
Trails and Tales

Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

September 2006

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

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President's Corner

Aaron Goldstein

Summer seems to have sped by me this year, and I think I only managed to check off one or two of my summer goals. Nevertheless it was a really busy running summer with a lot of great activities, including the 25th Annual Draper Mile, the Summer Track Series, and the Summer Morning Training Program.

This fall looks to be pretty busy as well, with the local Gilette Ford, Light the Fire, and the Brush Mountain Breakdown races in October, and the Star City Half Marathon and Richmond Marathon in November.

I'm filling in as the guest editor for the newsletter, and I wanted to thank all of you for sending me articles. I'm always looking for aspiring authors and photographers to capture the multifaceted essence of running.

Send me your action photos from the Salem Mud Run, and I hope to see you out running!



Breakdown is Back

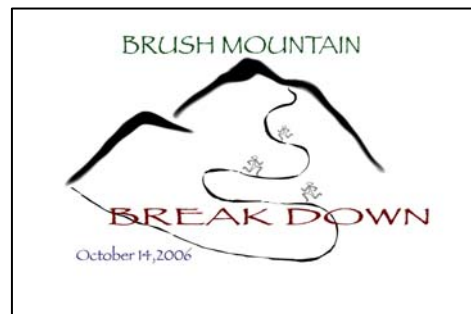
The locally famous Brush Mountain Breakdown Trail Race is back and will take place October 14th near Bollee's Field (off FS 708) in Pandapas Park (part of Jefferson National Forest). The race will feature three distances. A challenging half marathon that includes a climb up Jacobs Ladder, a 10K that runs the back parts of Poverty Creek, Trillium, Skull Cap and Queen Ann, and a 3K for beginners.

The races include modest creek crossings and are on heavily used

trails inside Pandapas Park. Rest stations will be stocked with energy gels, bars, water and Powerbar endurance drink.

Those participating in the half marathon get a technical long sleeve shirt and all finishers of the half marathon earn a free pair of DeFeet socks with the race logo! 10K runners get a long sleeve shirt and 3K participants a race t-shirt. Registration forms and route maps will be available soon at www.runaboutsports.com. Interested runners can sign up online at Active.com.

— James DeMarco



Charleston Distance Run

The Charleston Distance Run, known as America's 15-Miler, was held on Saturday, September 2, 2006, with the best race-day weather for many years (temps in the high 50's, cloudy, no rain, no wind). This was the 34th 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 5th time since his first running in 1975; Dave Brewer participated for the 27th time since 1979 or so; and Beth Howell ran for the 22nd time since 1982. Joel Hicks and Donna Akers participated again for the umpteenth

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time, JP Palmer ran it for the 2nd time, and Betsy Nardi, Kate Carroll and many others ran it for the first time.

Blacksburg Striders Teams brought home awards in typical fashion. The Female Masters Team of Beth Howell, JP Palmer, Betsy Nardi and Kate Carroll won first place. The Male Masters Team of Dave Brewer, Steve Nagle, and Joel Hicks won second place in a very competitive division. Beth Howell won prize money (\$100) as a Grand-Master with a second-place finish of 1:55 at age 51. Howard Nippert was 3rd Masters Male in 1:26 (\$200). Joel Hicks was First Male 65-69 in 1:56. Donna Akers was 1st 55-59 in 2:22. Other area runners were:

Dave Brewer	1:47
Steve Nagle	1:52
Hyun Shin	2:08
JP Palmer	2:13
Betsy Nardi	2:15
Kate Carroll	2:17
Chul Park & ChangHyun Jo	2:21
JinSoo Park	2:26
Barry Brewer & Thomas Wall	2:28
Sangjun Park & Hojong Baik	2:29
Chi Choi	2:30
Hyun Ik Shin & Soonkie Nam	2:32

A total of 563 runners completed the 15-miler. Full results, 5K results, other information and history can be found at www.charlestdistance.com. Start planning now to run next year. This race is the best deal around, as \$30 covers 2 sit-down, hot meals, a race and a T-shirt!!!

– Beth Howell

Summer Sizzle 5K

The Summer Sizzle 5K was put on by the Blacksburg High School cross country running team as a fundraiser for their upcoming season. It took place at the Corporate Research Center over the Labor Day weekend with the unique start time of 5pm on a Sunday evening.

