
Trails and Tales

Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

September 23, 2003

<http://civic.bev.net/striders/>

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President's Corner

Aaron Goldstein

The new school year has started and for us runners this means a whole new set of obstacles: cars, bicyclists, and pedestrians. People hurrying to from place to place with many many thoughts in mind, and unfortunately "looking out for that runner" may not be one of them. Please be careful.

This fall we've got a few activities lined up. First, we've got our first meeting on Thursday October 9 at Bogen's at 7pm. We hope to see all the new members out there and some old members that we haven't seen in a while. (Maybe Hans Bernhardt and Mike Holland will show up.) Next, we're planning a party for Nov 8. (More details later). Lastly, we're looking for enthusiastic people and new ideas. Here are a few that have been bouncing around in the last year: Striders-logo running socks, Halloween and Thanksgiving fun runs, and getting a drinking fountain on the Huckleberry trail.

Finally Katherine Phillips kmpvpi@vt.edu is starting to plan the Blacksburg Classic for February 2004 and continues to sell Striders-logo coolmax singlets. A few remain, but let her know if you'd like one!

Hope to see you out running!

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Free Running Shoes!

Come join us at the next **General Meeting of the Blacksburg Striders**, Thursday October 9, 7pm at Bogen's Restaurant on N. Main St. [James DeMarco](#) of [Runabout Sports](#) and organizer of the Blacksburg Fitness Council will give a presentation "Strategies for Successful Training." We will also hold elections for officer positions. A pair of running shoes will be raffled off and dinner will follow. For more information, contact Aaron Goldstein goldst@vt.edu

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Run with the Crew!

Virginia Tech Crew would like to welcome you to join in our 7th Annual VT Crew 5k Run/Walk this October. We've put this event on many times in the past, but this year it has been revamped and promises to be the best yet! Be sure to mark October 19th down in your calendars for this fun race. T-shirts will be given to all participants as well as awards for different age groups and a team award. The students that row on the crew team will be there to cheer you on to the finish line. There will also be a racing shell for runners and spectators to check out.

The race will take place Sunday morning, the 19th of October, at 8:30 am. The cost of this fundraiser will be 15 dollars if registered by the 4th of October, 18 dollars until the day of the race. If you can put together a team of 10 people, the registration is only 13 dollars per participant. The proceeds from this race go towards helping Virginia Tech Crew raise money for regattas, equipment and other costs. Please visit the Virginia Tech Crew website, <http://filebox.vt.edu/sports/vtcrew/>, for more information and to download a registration form. We look forward to seeing you there!

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Fall Cross-Country Races

The Monday Night races are every Monday @ 6:15 PM on the VT X-C course.

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Best place to park is Smithfield Plantation.

There are three leagues.

- Munchkin (12 and under and is free)
- Farm (recreation and cost \$2.00 per race)
- Lightning (for competitive and \$2.00).

Distances and course differ each week but are always 2-4 miles long for Lightning. For each race a person runs they earn an extra ticket for the door prizes given out in the last race October 20th. There are points given out for each age division also: 15 for 1st and 1 point for 15th. Lots of fun and all races have mile markers and are organized well.

If you have questions contact James DeMarco. james@runaboutsports.com.

Summer Decathlon Series 2003

We had a total of 32 men and 16 women participate in the Summer Decathlon Series this year. Nine people participated in 6 or more events. Alex Johnson was the overall male winner, and Dan Britten was the masters winner. Jim Benton gets special distinction as the only runner to complete all 10 events. Ali Whitaker and Mary Norris tied for first overall among the women's runners.

Tom Inzana

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Why did I enter this Race?

We runners have entertained this question from time to time: "Why did I enter this race?" Sometimes the question pops up days before a race (or, in the case of a marathon ... during the WEEKS prior to a race!), during a race (struggling up that darn hill), or perhaps during the post-race suffering. Or in the middle of a race where it is so hard to hang onto your pace, in order to "get" that goal time. Perhaps afterwards, that nagging thought comes to mind ... "Why did I *ever* enter this race???"

Lucky for us, however, this question usually gets answered. Your answer might be that you needed motivation, or an opportunity to set a new PR, or a chance to meet new faces! Sometimes the answer is slow in coming, but is a very meaningful one, which is the type of answer I discovered this year at Boston.

