



*A newsletter of the Athens Road Runners*

# PACE

DECEMBER 2013

## Giving Thanks

**A message from ARR President Julie Thompson**

The "Give Thanks" 8K jumpstarted my day of giving thanks. What a celebration of Athens, of running, of local businesses and of caring for those in great need. Who would have guessed that 275 runners, dozens of volunteers and spectators would brave the sub-freezing temperatures instead of staying home on a national holiday?

Later in my kitchen, while kneading dough for dinner biscuits, I found myself counting my blessings and reminiscing on the past year. I remembered that it was last Thanksgiving when the pieces of the Athens Road Runners vision started to fall into place. Al Jeffers and I had met a few times to ponder the possibility of a new running club in Athens. But on Thanksgiving Day during the Macy's parade I remember emailing Al with my thoughts about the club name (*Georgia Track Club? Georgia Road Runners? Athens Road Runners?*) We still had no money and no idea who else would be part of this effort, but at least we had settled on a name.

By mid-January we had rounded up a few folks who shared the vision and were willing to be part of the foundation of this new effort – Tyra Byers, Stefan Billmeyer, and Tommy Jackson. We didn't all know each other, but we all knew and trusted Al. Never did any of us imagine that nine months after our membership launch in mid-February (at the Taste of Athens 10K) we would have more than 300 members.

As of December 1 we have 335 members, ranging in age from 18-months to 70, with speeds from toddling to sub-5 minute miles. We are an eclectic group of various sizes, ethnic origins and native tongues. Runners from France, Germany and New Zealand add to our lively post-run conversations. We have co-sponsored a running program for beginners and now a competitive team. We have helped several local races and hope to someday host our own.

What an exciting adventure it has been! I consider it a joy to serve as president in this exciting first chapter of the Athens Road Runners. I give thanks for all of you for being part of this "supportive community of runners of all ages and abilities"!

## Club Highlights

**Holiday Potluck** - Join ARR members in celebrating the end of the year at the home of board member Monica Huff. E-vites in your inbox. Don't forget to tell us what you will bring to the party.

**Subcommittees forming.** – Are you interested in getting more involved with ARR? We will soon be forming several subcommittees. Some will lead kid's programs, organize social events, and help with other administrative tasks. E-mail [info@athensrr.org](mailto:info@athensrr.org) if you are interested in a subcommittee role.

## Saturday Morning Group Run



Join us Saturday morning at 8 am at the Bottleworks parking lot for a 3 or 6 mile loop. Maps on our website at [athensrr.org](http://athensrr.org)

# Giving Thanks for Athens Road Runners

We asked a dozen of our most active members what they most appreciate about Athens Road Runners or to share a favorite memory about their experience with us. Here's what they said:



*I've enjoyed meeting runners who come from so many different places, have such a wide range of interests, and are so supportive! It's great fun to be at a race and spot so many others wearing their ARR shirts!*

**Denise Horton**

*I enjoy the fellowship and camaraderie with the other group members. The Athens running community is full of great people and ARR has been a way to get connected with these people with common interest.*

**Chris Cunningham**



*I especially value the group runs on Saturday mornings with coffee at Hendershots afterwards. It is a great way to meet so many Athens runners. Since the group has grown so large, there is always someone to run with.*

**Susan Adams**



*For me ARR has provided a boost to my motivation to keep running consistently. Running may be an individual sport but running as a group helps maintain my motivation and effort level. I know I would not at the same level of running without ARR. -- Greg Morin*



*The support and community provided by ARR has been priceless to me. I would have never trained for and run my first half marathon this fall without my Saturday long run buddies... thank you Road Runners!*

**Vicki McMaken**



*I like running with our group; it encourages me.*

**Caroline Duncan, age 10**

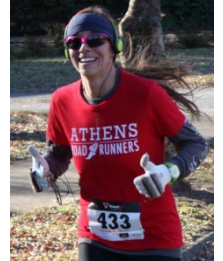


*I am new to town, so Athens Road Runners was the first thing I looked up before moving. Now I really look forward to the Saturday ARR group run (plus other runs during the week), as it's a chance to meet new people and get my bearings.*