With terrific support from local businesses, clubs (including the Blacksburg Striders) and the 127

runners, the race raised over \$3000!

The mile fun run kicked things off with twenty runners charging off the starting line. Ben Norris won the mile race with his dad (Stan) right behind.

The 5K featured 106 runners. Blacksburg H.S. and St. John's Neuman Academy use the meet as a practice to show their athletes how to warm-up and what a 5K would feel like. The race started off quick with the lead pack of runners going through the challenging first mile in 5:37 led by Matt Swenty, Zac Cates, Henry Wakely and Larry Meadors. Eventual race champ Peter Dorrell, Matt Howard and Christian Viehland took the lead before the two mile split of 11:34. Dorrell then kicked in to win in 17:20. Matt Howard (17:36) and Christian Viehland (17:46) placed second and third followed by Larry Meadors in fourth (18:36). The women's race turned into a three women race as Hannah Barrow led Laurel MacMillan and Allison Homer through the mile in 6:26. At two miles Homer picked up the pace to win in 19:42 with MacMillan seconds behind in 19:54. Hannah Barrow would finish third with a strong performance of 21:01. Complete results can be found at www.runaboutsports.com.

The Blacksburg Cross Country team thanks the Blacksburg Striders for their tremendous support of the high school team, Christiansburg's Chik-fil-A for the great food, East

Coasters Bike Shop, Wireless Zone of Blacksburg, Benton's Building, Home First Mortgage Corp, Cosmetic Vein Centers of Virginia, IT Works!, Reid Custom Builders, Inc., the Barrow Family, First National Bank and RunAbout Sports for their financial support. The team also thanks Joe Meredith, the Corporate Research Center and its occupants for use of the CRC property.

– James DeMarco

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Between Brothers

E-Mail correspondence between Jim and Ralph Benton. Jim ran the Star City half marathon

Jim writes:

I was thinking of you Saturday as I ran Roanoke's annual half marathon. It was my third stand-alone half and I was, of course, hoping to better last year's performance. I was pretty sure I could, but, really who knows? I mean, I train by myself (well, with 3 dogs, but they never push), and I only run one stand-alone half per year. Sometimes my workouts are long, but since I only workout when I want to, I rarely feel 'primed', for lack of a better word. Plus, lately, I thought I had begun noticing a slight ping of an old Achillies injury. Would it hold?

Anyway, standing at the start with



At the starting line for the Summer Sizzle '06

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400 others, I missed the gun to start my watch. Flustered, I spent a few seconds hitting the wrong buttons, readjusting, then pressing my clock. I was hoping to run a 6:30 pace consistently throughout. That way, the math is easier to keep track. (I'm too lazy to learn how to operate all the functions of my watch. Hell, it's still set on daylight savings time.)

The first mile was 6:39 and that was cool. I knew I was still warming up and that I could most likely make up the time over the next 12 miles. I was also aware that I had a few seconds to make up from the start, so I had to maintain focus. And here's where I thought of you. Racing along, tracking minutes and miles, I realized that in order to make a PR, it would take focus. At mile 4 I was catching up to my 6:30 average split, but I realized that I couldn't just enjoy the race, listen to my breathing, and reel in the runners who started too fast. No, I realized that if I wanted to do this, it was going to take a deliberate, concentrated effort. Geez, could I do it for another 9? The race left the flats and headed into the hills of suburban Roanoke. Now one thing about my workout runs around my house is that they are indeed hilly. I powered up the first long grade, felt strong, and began improving my target split. Cooool, I thought. Then I slowed, losing ground. Damn. maybe the miles are mis-measured. That must be it. Ahhh, the power of denial and rationalization.

Leaving the hills after mile 8, my splits were improving, but more than 5 miles remained. And my god my hands were cold. I raced in just shorts and shoes but I wished I had gloves. I kept shaking my hands trying to get some blood into them all the while laughing to myself that I could always try out for an off-Broadway role in All That Jazz. Must focus.

Beginning at mile 10, I lost track of my split times. I could tell that I was getting ahead of pace, but I couldn't calculate how much I could slow and still PR. At mile 11, a guy I passed a few miles back came breathing down on me. When I'd first passed him, I noticed his laces were undone and

figured he'd stop to tie them once I passed. He never did. When he caught up to me, his laces were clicking the pavement, taunting me. I briefly entertained the thought of trying to step on them, but I had to focus.

