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# Trails and Tales

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Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

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June 10, 2003

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

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## President's Corner

*Aaron Goldstein*

The summer's kicking into full gear and the Blacksburg Striders are involved in a couple of local races: Hokie 5K on June 28, and the Draper Mile on August 2. Information about registering or volunteering for these events can be found in this issue. In addition, the Summer Decathlon Series kicks off this month at the VT track, with the schedules listed on page 5.

Also in this issue are articles from Todd Pechar and Clay Schwabe. Todd is graduate student in Chemical Engineering who recently went back to his hometown of Pittsburgh to run his first marathon. He shares some of his impressions of his longest race. In contrast, Clay grew up here in Blacksburg now lives in Boulder, CO by way of West Point. He's involved with the Army's elite runners and sends some thoughts and observations of the elite running scene.

Keep cool and hydrated, and I hope to see you out running!

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## Pittsburgh Marathon

In December 2002 my friend Elliot asked me to join his relay team to run the D.C. marathon in March. He had secured two others and needed a third runner for his team. I agreed, knowing

I run at least seven miles, and at most nine, which I could do already at this point. All I had to do was train to lower my time, and play the waiting game ...seemed simple enough.

Then things worked themselves out in the same manner that they always do, but somehow it still surprised me. Two weeks after setting this up, Elliot's two friends backed out. No problem, Elliot and I will just split the marathon. I actually would rather run 13.1 miles then only seven or nine miles. A week later Elliot informed me that one of his calves was bothering him, but he would be able to run, just not as fast as normal. Later he would inform me that his calf was injured, and he will not be able to run; it was in his words "a fermentation injury." Great! I was really looking forward to running in the marathon and seeing D.C. The marathon was my motivation to run on a treadmill during the winter, now what would my motivation be?

After a little thought the obvious finally hit me. I could run the Pittsburgh Marathon in May. Maybe I could even do it myself. I have a few months to prepare for it, so why not give it a try? I can train for a month or two, then make a decision based on my progress if I should run it or not. And with that, the training began.

I decided to follow Burford's training program for first time marathoners described in

“Complete Book of Running”. It was an eighteen week program designed to slowly build-up your miles until you can run twenty. I had fifteen weeks, so I started on the third week of the program running four times a week with one long slow distance run. After about three weeks I felt fatigued early on in many of my runs, so I dropped to three runs a week. Then one day running on the Huckleberry Trail during the snow-abundant freezing cold winter we had, I made one poor decision that would severely damage my training.

After a recent snowfall I decided I would chance running on the Huckleberry Trail hoping it would be plowed. The portion in Blacksburg was plowed leading to an enjoyable run. Unluckily for me the portion of the trail in Christiansburg was not plowed. Not knowing this I continued running on a hard packed snow-ice base hoping it would only be like this in a small region of the trail. It turned out to be this way to the end of the trail. During the run I felt fine, but the following day my left foot hurt so badly I couldn't walk on it. I stayed off it for a week as best I could, hopped on a treadmill, and couldn't run even a mile before the pain forced me to stop. This injury would force me to stop training for 3 weeks, and even when I returned, the pain often reoccurred during the run. To compensate I began just to run once a week. This led to another poor idea: I would just run a slow long distance once a week to avoid injury. So this became my training program until the day of the marathon.

Every aspect of the Pittsburgh Marathon was organized and operated superbly. The day of the marathon offered perfect weather in the mid 50's for the start, and in the mid 60's by the time I finished. I broke the rule of not starting at the same pace

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you trained for, and used my GU packets too early. The course was hilly for a marathon, but the excellent crowd support, 40 live bands playing along the streets, and over 8000 runners made it easy to hold this pace....until mile 23.5. Then, SMACK! I hit the wall so hard I began to worry I wouldn't finish. Every time I tried to start running I would quickly stop after about ten steps. Not until I saw the 25 mile marker was able start running again and not stop. I eventually crossed the finish line 4 hours and 16 minutes after I started the marathon. I was disappointed with my time, but it's my fault for running too fast from the start, and not training well. Despite this, I am really happy I did it. For the next marathon, I will know better than to train the way I did for my first.

*Todd Pechar*



## Harding Elementary School

I got the neatest thank-you note from the kids at Harding Ave Elementary School for our donation in support of the Mile Run. They laminated the article that was in the Current (which mentions our sponsorship), and then all the kids who ran their Personal Best signed it!! I am going to post it at WMH on the Striders bulletin board. Check it out!!!

*Beth Howell*

## The Elite Scene

Doing interval work on the track is my favorite part of training. During my beginnings at Blacksburg High School, or after a tough day at West Point, getting out on that oval, lacing

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up my spikes, and punishing my body to no end was a feeling I could not find anywhere else. Today, even though I am working through a tough injury, I still enjoy going to the track here in Boulder to watch my wife, and Army teammates workout. This past Tuesday, there were few tracks in the entire world that could compete with Potts Field in Boulder, Colorado. There were five Olympians (not including our coach, Arturo Barrios), six men who have run under 13:30 for the 5k, four women who have run under 15:40 for the 5k, three guys who have marathon PRs under 2:15, four ladies who were on this year's World Cross Country team, and because the University of Colorado's distance runners happened to be doing a light morning jog around the track, there were a handful of NCAA Champions around too. These and other top athletes around the country are gearing up for the US National Championships to be held at Stanford University from June 20 – 22.

