
Trails and Tales

Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

April 1, 2002

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

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President's Corner

Aaron Goldstein

Spring seems around the corner and everywhere I look I see signs of warming weather, which should make for some pleasant outdoor running in the upcoming months. This past weekend I crossed paths with Sharon Meyers who sporting her warm-weather running pants (with ventilated knee-holes) and had the opportunity to break out the jogger stroller for a 3-mile jaunt with my son.

This past month we held our biggest race of the year: The Blacksburg Classic 5K, 10 mi, and 1 mi Fun Run. This race has doubled in size in the past two years with more than 400 registered runners this year. Big thanks go out from me to Katherine Phillips, who organized the event, and the 50 or more volunteers who came out to help make this race very successful.

For the many of you who have contacted me and asked, what do the Striders do and how can I get involved, my answer is to come out and run with us and to help us put on our annual races. Further down in the newsletter you'll find our list of weekly runs and information about the upcoming Virginia Tech Alumni 5K at the end of June, for which we'll be needing volunteers like you. Feel free to contact me, and I hope to see you out running.

Blacksburg Classic Success!

Katherine Phillips doesn't like to be the focus of attention, but for the past several years she's been the behind-the-scene co-organizer of the Blacksburg Classic along with Mike Holland. This year Mike moved to Fredricksburg, MD and Katherine took the reins for what has been the most successful run that the Blacksburg Striders have put on in about 10 years. Katherine, of course, will deny her leadership role. If asked she'll discuss the details of putting on an event, but its an attention to details that is necessary for such an event to move smoothly. And this year the event drew over 400 people, more than twice that participated two years ago.

Phillips was assisted by a small army of volunteers, whose roles although more focused on individual details of the race were critical to ensure that the race proceeded smoothly. Heather Esteban and Marshall Overstreet assisted with countless pre-race and race-day tasks. Aaron Goldstein was course coordinator, and was assisted by Marshall Overstreet who laid out the traffic cones, Mike Fisher who organized the course marshals, and Martin van Gelder who marked out the course. Steve Miller handled the start and finish lines, and Brenda Van Gelder managed food on race day. In addition, a number of volunteers helped with onsite

registration, preparation of food, and collection of finish times. Nearly 40 course marshals, recruited from the Blacksburg Striders, AΦΩ service fraternity, and the Department of Chemical Engineering at Virginia Tech, were scattered along the 5K and 10 mi courses. Local bicyclists performed both leading and sweeping of the courses. Members of the Blacksburg Rescue Squad, Virginia Tech Police, Blacksburg Police, and the Montgomery County Police also provided assistance at dangerous road crossings. Finally, Margaret Beeks Elementary School provided the facilities for the start and finish and Virginia Tech and the Town of Blacksburg permitted the course route.

A successful race is one in which no major incidents occur. With so many potential pitfalls and problems both in organization and in coordination of a race this size, the nearly flawless race was no minor feat. Good leadership and an attention to details were the critical ingredients for this event.

Now that the race is over and everyone's gone home, Phillips' work isn't over. The 150 extra T-shirts just arrived and now they've got to be delivered to the onsite registrants.

Aaron Goldstein

Runnin' Roos Win Golden Shoe Award

Runnin' Roos is a running club open to all ages at Kipps Elementary in Blacksburg. The club's goal is to promote healthy bodies and minds, build cross-age friendships, and to create a love for a life-long sport. Runnin' Roos was started by Lynn Graves, a second grade teacher, and Kelly McPherson, a fifth grade teacher in 1999 with approximately 40 students. Since then, Runnin' Roos has grown to over 100 members,

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those members being teachers, students and their families. The club has been recognized by being awarded an Excellence in Education Award in 2000. Runnin' Roos' coordinators, Graves and McPherson, were recently awarded the Golden Shoe Award from the magazine, Runner's World. The coordinators, along with some of the club's members, will be featured in the May issue of Runner's World.

Lynn Graves

Runner's Cook Stove Recovery Carrot Muffins:

Take a moment to mix up a batch of these muffins and then be ready to refuel after that run. Enjoy.

