

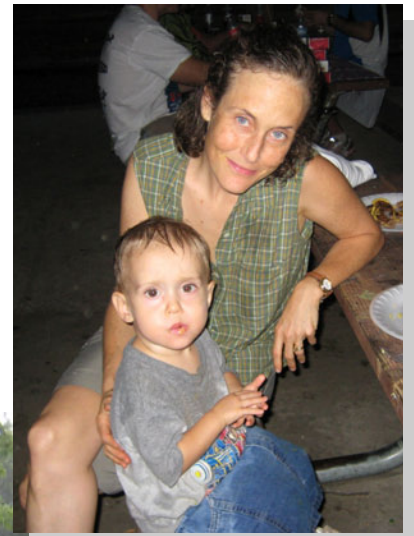


# *The Road Runner September 2007*



# The Fun Must Go On!

Rain fails to damper the fun at the CRR August Picnic and Prediction Run



More photos on  
page 8





*The Road Runner  
September 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 member **Kathryn Coefield** –welcome to the club!

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**From The (outgoing) President**

**Gary Jenkins**



I truly understand what the “dog days of summer” mean after this summer. Not to use the constant 95+degree (several days in a row over 100) as an excuse for not running, but good grief....what kind of fun is it to run in a sauna? I am a native Atlantan (one of about 4 of us that I know of) and I have always hated the summers here....the heat, the humidity, the heat, the humidity...it just goes on and on and I hate it!

So, that my reason(s) for not doing much running the past few months.....let the fall months get here and I “turn over a new leaf” or at least I say I will. Either way, I look forward to the fall months....all kinds of changes in store for the club come the fall also. New officers will be in place by then (elections tonight...can you feel the tension and pressure? If so, it’s probably from the pizza, not the elections.....several familiar faces back in place on the board for ’08 and a couple of new ones it looks like. More about all the board member in next month’s issue.

Still plenty of activities to sign up for – the Ekiden Relay is 9/23 (Sunday morning ) and we are putting teams together for the occasion (even I plan to put together a team....anyone needing a team?).....we still have plenty of pizza and speakers to round out the year so we look for you on the 3<sup>rd</sup> Monday each month at Mellow Mushroom at Powers Ferry and Windy Hill. We still have plenty of races around metro-Atlanta designated as part of the CRR Grand Prix so you can still accumulate points...but if you do run in any of the races you need to let the VP of Racing, Mike Gerber, know what you did.....

Not much else to report...think cooler weather, think safe running in the heat and think CRR!

Good Running!  
Gary

Happy Birthday from your friends at the Chattahoochee Road Runners



Cinda Stamey	September	2nd
Deborah Baker	September	4th
Amanda Poole	September	11th
Sandra Alford	September	14th
John McManus	September	16th
Constance McManus	September	16th
Judy Biggs	September	16th
Hugh O'Neill	September	16th
Amy Peacock	September	20th
Richard Biggs	September	21st
Paul Sereni	September	22nd
William Walsh	September	27th
Michael Strickland	September	29th
Will Dillard	September	30th

# Planning Ahead

**September 9th - 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!\*\***

**September 17th - Monthly Club Meeting at the Mellow Mushroom (Powers Ferry). 7:00–9:00. Pizza and soft drinks provided by the club. Chris Pic, former pro cyclist and designer for Blue Competition Bicycles, will be our featured speaker.**



Fastest Men Panel at the August Meeting  
Casey Jones, Mike Strickland, and Michael Green

**September 23rd - Atlanta Ekiden @ Piedmont Park. Even if you are not signed up for it, come out anyway and cheer on your fellow Hoochie teams!**

**October 8th – CRR Bowling Night @ Brunswick Zones Marietta (2749 Delk Rd SE ). Club will pay for lanes and shoes. Prospective members welcome!**

## 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.**



## Hot Weather Racing Tips

Summer took awhile in arriving but when it arrived it came with a vengeance!!! Chances are that even though we are into the late summer we will still have some days with high heat indexes. By now you should have a good understanding about hydration during training and racing but there are some great resources at the Gatorade Sports Science site <http://www.gssiweb.com> . Below are some tips for hot weather racing that you might still need before the cooler weather arrives.

