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# Trails and Tales

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Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

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

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## President's Corner

*Aaron Goldstein*

It seemed as if the supernatural powers that be looked favorably upon us on Saturday Feb 26, when we had a most glorious day: clear, with moderate temperatures, and low humidity. Perfect for running. By coincidence, that was the day we'd chosen for our annual Blacksburg Classic 5K and 10 mile. Some 400 runners must have sensed the fantastic opportunity, and came out to participate in one of our largest events of all time.



Huge thanks go out to veteran organizers, such as Steve Miller at start and finish, Dale Pokorski with finishing times and places, course engineers Mike Fisher and Matt Kreke.

Most of the details fell onto the new race director, Maarten van Gelder, who did a splendid job at

handling all of the contingencies as well as measuring out the course. (Somewhere between ordering T-shirts and handing out awards, he had time to put the little mile markers out on the course.) Lots of people (not listed here) helped out in all sorts of small ways - like the boy that was handing out awards - and I'm sorry I don't have space here to list them all. But, on behalf of the Blacksburg Striders I thank Margaret Beeks Elementary School for providing a start/finish venue, and Virginia Tech, the Town of Blacksburg, and Montgomery County for allowing the racecourse on their properties.

Finally, race turnout is always indicative of the quality of the previous year's race, and thus former race director Katherine Phillips deserves credit for this year's attendance. But as a testament to Maarten's leadership, I anticipate excellent attendance next year.

In the meantime I hope to see you out running!

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### Recap of the 20<sup>th</sup> Annual Blacksburg Classic!

*Maarten van Gelder*

The 20<sup>th</sup> Annual Blacksburg Classic took place on February 26. This race was the first in many years for which I did more than measuring a course and setting out mile markers. It was a return to race directing, after a hiatus of many years. I had been the race director for the Blacksburg Classic in 1994, and then again, but that time with Ben Linstid as co-director, in 1996. My notes of those races proved to be of some use. Of more use however was the experience of Katherine Phillips, who provided me with lots of useful information over the months of preparations for the race. The anxiety started to build in the week before the race. Would it all come together? When will the T-shirts be delivered, when the awards? Will there be enough of this and that, and can I get enough volunteers?!

And then there was the uncertainty of the weather, with snow always a possibility in late February. That part turned out real well. Had the race been held two days earlier or two days later, it would have been quite a different story. As it was, the weather on the day of the race was most

conducive for running, and not all that hard on the volunteers who worked outside. It was a sunny day, with a temperature of 46 degrees at the 1 p.m. start. It warmed up to about 50 degrees later in the afternoon. The prospect of good running weather brought out a tremendous amount of runners who signed up on the day of the race.



On the eve of the race we had 251 entrants in the 10 Mile and 5K combined, and 24 children entered in the fun run. On race day, the field of 10 Mile and 5K runners grew with an additional 164 runners to 415 entrants total, almost evenly split over the two races (210 for the 10 Mile, 205 for the 5K). The fun run too saw a large increase, with over half of the 53 runners signing up the morning off. This hard to predict influx of runners on race day makes the planning unnerving. The larger than expected field put a bit of a strain on parts of the race, but all in all, I'd say that the event was a success. For

that, I have many people to thank. In particular I am grateful for Dale Pokorski, who not only took care of the tedious job of data entry, which became quite busy just before the gun went off, but also most conscientiously processed the results.

I further want to express my gratitude to Yuriko Renardy, J.P. Palmer, Connie Bowden, Steve Nagle, Christine Haimann, Ray Stell, Liz Rucker, Greg Lemmond, Mike Holland, Steve Miller, Paul Farrier, Michelle Kreke, Jim Benton, Valerie Hardcastle, Brenda van Gelder, Matt Kreke, Ryan Porter, Wade DePolo, Aaron and Zack Goldstein, Mike Fisher, Art Snoke and Marshall Overstreet. I thank the many cadets of Virginia Tech's Corps of Cadets who took excellent care of keeping the course safe for the runners. I thank Katherine Phillips for the wealth of useful information she has provided.

No race can be put on at an affordable entry fee without the donations received from various sponsors. Montgomery Regional Hospital (MRH) was again the major financial sponsor of the race. Thank you MRH for your support. I further appreciate the financial support of the Virginia College of Osteopathic Medicine. The doorprizes were abundant and generously donated by

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EastCoasters and RunAbout Sports. Five-Boro Bagels, provided bagels, and Bogen's donated sandwiches and fruit for the runners. Mish Mish donate material and services. I thank the sponsors for their support and urge you to thank them too by patronizing their business.