**Joe Woodyard**

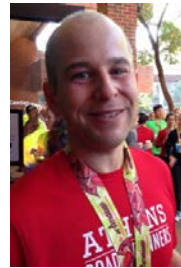
*I love the feeling of community within the Road Runners. Everyone supports and encourages each other. You always feel welcome.*

**Rhia Kilpatrick**



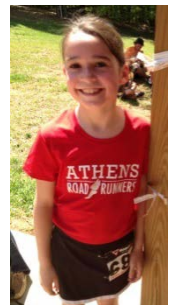
*As a relatively new runner, the ARR connected me with a community of runners who challenged and supported me. I would not have done so well in my first half marathon without the encouragement given to me on the Saturday training runs.*

**Don DeMaria**



*I like how we all cheer for each other at races when we wear our Athens Road Runners shirts. It's like being on a team.*

**Ellie Thompson, age 9**



*Assemble a collection of people, from disparate backgrounds, on the morning of a national holiday, to support individuals whom they may never meet, to push themselves to the point of physical exhaustion in sub-freezing weather and when the distance is run, (apologies to Kipling), there are smiles on the faces of all. This is one small example of what I value of the Athens Road Runners. – Steve Marcotte*



*My favorite ARR moment was a few weeks before the AthHalf on a Saturday morning run. My knee was swelling and so painful that I had to really just waddle along. Three women who could have gone much faster compassionately slowed and stayed within my sight range just to make sure I was okay. It meant a lot to me.*