### Hot Weather Racing Tips:

1. Don't run in a cotton T-shirt. You've heard it before but I am amazed at how many runners I see during races wearing cotton t-shirts. If necessary wear them during training but on race day wear a singlet or t-shirt made of one of the technical fabrics with wicking qualities. Cool-Max and DriFit are two of the trade names. Cotton is hot and gets heavy with sweat, both factors that will slow you down.
2. Wear Sunscreen. The sun saps your energy and has the potential of burning you, which can also lead to other skin problems like skin cancers. The best product I have found is Banana Boat Sport (wonder if I can get a commission?). It is waterproof and will not dissipate as you sweat.
3. Wear a cool-max hat with open weave. This will allow sweat to evaporate and give you the cooling effect while still protecting your head and eyes from the sun.
4. Wear a lighter sock. I like to wear the lightest and thinnest sock I can find. Your feet will swell more in the heat and the sweat running down your legs pools in the lowest point, which guess what, is your shoes. The lighter weight wicking socks will reduce the swelling and will allow the excess moisture to evaporate.
5. Train in the heat. The best way to be able to race in the heat is to train in the heat, just be sure to follow the instructions listed above.
6. Drink at the aid stations on the course. A 2% loss of body weight by sweating can cause up to a 10% reduction in performance. I know many of you think that slowing to grab a cup of water will slow you down, but it's not drinking that will have a more profound effect. Practice grabbing a cup, pinching the top to form a small opening, take some water into your mouth but don't swallow until your next breath and this will prevent you from choking and getting water up your nasal passages.
7. Stay out of cold rooms. The shock to your body from a really cold room to a really hot race can affect your performance.
8. Continue hydrating after the event. Even if you have taken in fluids during the race your body is still metabolizing fuel after you finish and you need to keep the fluid level high to allow your body to cast off the waste by-products of burning that fuel.
9. Train in the clothes and shoes you will race in. If you normally train in a t-shirt then race in a singlet you are exposing skin to the sun that might not be able to handle the exposure. Not only can this cause sunburn, but can affect your performance during a longer race. Run a few times in the shoes you will race in, don't try anything in a race you haven't tested in training.
10. Sit in an ice bath or stand in a cool body of water. If you are near a lake, ocean or stream stand in the water, the cooling effect will help with your recovery. I always recommend to my athletes that they take an ice bath after a race to reduce the contusions to the muscle fibers and to speed the removal of the toxins left from the metabolizing of fuel. It's hard to do but has great benefit.

See you at the races...  
Coach Will

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

# Upcoming CRR Grand Prix Races



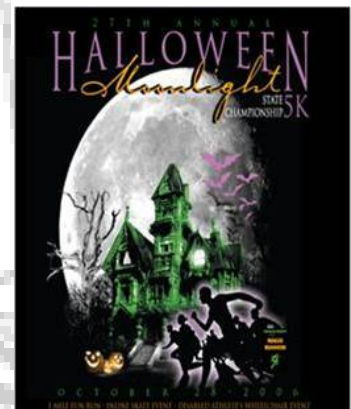
Macon Labor  
Day 5K/10K  
September 3rd

Fuzz Run 5K  
September 8th



Peachtree  
City 15K  
October 20th

Halloween  
Moonlight Run 5K  
October 27th



# *My First Marathon (on 3 miles\day)*

By: Jack Eckles

Every time I am really pushing myself on a long distance run, and starting to hurt a bit, my mind keeps going back to my very first marathon. Back in the late 70's, I was a young second lieutenant in the Marines stationed at Camp Lejeune, NC. At the time physically, I was in great shape and one of the faster runners that I knew of, though I wasn't running many races except an occasional 5K or 10K. I met this older runner (probably close to my current age now) one day who was almost as fast as me that I ended up running with frequently over the next few weeks. One day he invited me to run the Birmingham Marathon with him. He assured me that my current training of 3 miles per day "was fine" and that I "wouldn't have any problems as long as I stayed with him" and that "he would set an easy pace for me." I was doing fine running with him for around the first 15 or 20 miles. I am not sure how much the course for the Birmingham marathon has changed over the years, but I remember lots of rolling (and not so "rolling") hills throughout the course. Then I began to gather first hand knowledge about the true meaning of "hitting the wall." At this point I was REALLY tired, felt like crap, and just wanted to stop some place and lie down. But, watching my "friend" disappear ahead of me, I decided I had better keep going if I wanted a ride home. The rest of the race is an extremely vague memory, probably because my mind is shielding me from the painful memories of those last miles. Memories of the very end of the race are much clearer. It seems that the first woman runner was trying to pass me right before the finish line. I remember being completely clueless as the crowd started cheering and clapping for her. As for my older running companion, he finished 10th overall (I am not even sure that there was a Masters division in that race, but if there was, he would have won it). I have no recollection as to how I finished, just that it was significantly further back. As a firm believer in sharing and passing the hat, I am now looking for just the right (read gullible & overconfident) talented, youthful runner to introduce to marathoning.

