
Trails and Tales

Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

December 17, 2004

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

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President's Corner

AaronGoldstein

Weather is turning colder and wetter. Although I find myself less inclined to go outside at all, one nice feature about winter is that when I'm out in the regional parks this time of year I can see the spectacular rolling terrain and mountain ridges through the trees. I know everyone has their favorite running routes and areas, but on page 2 I list a few of mine. This is certainly not a comprehensive list; if you've got a favorite that you'd like to share, send it to me at goldst@vt.edu.

Upcoming activities for the new year include a joint party with the NRV cycle club on Saturday, Jan 29, and a general meeting in February. We're also trying to get Gail Dudley, OD, – who has a clinic in Radford and an position at the Virginia College of Osteopathic Medicine – to talk to us about injury prevention and rehabilitation.

Lastly, planning is underway for the Blacksburg Classic. Tentative race day is Sat February 26. **Maarten Van Gelder** has taken over

as race director from Katherine Phillips, who successfully organized the race for the past several years (see Maarten's article on page 3). We are always looking for great volunteers! Please contact Maarten.

Hope to see you out running!

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Post-Christmas Party on January 29th!!!!!!!

Ellen Rabun

You won't want to miss this one: and besides, members of the NRV Bike Club are coming (now's the chance to meet those crazy cold-winter cyclists and find out why they don't run too!) This post-Christmas/pre-beat the February Blues Party will be held at the Briarwood Clubhouse at Hethwood complex, located at the intersection of Heather Drive and Tall Oaks Drive in Blacksburg. The food venue is to be a potluck, so please bring a dish or a snack to share, and BYOB (sodas will be provided).

This "Runner and Rider Ruckus" will be on Saturday, January 29th (hint:

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same day as the Groundhog Scurry) beginning at 7 pm and perhaps ending around midnight??????

For more information, email Ellen Rabun at drabun@yahoo.com.



Charleston Distance Run: The Striders Charge at the Charleston 15-Miler

Beth Howell

The Charleston Distance Run, known as America's 15-Miler, was held on Saturday, August 4, 2004, in typically warm and humid conditions. This was the 32nd running of the race, and Blacksburg Striders were out in force, as they have been for decades. **Steve Nagle** was running the race for the fourth time since his first running in 1975, at which time the back of the race shirts read: Salute to Pre.

(Steve's runs have been in 1975, 1984, 1994, and 2004 . . . though next year he hopes to break that 10-year cycle.) **Dave Brewer**

participated for about the 25th time since 1979 or so;

Beth Howell ran for the 23rd time since 1982; and **Maarten van Gelder** ran for maybe the 10th time since the early 90s. **Doc Weiss, Joel Hicks, Donna Akers, Amy Rockhill, and Miriam Stewart** are some other area runners who participated.

Blacksburg Striders Teams brought home awards in typical fashion.

The Female Open Team of **Beth Howell, Miriam Stewart and Amy Rockhill** won first place.

The Male Masters Team of **Dave Brewer, Steve Nagle, Maarten van Gelder and Doc Weiss** won Second Place in a very competitive division.

Doc Weiss won prize money as a Senior Master with a third-place finish of 1:43:45 at age 56.

Maarten van Gelder was 2nd Male 40-44 in 1:38:39. **Joel Hicks** was 2nd Male 60-64 in 1:59:51.

Donna Akers won prize money as the 2nd Senior Masters Woman with a time of 2:21:03. **Miriam Stewart** was 2nd 30-34 in 1:58:09, and **Beth Howell** was 1st 45-49 in 2:01:48.

Full results and other information and history can be found at (www.charlestondistancerun.com/).



Cool Stuff for Winter

James DeMarco

Every year running apparel gets better. This year Mizuno's Breath Thermal products and Brooks Wanganui jackets are taking front stage. Mizuno's Breath thermal collection is apparel that actually heats up as the

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fabric garners moisture. At 50 degrees it wicks and at 25 degrees it heats up.

Runabout Sports (in downtown Blacksburg) has received sample packets of Mizuno's new clothing to demonstrate this technology.

Waterproof jackets have always posed a problem for manufacturers to master. Waterproof kept the rain out, but was heavy and not breathable. After ten minutes of running the water proof jacket was unbearably hot. The Brooks "Wanganui" collection is excellent with a waterproof jacket that is also light and very breathable. Brooks basically made sure the jacket was waterproof where rain hits the body and not where the body is shielded. The top of the sleeves, the shoulders, the front of the jacket are waterproof but made everything else breathable. Smart! The Wanganui jacket is light, breathable and also will keep the runner remarkably dry.



"I'm Bored with my Regular Running Route and Tired of Traffic...."

Aaron's Running List

With the tremendous number of running/biking trails in the area it's easy and worthwhile to avoid the busy streets. Here is my short list of running trails in and

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around the area. It's not comprehensive, and I welcome additional suggestions.