**Maarten van Gelder**  
Director, 2005 Blacksburg Classic



**Date set for the 2005 Draper Mile: So start your speedwork now!**

**Beth Howell**

The 24th Annual Draper Mile will be held on Friday, August 5 at 6:30 pm, with the Fun Run taking place on Saturday morning at 10:30 a.m. Entry fees will be \$14 before August 1, and \$25 thereafter. There is no fee for the Fun Run. A list of the Best Times is available on the Blacksburg Striders web site!! Check it out! It's a great way to start the *Steppin' Out* Celebration!



**Local races in April....be there!!**

**James DeMarco**

Runners and walkers ... you have lots of opportunities to tune up your speed and support local charities and/or businesses in the month of April—here are just a few within a stone's throw:

April 16<sup>th</sup> at the VT Duck Pond:

**Rugged Mountain Warehouse:**

**Dash for the Cure**

- Benefits the American Cancer Society
- 5K and one mile options!

April 23<sup>rd</sup> at the VT Duck Pond:

**Tsunami Relief 5K Race – to Benefit the Tsunami victims**

- Reg @ 8:00
- Race time at 9:30 AM

April 30<sup>th</sup> at the Blacksburg Library (running on the Huckleberry):

**The Lyric Theatre 5K Fun Run and Race**

- Celebrating the 80's with featured movie Chariots of Fire
- 8:30 AM Race Start Time

April 30<sup>th</sup> at ??? (tba)

**Circle K Annual 5K Run/ Walk**

- Start at VT Duck Pond



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**Are you stiff, injured, or just inflexible?? Here's an answer for you.....Yoga!**

**Kaye Kriz**

Yoga is a four-letter word to some....but it is a great thing for rickety-crickety runners, bikers, desk jocks, kids, dancers, weight lifters, swimmers, rugby players....ok, for lots of people.

It's one of the hottest workout / fitness things going now. It has made it to Reader's Digest. TJ Maxx always has the duds and equipment basics, which tells you something right there about how Big It Is: yoga.

Ok, yes, of course.... you already know about yoga. And believe it or not, if you actually do yoga, it will transform your life, or at least your joints and most muscles. Not in just one or two sessions though; you really have to dig in and do it for years (at least one), though you will notice really nice results in about 5 weeks of 1-2 times per week practice. There are many places in the New River Valley to 'take' or 'practice' yoga, ie, gyms and studios. But once you learn some of the basics, you can do yoga on your own at home. And it's great when you're traveling, though I don't recommend trying it on

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airplanes (though I have). But you can pull off some decent yoga in airports, in those cozy waiting areas with all those people sitting there watching you.

Anyway, what is yoga? It's so many things, including angles, opinions, and techniques that if you want all that detail, you can get a book (or several), read *Yoga Journal*, or hit the Internet. Or take some classes. But for a quick take: Yoga starts out as 'just' stretching and calisthenics and lots of breathing, and over time becomes a practice, a focus, sometimes a meditation. It opens you up, loosens you up, and strengthens you. Sometimes you finish exhausted, sometimes energized, and sometimes both (sounds like running). It really depends on what you need that day.

Alternatively, if you do yoga as a sport, where you compete with other people in the room (dumb: not recommended), you risk serious injury, discomfort, or irritation (hint---a voice of experience talking here). Or at least feeling like a total klutz. But if you just let yourself be right where you are, or as Jeff Tiebot says 'perfect yoga is where you are', then yoga can work for you. Since you're already a runner, you probably have a bit of a (positive) addictive personality anyway, so just

yoga to your set of positive addictions.

The yoga that we've been doing at the Weight Club, whether it's Hatha yoga (Noelle Dijoud), Power yoga (Eileen Crist), or Ashtanga yoga (Jeff Tiebot who has moved his classes to the Blue Ridge School of Massage and Yoga) all follow a similar sequence: standing warmup, standing stuff, sitting stuff, maybe some back-bend direction stuff, inversions (shoulder stand, head stand, plow series), relaxation. You move yourself forward, backwards, sideways; you stretch every joint in your body, some more than others. Like my left surgically repaired knee just will not ever be able to do certain things; nor will my now chronically injured shoulder. So the knee gets its little stretches, and the shoulder doesn't get any until it's healed. And overall yoga seems to somehow balance everything out, especially at the end of a long run / bike day, for example.

