



# Upcoming Races



## Grits n Splits



## Race and Event Calendar



Saturday January 22	Open Run - Super Bowl Saturday Preview Run, 7:30am Spring Valley High School
Wednesday January 26	Pizza Run, 6:00pm Strictly Running
<b>Saturday, January 29</b>	<b>Red Nose Run 5K &amp; 10K, 8:00am</b> Colonial Life Arena, Columbia
Thursday, February 3	Columbia Running Club Awards Banquet, 7:00pm Nelson-Mullins Building
Saturday February 5	Super Bowl 10 mile/ 10 mile relay/5K, 7:30am Spring Valley High School (120 Sparkleberry Ln)
Saturday, February 12	<b>Race for the Place 5K, 8:30am</b> St. Joseph's Catholic Church, Columbia

Tour Races are marked in **BOLD**

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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!*

*Please join us for an awards dinner to celebrate*

*the 2010 Tour De Columbia*

*and*

*Carolina Trail Championship*

*Everyone is invited to help us honor all club members  
and recognize 2010 Tour winners.*

*Where: Nelson Mullins*

*1320 Main Street 17<sup>th</sup> Floor*

*When: 7:00PM February 3, 2011*

*Cost: \$15 per person \**

*(includes a catered dinner, beer & wine)*

*\* Children 10 and under, no charge*

*Please RSVP to Rick Gibbons*

*rick.gibbons@nelsonmullins.com*



**What's your New Year's Resolution?**

**Why not become a member of the  
Columbia Running Club?**

## Steve's Story: South Carolina Snow

"I used to believe that anything was better than nothing. Now I know that sometimes nothing is better."

--Glenda Jackson,  
British politician and actress

I'll admit it. I'm a jaded Midwesterner from Chicago. Whenever I hear about "snow" in the forecast, I roll my eyes, and make a crack about needing to get milk and bread in case we run out of food in the 6 hours the "snow" may last on the lawn, all 1 inch of it.

But secretly I still think it would be cool.

So for the 4 days before Christmas as every weather report predicted "snow" on Christmas night, I just sighed. I even predicted that in the end nothing would fall. But, nonetheless, I got up at 6:30am on December 26<sup>th</sup> to check it out. And sure enough, it was there.

So I do what I always do when I have an opportunity to run in some unique situation, I take it. Thus, my wife rolls over and asks what in the world I am doing as I am getting in my running gear. I reply, "Going running!" "In the snow? Why? Is it safe to drive?" she retorts. "Because it's there... and of course it's safe... who else is going to be out there?" is my reply. I think she was more worried about losing her "heat source" than my welfare. So I grab my camera and head out the door to Sesqui

Centennial State Park's Mountain Bike Trial.

Arriving at the trail, I start taking pictures as I run. This is less of a workout, and more of a tour. What strikes me is that the route is almost difficult to follow, despite my thorough knowledge of it, in both directions. Trees are bent over closing the path, even some 2-3 inch saplings, from the weight of the snow. And yet other paths, one I have not noticed before, but most likely the deer use regularly, are quickly spotted. The juxtaposition between the paths is amazing.

So I am continually starting and stopping, taking pictures of paths with the fresh snow. I am the first person or animal out there. And as I run I hear virtually "nothing". There is no wind, my footfalls are silenced by the soft snow, and the birds and squirrels must be snug in their beds. The silence is so peaceful.

Halfway through the run I finally come across some deer tracks in the snow. The tracks follow the regular mountain bike course except where I have to practically crawl under the trees, getting snow down my back.

And that soft snow silencing my footfalls, it builds up every 4 steps and then flips off my shoe at the end of a stride, dropping conveniently into the back of the shoe of my other foot, planted directly beneath it. I am slowly getting myself rather wet. But the silence continues, and so does my joy.



# In the News: Running is Like a Fine Wine

By Naomi Chiorazzi

... as long as it is “aged with tender loving care.”

I am often approached by beginner runners with questions on how to get faster, how to run longer, what to wear during runs or races, what to eat, etc. The main questions are usually on the topics of how to run faster and how to run for longer distances. The answer is, there are no tricks or shortcuts. It takes time to develop speed and endurance. To improve speed one does have to fine tune speed work sessions into the mix, and with endurance one does have to consistently incorporate long runs into a running regime. But all this requires time, consistency and patience. It won't happen over night. Not even close, in most cases.

## In the Beginning

I started running after I graduated from [Purdue University](#) in May 2000. I can't recall exactly why, but I think it was out of boredom. I had always been very active, but never a runner. So one day, in early summer 2000, I thought I'd start running. I ran for about two minutes, and walked for about five minutes or so. I'm not sure because I didn't buy a running watch for another six years.

