
Trails and Tales

Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

April 10, 2004 <http://civic.bev.net/striders/>

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President's Corner

Aaron Goldstein

This past February we had what is probably our biggest race to date. With temperatures in the mid-60s, we hosted about 440 runners who competed in the 5K, 10 mi and 1 mile Fun Run on Saturday Feb 28. We had 220 5K finishers and 140 10 mile finishers. In the 5K category the top man and woman were Jay Johns in 15:38 and Ann McGranahan in 17:19. In the 10 mile category the top man and woman were John Piggot in 56:12 and Donna Elder in 1:08:43, respectively. Also impressive is that we had 6 people finish the 10 mile course in under an hour.

Of course an event like this couldn't have occurred without the financial support of many sponsors, including Montgomery Regional Hospital, Edward Via College of Osteopathic Medicine, and New Town Fitness as well as donations of food and giveaways from Runabout Sports, the Ice Cream Crank, Five Boroughs Bagels, East Coaster, Mish-Mish, Bogens', Pizza Inn, and ROAD.ID.

Lastly, I wish I had space to thank the nearly one hundred volunteers that helped out with making this event, shall we say, "uneventful." Big thanks to Katherine Phillips (the woman behind the auditorium stage curtain) that spent countless weeks of time arranging the details of the event. Helping her were Marshall Overstreet, Maarten van Gelder, Matt Kreke and Ryan Porter who set up the course, Mike Fisher who brought in about 50 volunteers from AΦΩ service fraternity and the VT Corps of Cadets. Handling a lot of the little details were Kaye Kriz at registration, Steve Miller at the finish line, and Art Snoke doing the Fun Run. You know, I've left out about a zillion names of people who have helped. Here are a few more: David Ruggio, Dale Pokorski, Cindy Webb, Anne Laughlin, Matt Kreke, Connie Bowden, Kate Carroll, Wade Depolo, Whitney Edmister, Paul Farrier, Dave Henry, Ed Hokanson, Beth Howell, Ella Howell, Michelle Kreke, Greg Lemmond, Seth Little, Leslie Pendleton, Kelly Phillips, Kathleen Poole, Ryan Porter, Ellen Rabun, Yuriko Renardy, Liz Rucker, Maurya Schweizer, Anne Thompson, Brenda Van Gelder, Amanda Weidner, Blacksburg Rescue Squad. (If I left off your name let me know and I'll be sure to mention it in the next issue!)

Thanks again for making the Blacksburg Classic such a successful event and I hope to see you out running.

The full results and plenty of photos can be found at <http://civic.bev.net/striders/classic.html>

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Groundhog Scurry: My First Race... More Like a "Scurry"

The beginning of spring will mark one year since I joined the passionate – and sometimes eccentric – Blacksburg running scene. I'd run occasionally with friends as a 5'11", 140-lb undergrad, but never really got into the sport. At 25, and with an extra 45 lbs, I found the re-introduction to running a bit more difficult.

My first "workout" involved a single lap around the Drillfield, followed by another lap of precious cooldown (i.e., walking). After those first tough months, during which I learned some important lessons about self-discipline and commitment, I eventually began to look forward to the workouts. My motivation for running became less about fitness (though I've lost about 25 lbs) and more about recreation.

This past week (March 8-12) I ran two days at pace (~7:00/mile for 14:00) with my regular running group and about 7 miles (at ~9:00/mile) with the Wednesday evening group at Runabout Sports. Every other weekend I explore more "unconventional" trails around Blacksburg and Surrounding Hills with the local Hash House Harriers/Harrierettes. Running has quickly become a large part

of my life (that is, what's available following graduate research work). The sport has given me more than I'd ever imagined in terms of added energy and mental discipline.

A couple of months ago I decided to enter my first race. The Groundhog Scurry 2-miler and 5.76-miler (i.e., the length of the Huckleberry Trail), sponsored by Runabout Sports, seemed like the perfect choice. Something about the name... maybe I subconsciously imagined my competition consisting of the furry critters themselves.

If you're a student of odd Pennsylvanian tradition, you'll recall that Punxsutawney Phil (Seer of Seers, King of the Groundhogs, Prognosticator of Prognosticators...) saw his shadow on February 2nd, indicating six more weeks of winter. His forecast was all too accurate for Blacksburg, as the Scurry was postponed from February 7 to the 14th due to hazardous conditions on the Huckleberry Trail.

By Feb 14, the conditions were much improved, though the temperature was still in the mid-to-upper 30s. James DeMarco and the volunteers from Runabout Sports did a great job of clearing up the remaining patches of snow/ice on the trail. However, while checking the trail they discovered one of Punxsutawney Phil's cousins who, tragically, "hadn't scurried fast enough".