If you've ever done Boston, you know that just to get there should feel like an accomplishment. Just to stand at the line of ANY marathon represents hours of hard work and dedication.

Blacksburg Striders General Meeting

7pm Thrs Oct 9 at
Bogen's Steakhouse in
Blacksburg.

Call Aaron 231-3674
goldst@vt.edu

However, we runners tend to be a bit hard on ourselves,

and have certain time goals, especially if we're returning to a marathon (i.e., I'm gonna take ____ minutes off of last year's time). Now, I knew that I wouldn't beat my previous year's time; however, I couldn't get that nagging "Why..." question out of my head the morning of the race---which is a very long morning, indeed, since Boston doesn't start till noon!!! Plus I had other thoughts ... "I'm not a real runner, I'm a triathlete ... what am I doing here? ... I'm not as fit as everyone else in my corral...ohmygosh I just saw Rodgers Rop and Catherine Ndereba!" Also, while I was lucky to come to Boston with two of my close friends who were also my Ironman training partners, I wouldn't be starting with them, as my qualifying time was 30 minutes behind theirs.

These thoughts whirled around my head all morning, as we waited in the Hopkinton "athlete village." The morning was long but it was great to spend with Cesar and Mark, and 17,000 other runners from all over the world. Once in our corrals, it seemed like it took forever to get started, but once we did, it was a great downhill rush! Unfortunately, the first 23 miles were not a piece of cake like last year's race ... and that "Why?" question resounded again and again.

After 3 hours of uncomfortable running and some degree of suffering, at mile 23—I saw a familiar figure up ahead, and speeded up to catch him ... it was Mark! My training buddy, the one I spent countless hours drafting behind on the

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6 hour bike rides, the one who's advice I constantly asked, the one to whom I looked so often for direction and guidance in training and in life. I ran up behind him and fell into step ... this was the guy that I'd spent countless hours with, whose wife means the world to me, and they were the two that I agonized for months over having to move away from!!! I slowed down just a bit since it was obvious that he wasn't having the race of his life ... but no matter what the time was when we came in, I wasn't going to go on without him.

He told me to go on and I told him to put a sock in it. I knew the moment I saw the reason why I entered the race ... was to run in with Mark. Not that he couldn't have finished on his own. But this was to be a memory that both of us will have forever. I'll never forget running down Boyleson Street when he grabbed my hand and told me how much he and his wife hated to see me leave and that I'd been a great part of their life---**that** was the real reason I was there. I'll never forget the last 3 miles of that race, and I learned this: that sometimes you don't know WHY you entered a race till it is almost over! I learned that if you can hang on long enough ...you'll understand soon enough. I'll bet no other Boston will ever compare.

J.P. Palmer



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The Hans Thought

This story emanates from California, where we run with lizards, REALLY!

I have a cute thing I would like to talk about for show and tell. I call the cute thing, "THOSE LITTLE DAMN LIZARDS!" You know, the ones that jump at your feet at the last second when you are on the trail? So let's talk about those cute little damn little lizards and what they did to belittle my demeanor one day whilst I was out for a sanity redeeming run at a favorite trail in California, Rancho San Antonio.

I was minding my own business on Mother Nature's trail... a few squirrels off in the distance. As I rounded the bend, I stopped as a bobcat stood in the center of the trail about 10 yards away. He looked at me as if to say,

"So whassup B?" and turned tail (or lack thereof). But he did not run. He just slowly ambled into the bushes. Very slowly... no rush.

You see, Mother nature's creatures at Rancho San Antonio are pretty tame ... almost domestic. On any one day you can see squirrels, snakes, quail, deer, turkeys, coyote, bobcat, and yes, those "LITTLE DAMN LIZARDS!" As Rancho's animals are used to humans being around most of the time, the furry, and scaled, and feathered friends have pretty much slowed down. No need to rush. No danger. These animals just kinda hang out most of the time, enjoy life at a nice mellow pace, and say, "Hey dude

your shoe's untied." when I run by. That is except for the "LITTLE DAMN LIZARDS!"