For those of you who have no injuries or aches and pains, or are still quite young, yoga will still tone and strengthen even the already (very) fit; you just start at another level from those older, stiffer, or more injured. And for those of you who ache, who are getting older and tighter by the day, all I can say is now

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would be a good time to try yoga. The yoga 'classes' in this area are all quite good; there is something for everyone. If you're already a member of the Weight Club or New Town, the classes are free to members. And no, you don't need a new outfit for yoga, but it's fun and those yoga pants are totally the most comfortable pants ever, more so than running tights.



### East Coasters' Cycling Double Header on Memorial Day Weekend!

*(\*\*\*for "non-bikers", you can experience this event from the sidelines by helping man a rest-stop sponsored by the Striders: email [jpalmer3@radford.edu](mailto:jpalmer3@radford.edu) or [cojones@vt.edu](mailto:cojones@vt.edu) if interested!! Time commitment is approximately 3 hours on Sunday, May 29th)*

Did you watch Lance Armstrong this past summer and wonder what it's like to cycle up mountains? Or do you want to enjoy the picturesque New River Valley with your family? Here is your chance!

The Wilderness Road Ride takes place on May 28th (Saturday). It's a scenic and historical adventure in the splendor of southwest Virginia's New River Valley. The road ride follows the historic route of Daniel Boone. There are four choices of route distances

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(14, 38, 57, and 78 miles) ranging from a relaxed journey to a challenge for the fittest athlete. The start is at the Dedmon Center in Radford.

The whole family will enjoy riding in the scenic New River Valley! Remember that last marathon? Well, this is what it is like on a bike.

Mountains of Misery offers one tough challenge. Are you ready to climb? The 2005 Mountains of Misery Ride takes place on Sunday, May 29th. It features a challenging Century and a quad searing Double Metric (200 kilometers=125 miles). The Challenge Century (100 miles) has nearly 10,000 feet of climbing. The double metric has over 13,000 feet. Don't worry (or perhaps you should worry)---both routes still end with the climb up to beautiful Mountain Lake, a five-kilometer category one climb, reaching road grades up to 11.9%!

C'mon, admit it! You want this to be you! For more information go to: [www.CyclingDoubleHeader.com](http://www.CyclingDoubleHeader.com) or call James @ Runabout Sports (540) 552-9339.

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### Marathon Training Programs

*J.P Palmer*

For anyone interested in running a marathon and raising money for a great

cause at the same time, think about joining one of several national organizations which sponsor runners to train and attend marathons and other events across the United States and Europe while also helping the runner raise money for a great cause.

One of these organizations include Team in Training, which is a large, well-known organization which raises money for leukemia, lymphoma, and myeloma research. Another organization is Fred's Team, which is a smaller organization raising money for pediatric cancer (cancer in kids). Each of these organizations offer a two-fold program: they help fundraise AND pay your way to an event at a great venue!

Fred's Team is associated with the Memorial Sloan-Kettering Cancer Center in New York and was begun by Fred Lebow, a running legend and the creator of the New York City Marathon. While he was being treated for cancer at the Sloan-Kettering Cancer Center, Fred would take training jaunts up and down the hospital corridors. Then, in 1992, he ran the entire New York City Marathon. "Running the marathon is the best way I know to fight this disease," he said. At the end of his life, Fred encouraged runners to get friends and relatives to sponsor their

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runs to raise money for cancer research. To date, Fred's Team members have raised more than \$14 million for the Aubrey Fund for Pediatric Cancer Research at Memorial Sloan-Kettering Cancer Center in less than a decade.

The Fred's Team Events include Boston, the Anchorage Marathon, the Chicago Marathon (October 9<sup>th</sup>), and the New York Marathon (November 6<sup>th</sup> and you are guaranteed an entry in that one if you choose that).

If you are interested in Fred's team, email me at [jpalm3@radford.edu](mailto:jpalm3@radford.edu) or their national office at [fredsteam@mskcc.org](mailto:fredsteam@mskcc.org) or visit their website at [www.mskcc.org](http://www.mskcc.org)

At the date of this newsletter printing, I (JP) have committed to joining Fred's team to either run Chicago or New York but cannot make up my mind as to which one!!! So.....if you are interested PLEASE let me know! New York is a lottery marathon, so when you enter it's the "luck of the draw" whether or not you get in; however, if you join Fred's Team to do New York, you are guaranteed an entry into New York! The minimum amount for Chicago is \$1500 (no hotel included) and for New York is \$2000 (no hotel included). The minimums for each are higher if you choose the hotel option.