Jack Eckles

A "semi-competitive" grand masters distance runner & 3 year CRR member

*NOTE FROM EDITOR: Thanks Jack for submitting! 10 CRR Grand Prix points for you! Remember, anyone can submit their own experiences out there on the roads, whether it's as painful as Jack's or one of your greatest achievements. Everyone can enjoy and learn from each other's trials and tribulations.*



# CRR August Picnic\Prediction Run

Photos by Donna Garcia



Steve's Famous Chocolate Chipotle Sauce – note who's first in line!



2007 Prediction Run Winners  
Mike Strickland and Donna Garcia



Andy Keel gave away an entire rack of RBK gear



# 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 ([ypracing@crrclub.com](mailto:ypracing@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 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

## ***From the VP of Racing***    *Mike Gerber, VP of Racing*

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Hey Hoochies, I am currently putting together the Ekiden teams and will be contacting everyone soon. It is not too late to join up with a team—I must have your signed waiver (<http://www.atlantatrackclub.org/pdf/07ekiden.pdf>) though by Friday, September 7. Let's make this year's Ekiden a break-out event for the Chattahoochee Road Runners! It's not important to be the fastest out there but if we have the numbers, then we'll get the folks atalkin'. Remember to submit your race results either via the website (<http://www.crrclub.com/raceresults.html>) or email me directly ([vpracing@crrclub.com](mailto:vpracing@crrclub.com)). Placement and time is optional—I only include whatever info that you submit. The important thing is that you're out there hitting the pavement and trails. Have fun out there everyone!

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### **Reported Race Results**

**Elizabeth Peterson**

Etowah River Run 5K (Canton, GA)  
28:56

**Andy Keel**

The Bear 5 miler  
(Linville, NC - Start at 3000' and finish at 5000')  
30 minutes

Crazy 8's (Kinsport, TN)  
29: 45

Pioneer 5k (Louisville, KY)  
17:49 5th OA 1st AG 30-34

**Mike Gerber**

Midnight Express 5K (Columbus, GA)  
16:30

**Jim Parks**

Clock Tower 5K (Rome, GA)  
31:06

**Sandra Alford**

Dog Days Run 5K (Marietta, GA)  
2nd place AG 45-49

Old Soldiers Day Race 10K (Alpharetta, GA)  
1:08:24

# 2007 CRR Grand Prix - Males

Following standings are through the Clocktower 5K. 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 404.384.9130 or [vprac-ing@crrclub.com](mailto:vprac-ing@crrclub.com).

## 20-29

Mike Gerber	50
Tyler Stevenson	30

## 30-39

Joe Pool	50
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## 40-49

Rick Kimball	60
Sean Jarnagin	30
Michael Strickland	10

## 50-59

Pooh Neovakul	40
Jake Bodenheimer	10
Jack Eckles	10

## 70+

Jim Parks	10
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# 2007 CRR Grand Prix - Females

Following standings are through the Clocktower 5K. 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 404.384.9130 or [vprac-ing@crrclub.com](mailto:vprac-ing@crrclub.com).

## 10-19

Hailey Branch	60
Hunter Branch	60

## 20-29

Amanda Pool	50
Lee Ann Stevenson	30
Crystal Perkins	20

## 30-39

Elizabeth Peterson	10
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## 40-49

Sandra Alford	130
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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1/6 Page	3" H x 3-1/2" W	\$20.00
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)

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**Attachments:**

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

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

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

\_\_\_\_\_ Flyer/race entry form

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*