- 1) Pandapas Ponds in the Jefferson National Forest is only 6 miles from Blacksburg, with dozens of miles of trails for runners and mountain bikers: some flat, many very hilly. East Coasters has pretty good map of the approved trails.
- 2) Huckleberry Trail between Blacksburg and the New River Valley Mall is 5.76 mile paved path of rolling hills. For the adventurous, try the accessing the gravel trail near where the path passes under US460 Bypass. Gravel trails lead to the Dairy Complex on Southgate, Foxridge apartment complex, and Warmhearth retirement center. Or try accessing the gravel trail near the 4.5 mile marker and head westward toward the top of Price's Mountain.
 - 3) About halfway between Blacksburg and Ironto is the Nature Conservancy. It's hard to find, but the climb up to the top of the waterfall is worth the trip. From the top of the waterfall, traverse westward and downward on dirt roads back down to the bottom.
- 4) In Radford, try the new trail along the river from

Settle Park past downtown. A nice paved flat trail along the bank of the New River.

- 5) A little further away is the New River Trail which runs 40 miles from Dublin to Galax. A converted train track, the grade never exceeds about 3% and enjoys numerous trestles across scenic canyons and Claytor Lake.



TNT

J.P.

Team in Training is gearing up for spring and summer marathons. This is a great organization that raises money for leukemia, lymphoma, and myeloma research, and is a two-fold program: you raise money AND get to go to an event at a great venue! As a former coach of the Gateway Chapter (Missouri/Arkansas), I can attest to the powerful emotions which first-timers experience after months of training and finally completing their event, while also knowing that they raised thousands of dollars for their honored teammate (usually a child with leukemia or lymphoma). The program provides coaching 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

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San Diego Rock and Roll Marathon, Walt Disney Marathon, and many more! 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 this organization, contact James at Runabout Sports or call 1-800-766-0797. The Web site is

http://www.teamintraining.org/hm_tnt/.



Blacksburg Classic

Maarten van Gelder

On the 26th of February of 2005, the 20th annual Blacksburg Classic will take place. The race has seen many changes over the years. It started out as the Foxridge Classic, in 1986. The first race, I was told, was held at the Foxridge Clubhouse. I wish I had been there to enjoy the nearly 8 inches of snow the night before the race, and the blues band and beer at the finish. There was still beer at the finish when I first ran the Classic in 1990. By then the race had moved from the Foxridge Clubhouse to the Best Western Inn. The Best Western was a great location. Unfortunately for the 1994 race a new location

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had to be found. This marked the start of an unstable period for the race. The race was on the move. It couldn't settle on location and race courses. Race directors changed on a yearly basis. One year, 1998, there almost wasn't a Blacksburg Classic, and when it finally took place, it was a 'lite' version. In 1999, race headquarters moved to Margaret Beeks Elementary School. Using the school worked out well, so the race has been held there ever since. With race location in place, course tweaking started. Several years, and several tweaks later, both the 5K and the 10 Mile course should be set. The 5K course was last changed before the 2003 race. For the 10 Mile course it wasn't over in 2003. The turn-around on the Huckleberry trail that year was well beyond the Merrimac Rd. Ice and flooding on the course, mainly beyond Hightop Rd, forced a race day change in course, and formed the impetus to eliminate the stretch beyond Hightop Rd from the 10 Mile course. The resulting course was well received by the runners in 2004, and will remain in place for future editions of the race.

The race has seen many race directors over its history, in particular in the mid nineties. Stability came in the late nineties after Mike Holland became race director. He held this position for four years, the last two in tandem with Katherine Phillips. After Mike left, Katherine directed three more Classics, to end her tenure with a very successful 2004 Blacksburg Classic. Under her leadership the race has grown and saw a record number of participants at the 2004 race.

The organization of the 2005 race has fallen in my hands. I will do my best to keep the Blacksburg Classic a quality event. I have some experience to fall back on, namely the 1994 and 1996 Blacksburg Classic. What counts even more is that many experienced volunteers will be back for the 2005 race. In this newsletter you will find an entry form for the 2005 Blacksburg Classic. In case you don't plan to run, don't hesitate to pass it on. And if you are not otherwise engaged, and like to help out, please contact me via e-mail.

Maarten van Gelder
Director--2005 Blacksburg Classic
(http://civic.bev.net/striders/classic_2005.html)



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Second Annual Groundhog Scurry.

January 29, 2005: We will race from Blacksburg to the Christiansburg Mall on the Huckleberry Trail (5.76 miles) and the awards ceremony will be inside the New River Valley Mall. Transportation will be available back to Blacksburg after the ceremony. Further information from James at [Runabout Sports](#).



Membership and Dues

Katherine Phillips

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 sponsors competitive races, fun runs, a newsletter, information/educational meetings, and social events, and maintains a web site (<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

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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). 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 member-ships. A membership form can be found on the Striders Web site, or contact Katherine Phillips at kmpvpi@vt.edu or 552-0395.

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>

News? Events? New runs? Opinions? Ideas?? Send me your stuff----free editing!!!
Jpalmer3@radford.edu



Regular Blacksburg Running Groups

<u>Day/Time</u>	<u>Location</u>
Tue/6:00pm goldst@vt.edu	Front of Bollo's
Wed/5:00 pm james@runaboutsports.	RunAbout Sports
Sat/7:00 am jhosner@vt.edu or smyers@vt.edu	Front of Bollo's
NEW Sat/8:00 am Jpalmer3@radford.edu or kkriz@vt.edu	Weight Club
<i>Call ahead</i>	<i>Times may change</i>