TV coverage for this year's championships will be at 4:00pm EST on NBC on June 21, and at 4:00pm EST on ESPN2 on June 22. The championships will also help select the 2003 World Championship Team. The top three athletes in each event will represent the United States in Paris this August.

The following is a list of athletes to watch out for next weekend.

### 800m MEN- David

Krumenacker, Khadivis  
Robinson, Jess Struztel;  
WOMEN – Nichole Teter,  
Regina Jacobs

### 1500m MEN- Jason Lunn, Brian

Berryhill, Michael Stember;  
WOMEN – Regina Jacobs,  
Suzy Favor-Hamilton, Sarah  
Schwald

**3,000m Steeple Chase MEN –**

Robert Gary, Steve Slattery,  
Tim Broe; **WOMEN –**  
Elizabeth Jackson, Brianna  
Shook

**5,000m MEN –**

Alan Culpepper,  
Jonathan Riley, Adam  
Goucher; **WOMEN –** Marla  
Runyan, Blake Russell, Ann  
Marie Brooks

**10,000m MEN –**

Alan  
Culpepper, Meb Keflezighi,  
Abdi Abdirahman; **WOMEN –**  
Dena Drossin, Colleen  
DeRucck, Elva Dryer.

*Clay Schwabe*

**Hokie 5K**

The New River Valley Chapter of the Virginia Tech Alumni Association, along with Blacksburg Striders, are the hosting the Hokie 5K & 1 Mile Fun Run/Walk on Saturday June 28. The event is open to participants of all abilities. There will be a Diaper Dash for the littlest of runners, so that the entire family can participate! The Chat Room Café, out at the Corporate Research Center will be the day-of race headquarters and the race route will be in the surrounding area. The event is in its second year and over 200 participants are anticipated. A post-race party will take place, featuring a DJ, a moonwalk and for the kids, sno-cones, an awards ceremony, door prizes, raffle drawing and a complimentary “runner’s breakfast”.

Proceeds from the event benefit the VT Alumni Association’s New River Valley Chapter Scholarship Fund. Last year’s event raised over \$1,200! The goal this year is to double that amount, enabling the Chapter to support the funding of even more local student’s ever increasing tuition to Virginia Tech. Detailed race information and on-line registration can be found at:

**Blacksburg Striders**

<http://fbox.vt.edu/alumni/summer/5K/index.html>

If you have any questions, or are interested in sponsorship opportunities or volunteering, please contact Heather Esteban at [hesteban@vt.edu](mailto:hesteban@vt.edu) (preferred) or 540.231.5753.

Register now and join the fun!

*Heather Esteban*

**Summer Decathlon Series**

The Blacksburg Striders summer decathlon series (SDS) kicks off this summer on June 17th at 6:30 PM at the Virginia Tech track. Once again times will be age-graded to normalize all participants. There will be men’s, women’s, boy’s and girl’s divisions. Points will be awarded based on age-graded place and awards given out at the end of summer. Overall and participant awards will be given out at the end of the series. Participation in at least 7 events are required for an award.

*Tom Inzana*

**The Draper Mile**

The Draper Mile will be held at 6:30 p.m. on Friday, August 1, 2003, for the 22nd time, as part of the Steppin’ Out Festival in Blacksburg. For those of you not familiar with the event, this is a competitive mile run, NOT a fun run. You must be at least 8 years old to run the race, and times will be fast, as the course is slightly downhill, running point-to-point on Draper Road. A fun run for kids age 8 and under will be held on Saturday, August 2 at 10:30 a.m.

Last year’s male and female winners were Paul and Cynthia Spangler from Lexington, VA, with times of 4:14 and 4:55, respectively. Race organizers

**SDS Schedule 2003****June 17, Tuesday**

6:30 p.m. - 1 mile warm-up  
6:45 p.m. - 1500 meter run - SDS Event  
7:15 p.m. - 2 mile, 2 person relay  
(400,800, 400) Each person runs two 400’s and an 800

**June 24, Tuesday**

6:30 p.m. - 2 mile warm-up  
7:00 p.m. - 600 meter run - SDS Event  
7:30 p.m. - 3K track run

**July 1, Tuesday**

6:30 p.m. - 1 mile warm-up  
6:45 p.m. - 3000 meter run SDS Event  
7:10 p.m. - 2 person relay  
400/400/800/800. Each members runs two distances.

