

October 2010



# Upcoming Races



# Grits n Splits



## Race and Event Calendar



|                         |  |
|-------------------------|--|
| Saturday,<br>October 2  | <b>Race for Life 5K</b><br><b>Downtown Columbia</b>  |
| Saturday,<br>October 9  | <b>Hammer the Hills 10K &amp; 5K</b><br><b>West Columbia, 8:00AM</b>                             |
| Saturday,<br>October 16 | <b>Ray Tanner Home Run 15K, 15K relay &amp; 5K</b><br><b>Columbia (Carolina Stadium), 8:00AM</b> |
| Saturday,<br>October 23 | <b>Race to Read 8K</b><br><b>Lugoff (Doby's Mill Elementary) 8:00AM</b>                          |
|                         | <b>Tour Races are marked in BOLD</b>   |

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*Do you have an interesting running story? Do you have a race experience you would like to share? Let us know!*

## Presidents Point: When Last is First

We all love hearing the cheers from the side lines during a race. Even when they lie to us.

"It's just a little way to the finish line" they intone; and "it's all downhill from here" or "looking good" or - "you can do it!"

Some of these people cheering have never run a step in their lives, while others may be runners who are off due to injury. Perhaps they are volunteering to help out or maybe just want to cheer on the runners in a race. It does make a difference to those on the receiving end of encouraging comments. It is a positive reinforcement for ourselves when we encourage others. You could say it is a win-win situation for all involved.

In an odd twist, the runners who finish near the end of the race actually receive more encouragement than the winner of the race. Think about how few spectators there are at many of the smaller local races and how many of them are there at the finish to see someone break the tape. As more and more runners finish, the crowd increases and so do the cheers.

I can still remember one of the loudest cheers for a runner finishing a race was a number of years ago at a 5K in

Springdale. Everyone had been finished for quite some time and enjoying the post-race refreshments when a call came up "runner coming!" It was Bob Wingard who was a fixture on the Tour de Columbia for many years. The years had slowed him down, but Bob was always there to run his race no matter how long it took.

Those that finish towards the end of a race represent the true heart of running. They have the determination to keep going no matter what the time is on the clock. The reason the runners who already have finished are so enthusiastic is that they find something familiar in that runner's struggle. Perhaps some had at one time struggled with their weight, lingering injuries that have kept them away from running, or finishing last.

So, the next time you are waiting around after the end of a race, keep an eye out for that last runner and give them an extra cheer. Meet them at the finish line with a cup of water and let them know how much they inspired you. Sooner or later, we'll all be that last finisher and get to experience the thrill of knowing that last sometimes is first.

**Rick Gibbons**

### Walk for Life/5K Race for Life:

Saturday, October 2, 2010

Early detection saves lives! Join us in the fight against breast cancer on Saturday, October 2, 2010. Your participation in Palmetto Health Foundation's Walk for Life, now in its 20th year, will help increase fundraising and awareness for Palmetto Health Breast Center. Proceeds will be used for programs, services, equipment and research. New this year: 5K Race for Life!

Important Dates:

**Weds, Sept. 15, Noon: REGISTRATION FOR TEAM MEMBERS CLOSES**

**Friday, Sept. 17, 8 a.m.-7 p.m.: TEAM CAPTAINS TURN IN PAPER REGISTRATIONS AND PICK UP SHIRTS AT FOUNDATION**

**Weds, Sept. 29, Noon: ONLINE REGISTRATION FOR INDIVIDUALS WALKERS/RUNNERS CLOSES**

**Thursday, Sept. 30-Friday, Oct. 1: T-SHIRT PICK-UP AT FOUNDATION**

**Saturday, Oct. 2, 8:30 a.m.: WALK FOR LIFE/5K RACE FOR LIFE, FINLAY PARK. REGISTRATION TENT OPENS AT 7:30 a.m.**

**PALMETTO HEALTH FOUNDATION IS LOCATED AT 1600 MARION ST. IN COLUMBIA**

## Steve's Story: Barefoot Running (the whole story)

Never confuse motion with action." --**Benjamin Franklin, American inventor, statesman**

On my way down to San Juan, I made a pretty good dent into the book "Born to Run". Like many runners, I find it intriguing. And as a triathlete, as he states in the book, I am willing to experiment. So I hatched my plan.

