Friday Night, January 18, 2008.** \$ \_\_\_\_\_

\_\_\_\_\_ **17k Hogpen Hill Climb** \_\_\_\_\_ **5k Piglet** \$ \_\_\_\_\_

**\*\*\*Important \* CIRCLE SHIRT SIZE S M L XL XXL**

**Name** \_\_\_\_\_ **AGE** \_\_\_\_\_ **SEX** \_\_\_\_\_

**Address** \_\_\_\_\_

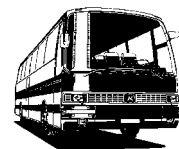
Street City State ZIP Code

Release: In consideration of this entry, I waive any and all claims for myself and my heirs against race officials, the City of Helen, Habitat for Humanity of Northeast Georgia for injury or illness that may directly or indirectly result from my participation. I further state that I am in proper physical condition to participate in the run. Further, I hereby grant Habitat for Humanity of Northeast Georgia. and /or agents authorized by them, permission to use video tapes, motion pictures, recordings or any other record of this event for any legitimate purpose. **Parent or Gaurdian must sign for runners 18 and under.**

Signed \_\_\_\_\_ Date \_\_\_\_\_

\_\_\_\_\_ **Check includes an additional donation to Habitat for Humanity of Northeast Georgia, Inc.**

# 24th Annual Hogpen Hill Climb Bus Trip



**Saturday, January 19, 2008**  
**The bus departs at 8:30 A.M. SHARP**

**\* Note: This is not a race entry. You must enter the race yourself.**

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**Starting Point** – **Target parking lot in Sandy Springs.** Park in front of the Goodwill store across from Fleet Feet running store on Johnson Ferry. (235 Johnson Ferry Rd NW) Park away from the store down by Johnson Ferry please.

**Travel Route** - The bus (with restroom) will go to Helen, GA. Return route will depend on the restaurant chosen for the post-race feast. Final destination will, however, be the Target parking lot. This is an **all day** event. We usually are back by 8PM.

**Reservations** - You can reserve a spot on the bus by returning the waiver below. Reservations will be made on a first-come, first-served basis, with prior year participants receiving first consideration. Please respond quickly as there are new people that want to do this and I don't want any of the regulars to miss out on the fun. ***This is the deal:*** if you are a member of the Chattahoochee Road Runners ([www.crrclub.com](http://www.crrclub.com)) the bus fare is covered, if you are not a member then go to the website, fill out the membership form and send it to me along with a check for an individual membership (\$25.00) and the waiver form below and you become a "**Hoochie**" and will get the benefit of the trip plus a year of fun and games with the CRR. WHAT A DEAL!!!  
**(You also get a club T-shirt in the deal!!!!)**

**Advisories** - This is a trip designed for adults (that can and can't dance on a moving bus).

It is a Hogpen tradition to bring your favorite munchie to share.

Because of the possibility of bad weather (snow or ice), the bus may:

- Be prohibited from going to the finish (top of the mountain)
- Leave the finish area before the race is complete
- Return to Sandy Springs without stopping

Appropriate decisions will be made by the experienced driver and trip directors.

**You are responsible for obtaining and submitting your own entry if you are running the event.**

Race entry forms will be available at [www.georgiarunner.com](http://www.georgiarunner.com) (Hogpen Hill Climb) and at [www.crrclub.com](http://www.crrclub.com)

**If you are not running the 17K or the 5K you can still join in the fun if space is available. Call Bruce.**

**Questions? Call Bruce Robinson at 770-993-0115 and leave message.**

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Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ Home Phone: \_\_\_\_\_

City/State/Zip \_\_\_\_\_ Work Phone: \_\_\_\_\_

In consideration of this application, I, for myself and anyone entitled to act for me, waive and release all trip officials, bus company, and any others associated with this event from all liabilities for illness, injuries, and damages I may suffer arising from my trip participation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_