Despite the ominous sign, the race went smoothly and had a good turnout – 20 runners (including myself) for the 2-miler and 47 for the 5.76-miler. The participants ranged from 7 to 62 years of age. Both courses started at the Miller Street entrance to the Huckleberry, with the 2-mile runners going

out and back. Volunteers called out splits and handed out water.

The top female runners finished in 16:42 (Marcia Barrow, 43) and 33:41 (Ann McGranahan, 25) for the 2-miler and 5.76-miler, respectively, while the top male runners finished in 12:18 (Matt Trumbo-Tual, 16) and 33:05 (Dan Peairs, 26). I finished in 14:21 – a bit shy of my target pace, but altogether I was pleased. To see the complete results from this year's Scurry, check out the race web page at:

<http://www.runaboutsports.com/groundhogresults.html>

After completion of the 5.76-miler, participants were shuttled back to Runabout Sports for the award ceremonies and door prizes. Though I missed out on the free shoes and other store apparel, I did win a gift certificate to Souvlaki's, which was put to use the very next week.

My first race was a great experience. It was basically what I had expected – an opportunity to set and achieve personal goals in a fun setting. I already look forward to my next race.

Thanks to all the volunteers from Runabout Sports for their hard work.

Ryan Porter



Cameron Patterson nearing the finish of the 5.76 mile course.



Behind the Scenes at the Blacksburg Classic

Helping out with the race means I didn't really get a chance to see the race. My job was to help Marshall Overstreet coordinate the course. That meant going out three hours before the race to put out orange traffic cones that would serve both to direct the runners and to warn automobiles of a race ahead. Ryan Porter – who organized the people to call out splits – and Matt Kreke – who managed the three waterstops – ran around putting out cones while I drove the truck along the course. We'd done it last year so we knew every turn and all the dangerous spots along the course. The nice thing this year was that we weren't out in a steady rain placing cones along a flooded section of the Huckleberry Trail.

When we got back to the race headquarters at 11:30, Marshall Overstreet was busy assigning tasks to the 60 or so volunteers that Mike Fisher had recruited from Echo Company of the VT Corps of Cadets and Alpha Phi Omega service fraternity. My task was to get these people to actually wear the orange traffic vests. Last year the Blacksburg Police noted that the course marshals weren't wearing the safety vests, and I wanted to make sure this didn't happen again.

An hour later Matt and I are out setting up "race ahead" signs near dangerous intersections and a table for the first water stop. We hurried back to the headquarters so that Matt and Ryan could collect up the people to manage the water stop and call out splits and transport them

out onto the course before the race got underway. I jumped onto a bicycle started riding the course. Along it I stopped and talked to each course marshal to make she/he knew what to do. I managed to do this and stay ahead of the racers until about 4 miles into the 10-mile course. That's when I got passed by the first runner.

The course was set up to include a section of the Huckleberry Trail that the 10-milers ran twice, although they entered the trail at slightly different places the first and second times through. We thought we could cover both entrances by moving marshals from one place to the other, but didn't expect that the fast 10 mile racers would enter the trail the second time (mile 4) before many 5 K participants reached it the first time (mile 2).

Fortunately, I was able to grab a couple of volunteers from the first water stop and have them direct 10-mile runners onto the trail. That's when I got passed by the first runner.

The advantage of using the Huckleberry Trail for a footrace is that we don't need to worry about automobile traffic. The disadvantage is that it's about 10 feet wide and therefore a potential bottleneck. On that beautiful, first warm day of the year there were many pedestrians on the trail happy to be outside. Little did they know that we were coming through. On top of that we had 10-mile racers passing 5 K participants. However, I was happy to see that the 5 K participants were staying to the right side of the trail, making plenty of room for others.

Out of the entire course, probably the most difficult place to manage was the intersection of Airport and Country Club. This is a busy street even when there aren't back-to-back men's

and women's basketball games going on at Cassell Coliseum. The 5 K participants pass this intersection twice and the 10-mile runners pass it three times. I passed it even more times than that, and could see that the members of Echo Company assigned there were doing a fantastic job.

Around 2 pm, as the first runners were finishing the 10 mile race, I finally made it back to the beginning and got my hands on some food ... before going back out to collect up all of the cones, signs, and waterstops.

Aaron Goldstein



TNT info...

The next two information meetings for Team in Training are Tuesday, April 13th at 6:30 pm at the Blacksburg Library, and Thursday, April 22nd at 6:30 pm at the Roanoke Library. This organization is a great way to learn how to train for a marathon, run a marathon like San Diego Rock and Roll or Chicago Marathon and raise money for a good cause at the same time! For more information about this organization, contact James at Runabout Sports or call 1-800-766-0797.