The hotel I was at was right on the beach. So using a scientific approach that would make my soon to be PhD sister-in-law cringe, I decided to literally "run" my own experiment.

For day one, I would run the beach, back and forth to account for the slope, first in my shoes, and then in my bare feet. The run was, I guess, 1.5 miles or more per lap. I used no distance or time measurement. To remove variables, on day three, I would repeat the process, but barefoot on the first lap and shoes on the second lap. This way, I could compare "warmed up" legs (and ankle) to non-warmed up and see if there was any difference. I would also pause at the end of the beach to study the "foot imprint" I left to determine the strike pattern. It seemed scientific enough to me.

Let me set a few qualifiers. First, my left ankle has been tweaked for a few weeks from a trail run and takes a while to loosen up and feel "decent" during a run. So I have to discount that feeling. Second, San Juan is very humid, so the effect of that on my second lap may or may not affect my form. Third, the beach does slope like the crown on a road, so that also affects the ankle and knee.

The first test was a little surprising. The run in the shoes was pretty much the same, with the ankle whining, and the knee a little stiff. After removing my shoes and starting out the ankle really whined as it was being rolled outside up more due to the slope. I decided to push on, and discount that for a while to see what would happen. I also noted that my running style had changed a little to less heel strike, but in fairness, I had been working on that in my shoes anyway with lots of trail runs. So I could not really call that "cause and effect" of being barefoot. Otherwise,

things seemed the same – which was odd as I was NOT running "dainty" to protect the feet. Mind you, it was sand, but some was soft and some was rough.

I also noticed that if a wave rolled in higher than I expected, I instinctively lifted more and felt for the landing with my toes, something the book had mentioned. And as I reached the turn around, I studied my impact pattern with the greatest impact on the ball of the foot and outer edge, similar to what the book described.

On day 3 I repeated the process but in reverse. The ankle whined much more on this day, being stiff and being asked to rotate significantly with the slope of the beach. I continued on in the hope that it would both loosen up, and be happy in the reverse direction. The run went well. And I really could not sense any real difference other than the anticipated shortened steps. I also noted, as the book mentioned, that when caught in a wave, I actually came down harder, seeking firm ground to plant into despite being barefoot.

With the completion of the lap, and I pulled on my shoes and headed out. The very first thing that caught my attention was the sheer weight of the shoe. I was stunned at how heavy they felt after running barefoot. It felt like I had put 5 pound weights on each foot, and the run was a struggle until the legs finally adjusted to working, lifting harder. I immediately thought about how the legs feel toward the end of a marathon.

I noticed my stride did lengthen some but now I was confused if that was voluntary i.e. I was trying to cover more ground per stride and forced a heel strike, or involuntary, i.e. a result of the effort to lift and heave the shoe (and leg) forward. It was an interesting test.

In the end it reminded me of why, in my racing days, I trained in regular shoes, but raced in DS Trainers, including marathons. That slight weight difference is very significant in the feel of the run. What I don't know, is if my stride and turnover adjusted as well. I never analyzed it.

But I will continue doing some running barefoot, to continue the experiment. Can't hurt...

# In the News: The Running Connection

By Naomi Chiorazzi

I took off for my morning run on Monday, August 30. It was a typical morning: I woke up at 5:30 a.m., got the kids ready for school and daycare, packed my dress clothes for work, slapped on my running clothes and shoes (and heart rate monitor and Garmin), made my husband's breakfast, because if I didn't make it and pack it for him, he probably wouldn't eat anything until noon or 1 p.m. I packed a multivitamin too.

After dropping my almost 7-year-old off at his fourth day of 1<sup>st</sup> grade and peeling my 2-year-old off my leg at daycare, tears in his eyes screaming "I don't want school mommy, no, school," I hopped in my car and made a B-line for Riverfront Park. My quiet time and comfort zone, after kids were dropped off and before my hectic workday started. Was it an iPod running day or a reflecting on my thoughts running day?