So I kept up this attempt at running for longer periods of time. I remember, vividly, how difficult at first the breathing was for me. I realized very quickly that I had to build up my lung capacity to sustain this 'running thing' for longer periods of time. I kept at it.

## Racing Here and There

I ran a few 5ks, and actually finished my first one in just under 25 minutes. I kept running. Still no running watch, and I can't even remember what shoes I had or how often I changed them, or how many miles I ran at a time or at what pace. I just kept running.

In October 2004 I registered for my first half marathon. I didn't know anything about half marathons and the farthest distance I had ever run was somewhere between 7-9 miles, I guessed. I joined two other girls who were training for the [New York City Marathon](#) on one of their long runs. It was a few weeks before the [Asheville Half Marathon](#), the half

that I registered for, and I ran 16 miles with the two girls. It was hard, very hard, but I felt good.

I ran my first half marathon, an extremely hilly Asheville Half Marathon, in 1:53:55. The race organizers didn't give out finishers medals then, but I didn't even think about that fact until years later. And, really, it didn't matter.

I waited almost a year before I ran my next race (not for any particular reason, I just did), which was the [Fireball Moonlite Classic 5k](#) on July 3, 2005, which I finished in 22:10. After that I ran a few races here and there, but mostly I just ran. And ran. And ran. Oh, and I finally bought a running watch in 2006.

## Kickin' It Into High Gear

After giving birth to my son in March 2008, I was itching to get back in shape. As soon as I got the much-anticipated 'OK' from my doctor, I started running again. My first run 6 weeks after delivery lasted only 15 minutes, the next was around 28 minutes, and so on. I ran the [Providence Heart and Sole 5 Miler](#) about two months after I gave birth, then the [Lexington Medical Center Governor's Cup 8k](#) a few months later. In March 2009, nine years after I started running and 5 years after my first half marathon, I ran my second half marathon, the [Knoxville Half](#).

I started running more races, but it wasn't until January 2010 that I started logging my weekly mileage. I bought a Garmin in March, ran four more half marathons and started training for my first full marathon ... this all occurred 10 years after I first started running.

## Moral Of The Story

Be patient, but keep it up! As a friend and running mentor once told me: “Don't force running. Let the running come to you.” It may not happen how and when you want it to, but be patient and stick to it. Believe me, you will be pleasantly surprised and rewarded for your patience and hard work!

# From the Road: Highlights from the Tour de Columbia

By: John Gasque

First thing, we will run through the results of several recent tour races before we get to the headline, my first race in over a year.

## **Colonial Cup 10k and 5k – Camden, S.C. – Saturday November 20, 2010**

Elliott Taylor 29 won the 10k with a 36:23 while Sharon Cole 43 was the first female and 13<sup>th</sup> overall with a 43:48. On the 5k side Mark Bedenbaugh 48 crossed the finish line first with a 17:17 and Louisa Stephan 25 placed 10<sup>th</sup> and was the first female with a 20:58. There were 98 10k runners this year compared to 66 in 2009 and 118 runners crossed the 5k finish line an upswing from the 73 from last year. What makes the upswing in numbers impressive is the fact there was another big running event in Columbia that morning....

## **Shandon Turkey Trot 8k – Shandon – Saturday November 20, 2010**

Daniel Smoak 22 smoked the turkey course for a 26:55 with Amy McDonough 33 the first female and 6<sup>th</sup> overall with a 31:45. Attendance for this year's event remained almost the same with 137 this year and 142 in 2009.

## **Sleigh Bell Trot 5k – Saluda Shoals Park – Tuesday November 23, 2010**

Only on a Tuesday night during Thanksgiving week could you hold a running event in the fall of the year and attract 647 runners. Well also throw in you get a sneak preview of the park's spectacular holiday lights. Also just the fact it's Saluda Shoals Park. I've mentioned before the list of running events held at the park continues to grow and my reason why, it's a fun place to be.

This event continues to grow as the mentioned 647 runners is an increase of the 558 from last year.

Jared Nielsen 20 won with a 16:35 with Amy McDonough 33 20<sup>th</sup> overall and the first female.

## **Jingle All The Way 5k – Downtown Columbia – Saturday December 4, 2010**

One of the most exciting and viewed starts on the tour! The only event where you start the city's Christmas parade, are on TV and viewed by thousands on site and thousands watching at home. Jason Dimery 28 finished with a 17:50 while Amy McDonough 33 continued her winning ways as she crossed the line as the first female and 5<sup>th</sup> overall. There were 139 runners this year down from the 296 who ran last year.