As a former Team in

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Training coach of the Gateway Chapter (Missouri/Arkansas), I can attest to the powerful emotions which first-timers and seasoned marathoners experience after months of training and finally completing their event, while also knowing that they raised thousands of dollars for their honored teammate or for a designated person with cancer, or simply for the cancer research which the organization funds. These programs provide coaching, camaraderie, and inspiration for people wanting to complete a marathon or half-marathon, a triathlon, or a century (cycling). Some of the TNT events include the Chicago Triathlon, Rock 'n' Roll Half Marathon (Virginia Beach), the Nike Women's Marathon (San Francisco), Marine Corp Marathon, and the Dublin Marathon!

The long runs are typically scheduled on the weekends so all can find a running partner for those long 20-milers, and the coach/mentor attends and sets up water stops along the route (no sneaking into convenience stores necessary!). For more information about the Team in Training organization, call 1-800-766-0797 or Tammy St. Clair at 540.375.8662. The Web site is ([www.teamintraining.org/hm\\_tnt/](http://www.teamintraining.org/hm_tnt/)).



## Summer Decathlon Series

*Maarten van Gelder*  
*SDS coordinator in 2004*

The Summer Decathlon Series (SDS) has taken place a fair number of summers now. The series was introduced by Mike Holland, and took place on the Blacksburg High School Track. The series changed venue and person in charge, but essentially stayed the same. For 10 consecutive weeks, runners would meet once weekly to participate in a race, followed by some form of relay. The race distance was different each time, varying from 400 meter to 2 mile. This allowed both sprinters and distance runners to have their moment in the sun. To further even the playing field, age-grading was used. Each runner's time would be corrected by a factor taken from age-grading tables. For someone in their twenties this has no effect, but if you are my age (45), the correction is quite pleasant. The age-graded time was used in scoring each race. Points were awarded based on place and number of runners in the division (male, female). Accumulated points at the end of the series determined the winner.

As said, the series has remained mostly unchanged over the years. The turn-out was low in the early years.

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And year after year we saw pretty much the same faces. The last couple of years have seen an increased turnout, but it is still lacking. Also, after a large crowd for the first couple of events, the crowd would thin out.

I can but speculate about the reasons why the series attracts so few runners, and why each summer the field dwindles as the series progresses. The format of the series with the winner selected by total accumulated points favors those that can run well for their age and who is able to race (almost) each week. This can cause someone who isn't able to race frequently to drop out, or discourage from participating at all. Then there are runners who don't want to participate because they feel too slow.

The upcoming SDS will likely see some changes to enhance its appeal to both types of runner. How this will be done is in the works and is based on YOUR feedback!!! Email your suggestions to [mvgelder@dircheapemail.com](mailto:mvgelder@dircheapemail.com); but for now, what I can say is that SDS will start in the middle of June and finish in the middle of August.



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### An early season half marathon.... the Ocean Isle Half- Marathon

*Anne Jones-Thompson,  
Level-1 Certified USA  
Triathlon and USTF Coach*

Lynne and I, looking for an easy early season half, decided to run the Ocean Isle, NC half-marathon. Located north of Myrtle Beach, SC and south of Wilmington, NC, Ocean Isle is a small island off of the North Carolina coast near Southport, NC...and about a 6 hour drive from Blacksburg.

We probably wouldn't have driven that far for a race normally (well, maybe we would), but this one promised to be, if not fast for us, at least flat, and hopefully, warm. Leaving Blacksburg in January for anywhere South always sounds like a good idea to me. Besides, Lynne has a "second home" in Southport, so we had a free place to stay.

Lynne and I were treating this as a training vacation, and didn't expect to set any PR's. We just wanted to run comfortably, and see where our training was this early in the year.

Race morning dawned foggy and humid. We arrived semi-early, warmed up and were soon joining the other half-marathon and 5K runners for the start. The

first mile took us over the only "hill" on the course, the bridge over the Intercoastal Waterway. We ran over the bridge, down a little side street a few hundred yards, then turned around and ran back over the bridge onto the island. From there, it was about four miles north, then five or so miles south, then a couple miles north again to reach the finish line. In between, it was mostly straight running. We did go around and through a small apartment complex at one point, but that was really the only variance from "just going straight."

We ended up running much slower than we hoped for, finishing in 2:27. Definitely a long, slow distance run for us that day. But that's OK, we just got our workout in on the course...some of the participants raced, then continued running to get their total workout time in. Either way, that's what early season races are for...to help build a base and to let you "practice" racing.