At mile 12 I was by myself, splits lost somewhere in the math of my mind, and my body starting to get wobbly. Mile 13 brought the finish into sight. I crossed the finish in 12th place, at 1:24:16, a 6:26 pace, and a PR by almost 2 minutes. Rock on! I was way, way pleased with myself.

Ralph writes:

Your performance is outstanding, a real inspiration. I actually felt the call to do something equally impressive, to set my own PR. So two days ago I began priming myself, getting psyched, getting pumped. I knew it could do it, I just had convince myself I could do it.

Yesterday evening, I was ready. I had my equipment, my mind was good, my body ready. There I was, in front of the TV, a pint of chubby hubby in one hand, and 'Maxine', my ice-cream-eating spoon from my college days, in the other. I had to complete that carton in under a commercial break. The record would be mine.

As soon as 'dancing with the stars' started, I begin my breathing exercises, concentrating on my arm and stomach. During the first commercial break I visualized, just pure visualization. During the second segment of the show I prepped, pulling inspiration from the amazing performances my eyes beheld, opening the lid, warming Maxine in my armpit, getting my hands used to the cold of the carton, that mighty carton.

As soon as the second segment faded to black, I jumped in. The first spoonfuls went down easy, almost too easy. the crunchy chocolate-covered pretzels barely made a lump in my throat. Before the first 30-second spot was over at least a third of the box was down the hatch, and Maxine was just a frosty blur.

My half-carton split was good, but not great. I know there's three thirty-

second spots, a local news spot, and another one minute spot. I was half-way done well before the local news, but I had hoped for at least two-thirds, maybe even three-quarters. I began to worry that it might come down to one of those awful moments (you know what I'm talking about!) where you have to hope for two or three seconds of blank air between the last spot and the show starting. I hate that. I always feel like a runner with a tail-wind.

The last quarter is always the easiest, and the hardest. easiest because everything is melting, but hardest 'cause your throat's starting to constrict from the cold, your arm is getting numb from the workout, and you haven't felt your fingers for what seems like an age. that's when champions are made.

I could see that the curtain was coming down on the last spot, but Maxine was tasting cardboard bottom. I was scraping the last goo-bits out before that smiling jackanape selling me a hummer was finished. But... yes. I had done it!

I sat for a moments, savoring the sweet taste of victory, and caramel ice cream. My arm ached; my fingers were raw with cold, and my stomach rumbled, dangerously. Now came the moment of truth: do it, or spew it? Could I hold it in? Again, I felt the thunder of an approaching storm. Could I withstand its lash? The next fifteen minutes was crucial. I began to sweat. But after a few moments, I knew that raw triumph that only comes with the ultimate feats of a man. I pumped my fist in the air, remote control held high. I fell back, exhausted, a champion.

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Blacksburg High School Cross Country

September means more than Hokie football and marathon training. It brings the hope of another promising cross country running season. Teens from all over this great nation have

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trained hundreds of miles over the sweltering summer with the faith that it will bring PRs and team honors. Over the last few years we have seen an uprising of American distance runners turning in performances that we haven't seen since the era of Jim Ryun and Mary Decker Slaney.

Here in Blacksburg the high school team trained diligently over the summer as part of the Blacksburg Striders Summer Training Program. The lady Bruins, fresh off of a state runner-up finish a year ago aim to move up one more place.

It will be no easy task as last years state champs; Brentsville High School, lost no one to graduation and are ranked 5th in the Nike National Southeast polls (every high school in 13 states). Blacksburg lost team captain and distance standout Ariel Burbey and xc/ middle distance runner Devin Cass to graduation. Burbey is off to William and Mary on a running scholarship and hopes to become a dentist. Cass is at Radford University on a track scholarship and is studying to be a teacher.

