

June 2011



# Upcoming Races



# Grits n Splits



## Race and Event Calendar



<b>Friday, June 24</b>	<b>JA's Summer Twilight 5K, 7:00pm Corner of Duncan and Maple Streets (Shandon)</b>
<b>Monday, July 4</b>	<b>Born in the USA 4 miler Corner of Trenholm Rd and Forest Dr (Forest Acres)</b>
<b>Friday, July 22</b>	<b>Capital City Safe 5K, 7:45pm Near City Hall , Columbia</b>
<b>Saturday. August 6</b>	<b>Hot Summer Night 5K Hand Middle School, Columbia</b>

**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!*

*We need pictures! Please share any race or event photos with us.*

# Presidents Point: Bridges

There are just under 300 bridges in South Carolina and I'd bet that 90% of those are structures that you probably don't even notice when you drive over them. But there are other bridges that you cross that do make an impact and transport you in more ways than just getting from point A to point B. The Cooper River Bridge (or Bridges as it was when I first crossed) was one bridge that impacted my running life like no other bridge has since.

Ten years ago, I was a very casual runner who had completed a handful of 5K's. Some friends had run the Cooper River Bridge Run which was and is the largest race in South Carolina. It seemed more than a coincidence that shortly after moving back to Columbia, the YMCA that I joined offered a class to train non-runners to complete the Cooper River Bridge Run. I joined up and that single act has impacted my running more than anything I have done since then.

Jumping from 5K's to the 10K seemed huge at the time. I was so scared of the increase in distance that I ran a local 10K (the 1<sup>st</sup> Lexington Race Against Hunger) just to make sure that it wouldn't be a waste of time or money to travel all the way to Charleston. For the first time, I was training for something and not just running. We increased the distance slowly over the course of a few weeks and ran some hill repeats to simulate the climb on the bridge. The people in the training class formed a special bond as we worked together to achieve our goal and I still run with a number of those people I met during the class.

Crossing the Bridge over the Cooper River opened up a whole new world. It showed me the possibilities that existed if you focus on a goal. Transferring the confidence I gained from that experience as the bridges spanned new and exciting adventures was easy once I had crossed over the first one. It also seems that the further along the journey goes, there are more bridges leading off in many different directions.

We're all at different levels with our running, but no matter where you are there's a bridge out there with your name on it. Who knows where it may eventually lead, but you have to take the chance and cross it to see what is on the other side. Staying safe on your little island is just too boring.

**Rick Gibbons**

*"The Cooper River Bridge ...was one bridge that impacted my running life like no other bridge has since."*



Image from CRBR photo gallery



**You Gotta be in it to Win it!**

**Don't forget to renew your membership!**

**Don't let your "Tour" points go to waste!**

# Steve's Story: My Mustang and Me

*"It is not real work unless you would rather be doing something else"* J.M. Barrie

I have restored a '68 Mustang over the last year. It was up on blocks for the last 21 years in a back garage. It was a fun project and now I take her to classic car shows and let others admire and remember the cars of the '60s. It is fun to listen to the stores people tell me about their days owning a Mustang

when they first came out. The car shows give out awards to the best cars in different categories, mine being the 64-79 Mustang category.

It is the award presentation that I have also noticed an odd similarity of my Mustang's success in car shows, and my success in running and triathlon races lately. We seem to fare the same.

See in the car shows I have no shortage of people who stop by and chat. They tell me how they owned a Mustang in high school, just like mine, a coupe with an in-line 6 cylinder 200 Cubic Inch Displacement motor. They loved that car, and they enjoy showing their children the car of the youth. But when voting for the best car in the category, they select the '68 Mustang Fastback with the 390 Cubic Inch Displacement big block power. Seems the muscle car always wins out over the lowly in-line 6. Kind of like the jock versus the nerd.



So how does that relate to my races? Well, when I show up to a race, there are plenty of folks I know who are happy to chat with me and talk about stories of the old days and how much fun it was. While I am a little older than my car (I was born in 1959) we are close enough. They tell me I look good and fit... and then they promptly beat me like a drum.