It was an iPod day ... I thought.

As I started running and listening to the music, I realized the music wasn't loud enough to smother the thoughts flooding my mind. Just what IS it about running? WHAT IS IT? I have been running for ten years (a "runner" for two years) and still don't know what it is about running that "gets" me. Why do I keep doing this? And doing it more? Doing it faster, further? WHAT IS IT?

It's the simplest thing a human can do: just put one foot in front of the other and start running. But in some ways it is also the most complex thing in the world. My mom thinks it's the endorphins. Others think it's a good escape, a good way to let out energy. But I want to know, really know, what is it about running.

And I realized that morning what running means and why so many people do it. What running is for beginners, for one mile sprinters, 16 minute 5k-ers, 3:20 minute marathoners, 150 mile ultra-runners

and everything in between.

*Running is connecting.*

Connecting to your mind, your body, your spirit, your soul.

Connecting to that other runner you see for the first time on your route in a million words with just a nod of your head.

Connecting to that root that you have to negotiate on a trail run. Might have seemed insignificant under other circumstances, but on a run, you are forced to connect with it on some minute level.

Connecting to your body, in pain and in triumph.

Connecting to the song you've heard a million times, but it sounds more vibrant on a run...or maybe you realize it's just not motivating you anymore. Still, you connect.

Connecting to your big toe. When did that throbbing start?

Connecting to an older, more experienced runner and all the things he or she can teach you.

Connecting to a beginner runner and all the things you can teach him or her.

Connecting to your memories of junior high. No reason why, it just popped in your head, but you connect with that memory because it's there.

Connecting to the person you will be in five, even 10 years.

Connecting to your family and reflecting on the lessons you learn from them.

Connecting to the sky. Noticing the clouds.

Connecting to other runners with similar goals and similar struggles.

(Continued on page 9)

# From the Road: Highlights from the Tour de Columbia

Pete Poore has our reports for a very busy August that had a tour race every Saturday.

## **Hot Summer Night 5k – Saturday August 7, 2010** **- Shandon**

The Hot Summer Night 5k always kicks off the fall running season for me. The weather doesn't feel like fall as the race always lives up to its name. But this event leads off a regular schedule of races that will carry on to the end of the year. As far as the weather was concerned, it was indeed hot, but somewhat tolerable. The temperature and humidity were certainly not as brutal as in years gone by.

A new wrinkle was added to this year's race as the starting line was moved from the usual place on Duncan Street behind Hand Middle School, to a spot on King Street one block south of the intersection of King and Duncan. This change eliminated the first turn and provided a straightaway start all the way down to Wheat Street.

I'm a big fan of straight lines when it comes to running so I welcomed the change. The new start also allowed the Strictly Running staff to close off and better control the finish line area.

The race started at the usual time of 7:00 p.m. This event always seems to serve as an early test for lots of high school cross country runners, so I moved toward the back of the crowd so as to stay out of the way of runners who are decades younger and 50 pounds lighter than me.

I won't use the "old age" excuse for my running anymore because there are too many runners in my age group, and one and even two age groups above mine that are recording incredible times.

The truth is I just don't run very well in the heat no matter what I do to acclimate myself to summer conditions. Moreover, I spent the previous week on vacation where the only exercise I got was lift-

ing my five-month-old grandson over my head to make him laugh. So this race was going to be a "fun run" for me.

I got through the first mile without much difficulty. Then as I was running up the incline that crosses Ott and Bonham Streets, my body told me to take a walk break, something my mind didn't want to do. I soon turned left and saw the 1.5 mile water station, so I started running again while taking a cup of water and dousing the back of my neck to cool off for a bit.

I did the same thing at the next water station, and Fred Mullen who was working that stop gave me a second "baptismal" dousing that recharged my batteries.

The good people of Wheat Street near the end of the course drag their garden hoses out to the curb to create a spray for the hundreds of runners who pass their way.