Up for the challenge that Brentsville presents, Blacksburg looked good at their first meet as they went 1-2-4 at the VT Invitational. Sophomore Allison Homer (17:44) led the way with senior Cate Berenato (18:03) second and junior Laurel MacMillan (18:21) fourth. The race included distance standouts Kelly Killough and Mariah Hegadone who were ranked in the top eleven in all of Virginia. Blacksburg's Hannah Barrow (19:33) finished twelfth running a minute better than last year and Ling Biesecker placed 22nd for the fifth and final scorer. Ling's best 5K last year was 27 minutes and she ran the hilly 4700 meter course at VT in 20:37. Blacksburg key to success will depend on its



Casey Carroll, Ling Biesecker, Erin Wilson, Hannah Barrow, Cate Berenato get ready to race. Laurel MacMillan is partly in picture.

depth. Avery Mattingly, Trinity Foreman, Joanna and Kathleen Stevens, Casey Carroll, Emma Betz, Ashley and Erin Wilson all have the potential to make the Bruins a better team. The Bruins are going down to the Great American Cross Country Festival in Hoover, AL and are seeded in the "Nike Race of Champions." With the best teams from 25 states running this is truly an honor the girls have worked hard for.

The Blacksburg Boys look to try and make the state meet for the first time since 2002. Leading the way is distance standout junior Peter Dorrell, who won the VT Invitational in 15:11 (4700 meters) and gained attention around the state when he beat



Blacksburg's Peter Dorrell (center) wins the VT Invite.

Herndon's 4:17 miler, Ermin Mujezinovic. Dorrell is now the #5 ranked runner in the state.

Cross country is a team sport and it takes five runners to score. Following Dorrell is junior Christian Viehland, freshmen Matt Howard, and seniors Tyler Welsh, Jonathan McGuire and Andrew Huehn. The addition of swimmer Teddy Borny and sophomores Brian Hencke, Brad Schmitt, and Ryan Burbey will give the Bruins added depth. This year's team has 24 boys running (up from 16 last year)!

If you get the chance come on out and cheer them on. Nearby meets will be in Salem at Green Hill Park on Sept 16, Oct 5, Oct 25 (districts) and Nov 1 (Region III Championships). The Region III Championships also features Catherine White, one of the top ten high school distance runners in the country. Go Bruins!

– James DeMarco



Summer Training

For the third year the Blacksburg Striders offered a summer training program that only cost the price of a membership to the Striders (\$10.00). Complete with coaching and daily training the runs took place all over Blacksburg. Common training locations were Pandapas Park, Smithfield Plantation, Brown Farm, Preston Forest, Blacksburg H.S. and the Gateway Trail. The training also included the use of the Health and Fitness Club at the Weight Club for those wanting to do extra.

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The youngest ages to take part were 7th graders Hannah Brown, Lizzie Barrow, Micheal Micham, Sydney Sumner, and Bridget Walz . We had a lot of high school kids and a good turnout of up to 13 adults- most in their 40's. Some runs had 35 people out and Saturdays proved to be the most popular days.

Shirts from RunAbout Sports were awarded to those who hit certain mileage markers. Miles were totaled for the summer and you could count miles run outside of the group training. 51 people came and took part in some of the training.

100 mile club: Hannah Brown, Ross Dickerman, Sydney Sumner, Bridget Walz; **200 mile club:** Ling Biesecker, Ingrid Burbey, Ryan Burbey, Deanna Dickerman, Avery Mattingly, Darren Price, Daniel Sumner, Susan Sumner, Abby Thompson, Megan Walz,

Ashley Wilson, Erin Wilson; **300 mile club:** Hannah Barrow, Marcia Barrow, Cate Berenato, Ariel Burbey, Tom Burbey, James DeMarco Peter Dorrell, Brian Hencke, Allison Homer, Matt Howard, Laurel MacMillan, Christian Viehland; **400 mile club:** Mark Barrow, Kiah Hardcastle, Jonathan McGuire