Seems my Mustang and I have the same problem.

While we are both fit, we are significantly under powered for the event. We both have a power to weight ratio disadvantage.

The Mustang does have much more than sheet metal and drive train, no AC or other accessories,

so getting lighter is not really in the cards. According to my Tanita scale my Body Fat is in the athlete range. So the only thing left is more power.

The Mustang needs 2 more cylinders to be a V8 motor and another 190 cubic inches of motor size. I need greater strength and anaerobic capacity. Neither one of us is likely to solve that problem. I can't afford a V8 "crate" motor for the car, and at 52 years old, the 25% of the anaerobic capacity I lost isn't likely coming back. So we are what we are.

So the next time you see us at least stop by and speak nicely. It helps our self esteem.

# From the Road: Highlights from the Tour de Columbia

by John Gasque

*Fidler 5k – USC Sol Blatt PE Center – Sunday  
April 10, 2011*

All week long The Weather Channel was showing the high was going to be 90 degrees this Sunday. I flashed back to this same race a few years ago when the temperature at the start time was 87 degrees. That day was the closest I've come to having some sort of heat problem during and after a run. I credit that day's survival to the big one liter bottles of water they were passing out at the half-way point.

Flash forward back to the present and as the week worn on The Weather Channel maintain the Sunday high of 90 degrees. Sunday came and like everything else so did the weather. When I arrived at the event my outside car thermometer showed 78 degrees at 1:15 p.m. with clouds blocking the sun. The event started at 2 p.m.

I drank a lot of water before the race, did not over do my warm up as the first part of this course is one of the toughest on the tour with double hills to contend with right out of the gate. About ten minutes before the start of the race the sun came out and you could almost instantly feel the air change. The humidity, already high went higher. The temperature felt like it went up 10 degrees in an instant. I had no sunscreen on because it would make me sweat even more.

During the 3.1 mile run (or maybe 3.2) I felt fine, did not over do it and crossed the finish line still feeling good. However about ten seconds after crossing the finish line I felt nauseous. I grabbed water, headed for the shade and sat down. I thought if I drink the water sit in the shade and cool down the nausea will go away. It did not.

I got up and walked to grab another bottle of water. When I arrived at the cooler I got the water, took off my cap and doused my head. I then grabbed the ice out of the cooler and rubbed my

head. The nausea maintained and I decided to skip the awards ceremony and head to my car. Once there I turned on the A/C full blast and sat there for ten minutes continuing to drink water. After the minutes had passed I felt better and was able to drive home.

What had happened? I had drunk plenty of water prior to the race. Yes the humidity and temperature were up there but nothing I hadn't faced before. The problem was something I had done the previous evening that even though it was done hours before had an effect on me this afternoon. We had grilled out the previous evening and while not getting drunk I had over the course of three hours drunk three Smirnoff's. Those three drinks I had the night before a race did affect my run the next day.

In an article by Pete Pfitzinger, M.S. titled "Beer, dehydration and recovery" and featured in the June 2003 issue of Running Times Magazine Pete writes, Alcohol and Dehydration, Pete writes, "Quaffing one or two beers or a glass of wine the night before a race in which the weather will be cool will likely have very little effect on your performance. Before a hot weather race, however, one of the major limiting factors to your performance is your hydration level, so starting the race partially dehydrated from a few beers the night before is madness (admittedly, it is madness that I have experienced on more than one occasion).

Each one-percent loss in bodyweight due to dehydration typically leads to a two to three percent reduction in running performance. The link between dehydration and running performance is:

- 1) your blood volume decreases, so less blood returns to your heart;
- 2) the amount of blood your heart pumps with each beat decreases;
- 3) less oxygen-rich blood reaches your working muscles;
- 4) your muscles have less oxygen with which to

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produce energy aerobically;

5) you must run at a slower pace.

In addition, sending blood to your skin is one of your body's cooling mechanisms. When you are dehydrated, there is less blood available to be sent to the skin and less for the working muscles, so performance decreases and *the risk of heat injury increases*.