Membership and Dues

In December I took over managing the Blacksburg Striders membership. Steve Miller did a very good job for many years and now I am going to give it a try! I noticed many people on the membership list were behind on their dues, which is understandable since there have been no expiration

notices sent, and no noticeable difference in the flow of newsletters or other membership “benefits!” In December I sent a letter and membership form to *expired* members which gave members till the end of January to renew if still interested. The membership list is now updated. I will also be printing membership cards that can be used to obtain 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 sponsors competitive races, fun runs, a newsletter, information/educational meetings, and social events, and maintains a web site

(www.civic.bev.net/striders) and e-mail listserv with local running and race information. Specifically, individual members receive a newsletter subscription, reduced entry fees to Blacksburg Striders events, opportunity to participate in fun runs, meetings, and social activities, and a 10% discount at RUNABOUT Sports (208 N Main St., Bburg). Dues offset the cost of insurance and supplies for races, pay for event supplies and newsletters, and subsidize the cost of awards for the Summer Decathlon Series and club singlets.

Blacksburg Striders dues are \$10/year/individual and \$14/year/family (any number), with a discount for multiple year memberships. A membership form can be found at www.civic.bev.net/striders/member.htm, or contact me, Katherine Phillips, at kmpvpi@vt.edu (552-0395) for more information.

Katherine Phillips

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Regular Blacksburg Running Groups

<u>Day/Time</u>	<u>Location</u>
Tue/6:00p goldst@vt.edu	Front of Bollo's
Wed/6:00p (*note the new time)	Runabout Sports
james@runaboutsports.com	
Sat/7:00a	Front of Bollo's
jhosner@vt.edu or smyers@vt.edu	
<i>Call ahead. Times may change</i>	

Race Calendar

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

April 17, 2004: 8th Annual Hospice Run. Winston Salem, NC; 10k Run; 5k Fitness Walk. 336-760-1372. email: rosentry@triad.rr.com

April 17, 2004: Charlottesville Marathon/Half Marathon & 5K at White Hall Vineyards. <http://www.charlottesvillemarathon.com/>

April 24, 2004: Vinton Baptist Dogwood 5k Vinton, VA (540)343-7685.

April 24, 2004: Promised Land 50k. Bedford, VA. Info: Dave Horton (434)582-2386 (w) <http://www.extremeultrarunning.com/>

April 24, 2004: Country Music Marathon & Half Marathon. Nashville, TN.

<http://www.cmmarathon.com/>

April 24, 2004: Kentucky Derby Festival Marathon & Half Marathon. Louisville, KY.

<http://www.derbyfestivalmarathon.com/>

April 24, 2004: Mountain Do Triathlon. Hungry Mother State Park, Marion, VA.

<http://www.mountaindotriathlon.com>

May 1, 2004: 5th Annual New River Trail — Dr. Ed Dannelly 10k Run. Galax, VA.

Info: Galax Recreation Department 276-236-3218 <http://www.galaxparks-rec.com/>

May 1, 2004 (5 p.m.): 10 mile, 4 mile, Fun Run. Asheville, NC. \$3100 Purse and Free Concert, Chili Cook off, Appearance by Jared from Subway Contact Becky Upham 828-279-4640 <http://www.sunsetstampede.com/>

May 2, 2004: Cincinnati Flying Pig Marathon. Cincinnati, OH. <http://www.flyingpigmarathon.com/>

May 8, 2004 (7 am):

White Lake Half Ironman Triathlon, White Lake, NC, http://www.set-upinc.com/2001racepages/white_lake_half_im/whitelake_half.shtml

May 8, 2004 (8 a.m.): Smith Mountain Lake Triathlon, http://www.set-upinc.com/2002racepages/smith_mtnlake/smithmtnlake.shtml

May 15, 2004: Nestles 5k Run/Walk/Wheelchair Danville, VA Contact: Kathy

Doyle, 350 Hermitage Dr.
Danville, VA 24541.

May 31, 2004 (9 a.m.): **16th Annual Heritage Classic 5K & Fun Run** Rocky Mount VA.
Christian Heritage Academy
Kathy Griffith or Eric Miller
540-483-5855
trinity@swva.net

June 5, 2004: **AEP Festival Run 5k & 10.** Roanoke, VA.
Contact: Virginia Amateur Sports 540-343-0987.
kwilson@dcr.state.va.us

June 5, 2004 (8 a.m.): **Varmint Half Marathon & 5k** Burkes Garden, VA. Charity McDaniel
(276) 979-8044.

June 12, 2004: **Ranger Run 5k.**
Marion, VA; Hungry Mother State Park, Kevin Wilson.

July 4, 2004: **Shawsville 5k.**
Shawsville, VA.

July 4, 2004: **Peachtree Road Race.** Atlanta, GA.
<http://http://www.atlantatrackclub.org/at02000.htm>



Dan Britten sporting his Strider's coolmax singlet!



Renee Adams and Bruce Neuhaus, almost to the Classic finish line!

run
walk
cycle
tri

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