
Trails and Tales

Blacksburg Striders PO BOX 764, Blacksburg, VA 24063

Sept 17, 2002

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

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President's Corner

Aaron Goldstein

Summer is finally over and our little town of Blacksburg has been transformed into a mini-tropolis of hustle and bustle as college students rush from class to apartment to restaurant to class. So please be careful out on the roads.

It's also finally beginning to cool down to a reasonable training temperature, which is ideal for the upcoming races. There are still several good local races to consider, including the Mud Run on Sept 21, a 5K here in Blacksburg on Oct 5, the Richmond Marathon on Nov 9, and the Star City Half-Marathon on Nov 23.

The Summer Decathlon Series of track events came to a close a few weeks ago after 10 consecutive Tuesday evening races. My thanks go out to Tom Inzana, who not only organized the event but also hosted a wonderful awards party at his home last week.

Finally, we have a number of Blacksburg Striders singlets available in both men's and women's sizes. If you are interested in obtaining one please contact Katherine Phillips kmpvpi@vt.edu.

Hope to see you out running!

The Charleston Distance Run

The 30th Annual Running of "America's 15-Miler" took place on August 31, 2002, in typically hot and humid fashion in Charleston, West Virginia. Even the lead Kenyan runners complained about the weather, as temperatures were close to 70 at the start, and higher than 75 when the lead runners crossed the finish line. The men's winner was Zabloh Mokaya, age 28 in 1:15:07, with Heather Bury, age 27, winning the women's division in 1:30:24. The guest speaker at the pre-race dinner was Jeff Galloway, winner of the first Charleston Distance Run in 1973.

A small band of local runners made the annual trek. Dan Britten led the locals, finishing 33rd overall and 5th 40-44 in 1:37:15. Wayne Howell finished 63rd overall, 5th 45-49, in 1:46:33. Matt Powers was 93rd overall and 10th age 25-29 in 1:50:17. Beth Howell was 122nd overall and 3rd Masters Woman in 1:53:10. Dave Brewer was 162nd overall and 14th age 45-59 in 1:57:31. Complete results are available at www.runhigh.com for both the 5K and 15-mile races. Approximately 670 runners completed the 15-mile race, with 470 running the 5K.

In spite of rumors that this would be the last "Charleston", runners were greeted by a new Race Director (who ran a PR in the 15-miler), and all the familiar race logistics were intact. Charleston remains a top-quality event, with runners receiving a T-shirt, finisher medal, starter pin, a pre-race pasta dinner, and a complete awards banquet and meal after the race - all included in the entry fee. Any area runners wanting to run next year should contact Beth Howell bethrun@vt.edu with any questions. The Blacksburg Striders always try to organize teams for the team divisions (open and masters) - all abilities welcome!!

Beth Howell

A Rockin' Good Time

A pre-race rain shower was no match for the enthusiasm of the more than 11,000 runners assembled along 19th Street as the runners surged off the start line and kicked into gear under calm skies for the second annual Rock 'N' Roll Half-Marathon in Virginia Beach. Led by one of the finest half-marathon fields ever assembled, including both the men and women's world record holders in the event, spectators were treated to first class racing from the start.

By 7:10 am all runners from 18 corrals were out on the course with the elite men and women having start about 15 minutes earlier. Only 10,982 made it across the finish line with the top male, Paul Tergat, from Kenya finishing in 1:01:59 setting a new course record. Mexican Adriana Fernandez dominated the women's field with a personal best time of 1:10:21. The lone US woman in the top 10 finishers was Deena Drossin with a time of 1:12:32. Kenyan men swept the field in

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the men's division with places 1-9 and with a lone Dutchman finishing in 10th place.

The runners were never lonely along the route as there were 14 Rock n' Roll bands and several cheerleading groups from area high schools interspersed along the route to motivate them.

Blacksburg Striders Steve Haimann and his daughter, Katie (16), had been training all summer here in Blacksburg and on the New River Trail for this, their first half-marathon. Katie finished in a time of 1:57:27 placing 7th in her age division and in place 1,773 overall. Not far behind was Dad in 2:05:37, 46th in age division and place 2,896.