Mix 1:

- ¾ cp oat bran
- ¾ cp ground flax seed
- 1 cp whole-wheat flour
- ½ cp soy flour
- 1 cp brown sugar
- ½ cp wheat germ
- 2 t baking soda
- 1 t baking powder
- ½ t salt
- 2 t cinnamon
- ¾ t nutmeg

Mix 2:

- 2 eggs
- ¾ cp milk
- ¼ cp canola oil
- 1 t vanilla

Add Mix 2 to Mix 1, blend:

- 1 cp grated carrots
- ½ cp raisins

Topping:

- 1/3 cp brown sugar
- 1/3 wheat germ
- 1 t cinnamon
- ½ chopped pecans
- 3 t butter

Pour into muffin cups and sprinkle with topping. Bake 15-20 min at 350F.

Leslie Allen

Pandapas Pond Run

April 10 will mark the restart of group runs on Wednesday nights at 6:00 PM. Meet at the upper parking lot

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and keep an eye out for Aaron Goldstein.

Upcoming Circle K 5K, April 27 at VT

Circle K at Virginia Tech is holding a 5K Benefit Run/Walk on the Virginia Tech campus on April 27, 2002. Circle K is a collegiate level Kiwanis-affiliated organization dedicated to serving the community. All proceeds from the event will benefit the newly formed Circle K James Reed Scholarship Fund. James Reed was an honorary member and long time friend of Virginia Tech's Circle K club who was afflicted with Muscular Dystrophy and passed away in 1999. Registration fees for the event are \$10 per person if received by the pre-registration deadline of 5:00 pm April 8, 2002 or \$15 per person if received after the pre-registration deadline but before the final registration deadline of 5:00 pm April 22, 2002. All pre-registered participants are guaranteed an event T-shirt. Other participants will receive a T-shirt only while supplies last. Prizes will be awarded to the top three men and women finishers in each of the following age brackets: 17 and under, 18-25, 26-35, 36-50, 51 and over. The event will begin promptly at 8:00 am on April 27, 2002 on Smithfield Road.

With your support we can make a difference. For more information or to register for the event, please contact Meghan Mahar at 951-6910 or email mmahar@vt.edu. Once again, thank you for your support.

Damian Urciuoli

Summer Decathlon

The Blacksburg Striders will hold their summer decathlon series (SDS) again this summer at the Virginia Tech track beginning in June. The focus of this series is 10 events that differ each week and range in distance from 200 meters to 2

miles. Depending on the number of people present, we will finish with a relay. This turns out to be a great track workout and interval/repeat session. Results of the SDS events will be age-graded, which means everyone's final time will be adjusted to the 20-29 age group. We will have overall and male and female age-graded awards at the end of the season for those who complete at least 5 SDS events. The SDS is open to everyone and children are particularly encouraged to participate. More details and a complete schedule will come out in the May newsletter.

Tom Inzana

The Inaugural Hokie 5K Race and Fun Run

The Virginia Tech Alumni Association, the Blacksburg Striders, and the New River Valley Chapter of the Virginia Tech Alumni Association are pleased to announce the Inaugural Hokie 5K Race and Fun Run, to be held Saturday, June 29, 2002. The 5K Race and the 1-Mile Fun Run/Walk are open to participants of all ages. There will also be a 50-yard Diaper Dash for little ones. Please make plans now to participate in this great new community event. Note that you do not need to be a Hokie to enter!

A pre-race "Tailgate" party will be held on the evening of Friday, June 28, 2002 at Lane Stadium with tours of facilities, live music, great food, and special guests from Virginia Tech Athletics. Lodging for participants and guests is available at Donaldson Brown Hotel on the Virginia Tech campus. The race will be held during the Alumni Association's annual summer experience – Virginia Tech Summer Escape.

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The race event schedule is:
Friday – June 29, 2002 6:30 PM Pre-Race "Tailgate" Dinner at Lane Stadium

Saturday – June 29, 2002
7:00 am – 7:30am Race Day Registration and Packet Pick-Up
8:00 am – 5K Start
8:30 am – 1 Mile Start
9:00 am – Diaper Dash Start
9:30 am – Awards Ceremony and Post-Race Celebration

The race route will be through the Corporate Research Center. Race start and headquarters will be the parking lot of one of our sponsors, the Chat Room Café. The Post Race Celebration promises to be fun for the whole family! We will have entertainment, food, beverages, door prizes, an awards ceremony and much more. Monetary prizes will be awarded in both the men and women's division in overall, masters, grand masters and age groups. Details of award categories can be found on the official Hokie 5K Web site, www.VaTechAlumni.com/alum/5K.html. All 5K and Fun Run/Walk participants will receive a T-shirt. Medals will be given to all 5K and Fun Run finishers. All Diaper Dash participants will also receive a special award of their own. Proceeds from the race will benefit the New River Valley Alumni Chapter Scholarship Fund.