**Chris "RC" Ellis**



## Our Membership Keeps Growing...

Cindy Adams	The Hall Family (David, Kathrin, Emily Johanna)	Amy Parrish
The Adams Family (Malcolm, Susan, Ken, Robert, Hillary)	Alison Hanowell	Ellie Parton
Jessica Allen	Tess Hardcastle	Nelson Pavao
Cliff Anderson	Kathy Hardman	Diana and Ty Payne
James Anderson	Katie Hardman	The Pearson Family (Randy, Melissa, Carden, Max, Cole)
Gayle Andrews	Josh Haynes	Leslie Platek
The Ashley Family (Alan, Dana, Harlan, Lanier)	Anne and Marshall Henderson	Randy Ramsey
Christina Aurrecochea	Nik Heynen	Nekeisha Randell
The Bailey Family (Keith, Liz, Maggie, Reid),	Jennifer Hoctor	Rajiv Ranjan
Meredith Baker,	Will Hodges	Bob and Molly Rentz
The Ballard-Meyer Family (Marie, Bert, Josh, Emily)	Don Holliday	Lenet Rivas
James Barlament and Chrissy Proctor	Jacquelyn Horner,	Nanette Roberts
Courtney Baron	Dan and Denise Horton,	Susan Rosenbaum
Lisa Bartholow	Chad Howe,	Bo Ryles
Andrea Belcher	The Huff-Streiter Family (Reign, Monica, Gabby,	Nina Santus
Frances Berry	Scout and Wyatt)	John Schelhas
Evie Bielen	Crystal Huffman	Alicia Schildwachter
The Billmayer Family (Stefan and Nicholas)	Alison Hunter	Kristin Schmidt
Leslie Blevins	Ginny and Justin Ingels	Adam Schroeder
David Blum	Renee Jackson	Mark Schroeder
Maric Boudreau	Tommy Jackson	Charles Schutte
Bill Bowen	Al Jeffers, Simone and Isabella Zaccaria-Jeffers	Katharine Servidio
Amy Bramblett	Candice and Jeremy Jenkins	Peter Shedd
Jane Branam	John Johnson	Mollie Sherman
Lindsay Brannen	Kevin and Laura Johnson	Karen Shetterley
Dana Brock	The Johnson Family (Troy, Michelle, Noah)	Dustin Shinholser
Brian Brodrick	Tino and Zoe Johnson	Gena Short
Kevin Brodrick	Megan Johnston,	Christina Simmons
Tara Bulger	Clark Jones and Anna Joy Lehmicke	Kelly Simmons
Colby and Kelley Butrick	Julie Jones	Jim Simms
The Byers Family (Tyra, Jeb, Connor, Riley, Cole)	Payton Joyner	Tres Small
Ben Campbell	Leigh Ann Kane	Alexa and Colby Smith
Laura Campbell	Laurie Kaulbach	Kevin Snyder
Tom Cannon	Rhia Kilpatrick	Denise Spangler
Nat Carmack	John Kissane	The Spear Family (Glen, Niki, Lincoln, Alex Hobbs, and
Darlene Carson	Michael Klipper	Esther Yoder)
Kasi Carvell	Andrew Knoblich	Jennifer and David Spooner
The Chandler Family (Brett, Tia, Meg)	Debbie and Kelley Koppersmith	Dave Springstead
Scott Chastain	Andrea La Fera	Erin Springstead
Melissa Chiz	David Laggis	Krystina Stoner
The Claas Family (Aaron, Ashley, Kelley, McCrae)	Jacqueline Land	Marlana Street
John Coffee	The Landrum Family (Joel, Kim and Aiden)	The Suggs Family (Welch, Claire, Molly, Alex)
Toby and Paige Cole	Greg Lindsey	Raymond Swetenburg
Jakemia Coleman	Carol Lively	Kate Sycamore
Jessica Condit	Amanda Lloyd	Stephanie Sykes
Robert Coffman	Bridger and Stephanie Loftin	Claire Tallman
Jeannee Connell	Bianca Lourenco	Brock Tessman
Audrey Cowart	Jill Lucas	Chandler Thompson
Brandon Cullum	Julie Luft and Ken Johns	The Thompson Family (Daniel, Julie, Sam, Claire, Ellie)
Chris Cunningham	Anne and Steve Marcotte	Evan Thraikill
Guillaume Daverdin	Sydney Marshall	Kara Tinker
Kelly DeFillipis	Theodoric Mattes	Daniel Todd
The DeLamater Family (Dan, Cory, Amelia, Braden)	Rosalie Maurer	Dorothy Todd
Tony DeMarco	Rhys May	Audrey Varner
The DeMaria Family (Cate, Don, Maggie, Melinda)	Dani McCall	Bettina Von Ammon,
Deborah Dietzler	Courtney McGough	The Waddell Family (Greg, Dee, Ashley, Perry)
Katie Dillard	Sam McGuire	Cameron Wagenbrenner
Holly Doss	Vicki McMaken	Deb Walock
Gary and Jennifer Douberly	Beth Melvin	Melissa and Peter Walton
The Duncan Family (David, Jennifer, Caroline, David Jr.)	Krista Merry	The Welch Family (Paul, Rebecca, Porter, Walker)
Tina Eckard	Adam Milewski	Diana Werling
David Eckles	Christine Miller	Angie and Jerry White
Chris Ellis	Belinda Moon	Kate Wicker
April Ellison	Christy Mooney	Colby Widner
Devon Farmer	Bryan Moore	Marcus and Kelly Wiedower
Glen Feller	Laura Moore	Derek and Hillary Wiley
Jennifer Fogel	Sherry Morgan	Kimetha Williams
Alyson Frederick	Greg and Joy Morin	The Williams Family (Michael, April, Sam, Jamie)
Britt Freeman	Casey Mull	Taylor Winkleman
Mark Gaffney	Kendra Nelson	Brad Wolfe
Sherrie Gibney-Sherman	The Ness Family (Eric, Kim, Ben, Kate)	Beth and Jimbo Wood
The Gilliam Family (Stephen, Jennifer, Jarod )	Doug Newcomer	Bonnie Wood
Bruno Giri	Kelly Ondovchik	Justin Wood
Jennifer Givan	Julie Osborne	Joe Woodyard
Keri Goodman	Sarah Owens	Nina Wurzbarger
Katie Griner	Tony Paramore	Linda Wycheslavzoff
Stacy Grolimund	Maricia Parker	
Eric Halford		

# Training Tips

## Running in the Cold

by Athens Road Runners Coach Al Jeffers

Growing up in Pennsylvania, I spent many a day running and racing in adverse conditions. I fondly remember a cross country practice run in college when we endured a blizzard and a thunderstorm! Perhaps that is one reason I ended up spending more than half of my life in the sunny south. Running in cold weather certainly poses challenges, however with a few adjustments it should never deter anyone from carrying on with their daily runs. With just the advances in technical wear alone, running in the cold is remarkably more manageable than even 10 years ago.