Refreshments and music were plentiful at the finish with cool downs along the beach. This race was extremely well organized and well worth the effort. The awards were in the evening on the beach followed by a concert. Even if you don't race you can volunteer and join in the fun!

Good Job Steve & Katie – start training for next year!

Christine Haimann

Striders Summer Decathlon Series

Summer 2002 has come and gone and the 2002 SDS is over. I'm confident in saying we held more races at the Virginia Tech track facility than Virginia Tech did, so we should all thank them again for use of the excellent facility. Overall we had at least 28 people participate, but only 9 attended 5 or more meets. Ages ranged from 8 to 46.

All events were age-graded so age (or lack of) was not a factor in the scoring. Although the relays and other events that were not part of the competitive SDS were not highlighted, there were some great relay battles

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that were worth watching. In a novel event without the use of watches, Andrew Warren came within 1 second of predicting his 5K time, with Maarten close behind 5 seconds off his predicted pace. There were also some very close races, particularly in the shorter events. The 200 m was so popular we actually had to have 2 heats. Since points were awarded for overall place and were cumulative for the season, consistency paid off.

This year we also had several family groups come out. The Skiles family sometimes participated, and when they did it was clear they're a fast family. The Inzana kids, when healthy and in town, also did well; with Jason demonstrating his speed in the shorter events, Chris in the longer events, and Jeannine holding her own with the adult women. However, it was Dan Britten and wife Mary Norris who ran away (pun intended) with the awards this summer, winning or close to it, most events. Their kids are also gradually accepting their fate with Nick taking part in some of the races. For brevity, the final point totals (age graded) for those attending at least 5 of the 10 events were: Dan Britten, 71; Maarten van Gelder, 49; Barry Skiles, 40; Jim Benton, 34; Todd Bullions, 33; Kurt Zimmerman 28, Andrew Warren, 26; Mary Norris, 21; Mary Scheibe 12.

Next year we'll incorporate some changes to try and bring out a broader and larger group; maybe add a family award. If anyone has any suggestions for next summer's SDS please send them to tinzana@vt.edu.

Hope to see you out there next summer, and remember the old track saying: speed kills (anyone who doesn't have it).

Tom Inzana

The Draper Mile

The Draper Mile was held on Friday, August 2, 2002, for the 21st time, as part of the Steppin' Out Festival in Blacksburg. For the first time in the history of the event, however, race coordinators reached the limit of 150 registered runners the night before the race, and had to turn away dozens of racers on race day. The weather was pretty typical - hot and humid - and the new race software system purchased by the Striders in early 2002 proved to be a great investment. Results were delayed just slightly because of some extra action in the finish chutes on the part of a few runners who did not understand the "system." Fortunately, Miriam Rich was in control of the video camera and a quick review of the tape was all that was needed to straighten out some glitches!!

Paul and Cynthia Spangler from Lexington, VA, led the men's and womens' races this year, with times of 4:14 and 4:55 respectively. Cynthia's time places her solidly among the top-ten times ever recorded for women at the event. Other notable performances were run by Louise Akers, who won the 60-and-over age group, at age 77 with a time of 9:41. Kevin Paulk (42) of Portland, Oregon, ran the fastest time ever for the 40-44 age group, with a 4:23; Barry Skiles (46) of Pilot, VA, continued his domination of the 45-49 age group, with a 4:42.

Race Directors were also pleased to see an increase in the number of younger runners in the race. Sixteen boys and twelve girls ages 8-10 entered the race this year, with the winners (Matthew Howard, 5:54; and Adrian Newcomb, 6:40) almost making it to the best-times list.