Registration forms, lodging forms, and detailed information are available on-line at www.VaTechAlumni.com/alum/5K.html. Check back as plans for the Post – Race Celebration develop. If you have any questions, or are interested in sponsorship opportunities or volunteering, please contact Heather Esteban at hesteban@vt.edu or 540.231.5753.

Register now and join the fun!

Heather Esteban

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The 2002 Road Runners of America National Convention

The Tidewater Striders Running Club extends to you a gracious invitation to attend the 45th National Convention of the Road Runners Club of America (RRCA) which will be held in Norfolk, Virginia on May 2-5.

The convention features keynote presentations, numerous group discussions, and other meetings to help you remain up-to-date on the various issues involved in race and running club management. The convention also features many leisure opportunities including several fun runs, a dinner-auction combination, an outdoor adventure lunch, and the awards reception and banquet. On Saturday morning, May 4, you have the opportunity to participate in the 24th Annual Elizabeth River Run, the RRCA National Championship 10K, a point-to-point race finishing at Town Point Park in downtown Norfolk adjacent to the host hotel, the Sheraton. The finish is also adjacent to Waterside, a waterfront marketplace featuring many fine restaurants (especially seafood) and fun places (such as Jillian's), and to Nauticus, a hands-on Naval Museum with the battleship Wisconsin alongside.

For those who may wish to venture farther a field, tours may be arranged to several national recreation venues located within an hour's drive. Jamestown features the first English settlement in America, whereas Williamsburg highlights early colonial life, and the Yorktown battlefield tour is a must for military history enthusiasts. Our weather in May is often warm enough to enjoy the Atlantic Ocean beaches in Virginia Beach.

The nearly 2000 members of the Tidewater Striders are dedicated to providing you with

a special visit to this year's RRCA convention. Come join with us to help make the convention one of the biggest and best ever. To obtain additional information on the Road Runners Club of America National Convention, access <http://www.rrca.org/events/con2002>; for more information on Norfolk, Virginia, access <http://www.norfolkcvb.com>, and for more information on the Tidewater Striders, access <http://www.tidewaterstriders.com>.

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2002 Blacksburg Classic Results: Open Overall Female

Winners:

1st Aimee Phillipi, Blacksburg, VA, 1:03:13.
2nd Emily Ferguson, Nellysford, VA 1:07:43.

Open Overall Male

Winners:

1st, Larry Taylor, Fayetteville, WV, 57:12
2nd, Brian Doherty, Roanoke, VA, 58:02.

Full results from the Blacksburg Classic are now posted on the Blacksburg Striders' web site:
<http://civic.bev.net/striders/>.

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Backwards and Onwards

Checkout this entertaining site to learn about the world of backwards running and other things in *esrever*.

<http://www.backward-running-backward.com>

Regular Blacksburg Runs

<u>Day/Time</u>	<u>Location</u>
M-F/6:30am	Front of Gillies'
Sat/7:00am	Front of Gillies'
	jhosner@vt.edu / smyers@vt.edu
Wed/6:00 PM	Pandapas Pond
	Upper Lot, Aaron: goldst@vt.edu
Tues/6:30 PM	Front of Bollo's
	on Draper. Aaron: goldst@vt.edu

Race Calendar



Select events from <http://starcitystriders.com/calendar.htm> & <http://active.com/>