The weather stayed foggy most of the run, and only in the last couple of miles did the sun break through and warm things up a bit. The high temperature for the day was in the low 70's, but for the race the temps stayed in the low to mid-60's.

Overall, we had a great time, and the Ocean Isle half is a great early season race. I

highly recommend it if you are looking for a January race with a flat, fast course. 2005 was the first time the race was held, and there were probably about 200 runners in both races...I suspect there will be more entries next year. The race was very organized and everyone very friendly. Best of all, it was 70 degrees in January!



### Join Blacksburg's Summer Run Training Program and earn a shirt!!

*James DeMarco,  
USAT&F Certified Coach  
Blacksburg H.S.  
Distance Coach*

Last summer we had a great summer training program which included all ability levels and ages. The only requirements were to become a Blacksburg Striders' (\$10/individual, \$14/family membership) and some hard work on the part of the participants! The program was so successful that we will offer two sessions daily in order to offer more options to those with less flexible summer schedules. The training program will run all summer with the morning sessions at 9 a.m. and the evening sessions at 6 p.m., beginning June 13<sup>th</sup> with the last

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practice on August 20<sup>th</sup>.  
The complete training program will include two sessions:

**Session 1:** June 13<sup>th</sup> to July 2<sup>nd</sup>

\*\*note: no sessions July 4<sup>th</sup> through July 10<sup>th</sup>\*\*

**Session 2:** July 11<sup>th</sup> to August 20<sup>th</sup>

**\*\* 9 a.m. and 6 p.m., Monday through Friday, and one session on Saturdays at 9 a.m.\*\***

The meeting places will alternate between the Smithfield Plantation on the VT Campus, the Ridge (on Mt. Tabor Road), Pandapas Pond, the New River Trail, and other local trails, with the hopes of familiarizing participants with ALL of the local trail systems. The morning sessions will most likely meet at Smithfield and there will always be a group to run with. In addition, a monthly schedule will be available for participants; check [www.runaboutsports.com/](http://www.runaboutsports.com/).

The afternoon group will work around the Striders Track series and the Runabout Sports Wednesday Night runs. The program is a complete program and is coached by me; furthermore, I **guarantee** a personal best time for those participants that can make 70% of the days!

The program is great because you show up whenever you can. Last year we had people come M-W-F and very large groups for the

Saturday trail runs. This program will also show you all the beautiful places to run in Blacksburg and the surrounding area. All the trails will be marked with flour so runners don't get lost.

Come earn your shirt this summer and get in the best shape of your life. If you run 100 miles, 250 miles, 400 miles, or 500 miles this summer you will earn the Blacksburg Striders Summer Training Program shirt.

Please call me at Runabout Sports at 540.552.9339 for additional questions. I will post more information and the first month's schedule on [www.runaboutsports.com](http://www.runaboutsports.com).

Hope to see you!  
Remember---ALL abilities are welcome!



## Membership and Dues

**Ellen Rabun,**  
*Membership Coordinator*

Remember that as a Strider, you receive a 10% discount at Runabout Sports and discounted entry fees at Blacksburg Striders events. You may ask, "What do I get for being a member?"

A broad answer is being a part of an organized group of runners to promote and enjoy the sport of running for fun and fitness. The club

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sponsors competitive races, fun runs, a newsletter, information/educational meetings, and social events, and maintains a web site ([civic.bev.net/striders/](http://civic.bev.net/striders/)) and an e-mail listserv with local running and race information. Specifically, individual members receive a newsletter subscription, reduced entry fees to Blacksburg Striders events; an opportunity to participate in fun runs, meetings, and social activities; participation on racing teams of all ability levels; and a 10% discount at Runabout Sports (208 North Main St., Blacksburg, [www.runaboutsports.com/](http://www.runaboutsports.com/)). Dues offset the cost of insurance and supplies for races, pay for party and social event supplies and newsletters, and subsidize the cost of awards for the Summer Decathlon Series and club singlets.

Blacksburg Striders dues are \$10/year for an individual and \$14/year for a family (any number), with a discount for multiple year memberships. A membership form can be found on the Striders Web site or email Ellen Rabun at [drabun@yahoo.com](mailto:drabun@yahoo.com) or Liz Rucker at [egrucker@vt.edu](mailto:egrucker@vt.edu).