So I decided to investigate the bush where the bobcat had gone. Slowly I walked up to it and peered in to see if he was there. I did not want to startle him for fear of him jumping out at me. Even though I knew he'd probably just say, "Dude I told you your shoe's untied. You're gonna trip." In any case, I used caution as I edged closer. And then IT happened! That's right, one of those "LITTLE DAMN LIZARDS" jumped up at me! I shrieked! "AYEEEE!" NO JOKE OUT LOUD as I was already on edge! When I realized what had happened, I started to chuckle. But my heart still had a rapid pace, as did the runner who came around the corner and startled me again,

"AYEEEE! WHOA! (expletive)! GEEZ!" I yelled... totally startled out of my untied shoe.

I could have sworn I heard a voice come from inside the bush, "I told you man. You gotta tie your shoes!"

Anyway, I think the runner freaked when he rounded the bend and saw a guy jump, shriek, and toss his shoe off. Why do I think he freaked? Because the runner kept on going, fast ... NO ... DAMN FAST! Like those "LITTLE DAMN LIZARDS!"

Score "LITTLE DAMN LIZARDS" one, Hans nothing. I'll be better prepared next time I hit the trails. That is all I have to say about that.

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So come out to California and run with the little damn lizards. But remember to tie your shoes.

Hans Bernhardt

Regular Blacksburg Runs

<u>Day/Time</u>	<u>Location</u>
Mon/6:15p	Races at VT XC course james@runaboutsports.com
Tue/6:00p	Front of Bollo's goldst@vt.edu
Wed/6:00p	Front of RunAbout-Sports james@runaboutsports.com
Sat/7:00a	Front of Gillies' jhosner@vt.edu or smyers@vt.edu

Race Calendar

Select events from <http://www.starcitystriders.com/calendar.htm>, <http://active.com>, & <http://civic.bev.net/striders/calendar.htm>

October 4, 2003
Star City Striders Women's Distance 5K. Roanoke – Info: Amy Rockhill (540) 982-8390

October 4, 2003
Beckley Half Marathon – Beckley, WV. Info: Kipp Buchanan (800) 718-1474 or kip@charterbn.com

October 12, 2003
Richmond Autumn Harvest 10K 8am – Info: Tom Suddeth (804) 353-TENK

October 18, 2003
14th Annual Twin County Regional Healthcare Galax Autumn Days 5K Run. (1 Mile Race for kids 12 and

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under begins at 9:00 a.m.)
Contact the Galax Recreation Department at 236-3218 or www.galaxparks-rec.com

October 18, 2003
Gillett Ford 5K & 10K Memorial Run. Blacksburg – Info: Michaela@theweightclub.com
(540) 951-2949

October 19, 2003
Anthem Bay Bridge Marathon & Relay – VA Beach. Info: Whit Collins (757) 498-0215

October 25, 2003
Goblin Gallop 5k, 1mi Fun Run – Info: Owen Grogan (540) 343-0987, Richmond, VA

October 26, 2003
Marine Corps Marathon Washington, DC www.marinemarathon.com

November 8, 2003
Virginia's Explore Park Duathlon Explorer Park. Run 2, Bike 10, Run 2. Virginia Amateur Sports (540) 343-0987

November 15, 2003
Richmond Suntrust Marathon, 8K & Kid's Race, Richmond, VA www.richmondmarathon.com

November 27, 2003

RRRC Turkey Trot 10K
Info: Gordon Fette (804)
314-0527 or Roy Saettel
(804) 651-7334 Richmond,
VA

December 7, 2003

Cumberland, VA
Swinging Bridge Trail Runs,
50K, 35K, 10 mi. - Info:
Kevin O'Connor (804) 378-
6286

December 13, 2003

Roanoke - Lewis Gale
Medical Center Jingle Bell
Run for Arthritis.

February 28, 2004

Blacksburg Classic 5K and
10 mile race and 1 mile fun
run. Blacksburg, VA. Contact
Katherine at kmpvpi@vt.edu
or 231-9960 for more info.



Editor's note: The above picture was drawn by Richard Thompson borrowed from a Washington Post article <http://www.washingtonpost.com/wp-dyn/articles/A20374-2003Sep16.html> by Gene Weingarten. My wife and I are awaiting the arrival of our second child but have not agreed on a name yet. I anticipate that we won't select the name of a bacterium endogenous to the lower GI and associated with food poisoning.

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Membership Dues Reminder

On your address label you'll find a date. If you have not paid your dues for the year please do so. Thanks!

Individuals: \$8

Family: \$12

**Blacksburg Striders
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Blacksburg, VA 24063**