April 2002

- 6 April, 5k For Healthy Play; Roanoke City Parks & Recreation; Roanoke, Virginia.
- 6 April, Charlottesville ten-miler - Charlottesville, VA
- 6 April, Inaugural Race for Technology Tomorrow - Alexandria, VA
- 6 April, The 1st Annual Habitat for Humanity Run for Shelter (5K) - Richmond, VA
- 7 April, Virginia Duathlon, 5k Run, 30k Bike, 5k Run, Virginia Beach, VA, This year is the first time for the Virginia Duathlon; A distinction of this event is the team scoring for both collegiate teams and open teams. The teams are made up of 5 individual competitors. The top 3 times on each team score and awards are given to the top 3 teams in each category. Team members are eligible for individual awards.
- 13 April, Women Run Down Violence, 5K race and 1 mile walk; 10 a.m. 1715 Pratt Drive, Blacksburg; Registration form available at <http://filebox.vt.edu/users/diannalu/race/>; Prizes awarded to the overall fastest woman, the first two women to finish in 10 age categories, and the first three men to finish; Race age categories begin at 10-14 and go to 55+, so bring the whole family or neighborhood! Walkers welcome!! There is a raffle for prizes for all participants.
- 13 April, Richmond, VA - Ukrop's Monument 10k Run/Walk www.sportsbackers.org or please call (804) 285-9495.
- 13 April, Memorial 5k - Grundy, VA
- 13 April, Ukrop's Monument Avenue 10k - Richmond, VA
- 16 April, Roanoke Strider Meeting, Hidden Valley Middle School, Hidden Valley Rd., Off of Rt. 419; Track dedication. www.triduo.com/vadu
- 20 April, North Stafford High School Scholarship 5K and 1 Mile Fun Run - Stafford, VA
- 20 April, VA Biathlon for JMU's UREC - Harrisonburg, VA
- 21 April, George Washington Parkway Classic - Alexandria & Belle Haven, VA

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- 27 April, Circle K 5K Benefit Run/Walk, 8AM – Virginia Tech Campus, Blacksburg, VA. For information contact Meghan Mahar at 951-6910 or email <mailto:mmahar@vt.edu>
- 27 April, Promise Land 50K (Lynchburg Ultra Series) - Lynchburg, VA

May 2002

- 4 May 2002; Virginia Western 5,000-Meter Run (21st Annual) 9:00 AM, USATF certified course; Early registration through 4/26; race day registration 7:15-8:00 AM; Information: www.vw.vccs.edu/VW5000MeterRun or (540) 857-6325.
- 4 May, Apple Blossom Suncom 10K - Winchester, VA
- 4 May, Metro-DC Galloway Marathon Training - Arlington, VA
- 4 May, Carl Sandburg Pantherlon 5K - Alexandria, VA
- 4 May, 24th Annual Elizabeth River Run - Virginia Beach, VA
- 5 May 2002; Virginia Western 5000 Meter Run; Roanoke, VA; Campus of Virginia Western Community College; For Info: Contact Gary Adkins (Email) gadkins@vw.vccs.edu (Website) www.vw.vccs.edu/VW5000MeterRun (Phone) 540-857-6325.
- 5 May, Communication Specialists - Free Lance-Start Great Train Race and Caboose Run - Fredericksburg, VA
- 5 May, May Day 5K – Lake Ridge, VA (Phone) 703-491-2154 x112
- 8 May, Washington Metro Race Series - Arlington, VA
- 11 May, Komen Richmond Race for the Cure® - Richmond, VA
- 11 May, 5K By The Bay - Newport News, VA
- 12 May, YMCA Arlington's Mothers Day 10k - Arlington, VA
- 12 May, Metro Run & Walk 5K for Women - McLean, VA
- 18 May, Ft Lee Armed Forces Day Run the Crater - Ft Lee, VA
- 18 May, Sunrise 5k and 1 mile walk - Herndon, VA
- 18 May, 3rd Annual Purcellville Heritage Day 5k Run - Purcellville, VA
- 27 May, 5th Annual Central Virginia Kidney Association Memorial Day 10k - Lynchburg, VA March

June 2002

- 1 June, Superduper 5K Run / 3K Walk - Fairfax Station, VA
- 2 June, Herndon Festival 10k/5k Race - herndon, VA
- 8 June, 2002 ALLTEL 5K & 10K Races - Virginia Beach, VA
- 8 June, ALLTEL 5K & 10K Races - Virginia Beach, VA
- 23 June, Tri-America Triathlon Series - Hampton, VA - Hampton, VA

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Membership Dues Reminder

If you have not paid your dues for the year please do so. Thanks!

Individuals: \$8

Family: \$12

**Blacksburg Striders
P.O. Box 764
Blacksburg, VA 24063**