Years ago I came across a really good piece in Runner's World Magazine that I think provides an excellent list of tips for bearing the cold weather <http://www.runnersworld.com/running-tips/10-tips-running-cold?page=single>. While the author addresses a couple of extreme conditions we would rarely see here in Georgia, there are several great tips that have helped me continue my outdoor running in the cold months.

**Racing in the Cold** - Yes, the winter months bring in the cold, but they also provide us with the gift of the holiday race season. With great races virtually every weekend and in close proximity, it is a great opportunity to go out and have some racing fun and maybe even snag a PR. Don't let the cold deter you! Be sure to warm up with an easy run just before the start. Starting warm allows you to get into your stride early and start racing than spending the early stages of the race trying to catch up.

Hydration is also a concern in cold weather racing. Typically thirst is not an issue in the cold so we tend to ignore the body's needs to keep vital nutrients flowing. Just as in the heat when our body is working to cool the engine, the body also is working to keep the engine warm in the cold.

Please take a moment to read the Runner's World article Rather than fret about the cold, go out and embrace the elements! Happy Holidays!

## Welcome, New Members!

Please welcome these new members who joined Athens Road Runners in the month of November, bringing our current club membership to 333.

**Students:** Bianca Lourenco, Alison Hunter

**Individuals:** Lindsay Brannen, Scott Chastain, Nik Heynen, Adam Milewski, Sherry Morgan, Susan Rosenbaum, Denise Spangler, Justin Wood

**Couples:** Ken Johns (joining Julie Luft) Derek and Hillary Wiley

**Families:** The Ness Family (Kim, Ben and Kate joining Erik), The Waddell Family (Greg, Dee, Ashley and Perry)

## Meet the Competitive Team

Fleet Feet Sports Athens has joined forces with Athens Road Runners to sponsor a competitive team. A selection committee comprised of ARR board members carefully reviewed applications to find runners who enjoy competing in races and would represent Athens Road Runners and Fleet Feet Sports Athens at local, regional and national races in a positive way.

Applicants were selected based upon the following criteria:

1. Certified race times within the past 18 months.
2. Demonstrated commitment to running, racing and the running community.
3. Good sportsmanship.

### 2014 Competitive Team Roster

#### Open Men

David Duncan  
Payton Joyner  
Sam McGuire  
Dustin Shinholser  
Raymond Swetenburg  
Cameron Wagenbrenner

#### Open Women

Paige Cole  
Rhia Kilpatrick  
Sydney Marshall  
Chrissy Proctor  
Kristin Schmidt  
Kelly Wiedower

#### Masters Men(age 40+)

Stefan Billmayer  
Al Jeffers  
John Kissane  
Erik Ness  
Jerry White

#### Masters Women

Susan Adams  
Monica Huff  
Stephanie Loftin  
Julie Osborne

### 2014 Developmental Team

#### Open Men

James Barlament  
Kevin Brodrick  
Chris Cunningham  
Gary Douberly  
David Eckles

#### Masters Men

Tom Cannon  
Dan DeLamater  
Greg Morin  
Joe Woodyard

Congratulations to these Athens Road Runners! Let's cheer on these speedy runners as they represent ARR and Fleet Feet Sports in races near and far!



## Get Connected!

To learn the latest running news from ARR, check our Facebook page, join our Facebook group (send a request), follow us on Twitter and visit our web site [www.athensrr.org](http://www.athensrr.org).



Athens Road Runners is a supportive community of runners of all ages and abilities.

Our mission is to inspire and engage individuals to achieve health, fitness and training goals through running.

