
Trails and Tales

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

Competitive foot racing is a funny thing. When you first get started you enjoy the camaraderie of training with a group, and increasing your strength, endurance, and speed. Race after race, you have the opportunity to meet fellow competitors and improve your time. At some point this slips. You hit a wall that you cannot surmount: you don't seem to be improving and at the same time you lose that interaction with your fellow runners. It's much like that steep hill that, when you see ahead of you, causes you to unconsciously stop running. We can also call it winter, with cold winds, icy streets and short days.

At some point we valiantly make the effort to start running again. We have to rediscover what it was that first attracted us to this endeavor: the personal fulfillment and the interaction with others. In this issue of Trails and Tales we have contributions from Brian Kelley, Hans Berhardt, and Russell Shock. They relate to races and training, but most importantly camaraderie and having the right mental attitude.

The Blacksburg Striders continue to have group runs through the winter. The schedule can be found on page 4.

If you're interested in coming out to join us feel free to contact me at goldst@vt.edu.

Finally, our Blacksburg Classic 5K and 10 mile race is scheduled for Saturday, February 22. We're going to need about 50 people to volunteer their time and help in both the organization and operation of the race. If you'd like to volunteer please contact Katherine Phillips at 552-0395 or by email at kmpvpi@vt.edu.

Hope to see you out running!

Marine Corps Marathon

Brian Kelley

Ah, my old friend "The Wall." I met it again this fall in Washington, D.C., and I'm not talking about overwrought Pink Floyd music or the black granite Vietnam Veterans Memorial. For my third marathon, I thought I'd try something different. So I enlisted to run the Oct. 27 Marine Corps Marathon and to raise money to aid the Leukemia & Lymphoma Society. The money part went fine. I raised \$3,250 (special thanks to the many Striders members who contributed!) and trained through the summer and fall with the help of volunteer coaches Brett and Edna Malone. Our five-member team of runners from Blacksburg had a chance to meet our counterparts from across Virginia and from around the country at the race.

Singlets Available

We still have a few male and female singlets with the Blacksburg Striders logo. \$15 for members. Katherine Phillips (540)-231-9960

Together, the Virginia chapter of Team in Training raised some \$80,000 for the Leukemia & Lymphoma Society. Nationally, TNT had 617 runners or walkers in the Marine Corps Marathon, and raised \$2 million to pay for research and patient services. Race day dawned chilly and breezy, though not as cool as the previous two Richmond marathons I'd run. The race followed a beautiful course through Washington, D.C., on a gorgeous fall day and the runners and spectators alike were in a buoyant mood because of the arrests in the sniper killings a few days before. The Marines did a fine job of efficiently conducting the marathon and of adding those personal touches (the howitzer going off to start the race, the giant CH-46 transport helicopters buzzing low over the first few miles, the yells of "Ooh-rah!") that make a long run with 18,000 sweaty people such an occasion. I was headed for a slow but respectable 3:45 finish until the 14th Street Bridge, which carries the race back across the Potomac River to Arlington and the last three miles to the Iwo Jima Memorial. My legs ran out of steam. I don't know if it was because of the relatively warm day, or drinking too much water or not enough sleep or whatever. I plodded to the finish at 4:06, much slower than I'd aimed for. My friend Matt Stolte, also running for the Leukemia Society, finished in a strong 3:41. At least the long-sleeved race shirt is a keeper, and well, there's always next

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year. Speaking of next year, the marathon sign-ups will be lottery-only via the Web page, www.marinemarathon.com, with applications beginning March 15 and selections starting April 15 to fill the field of 16,000 runners.

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Running for the People

Russell Shock

I ran in the Gillett Ford 10k in Blacksburg in November. It was the third competitive run I've ever been on, the first two being the Draper Mile in August and the Marine Corps Mud Run in September. Since then I've run in the Star City Half Marathon and 5k, choosing to take the shorter distance.

I started running in July after committing myself to run a Marathon before I'm 40. Since I had never really run before, this seemed like a reasonable, sane goal. Now, I'm not so sure.

I ran the Draper mile with my son, who is 9, and I managed to keep within 15 seconds of him at the end of that mile.

In the Mud run I ran with Sara Beth and Kristin. I'm a trumpet player. I met Sara Beth, who is also a trumpet player, when she joined the Sauerkraut Band, a German Oktoberfest Band. Kristin is the wife of another one of the trumpet players in the Sauerkraut Band. We ran together carrying rubber chickens. Somehow these themes tie together with an odd frequency in my life.

In the Gillett Ford run, I ran alone, and I started dead last, or so I thought, so I pulled out my cell phone and called my friend Hans, the guy who inspired me to start and Sara Beth whom I've adopted as my running coach and partner. She was in Cali-fornia visiting Hans at the time, so it seemed natural to call

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them and tell them the race was under way. Then someone come run-ning up behind me. Its Denny D! He was still filling out the registration forms when the race started, so he gets a late start. We ran together for a minute as he warmed up, and then took off at a pace that I was sure would not last. As it turns out, it did.