## Spring Ultramarathons

**Mark Lawrence,**  
*Ultrarunner (member of the Frederick Steeplechasers)*

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To anyone interested in running Ultramarathons, I thought rather than telling you about an event that I just recently completed, I wanted to tell you about ones in our area that are coming up soon. That way, if they sound interesting to you, you can get right to work signing up, training, and getting excited!

The three I'm going to tell you about are the three I did in the Spring of 2004. They were all great events that I would recommend to anyone, even those who are considering doing their first ultra. The courses, while plenty challenging for most people, are not exceedingly difficult for more experienced runners. They also are all within a reasonable drive from Frederick. But don't think that these are the only events from which to choose. One notable alternative is the Bull Run 50 Miler held in March in northern Virginia. I haven't done that one yet, so to learn more about it, you might try asking Tim O'Keefe or Eva Rosvold, or you can go to the VHTRC.org web site. One thing I can personally attest to is that all three of the races covered here were all very well run events that made for very enjoyable experiences.

First, let me say that anyone who thinks it's crazy to do three ultras (plus a

marathon) in four months, it's important to understand that the events I did were all on the lower end of the ultra mileage spectrum, so they're all 50Ks. I find 50Ks to be a very manageable distance. The events normally take about half a day allowing plenty of time for recovery before driving home. I also find that my recovery from a 50K is not as bad as it is from a marathon. It may be from the slower, more relaxed pace, or from running mostly on dirt as opposed to asphalt, but I feel less wear and tear from a 50K. Once you get to the 50 mile level, it's a full days work (for most mortals) even on the easiest of courses. Above that is beyond my scope, so anybody that thinks I'm a nut should talk to Kevin Sayer (Race Director of the Catoctin 50K) who recently told me, "You know Mark, you're not a TRUE Ultramarathoner until you've done a 100 miler."

So if you're not quite ready for that level of lunacy, but you'd like to get your feet wet (sometimes very wet), here's three of the events I did last year that you have the option to sign-up for in the first half of 2005.

### **Holiday Lake 50K:**

Held in February in the rolling hills of south-central Virginia near the historic town of Appomattox. The race is the first of the

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"Lynchburg Ultra Series" put on by Dr. David Horton who is a professor at Liberty University and has a legendary reputation in the ultrarunning community. This is by far the tamest run in the series which also includes ominously named races such as The Promisedland, Mountain Masochist, and Hellgate.

There's some decent hills, but it's not in the mountains so there's nothing too extreme, however, as is the tendency with flatter courses, it can get pretty muddy. There are three stream crossings but because it's a double loop course you get to do each of them twice. Note: These are knee deep stream crossings with no observable option to keep your feet dry. This race taught me that wet shoes and socks really aren't that big of a deal, even in 30 degree weather. You keep slogging along and after awhile they don't feel any worse than they did before submersion.

Perhaps the best feature of the Holiday Lake event is the accommodations. The event starts and finishes at a very nice 4-H camp where there are lob cabin bunkhouses and a very nice dining facility. The \$55 registration fee includes a great pre-race pasta dinner and for \$14 more you can sleep in one of the bunkhouses rather than the closest hotel that's about 15 miles away. This is

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especially recommended since the race starts before sun-up at 6:30. Bring your sleeping bag though because the bunkhouses aren't heated. There's also an optional post-race lunch for \$8.

Dr. Horton really knows how to stage an event, so you can expect everything to be well organized. One caution though; apparently Dr. Horton's weakness is measuring. His courses are notorious for being longer than advertised. I heard from those with GPS's that the course was actually about 34 miles.

If you feel like getting your feet wet, the race is scheduled for February 12, 2005 with registration deadline of January 29<sup>th</sup>. For more info go to: [www.extremultrarunning.com/Hinte-Anderson Trail \(HAT\) Run](http://www.extremultrarunning.com/Hinte-Anderson-Trail-(HAT)-Run):

Held in March at the Susquehanna State Park just north of the Aberdeen/Havre de Grace area on a course that runs through pretty meadows, woods and high bluffs providing expansive views overlooking the mouth of the Susquehanna River. This is another double loop course, but last year's race offered two completely different views of the river. On the first loop, the river was covered by mist giving the runners the perspective of being above the clouds. The second loop, after a mid-race shower, the fog

cleared giving the runners the full view of the mighty Susquehanna pouring into the Chesapeake Bay.

Again, this was an exceptionally well run event. The race is not named for the trail, it's named for the Race Directors Jeff Hinte and Phil Anderson who have been doing this for the past 17 years. They truly have it down pat, and people have obviously noticed because with over 400 participants, it has become the largest 50K in the eastern U.S.

