



ATHENS
ROAD RUNNERS

A newsletter of the Athens Road Runners

PACE

SUMMER 2014

Farewell to the Thompsons

It is with great sadness that we say goodbye to Julie Thompson, the driving force behind the Athens Road Runners and its current president. It was Julie's commitment and energy that launched the club in February 2013 and led it through the past year and a half. She has welcomed new members at almost every Saturday morning run, maintained the membership database, updated our web site, Facebook pages and Meetup page, answered emails, and continually inspired others. We wish her and her family well on their new adventure in Pennsylvania. We will miss you!

New Acting President and Additional Board Members



Dan



Chrissy



Paige



(Left to right: Julie, Ellie, Claire, Daniel and Sam Thompson. Sam is staying in Athens for his senior year.)

With founding ARR president Julie Thompson relocating to Pennsylvania later this month, Dan DeLamater, current member of our board and men's developmental team, will serve as our Acting President. Officer elections will be held at our annual meeting in February. We are thrilled to have Dan at the helm. He is a natural leader and coach who encourages and affirms everyone he meets.

We also welcome two new board members: Paige Cole and Chrissy Proctor. Both Paige and Chrissy are regulars at our Saturday morning runs and members of our women's competitive team. Chrissy will handle ARR communications and Paige and her membership committee of Susan Adams and Denise Horton will handle all aspects of membership.

ARR IN ACTION

2014 Marigold 10K a Successful First ARR Road Race

By John Kissane

It may have been the 39th Annual Marigold 10K, but the May 17th event was the first road race put on by Athens Road Runners. By all accounts the event went off very well, thanks to outstanding volunteer efforts by ARR members on race morning and to everyone who helped with planning the previous several months. This includes ARR members Doug Mathews and Pascale Riley, both of whom were integral members of the former Athens Track Club which founded and put on the Marigold 10K from its first running in 1976 through last year's edition.

Back during its heyday of the 1980s Marigold drew close to 500 runners. But a gradual decline set in by the early 1990s and the finisher total dipped below 200 by 2003. The low point came in 2011 with only 66 finishers before rebounding somewhat to 92 finishers in 2012 and 145 in 2013.

This year we were pleased to receive more than 200 entries, and on a pleasantly cool race morning a total of 193 participants completed the 10K course in and around Winterville. Also, twelve registrants unable to run the race on location that morning completed their own "Mobile Marigold" efforts in locations as wide-ranging as Cleveland, Ohio, Munich, Germany, and Pisgah National Forest, NC. Plus three ARR members who worked during the race got up extra early to run the course beforehand, at 5:00 a.m.!

Full race results may be found here: <http://www.classicraceservices.com/2014-race-results/>. Pencil in May 16, 2015 (tentative date) for the 40th Annual Marigold 10K! We'll tweak a few areas and roll out a bigger and better event next spring.



2014 Marigold 10k start line.

A Track Meet for Everyone

By Gabby Streiter- Huff



Photo courtesy of Fleet Feet.

Summer means something different to everyone. For some people it's work, for others it means TV or the pool. We are all different, but one thing summer can mean for everyone is running! Athens Road Runners had three All-Comers track meets, and they really did fulfill their promise on making them ALL-comers! People of all speeds, ages, and sizes came out to a fun filled event! Whether they were two years old or big-macho-world-champion-discus guys, people from the Athens community came out to compete, all for a love of track and field. This track meet really helped me get out of my comfort zone, an experience that really added to the best summer ever!



Gabby Huff-Streiter poses with her mom Monica Huff after finishing her final event of the All-Comers track meet at Athens Academy on June 8.

Training Tips: Training Plans

by Athens Road Runners Coach Al Jeffers

If you are thinking about running a half marathon or marathon this fall, then the time to start the serious training is here. For most of us locals, the Athens Half Marathon is on the schedule and October 19 is only 10 weeks away. That means it's time to get a training schedule together. Perhaps you will use your tried and trusted plan, look up one online to follow, or join in on one of the plans used by the various training programs offered in town. The question I get asked most often is, "Which one should I pick?"

First of all, I think it is incredible that so many choices are available. Look how far our fair city has come in a few short years. We are in the midst of a true running boom in Athens, and we owe some of this renewed interest in running to the annual Athens Half Marathon.