Going into a summer race after a few beers the night before means you will be below par when the gun goes off, and your performance will get worse from there as you sweat out additional fluids. Similarly, starting out your Sunday long run in warm weather after a night of drinking is likely to make you struggle through your 20 miler. That early morning cup of joe may wake you up, but is actually counterproductive to rehydration as coffee is also a diuretic. If you do indulge the night before a race, stick to low-alcohol beer, or alternate a glass of water or sports drink with each glass of beer.”

This was only the second time I had drunk the night before a race. The first way back in 2004 added a full minute to my finish time. Will there be a three-peat, no. Heat injuries are no joke. The last time I felt that nauseous was after spending too long in the yard on a hot summer afternoon and the outcome to that ending on a happy note took a while. Be careful of the heat and do not drink alcohol the night before a run and for that matter don't drink alcohol right after a run either.

David He 24 took first with a 19:24 with Amy McDonough 34 the first female and second overall crossed the finish line at 20:08. There were 54 runners in 2011 and 106 in 2010.

### Palmetto Half Marathon and 5k – Village at Sand Hills – Sat. April 16, 2011

This was the second year of the event and the first time I attended. Even though I did not know the

lay of the land in terms of where to park so I don't get stuck after I finish I did pretty well. Pretty well in terms it was still dark when I arrived in the parking lot of the Village at Sand Hills. I used to pass by this area just a few years ago heading for the now defunct Sunshine 5k and Lake Carolina 10k and remembered it as open fields.

I made my way to The Plex for the packet pickup and received one of the biggest goodie bags ever, everything about this event was big. Something however that could dampen things a bit was on the horizon. Before leaving for the race I did my customary look at The Weather Channel and determined running the 5k I would not get wet. Those running the Half-Marathon probably would and hey that's okay it is a part of running, you are in the elements.

The first part of 5k was inside the Village at Sand Hills running around the various roads between the shops. I thought to myself as we left that area and headed for the open road how cool it might be to have the entire 5k inside the confines of the Village at Sand Hills. Once on the road the course remained flat with the exception of going up an exit ramp, which was tough and makes you glad about doing your hill work during the week.

The finish line was at the big fountain with plenty of post race foods including my favorite, peanut butter and jelly sandwiches; get them away from me! A very fine event I thought to myself looking at my participant patch. If you have never been to the Village at Sand Hills tell your significant other who likes to shop that this is the place to go.

Jason Dimery 29 took the Half Marathon at 1:20:02. Amy McDonough 34 was fourth overall with a 1:25:07. There were 822 finishers in 2011 and 688 in 2010. In the 5k Eric Allers 40 claimed first with an 18:59 followed in fourth place and first female Sarah McClean 50 at 20:29. There were 327 5kers in 2011 and 331 in 2010.

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## *Fallen Heroes Memorial 5k – USC Sol Blatt PE Center-Sat. Apr 23, 2011*

There were three area races this day. Brandon Purdeu 23 won this one with an 18:23. In 14<sup>th</sup> place overall and the first female was Meg Phillipop 22 finishing in 21:29. 272 runners finished in 2011 and 192 cross the finish line in 2010.

## *Earth Fair 8k Trail Race – Saluda Shoals Park – Saturday April 23, 2011*

Race number two. Henry Withers 29 finished first with a 31:38 with 10<sup>th</sup> overall and the first female finisher was Jenna Pitcher 29 with a 37:30. Jenna was the first female finisher by seven tenths of a second. There were 53 runners in 2011 and 45 in 2010.

## *Resurrection Run 5k – Forest Acres – Saturday April 23, 2011*

Race number three. Angel Manuel 35 won with a 18:05 with 11<sup>th</sup> overall and first female going to Lauren Holliday 12 with a 24:44, fourteen seconds behind her brother. There were 40 runners in 2011 and 65 finishers in 2010.