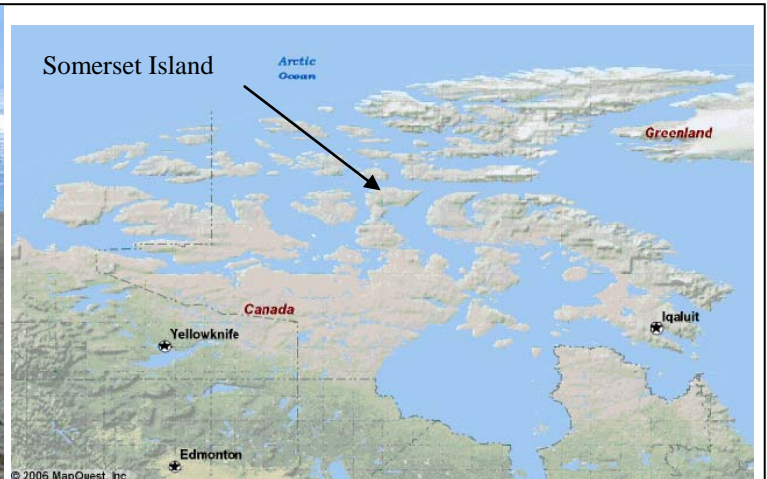
– James DeMarco

Remote Ultra

Many of us like to combine travel and racing. As an avid reader of Arctic exploration, I was finally visiting the place that had fascinated me since childhood. Arctic Watch Lodge ([http:// www.canadianarctic holidays.ca](http://www.canadianarctic.holidays.ca)) is located on the fabled Northwest Passage, and is run by professional explorers Richard Weber,

Josee Auclair and their family. As a bonus, a half, full and ultramarathon were being offered during early August, which is the end of summer at 75° north. I originally planned to run the marathon (my first), but at the last minute a few neurons short-circuited and I opted for the full 33 mile loop. I was constantly choosing where to put my next footstep on rocks, across streams, and through soggy melted permafrost. Twenty-four hour daylight made it quite warm, and I began looking forward to the ice-cold water. Unlike southern latitudes, it is safe to drink stream water and there are no annoying insects. The only bites you need to worry about are from polar bears, but ATV patrols of the race course made that unlikely.

– Cameron Patterson



Northwest Passage Ultramarathon, Somerset Island, Nunavut, Canada. Editor's notes: Cameron is in blue shirt and black shorts. Note the sea ice in the background. Map courtesy of MapQuest.

Upcoming Races:

- September 30, 2006, 9 a.m.: **Third Annual Carilion Shawsville 5K & 1 Mile Fun Run**, Camp Alta Mons at Crockett Springs. civic.bev.net/striders/06-5KCarilionShawsville.pdf
- September 30, 2006: **Second Annual Oak Level Ruirtan Club 5K**, Bassett, VA. [/civic.bev.net/striders/calendar.htm](http://civic.bev.net/striders/calendar.htm).

- October 7, 2006: Star City Striders Women's Distance Race 5K, Roanoke, VA. www.starcitystriders.com/womens_dist_race.htm.

- October 7, 2006 (9 a.m.): 6th annual Gillett Ford 10 K run and 1 mile Fun Run. Blacksburg, at The Weight Club in the Corporate Research Center. The race is sponsored by the Blacksburg Health and Fitness Center at The Weight Club and is a fundraising event for a VT scholarship fund in Gillett Ford's name. Contact person: Michaela at 951-2949 or Michaela@theweightclub.com or go to www.theweightclub.com.

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- October 14, 2006: <>Brush Mountain Breakdown; 1/2 marathon, 10K, & 3K. The trail run takes place in Pandapas Park and is in Conjunction with the **Rowdy Dawg Mountain Bike Race** held the next day. The entire course is on trails and is great fun. Online registration is set up at www.active.com/event_detail.cfm?event_id=1324935.
- October 14, 2006, 9 a.m.: **Vinton Fall Festival 5K**, Vinton, VA. starcitystriders.com/forms/vintonfall06.pdf
- October 14, 2006: Third annual **Light the fire 5K**. Blacksburg. Sponsored by St. Mary's LIFE TEEN. www.stmarysblacksburg.org/lifeteen/5k.
- October 21, 2006: **University Bookstore Homecoming 5K Pumpkin Run**. This race will be run on the Virginia Tech campus starting and finishing next to the Duck Pond. The race will be held during Homecoming Weekend at VT.
- October 21, 2006: **17th Annual Twin County Regional Healthcare Galax Autumn Days 5K Run**, Galax, VA. www.galaxparks-rec.com, Phone: 276-236-3218.
- October 21, 2006: **Smith Mountain 5 Miler**. More Info To Come.
- November 5, 2006: **Marshall University Marathon & Half Marathon**, Huntington, WV. www.healthyhuntington.org.
- November 18, 2006: **Cox Communications Star City Half Marathon & 5K**, Roanoke, VA.
- November 23, 2006: **Rescue Mission Drum Stick Dash 5K**, Roanoke VA. Uneita Matthews, 540-777-7657.
- December 9, 2006: **Lewis Gale Jingle Bell Run & Walk (5K)**, Roanoke, VA.



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