The Draper Mile is only possible each year because of

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the sponsors and the volunteers (who almost outnumber the runners)! Our sponsors this year were: MISH MISH, East Coasters Cycling and Fitness, Nike, Bogen's, Bollo's, and Pizza Hut. The volunteer crew included numerous seasoned veterans, such as Lynn Croy, Marie Parietti, Bob Muse, Erika Langford, Wayne Howell, Jeff Mecham, Miriam Rich, Connie Bowden, Mike Matzuk, Maarten van Gelder, Brenda Neidigh (course marshalling for two), Katherine Phillips, Cynthia Graham, JB Brown, Ted Settle, Faustine Settle, Tim Myers, Amy from the bike shop, Dan Britten, Christina and Jim McIntyre, Russ Meller and Sue Hankin, Ellen Rabun, John Novak, Paul Farrier, Evelyn Farrier, Todd Bullions, Christine Haiman, Russell Shock, Karen Thole, Michael Alley, Crosby Houston and Pat Traynor, Kaye Kriz, Lisa Euler-Perry, Art and Judy Snoke, Bob Benoit, Yuriko and Michael Renardy, Mike and Cindy Wood, Jeannette and Jessie Wiggert, Becky and Steve (friends of Lynn Croy), and several Boy Scouts and their leaders, including Pat Davis, Scott Davis and Sammie Cook.

Jim Wright, Chris Betz, and Aaron Goldstein also assisted with pre-race logistics. Ben Thomas, former Draper Mile winner and current Cross Country coach at Virginia Tech, provided crucial equipment and expertise in timing the event.

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Hannah Brown and Maggie Howell assisted with the awards. And, surely there are others who were at the Festival that evening and saw that we needed help and simply pitched in! We used humans as finish-chute standards this year . . . a new system which worked really well, but it sure took a village to make it happen!! THANKS TO ALL OF YOU!!

*Beth Howell and Steve Miller
co-race organizers*

Hokie Alumni 5K

The inaugural race was held on the hot and balmy morning of Saturday, June 29 with over 150 runners and walkers participating. The race began at on of our race sponsors, the Chat Room Café, and followed along the roads through the Corporate Research Center. Our other race sponsors include Bogen's, ISP Sports, East Coasters, Montgomery Regional Hospital and New Town Fitness. New River Valley Radio Partners held a live remote that was broadcast over 101.7 the Box and 105.3 the Bear.

The Hokie Bird was there to lead everyone to the start line and cheer with the crowd. The first ever Striders Diaper Dash was held. The competition was fierce amongst the four toddlers that competed, and we are happy to report that all finished the 50-yard dash and are currently in training for next year's race.

I was involved with



Inaugural Hokie 5K Can you find Mike Holland?
(*Hint: He's wearing lime green shorts.*)

coordinating the race efforts for the New River Valley Chapter of the VT Alumni Association, along with Cyndy Graham, chapter President and Cathy Lally, chapter liaison. The birth of my baby daughter, Ally, came a little earlier than expected (just 9 days before the race) and I am forever in debited to those who came to my rescue in response to my cries of help. Katherine Phillips was there to work with the new software that the Striders have began to incorporate into the past few races. The program allows for an accurate and faster collection of race finish times. Aaron Goldstein, Marshall Overstreet and Steve Miller were there as well, coordinating the race course. Other volunteers were there to aid with the awards ceremony and the raffle drawing.

And on behalf of the VT Alumni Association and the Striders, a big thank you to all of the runners, walkers, volunteer and sponsors who participated in making the race a tremendous success. The \$1,144.10 in proceeds from the race will go towards the NRV Alumni Chapter scholarship fund. We received a lot of feedback and plan to incorporate the suggestions into next year's race, which is scheduled for Saturday, June 28, 2003. A 10K will be added in response to requests. Check the Striders website in feature months for further information. This year's race photos can be viewed on-line at <http://fbox.vt.edu/alumni/alum/5K.html>.