A few years ago a second handful of folks began sprinkling runners at a spot further back on Wheat, and now that group has grown into a small block party that not only will hose you down, but they'll cheer you on and raise their adult beverages to you as you pass by. Just one of those moments that makes running fun.

I finally made it to the finish line and noticed that my time looked like a four-mile time and not a good one at that. In fact, I've run the Born in the USA four-mile race over the years faster than I ran the 2010 Hot Summer Night 5k. I guess that's what I get for staying too long at the water stops to buy two or three rounds.

Strictly Running knows how to manage an event well. The food ranged from fruit to pizza and was plentiful despite having 369 people finish the course, and the awards ceremony got started in about 50 minutes after the start of the race.

Coach Mark Bedenbaugh is always a skillful emcee, managing to get through the results quickly,

# From the Road: Highlights from the Tour de Columbia

yet still giving the winners enough time to get the recognition they deserve. He was assisted by Jeff Brandenburg who handed out the awards like a veteran Vegas blackjack dealer.

An extra age group was added by Strictly Running for this race that in a small way I think is an indicator of how running is evolving. Normally the final age group in the races I've run is "70-99." However, that age group was capped at 79 and a new age group began at 80.

Two gentlemen in the 80-98 group captured first and second place. Lonnie Collins and Franklin Mason are names that are familiar to most in the Columbia running community. I thought it was fitting way to recognize these runners who are living proof that running is a life-long activity that can extend possibly extend your life and more importantly, improve the quality of your life.

I hope that I'll still be around and healthy & fit enough to see my name in that age group someday. Now on with the fall season!

Thanks Pete. Orinthal Striggles 34 took first place by less than a second. His time was 15:43.65 with Daniel Smoak 22 finishing second with a 15:44.55. Daniel led Orinthal at the 2 mile mark 10:05.55 to 10:07.30. Sinead Haughey 17 was the first woman to cross the finish line good for 15<sup>th</sup> overall. There were 425 runners in 2009 and 370 this year.

## **Silver Fox Trot 5k – Saturday August 14, 2010 – Saluda Shoals Park**

The second annual Silver Fox Trot 5k held by the Dutch Fork High School Cross Country teams was a little drier than the kickoff race in 2009. I recall last year the race was held on a sunny Saturday morning, but thunderstorms the night before turned some areas into mini-marshlands. So I was thankful that the course was going to be fairly dry this year.

I was also prepared for the "monster" early in the course that I wasn't aware of last year. This course starts with the sun directly in your face which was the case in 2009. I remember somewhere in the first half-mile, I thought I saw people elevated about 40-50 feet above head to the left as I tried to navigate this new course with a blazing sun in my face. Surely I wasn't suffering from heat stroke that early in the race with visions of runners floating in the air? No, what I saw were runners climbing the steepest hill I've ever seen on a race course. It's a short hill, but the incline is incredible.

With that memory in mind, I stood in the pack at the starting line trying to siphon off some energy from the high school runners who had gathered in a circle to chant and get themselves up for the race.

The race started and I immediately assumed my trail running posture. Instead of running upright, I run trails leaning forward, keeping a watchful eye on the path immediately ahead of me. If there is a rock, a rut or a root on the course... I will find it. Rather, one or both of my ankles will find it.

The Dutch Fork kids did a good job the day before painting exposed roots and other hazards on the trails. But it's those ankle-rolling demons that hide under pine straw, or the ruts hidden in the grassy areas that I always manage to find, and I'll find all of them!

There was no blazing sun this year as the runners moved along the trails. That meant we could all get a good look at the imposing hill that was approaching. I did not run the hill, nor did I walk it. For lack of a better term, I "hiked" the hill using long strides as if it were a steep mountain I had to ascend quickly.

The "monster" was behind me, so I now could enjoy the run. The rest of the early part of the course is on narrow, tree-covered paths which make you feel as if you were running in the deep woods somewhere. There are a few little inclines here and there, but there are also some fairly long downhill

## From the Road: Highlights from the Tour de Columbia

stretches where you can make up the time you lost climbing the hill.