Thank you to our sponsors and partners:



## ARR IN ACTION

November was a big month for racing, particularly **marathons**. ARR members ran 26.2 mile races in New York City (Cindy Adams and Deborah Dietzler) in Raleigh (Kara Tinker), in Savannah (Brandon Cullum, Chris Cunningham, Monica Huff, Greg Lindsey, Kendra Nelson) and in Ft. Oglethorpe (David Duncan, Tommy Jackson, Kelly Wiedower).

On November 3, Nina Santus completed a beautiful 17.8 mile Shut-in Ridge **trail race** up Mt. Pisgah (NC).

Several members completed **half marathons** in November -- in Savannah on Nov. 9 (Andrea Belcher, Jaquelyn Horner, Carol Lively) and in Atlanta on Thanksgiving Day (Dan DeLamater, Alison Hunter, Carol Lively, Peter Walton, Jimbo Wood and Beth Wood).

ARR racing **10K or more** included Vicki McMaken in the Hilton Head Island Turkey Trot and Bo Ryles, Casey Mull and David Eckles in the 6th Annual 1621 Thanksgiving Day 5K and 10.44K races at the Forston 4-H Center in Hampton, GA.

The **8K** was a new distance for many on Thanksgiving morning. We had 36 members in 16 different age groups run the "Give Thanks" 8K, organized by member Dani McCall of Total Training Center and designed by Al Jeffers. More than 300 registered runners raised thousands of dollars for Meals on Wheels. And 15 ARR folks brought home awards! Check the "race" page of our website for details!

The **5K** continues to be the most popular race. ARR members ran in them every weekend in November!

- At the **Band on the Run** 5K in Watkinsville (11/2), all participating Athens Road Runners took home awards. Nelson Pavao: 1st in 45-49, Stephanie Loftin: Overall Female Winner, April Williams: Female Masters Winner, Belinda Moon - 2nd in 45-49, Bridger Loftin: 3rd in 40-44.
- At the **Hustle for Mission** 5K in Bishop (11/3). David Eckles won 1st in 35-39.
- At the **Special Olympics Annual Run (SOAR)** 5K (11/6), five members won their age groups: Ken Adams, Kristin Schmidt, Susan Adams, Michael Klipper, and Paige Cole. Second place awards went to Malcolm Adams and Casey Mull. Third places went to Bruno Giri and John Johnson. Hilary Adams and Gena Short improved their 5K times.
- On Nov. 16 the **Free to Breathe** Lung Cancer 5K included Laura Johnson (Female Masters Winner), Bryan Moore (1st in 40-44 M), Tino Johnson (a new PR!), Alison Hunter (1st place 25-29 F), Will Hodges, Maricia Parker (3rd place 35-39 F), Dana Brock 26:54 (3rd place 20 to 24 F), Denise Spangler, Melissa Chiz and Cristina Aurrecochea. The **Girls on the Run North Georgia** 5K included coaches Tara Bulger and Stephanie Loftin, Maric Boudreau and her daughter Sophia, and Daniel Thompson and his daughter Ellie.
- Casey Mull, David Eckles and Bo Ryles all won their age groups at the **Stuff the Bus** 5K in Toccoa on Nov. 23. The next day Casey again won his age group at the **Art at the Rock** 5K at Rock Eagle in Eatonton and Bo won masters men. John Johnson took second in his age group.
- On Thanksgiving Day Laurie Kaulback headed to Atlanta to run the 5K that was part of the **Atlanta Track Club** half marathon.

## RACING AHEAD

**Dec. 21** 8:30 am 15<sup>th</sup> Annual Will Chamberlin Memorial Santa Stroll 8k, Bishop, GA

**Feb. 15** - Taste of Athens 10K, Downtown Athens

**April 5** - Chick Fil-A Connect Series Half Marathon, 5k, and 1 mile



Casey Mull, Bo Ryle and John Johnson with their 5K awards.

## Time to renew!

At the end of 2013, all ARR memberships will expire. If you have not already renewed your membership for 2014, you will receive reminder emails throughout the month. Renewal forms are on the ARR website under the "JOIN" tab.

If you have already renewed and received a reminder email, please ignore this technical error.