**July 8, Tuesday**

6:30 p.m. - 2 mile warmup  
7:00 p.m. - 500 meter run - SDS Event  
7:10 p.m. - 3 person, 6 mile relay (4X 800)

**July 15, Tuesday**

6:30 p.m. - 1 mile warm-up  
6:45 p.m. - 1000 meter run - SDS Event  
7:00 p.m. - 5K track run

**July 22, Tuesday**

6:30 p.m. - 1 mile warm-up  
6:45 p.m. - 1 mile - SDS Event  
7:10 p.m. - 2 person 3 mile relay (4 x 1200 m; each person does 2 x 1200 m)

**July 29, Tuesday**

6:30 p.m. - 1 mile+ warm-up  
6:45 p.m. - 200m - SDS Event.  
7:00 p.m. - 2 person, 2.4 km relay (3 X 400)

**August 5, Tuesday**

6:30 p.m. - 1 mile warm-up  
6:45 p.m. - 800 meter run - SDS Event  
7:10 p.m. - 2 person, 6 mile relay  
(alternating miles)

**August 12, Tuesday**

6:30 p.m. - 2 mile warm-up  
6:45 p.m. - 400 meter run - SDS Event  
7:00 p.m. - 3 person relay -  
400/800/1200

**August 19, Tuesday**

6:30 p.m. - 1 mile warm-up  
6:45 p.m. - 2 mile - SDS Event  
7:10 p.m. - 2 person - 3 mile relay ( 6 X

expect the race to fill up before race day, as it did last year. No

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more than 150 runners will be allowed to enter the race. If you are not planning to run the race, you are strongly encouraged to volunteer to work at the finish line ... at least 50 volunteers are needed!!

For more information contact Beth Howell at 953-0528 or [bethrun@vt.edu](mailto:bethrun@vt.edu) or Steve Miller at MISH MISH in downtown Blacksburg. Entry forms will be available for pick-up at MISH MISH by the end of June.

*Beth Howell*

### Regular Blacksburg Runs

<u>Day/Time</u>	<u>Location</u>
<b>M-F/6:30a</b>	Front of Gillies'
<b>Sat/7:00a</b>	Front of Gillies'
	<a href="mailto:jhosner@vt.edu">jhosner@vt.edu</a> or <a href="mailto:smyers@vt.edu">smyers@vt.edu</a>
<b>Tue/6:30p</b>	SDS track series, VT outdoor track <a href="mailto:tinzana@vt.edu">tinzana@vt.edu</a>
<b>Wed/6:00p</b>	Front of RunAbout-Sports <a href="mailto:james@runaboutsports.com">james@runaboutsports.com</a>

### Race Calendar

Select events from

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

#### 14 June, 2003

Claytor Lake 5k; Claytor Lake, VA; Contact Cliff Myers (540)674-4758

Ranger Run; 5k, 10k & 1 mile fun run; Marion, VA; Hungry Mother State Park; Info. Kevin Wilson: Park Office (276) 781-7400

Run for Justice 5K and 10K. Danville VA 5pm. contact John Wilt, (434) 797-8468

#### 21 June, 2003

5th Annual Run to Read Races: 15K, 5K and 1.5 mi. Fairmont, WV. Registration at [SignMeUpsports.com](http://SignMeUpsports.com), and info at 304-366-6055 or by email at [run2read@yahoo.com](mailto:run2read@yahoo.com)

#### 28 June, 2003

Hokie 5K Race & 1 Mile Fun Run/Walk (along with a Diaper Dash) <http://fbox.vt.edu/alumni/summer/5K/index.html> contact Heather at [hesteban@vt.edu](mailto:hesteban@vt.edu)

#### July 4, 2003

The 22nd Annual Shawsville 5K. 5K & Fastest Family Competition, plus 1 Mile Fun Run. Contact Marvin Ballard at 268-1812. (appl available on Blacksburg Stiders website)

Hope Harbor Freedom Run 5k; Danville, VA; 8:30 AM; Contact: Jeffrey Wright (434) 793-9806

#### August 16, 2003

Lewis Gale Foundation City Of Salem 5 & 10k; Salem, VA  
For Info Call: 774-4044

#### August 30, 2003

Charleston Distance Run; 15 miler & 5k; Charleston, WV  
[www.charlestdistance.com](http://www.charlestdistance.com)

#### August 31, 2003

Rock 'N' Roll Half Marathon; Virginia Beach, VA;  
[www.rnrhalf.com](http://www.rnrhalf.com)

#### September 13, 2003

Rocky Mount Downtown Dash; Rocky Mount, VA; 5k

#### September 20, 2003

Mud Run; Green Hill Park, Salem, Va

Asheville-Citizen Times Half Marathon; 8:00 AM Asheville, NC [www.citizen-times.com/race](http://www.citizen-times.com/race)

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Virginia Ten Miler; Lynchburg, VA [www.sportscapital.org](http://www.sportscapital.org)

#### October 18, 2003

14th Annual Twin County Regional Healthcare Galax Autumn Days 5K Run. (1 Mile Race for kids 12 and under begins at 9:00 a.m.) Contact the Galax Recreation Department at 236-3218 or [www.galaxparks-rec.com](http://www.galaxparks-rec.com)

#### November 15, 2003

Richmond Suntrust Marathon & 8K, Richmond, VA  
[www.richmondmarathon.com](http://www.richmondmarathon.com)

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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*

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