After emerging from the woods, the course takes you out into the open on what I guess are service paths used by the Saluda Shoals Park staff. The paths are covered by grass which was mowed down, but I still managed to find one of the dreaded ruts. However, it did no damage.

As I was headed for the next wooded area, I passed two course monitors who were encouraging runners and pointing out directions. I noticed that these two nice people were the same two who stood at the bottom of the monster hill earlier. I glanced over my right shoulder and noticed that I was passing said hill. I thanked the course monitors as I ran by, but I was silently cursing the hill one more time.

Then it was back into the woods for a combination of flat dirt trails and the occasional paved path. I could see the river at one point running parallel to the course. Then I came upon hazards in the trail that I had completely forgotten about.

It was time to cross the first deep gully that was fortunately dry unlike last year. I stepped down the bank as if I were walking on eggs to preserve my aging knees. The thought of leaping across the gully flashed through my mind. That thought would be viable about 30 years ago, not today, not anymore.

I got going again and remembered that there was at least one more gully to traverse. In the end, there were three of these lovely hazards to cross, but that's trail running.

Now the journey through the woods continued. It was all flat from the last gully on, but it seemed like it would never end. I perceived that I was close to the finish line but I really had no idea as to the exact distance to go.

I came up on another fellow with gray hair. I have learned that male runners with gray hair can be

twenty years younger than me, or 10 to 15 years older than me, or we could be in the same age group.

The lesson I've learned is to take no chances, so I picked up the pace, passed him and starting to drain whatever energy I had left, thinking I HAD to be close because I could hear cheering off in the distance. That's when I came upon a course monitor who pointed left and said the three-mile mark was just a few yards away.

The course monitor didn't fib to me as some over in Lexington will do. (If a certain Lexington City police officer ever tells you, "This is the LAST hill," punch him in the nose and then continue your run because he's lying and he thinks he's funny).

The finish was located at a canoe & kayak launch ramp on the river where 142 runners crossed the line.

Thanks Pete. As Pete mentioned 142 runners crossed the finish line up from the 117 who participated last year. Roland Hakes 17 was the winner with an 18:13 with Samantha Hughes 18 the first woman and eighth overall.

### **Kiwanis 5k – Saturday August 21, 2010 - Lexington**

The Lexington Kiwanis Club moved its annual 5k race from the morning of September 11 to August 21 to avoid a conflict with the USC-Georgia game which kicked off at noon. Unfortunately the alternative date proved to be a day that was jam-packed with running events, three of them started in the morning.

The Kiwanis 5k competed with the Hoppin' Run 5k in Prosperity, and a Governor's Cup half marathon training group run. And for good measure, the Springdale 5k at Sunset was held that evening in Camden.

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Despite all the competition, a group of runners lined up at 7:30 a.m. in downtown Lexington for the start of this 5K. This course is a “best of” or a “worst of” of the numerous courses that are used during the year in Lexington. The “worst of” element is a reference to the hills that are unavoidable anywhere in the town of Lexington. So I won’t dwell on that.

The “best of” the course is that it starts downhill, and finishes downhill. In between, you get to roll up and down the hills with a few flat areas here and there. I have to confess that I had to walk a few short distances on some of those hills.

I normally have no problem with allergies in the spring when flowers are blooming, pollen is exploding out of trees and grass is turning green. But whatever molds start creeping out in August attack my sinuses with a vengeance. So I have to stop and catch my breath on the tougher hills.

Twenty-five runners crossed the finish line in front of the Lexington Municipal building. It was a shame that the turnout was low because the Lexington Kiwanis Club really goes all out to make this race a good event. Club leaders took the time to chat with us about how to draw more participants, and they were really interested in how this race could be improved. Personally, I think the Club does a fine job. The 2010 race was simply a victim of the calendar.

Thanks Pete, Jesse Harmon 28 was first with a 20:18 with Amy McDonough 33 the first woman to finish good for third place. There were 25 runners this year and 59 last year.