All this brings me to a conclusion that one of the really great things about running is the people. Hans I've know since we worked together in a local software company. Sara Beth I've gotten to know while running. Denny D. I've known since we were both in college at Va Tech, both in the New Virginians and sequentially dated the same girl. (Denny was in line for her just ahead of me.)

As the Gillett Ford run progressed, we ran for a while on the Huckleberry Trail. I saw someone in the distance running toward me. I soon realized that it was Billy Newcomb leading the pack and already coming back toward he finish. I used to work with Billy at a local engineering company. Pretty soon, Denny D came by, in the front third by then (maybe someday I can keep up).

I kept plodding along, and met a nice lady at the turn-around who was passing out water. Then I followed a gray "half marathon" t-shirt for a while until I finally caught up and said hi. I met a real nice lady – another trumpet player – and it turns out she's the town's attorney. We talked about running and the people and we agreed that the running crowd is really accepting, non-judgmental and supportive. She did not make the turn for the 10k finish but went on for 10 miles.

I finished at about 1:05, glad to not be last. Since it was my first 10k it is a Personal Record, and one I feel I may be able to improve upon. But I don't think I'll be able to

improve on the quality of the people you meet running. They seem to be some of the best people. Even if a lot of them are trumpet players.



The Ultimate Workout Plan That I Keep In My Palm Pilot

Hans Berhardt

Hang this on your refrigerator: This is just a beginning...

"Life is like a box of alcohol filled chocolates. Ya never know which one yer gonna get. BUT ya know yer gonna eat them all anyway!"

Rules of the game:

1. Every 9 days take at least 1 rest day. In the beginning perhaps a 7:1 is better. Just pick something that makes sense to you and stick with it.
2. In the real world circumstances come up: So take no more than 2 or 3 days in a row off at most.
3. Thou shalt not feel guilty under any circumstances. Guilt fosters lack of activity, which fosters more festering guilt - one of many vicious cycles in life to avoid. Fostering festering guilt is bad. "Fostering festering fault feeds failure." Say that five times real fast.

Thou shalt run with a real attitude towards training. A "real attitude" is be a positive one based on realistic expectations and a system of reasonable goals and rewards. Too often guilt is the result of not meeting unrealistic expectations, i.e. a "false attitude". "Running with a real attitude reaps rewards." Say that five times fast.

Thou shalt consult "Stuart Smalley's guide to life" as a valuable training resource. "I'm

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good enough. I owe it to myself. And doggone it my dog likes me ... when I feed it." ☺ Keep this book next to "The 7 Habits of Highly Effective People" on your bookshelf. Reading these two books will help you keep mental and emotional balance between the pathetic and highly motivated. Aside from all this, the irony of these two books side by side on your bookshelf is sure to provoke a quizzical comment from those who notice. And if you ever bother to finish either book, you will be a rare person.

4. Proper warm up and cross training is key to staying injury free. Run for time or distance, not both unless you are doing an intentional speed workout.

Use the following schedule as a rough guideline:

- Day 1 - RUN EASY (long brisk walks can be substituted, especially if you have a doggie that does not get out enough)
- Day 2 - Bike or swim or lift weights
- Day 3 - RUN MED
- Day 4 - Bike or swim or lift weights
- Day 5 - Long RUN
- Day 6 - RUN EASY
- Day 7 - RUN MED
- Day 8 - Bike or swim or lift weights
- Day 9 - Your choice
- Day 10 - DRINK BEER - This is an essential food group needed to replace vital carbohydrates and induce social skills lost while disciplining yourself enough to blow off most happy hours. The alternative is to invite your friends to run with you, at which point they will be on the same schedule - and none of you can feel guilty drinking beer because, as rationale would have it, you already burned off what you are about to drink.

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5. Feel good about yourself. On Monday mornings at 8 AM drive all your unhealthy out of shape co-workers up the wall (especially your least favorite ones) with your newfound wonderful, highly energetic, excessively happy attitude. "To thine own self be true..." and "Live life deliberately."



Race Calendar

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

Jan 18

Charlotte Observer Run for Peace, Marathon & Relay, Charlotte NC, (704) 333-3688 <http://www.runforpeace.active.com/>

Feb 15

George Washington Birthday 10K, Alexandria VA 703-683-5561

Feb 22

Blacksburg Classic 5K, 10 mi (540) 552-0395 <http://civic.bev.net/striders/>

Mar 15

Shamrock Hill 5K. Roanoke

Mar 23

Washington D.C. Marathon 703-528-8176 <http://www.washingtondcmarathon.com/>

Mar 30

Virginia Creeper Marathon Abingdon, VA 276-452-4724 <http://www.runsftc.org/creepermarathon>

***Regular Blacksburg
Runs***

<u>Day/Time</u>	<u>Location</u>
M-F/6:30a	Front of Gillies'
Sat/7:00a	Front of Gillies' jhosner@vt.edu / smyers@vt.edu
Tu/6:00p	Front of Bollos's goldst@vt.edu
Th/6:00p	Upper lot at Pandapas Ponds kzimmerm@vt.edu