## **Rudolph's Rampage 1/2 Marathon – Harbison State Forest – Saturday December 18, 2010**

Last year was the first year for this event and it was won by Mike Castello. This year the second year of the event was won by Mike Castello 48 with a 1:31:33 which on a trail course is very good. Katie Hines 28 was 23<sup>rd</sup> overall and the first female with a 1:52:30. There were 46 runners last year and 58 this year.

I wish I could have witness two particular Columbia Running Club officers as they battled it out for 13.1 miles ultimately having the same finishing time. What a sight it must have been when they emerged from the forest and sprinted for the finish line. Maybe they should write about it next month.

## **Rudolph's Rampage 10k – Harbison State Forest – Saturday December 18, 2010**

The organizers of the 1/2 marathon did a great move by adding a 10k this year which resulted in an additional 31 runners. Ken Sekley 52 (way to go) won with a 46:49 with Colleen Bayard 27 the first female and 9<sup>th</sup> overall with a 56:42.

# From the Road: Highlights from the Tour de Columbia

## Cold Winter Day 5k – Forest Acres – Sunday December 26, 2010

The finale of the tour, a chance to make some points if you are in a tight race in your age group or if you are me your first race in over a year. I had actually signed up for a race in October but just did not go. What finally got me back to running in an event after missing a year due to a wide assortment of things – a bet, not money (don't have any) but food and not just any food, we are talking burgers and not just any burgers but Rockaway burgers.

I would run against someone I knew but had never seen run and did not know his running background. The bet was simple, who ever crossed the finish line first won and he and the loser had to immediately drive to Rockaway's to buy the winner a Rockaway burger, cheese fries and two of whatever they wanted to drink.

The morning of the race if you recall was snowy. I was scheduled to usher at my church that morning and was up early to see if church was going to be held. Not seeing or hearing about a cancellation notice I made my way to the church. The person I would run against that afternoon is also a member of my church. When I arrived in a snow shower he asked if the Cold Winter Day 5k was still on. I said I would check right after church service.

I called Selwyn about 12noon and he said a decision would be made at 1:30. The event was scheduled for a 3 pm start. I arrived at the Forest Acres site at 1:30 and that is precisely when we got the word the Cold Winter Day 5k was on and so was my bet.

My strategy to win the bet really did not have anything to do with running. Though I hadn't run in any event in over a year I was still running but not anywhere near the speed I had 12 months earlier. My strategy was to warm up where no one would see me and get to the finish line about 10 seconds before the start of the 5k. As I warmed up in the snow flurries before the event something the other

runner said to me when I phoned him to say the 5k was on stuck in my mind. He said he was wearing a very stand loutish red hat. Was he getting into my head with that statement?

I felt pretty good about my warm up as I headed up the hill for the start. Knew I would not set any personal best records but also felt the lead number for my finishing time would not be a 3.

I also felt I had gone unnoticed at the start line. However right before we started I spotted a wild looking red hat. Though I could not see his face I knew this was the other runner. Yes his telling me what he had on his head had messed up my plans because now I would know where was during the run. But the bigger question, did he spot me?

The race started and for the entire beginning hill I stayed even with the "red hat." Down the road beside the golf course I pulled ahead thinking to myself does he know the person a few years in front is me or is he thinking I'm behind him.

Then we made the right turn into the neighborhood and he took the lead. Over the next few minutes he was no more than five years in front of me. Just keep that distance and pass him towards the end. I have run the course numerous times over the years and knew when I was at the white stucco fence on the right the finish line was just around the corner.

I was at the beginning of the fence and he was at the end of it when I made my move. I picked up my speed and when into full throttle, no holding back and then.... To be continued next month.

## Upcoming Events

We are getting into the tour schedule and I want to make sure you know what is coming up.

January 29<sup>th</sup> – Red Nose Run 5k and 10k – Colonial Life Arena

February 5 – Super Bowl 10M/10M Relay/5k – Spring Valley High School

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# Community Clips



## Cold Winter's Day 5K

February 12 – Race for the Place 5k – St. Joseph's Church on Devine Street

February 19 – Race Judicata 5k – Shandon

February 26 – Lexington's Race Against Hunger 10k – Saxe Gotha Presbyterian Church

March 5 – March for Meals 5k – Riverbanks Zoo

March 19 – Get to the Green 5k – 5 points

Websites, on-line registration and entry forms for these events can be found at [www.colarunclub.com](http://www.colarunclub.com) and [www.strictlyrunning.com](http://www.strictlyrunning.com)

Next time we will take a look at the January races, finish up my burger tale and prepare for the Awards Dinner, until the next time I will see you From the Road.

## RACE JUDICATA

### 5K RUN/WALK

Benefitting

**Sister Care  
and The Women's Shelter**

Saturday, February 19, 2011

10:00 am