## *Run Wild 5k – Saturday August 28, 2010 – Sesqui State Park*

Saturday August 28 was a great day to run a race in beautiful Sesqui State Park. Lou Fontana at PRT made me write that opening line, but it’s an accurate statement.

The start of this race was a flashback to high school cross country days with the chalk line markers for runners to line up by teams and the dash across an

open field before reaching the trails.

I’m not a fan of trail runs, but this one is a breeze compared to Saluda Shoals Park and the Harbison State Forest. The trails are pretty much service roads and firebreaks in the park that are fairly wide with sand being the running surface most of the way.

The early part of this course sends you up long inclines. The first time I ran this race some years ago, I made the erroneous assumption that upon reaching the top of the first incline, I would be met with a compensating downhill stretch. Not so. Each incline peak led to a curve or a turn that started a new incline. The course leveled off for a brief respite while crossing the main road that leads into and out of the park, and then it’s back to running up the sandy trails once more.

In my opinion, the worst part of the course was the final sandy section before turning right onto the path through the woods. The incline wasn’t so bad, but so much sand had accumulated (I guess from rain runoff) that it was like running through sand dunes unless you took to the edge of the trail. Hey Lou! Have some of that sand scraped up and deposited in the traps at some of the state golf courses before we run that way next year!

The final section of the course is run on a “standard” earth trail. But this trail is well-used and had few hazards, so I won’t bore you with my whining about rocks, ruts and roots because there weren’t many to deal with.

The trail is pretty narrow and it goes up and down like a rollercoaster. I think it was at one of the more narrow points when a woman who had been trailing behind me decided to kick past me and another woman in front of me. I moved to the right as much as I could but we still scraped elbows. I thought that was an odd place to pass unless her watch told her it was time to make the final push regardless of where she was.

Soon I approached what I knew was the last incline on the wooded trail and I could see the clearing ahead that told me I would break out of the woods and run along the lake in just a few seconds.

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In addition to running by the lake, the finish is a long, flat straightaway that is an easy finish to this race. However, when you move out of the woods, that long straightaway looks like its three miles long. But I managed to make it to the finish while running through the mulch that had been put out on the lake-side making the end of the course nice and soft.

This is a good race and a good event that benefits the Richland Northeast High School Cross Country program. Unfortunately the natural setting at Sequi must be a hideout for electronic gremlins who demonize computers brought into the park. The results were not available before I had to get on with my day, so I'll toss it back to John for a race wrap-up.

Thanks Pete. Jeremy Becraft 34 was first with a 16:49 with Megan Weis 33 the first woman and 14<sup>th</sup> overall. There were 160 finishers last year and 202 this year.

## Coming Up

There are lots of great races coming up. You can check out the tour schedule and download flyers for some tour races at our website

[www.colarunclub.com](http://www.colarunclub.com) and you can register on-line for most tour races at [www.strictlyrunning.com](http://www.strictlyrunning.com)

An event you want to run is the Ray Tanner Home Run to be held Saturday October 16 at Carolina Stadium. Here is a message from the event's race director;

*Please join us for our 5th Anniversary and Baseball National Championship celebration. You will be running down the 3rd base line to Home Plate in the footsteps of national champions and college coach of the year Ray Tanner will be there to welcome you and thank you for supporting the Ray Tanner Home Run.*

*Ken Lowden, Race Director*

All 12K and 5K finishers receive a commemorative

2010 National Championship and 5th anniversary medal and Race Bib.

All the details are at; <http://raytannerhomerun.org/>

## Next time

Next time we will take a look at the September tour races. Until the next From the Road, keep on running.



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(Continued from page 4)

Connecting with that show you saw on Animal Planet. That Gazelle or a Cheetah running, running, running.

Even connecting with people who aren't runners, you realize everyone has their thing and running isn't for everyone. But I always thank my lucky stars I am a runner because I feel "connected," and "in touch" with my legs, lungs and heart, and with my mind, my thoughts. I feel connected with nature and with those around me.

Running means a lot of things to a lot of people and for every runner on this Earth there is a different reason why. But we are all linked by the running connection, and we are connected by so much more than just the label of "runner."