To me it is not about one plan being "better" than another, as long as the plan has a few essential elements including building mileage at a safe and regulated rate and respecting the rest cycle. The most important features to note are whether the plan fits your ability level (beginner, intermediate, advanced) and fits your schedule.

Regarding ability levels, try to be as honest with yourself as possible. Taking on too much will more than likely lead to injury and not get you to the finish line. Most of us put in hefty workloads, not to mention all the demands of our daily life outside of work. So be honest with yourself and choose a plan that sets you up for success. Schedules should be treated as a guide but not an absolute. I say it all the time -- the most difficult thing for me to do as a coach is to advise a runner to back off and rest. Life can get in the way of a good plan. Learn to accept this and adjust so you don't get overloaded or frustrated. After all this is supposed to be fun!



Photos from the 2013 AthHalf: Chandler Thompson and Evan Thrailkill run through Five Points; Nelson Pavao at the finish line.



Top photo: ARR Runners in front of City Hall before AthHalf 2014.
Bottom photo: Marigold 2014

FEATURED LOCAL RACES

Run for Rankin! 5k and Fun Run

Saturday, September 6 Sandy Creek Park
Fun Run 8am, 5k Walk/Run 8:30am
(\$5 off registration)

AthHalf Half Marathon

Sunday October 19
13.1 miles 7:30 Downtown Athens

RACING AHEAD

(This list is not all inclusive. For a complete list of upcoming races visit the "RACE" page of our website at athensrr.org)

Sunday, September 14

Fred Birchmore Memorial Run for Fun 5K & 1 Mile Fun Run

Saturday, September 21

6th Annual Owl Flight 5K Run/Walk

Sunday, September 21

Bookin' It 15K/5K

Tuesday, September 30

US Road Running Movie Madness Virtual Half Marathon

Saturday, October 25

Piedmont College Hustle for Hunger 5K

Sunday, October 26

14th Annual Jack-o-Lantern Jog 5K and Goblin Fun Run



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:



Half Marathon Training

WoW! Boot Camp and Athens Road Runners have developed a Half Marathon training plan for beginners that includes eight group training runs scheduled on many Saturdays in August, September and October, leaving from the Athens YMCA at 7AM.

Other training plans are available through Fleet Feet Sports and the UGA Department of Recreational Sports. See our weekly email for details.

Happy Running in the Peachtree Road Race

By Lindsay Brannen

The Fourth of July is one of my favorite holidays, and I haven't found a better way to celebrate it than the Peachtree Road Race. Before this year, my one and only experience was in 2012 (I missed last year after giving birth to my twins just 11 days prior). Still a newbie, I was unfamiliar with every hill and bend and sight along the way. But the one thing I did remember was how happy I felt while running. And the excitement! The huge crowds cheering and clapping and waving American flags, the refreshing sprays of water from hoses and hydrants, and those patients at Shepherd Center who headed outside with their families and caretakers to be a part of the action. It's hard for me to describe in words how much their presence encouraged me as I climbed Cardiac Hill.

Running amongst 60,000 people is exciting to say the least, and this year's Peachtree was every bit as awesome as I expected. When I stepped outside my hotel that Friday morning, I was almost elated at how cool it was. I already had big plans for the race, and the cooler temperature was only going to work in my favor. I started at 7:45 in Wave D, ready to give it my all and have a blast doing it. I had forgotten how fast those first three miles are ... almost entirely downhill. Overall I finished nearly seven minutes faster than I did two years ago. I was feeling pretty darn good when I arrived at Piedmont Park!

Training in the heat and humidity is more than worth it when you have a race like the Peachtree to look forward to. I really can't imagine not making it a part of my Independence Day festivities from here on out, so in January I plan on joining the Atlanta Track Club to secure my bib in 2015. If you've never run in the World's Largest 10k, I strongly urge you to consider it. It's an experience you will never forget!



Lindsay Brannen in a pre-race selfie before the 2014 Peachtree Road Race, which enjoyed record cool temperatures this year. Lindsay was one of more than 70 Athens Road Runners who ran in this historic 10K race this year.

Thank you, Athens Road Runners!

Thank you for the generous gift card and farewell banner with personal messages you gave to me at our August 9 group run. I was surprised and overwhelmed by your kindness! I am grateful for all of you and will miss you, especially on Saturday mornings.

--Julie Thompson