First, I like the start time. The race begins at 9:00 AM making it reasonable to make the 90 minute to 2 hour drive from our area the morning of the race eliminating the need/expense of getting a hotel room. The course is exceptionally well marked. While the area is not mountainous, there are some pretty steep hills, and there are also some stream crossings giving you more opportunity to get your feet wet; but the course is very manageable and more accurately measured than Holiday Lake. I took my son Adam with me to this event and we both ran our best 50K times. My time was about 7 minutes faster than Holiday Lake, but when you consider the "Horton Miles", I think my per mile average was actually faster there.

After the race, there was a great picnic, but if there

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was one weakness with the event, it's that they have no shower facilities. The crowd at the picnic was plenty friendly, but it was muddy that day and . . . well, let's just say that any of us would've drawn some questionable glares if we had stopped in at a restaurant afterward.

One other great feature about the HAT Run I should mention is the giveaways. Rather than the normal cotton t-shirt or finishers medal, the participants all get some pretty nice stuff. As you may expect from a HAT run, you get hats. Each participant got a nice running hat and knitted cap with a nicely embroidered HAT logo. We also got a very unique and stylish lycra running shirt with HAT logo as well. The \$48 registration fee would have seemed reasonable anyway, but the nice quality stuff made it seem like an even greater value.

The 2005 edition of the HAT Run is scheduled for March 19<sup>th</sup>. If you're interested, check it out at: [www.hatron.com](http://www.hatron.com).

### **Capon Valley 50K:**

After skipping doing an ultra during the month of April so I could run in the Frederick Marathon, I started-up again 3 weeks later in mid-May at an event I was assured would be an easy PR for me. It was with this optimistic outlook that I approached Capon Valley

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hosted by the quaint little community of Yellow Springs, West Virginia. At least I think it's Yellow Springs, but the race is called *Capon Valley*, and it starts and finishes at the *Capon Springs* Rotarian Club; so whatever the name, it's quaint.

Apparently, someone in the community was seeking a way to raise money to finance the area's fire department so they looked around at what resources they had available. What they have is picturesque woods and mountains, and miles of dirt trails. "Let's see . . . How can we get folks to come to Yellow Springs and give us money to pay for our fire department? I've heard of people who call themselves ultramarathoners who'd be willin' to pay good money for us to let 'em run through our woods for a day and all we have to do is show 'em where to run, and feed 'em some along the way." I'll bet the lady that had that brainstorm was Race Director Lynn Golemon. At the very least, she's the one that's making the idea fly.

It's really interesting seeing how a rural community of non-runners stages a running event. In the case of Capon Valley, they do it with a great deal of hospitality, thoughtfulness, and community spirit! Perhaps the best example of the

uniqueness of this event is the participation prize. Again, rather than a t-shirt, medal, or hat, at Capon Valley you get handcrafts! Last year, all runners received an acrylic cutting board with a very nice picture of the beautiful trout stream that flows through the lush woods of the area. (Mine sits prominently on my kitchen counter.) The people manning the aid stations and putting on the great lunch feed afterward, were all very cordial and helpful despite not looking at all like running enthusiasts. They even managed to rig up an outdoor shower to help hose everyone down at the finish.

The course is mostly single track trails and dirt roads through the hills and hollers of the area. Again, there are several stream crossings, but in May, you'll be glad to see them. Be careful about pacing, because the first half of the course is easier than the second half. After being told that I'd be able to PR on this course, I went out believing it was going to be relatively easy, only to have Eva Rosvold come screaming (literally) by me around the half way point and leaving me in the dust from that point forward. By the time I got through with the significant climbs in the second half, I was in survival mode. Actually, I wasn't that far from my PR

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and might have gotten it had I not gotten somewhat disoriented near the end of the race and missed a turn that cost me. So overall, it wasn't that difficult, but save your energy for the second half. Despite my second half difficulty it was still a very enjoyable event.

For more info on the Capon Valley 50K, check it out at: [www.iplayoutside.com/events](http://www.iplayoutside.com/events). These are three great events to choose from and I would not hesitate to recommend any one of them. For a comprehensive list of ultras across the country check out [www.ultrarunning.com/](http://www.ultrarunning.com/), or for other trail running events see [www.trailrunnermag.com](http://www.trailrunnermag.com). Whichever you choose, relax, take in the scenery, get to know the folks, and enjoy running to new horizons!