## *Crawdaddy Dash 5k – Rosewood Drive – Saturday April 30, 2011*

There were for the second consecutive weekend three area races. Daniel Smoak 22 took first with a 15:52 with Penny Boswell 19 the first female and 8<sup>th</sup> overall finishing with an 18:34. This event was not on the tour last year and had 479 runners cross the finish line this year.

## *Firebreak Half Marathon & 10k – Harbison State Forest – Sat. April 30, 2011*

Race number two. Drew Williams 33 won the Half Marathon with a 1:34:27 with 9<sup>th</sup> overall and the first female finisher going to Katie Downey 39 who finished in 2:02:35. This event was not held in 2010 and had 21 finishers in 2011. Track McKinnon 36 won the 10k with a 46:32 with Anna Battiatia 22 taking 6<sup>th</sup> overall and the first female with a 49:45. There were 61 runners in 2011 and 66 in 2010.

## *Women's Heart and Soul 8k – Finlay Park – Saturday April 30, 2011*

Race number three. Caitlin Chrisman 25 took first with a 29:29 winning by one tenth of a second. There were 562 finishers in 2011 and 445 in 2010.

Three local races on two consecutive weekends and rather than write out already written reports on the six races let me say this. I have seen the chatter on our Facebook page about multiple local races on the same day and I have worked diligently to not let this occur as it hurts all races involved, some a lot more than others. I could not and still can not understand why no event took Saturday April 9 yet everyone bunched themselves up for the final two weekends in April causing I am sure some events to actually lose money. If someone has a solution please let me know, I am all ears.

## *Get in the Pink 5k and 10k – Devine Street – Saturday May 7, 2011*

Drew Williams 33 won the 5k with an 18:18 with Sarah McClean 50 taking 7<sup>th</sup> overall and was the first female with a 19:55. There were 220 5kers in 2011 and 229 in 2010. Eric Ashton 43 won the 10k

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with a 32:38 with Amy McDonough 34 the first female and 6<sup>th</sup> overall with a 39:23. There were 174 10kers in 2011 and 189 in 2010.

### Going the Extra Mile 5k – Harbison West Elem. School – Sat. May 21, 2011

Eric Ashton 43 took first with a 15:43 a full minute ahead of the second finisher. Amy McDonough 34 had a 19:04 and finished as the first female and 9<sup>th</sup> overall. There 151 runners in 2011 and 280 in 2010.

### Jailbreak 5k – Lexington County Sheriff's Department – Sat. May 28, 2011

Eric Ashton 43 finished first with a 15:40 with his wife Kathryn Ashton 29 finishing with a 19:00 good for 14<sup>th</sup> overall and the first female finisher. There were 434 runners in 2011 and 352 in 2010.

### The Good, the Bad and the Ugly

First off you will notice there is nothing to report on the last three races. That is because after eight years of writing this column (it could be nine maybe ten) unless something dramatic happens during an event there is really nothing left for me to write. That is why I am asking for your input for future running events, when you run write to me your experience, it will make for a much better and much fresher report. My e-mail is [jlg@sc.rr.com](mailto:jlg@sc.rr.com) this way we can hear about the runners in the front, middle and back, what you like and did not like about an event, what your goal was and did you achieve it, etc.

That's the good (hopefully), now the bad. Don't smoke around running events and if you see some-

one smoking tell them at the very least to reframe until they can go in a room by themselves and smoke themselves into oblivion. At a recent event I saw someone puffing away a mere two feet from the course and at another event a person was smoking in the crowd during the awards ceremony. The simple slogan is don't smoke and don't give every runner the middle finger by smoking at or around running events.

The ugly, comes from someone I am not surprised. This runner, if you don't know him, you've heard him, not heard of him, but heard him. To make a short story, short, if you are running an event and find yourself needing to "go" I understand. But don't "go" until you run about one more second into thick woods (that were a mere inches away) thus enabling you to "go" out of the sight of everyone else. I'm just saying.....

.....to check your local listings for time, place, how to register for future events at [www.colarunclub.com](http://www.colarunclub.com) and [www.strictlyrunning.com](http://www.strictlyrunning.com)

So until next time I will see you From the Road.