Heather Esteban

Blacksburg Striders

Race Calendar

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

Sept 21

Mud Run, Green Hill Park, West of Salem, VA. Jeff Baker (540)-473-1716
NC USATF Association Half Marathon Championship; Asheville, NC. Contact: Asheville Citizen Times, (828)-252-5611; <http://www.citizen-times.com/race>

Sept 22

East Coasters Poor Mountain Run; 7.75 mile race to the top of Poor Mountain in western Roanoke Co. Starts 11:20 AM. Info: <http://www.co.roanoke.va.us/parks/poormtn.htm> Entry deadline 16 Sept,200

Sept 28

Lynchburg 10 Miler; Lynchburg, VA. <http://www.sportscapital.org/10miler> (434)845-5968 ext 30

Oct 5

Phi Sigma Pi Michael B Perry 5k; Blacksburg, VA; Race Starts 9:00 AM Contact: Rebecca Chewning; (540)232-6512; rechewni@vt.edu

Star City Striders Women's Distance Race; 5k; Roanoke, VA Race Starts 9:00 AM Entry Form: <http://starcitystriders.com/pdf/womens02.pdf>

Oct 19

Bank of Fincastle Fall Run; 5k & 10k; Fincastle, VA Race starts at 9:00 AM <http://www.bankoffincastle.com/> Contact: Michael Jasper (540)473-2671

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Mountain Masochist 50 Mile Trail Race, Lynchburg, VA. 6:30 AM start

Oct 26

Great Goblin Gallop 5k; Martinsville, VA, Race Starts 10:00 AM Contact: Susan Kanode: (276)-634-4645 skanode@co.henry.va.us

Nov 2

Apple Valley XC 5k; Bedford, VA, Cross Country Race through orchards located in the foothills of Blue Ridge Mountains; 10:00 AM start Contact: Theresa Boyes (540) 297-2709; e173boyes@aol.com

Nov 9

2nd Annual Explore Park Duathlon: Roanoke, VA; Explore Park at mile marker 115 off Blue Ridge Parkway. 2 mile run, 10 mile Mountain Bike, 2 mile run; 9:00 AM Info call: 540-343-0987 email: ogrogan@commonwealthgames.org

Suntrust Richmond Marathon; nTelos 8k; Richmond, VA; www.richmondmarathon.com or call (804) 285-RACE

Nov 23

Cox Communications Star City Half Marathon & 5K Roanoke, Virginia, Form: <http://starcitystriders.com/pdf/halfentry02.pdf>

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 |





****Verizon and The Star City Striders Proudly Announce the
Womens' Distance 5K Run/Walk***

October 5, 2002 9:00AM

Early Registration Fee is \$15.00, postmarked by September 30, 2002

Late and Race Day Registration is \$20.00

(T-Shirts will be guaranteed to first 100 registrants)

**** This year the Star City Striders have joined forces with Verizon to help promote family literacy in the valley. Proceeds from this year's race will be donated to the Roanoke Valley Family Learning Center. Please join us to run or walk with family and friends, and celebrate your accomplishments and women's fitness at the post-race party and awards ceremony immediately after the event.***

Registration and Packet Pick-Up: Please make checks payable to Star City Striders, and mail registration forms to Star City Striders, P.O.Box 8331, Roanoke, VA 24014. Packet pickup will begin at 7:30 am on Wiley Drive near the Start Line; Race Day Registration will also be available at the same location from 7:30 to 8:30 am.

Awards: Top three finishers overall and the top three finishers in each of the following age groups: 9 and under, 10-13, 14-17, 18-22, 23-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over. First finishers in Mother - Daughter and Sister - Sister competition will receive awards. (Both members must register.)

NAME: _____

ADDRESS: _____

CITY/STATE: _____ **ZIP:** _____

DATE OF BIRTH: _____ **AGE ON RACE DAY:** _____

TSHIRT: S M L XL XX (These are Women's tshirts, not unisex)

MOTHER _____ **DAUGHTER** _____

SISTER _____ **SISTER** _____

****DISCLAIMER****

In consideration of the Acceptance of this entry, I do hereby for myself, my heirs, executors, administrators and assigns, release and forever discharge the sponsors and all those involved in organizing and manning this event, from all claims of any kind arising as a result of my participation in this race.

SIGNATURE: _____ **DATE:** _____

SIGNATURE: _____ **DATE:** _____

(If under 18, parent or legal guardian must sign.)

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Membership Dues Reminder

If you have not paid your dues for the year please do so. Thanks!

Individuals: \$8

Family: \$12

**Blacksburg Striders
P.O. Box 764
Blacksburg, VA 24063**