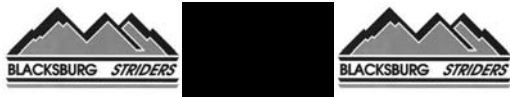
**\*\*\*Editors note: contact Miriam Stewart, a Blacksburg Strider, at [mismit17@vt.edu](mailto:mismit17@vt.edu) for more information on ultras....she will be running her third ultra on April 23<sup>rd</sup>, the Promiseland 50K in Bedford, Va and she says that she is always looking for trail running partners (I think she must wear them out!!)**

# Blacksburg Striders Trails and Tales

## Race Calendar

Please look at the following web sites for complete event listings:

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



For other race calendars, go to <http://civic.bev.net/striders/calender.htm> and follow links to the [Star City Striders race page](#), [Road Runners Club of America](#), and [race calendars](#) maintained by The Running Journal and [RacePacket](#) Event calendar and entry forms for VA, DC, MD and DE.

- **April 23, 2005: Elizabeth Hartwell Environmental Education Fund 5K Run - Walk.** Mason Neck State Park, Mason Neck, VA. For information, call 703-765-2562.
- **April 30, 2005: The Lyric Theatre 5K Race and Fun Run**  
8:30 am start time; at the Blacksburg Library: Goes along with the Lyric's Chariots of Fire Movie Week!!
- **May 7, 2005 (9 a.m.): 7<sup>th</sup> Annual New River Trail — Dr. Ed Dannelly 10K Run.** Galax, VA. Info: Galax Recreation Department 276-236-3218 or visit: [www.galaxparks-rec.com/eventsgalaxva.asp](http://www.galaxparks-rec.com/eventsgalaxva.asp).
- **May 7, 2005: Smith Mountain Triathlon.** Smith Mountain Lake, VA. For more information: [www.set-upinc.com](http://www.set-upinc.com)
- **May 30, 2005 (9 a.m.): Heritage Classic 5K & Fun Run** Rocky Mount VA. Christian Heritage Academy school office or Eric Miller 540-483-5855 or email [trinity@swva.net](mailto:trinity@swva.net)
- **June 4, 2005: AEP Festival Run 5K & 10K.** Roanoke, VA. <http://www.commonwealthgames.org/>
- **June 11, 2005: Varmint Half Marathon & 5k** Burkes Garden, VA. Charity McDaniel, PO Box 285, Tazewell, VA 24651 or email [cmcdaniel@tazewell.k12.va.us](mailto:cmcdaniel@tazewell.k12.va.us)
- **June 11, 2005: Rudy Martin Memorial 5K Trail Run.** Hungry Mother State Park,

Marion, VA. Info: Johanna Thompson 800-625-6178

- **July 4, 2005: Shawsville 5.** Shawsville, VA. Marvin Ballard (540)268-3010 (Daytime number).
- **July 4, 2005: Peachtree Road Race.** Atlanta, GA. [www.athlantatrackclub.org](http://www.athlantatrackclub.org).
- **July 16, 2005: Commonwealth Games 5k & 1 Mile Fun Run** Roanoke, VA. <http://www.commonwealthgames.org/>
- **August 5, 2005 (6:30 p.m.): 24<sup>th</sup> annual Draper Mile** Blacksburg, VA.
- **August 13, 2005: Lewis Gale Foundation Salem Distance Run 5 & 10k.** Salem VA.

## Regular Blacksburg Running Groups

<u>Day/Time</u>	<u>Location</u>
<b>Tue/6:00pm</b> <a href="mailto:goldst@vt.edu">goldst@vt.edu</a>	Front of Bollo's
<b>Wed/5:00 pm</b> <a href="mailto:james@runaboutsports.com">james@runaboutsports.com</a>	RunAbout Sports
<b>Sat/7:00 am</b> <a href="mailto:jhosner@vt.edu">jhosner@vt.edu</a> or <a href="mailto:smyers@vt.edu">smyers@vt.edu</a>	Front of Bollo's
<b>Sat 7:30 am</b> <a href="mailto:drrabun@yahoo.com">drrabun@yahoo.com</a> <b>Sat/8:00 am</b> <a href="mailto:Jpalmer3@radford.edu">Jpalmer3@radford.edu</a> or <a href="mailto:kkriz@vt.edu">kkriz@vt.edu</a>	Blacksburg Library Weight Club
<i>Call ahead</i>	<i>Times may change</i>

**News? Events? New runs? Opinions? Ideas?? Send me your stuff free editing!!!** [Jpalmer3@radford.edu](mailto:Jpalmer3@radford.edu)

