



**ATHENS**  
**ROAD**  **RUNNERS**

*A newsletter of the Athens Road Runners*

**PACE**

WINTER 2014

## **Athens Road Runners Merges with Athens Track Club**

*Acquires Marigold 10K Race in May*

*By Julie Thompson*

When Athens Road Runners was established last February, there was already another RRCA running club in town, the Athens Track Club. The ATC has a long, storied history dating back to 1978. For four decades they have sponsored and led the Marigold 10K in Winterville. In the 1980s they led the Athens Marathon, with a course that went from Athens to Winterville and back.

In December of 2012, when the Athens Road Runners was just still in the organizing phase of “a few people and an idea” we approached the ATC leaders with our plans to create a new running club. They wished us well and cautioned us about the difficulty in finding volunteers to help with races and events.

In our first year, Athens Road Runners grew at a rate surpassing all of our expectations. By December our membership had grown to more than 350 members, and included several members former members of Athens Track Club, whose membership had dwindled to 20. When we learned that ATC was struggling to find people to serve in key leadership positions, we approached their leadership again and proposed a merger of the two running clubs.

In January, meetings between board members of both clubs took place and worked out the details of this merger. The most significant part of the merger is that now Athens Road Runners will have its own race, the Marigold 10K as part of the annual Winterville Marigold Festival. Remaining ATC funds will be devoted to help support the race in future years. Former members of the Athens Track Club, particularly Pascale Riley and Doug Mathews will train race committee (led by John Kissane) and our volunteers to lead a successful race. Athens Road Runners and former Athens Track Club members will receive a \$5 discount on registrations.

We look forward to this next chapter of history of running in Athens!

## **Club Highlights**

### **Happy Birthday, Athens Road Runners!**

One year ago we launched our membership drive at the Taste of 10k finish line. Join us at there on Saturday, Feb. 15 after 8:30 AM to celebrate with cake and coffee. Look for the red and yellow balloons.

### **Annual Meeting**

After our group run on Saturday, Feb. 22 we will have our annual meeting to elect officers, review our budget and answer your questions about ARR. Meeting will start shortly after 9 AM at Hendershots.

### **Saturday Morning Group Run**



*Our Saturday group runs keep growing! Join us Saturday morning at 8 am behind the Bottleworks for a 3 or 6 mile loop followed by free coffee at Hendershots.*

# KIDS CORNER

## Introducing Kids to Running

by Kim Landrum  
(Dream Team Triathlon Coach)

Running is a natural childhood activity that serves as the cornerstone of many mainstream recreational sports like soccer, baseball, basketball, and football. However, ask a child to simply run and you could be met with reactions ranging from enthusiasm to looks of suspicion or downright refusal.

As a youth triathlon coach, I've had a lot of experience working with parents wanting to introduce their children to running. Some take to running easily but others can only be convinced to run in the context of a game, race or plea. Many children find the act of running repetitive and boring so until they develop an interest, try these helpful tips:

- Start slowly and build up gradually. Let your ten minute run consist of a minute of running following by a minute of walking or alternate running and walking between mailboxes.
- Sing songs, play music or turn your run into a scavenger hunt.
- Hit the trails. I have yet to find a child that won't run 3 times as far on trails as they will on the road—without complaint or resistance. Plus trails build agility, strength and endurance.
- Establish a goal. Pick a 1- mile fun run, 5k or kids marathon and work towards a goal by logging mileage overtime.

Whatever you do, let your child's interest in running develop naturally. Be patient and let them find out what they love about running so they will have their whole life to develop that love.



**Left:** Alan Ashley and his twin daughters Harlan and Lanier at the Timothy Road Elementary Roadrunner Rally 5K in October.

**Center:** Stephanie Loftin coaches a Girls on the Run participant at their end-of-season 5K race in Atlanta.

**Right:** A group of Dream Team Triathlon and Athens Road Runners kids relax after the finish of the Jack-o-Lantern Jog 5K at Sandy Creek Nature Center.

## Youth Running Opportunities in Athens

### Sirius Athletics Youth Track Program.

Provides excellent coaching in a safe, fun and encouraging environment. Season Starts Feb. 25<sup>th</sup>. Practice Tues/Thurs 3:30-5pm. 4-5 meets on either practice days or Saturdays. Registration and information on [siriusathletics.org](http://siriusathletics.org)  
Free track and field orientation at the Spec Town's Track (UGAs track on S. Lumpkin St.) on Saturday, February 15<sup>th</sup> from 10 am - 11 am.

### Girl POWERed

A locally organized running program for 5<sup>th</sup>-8<sup>th</sup> grade girls focused on fun, empowering girls through 13 weeks of lessons and training for a local 5k. Meets Monday 5-6pm Feb. 10<sup>th</sup>-May 5<sup>th</sup> at YWCO. For information contact Monica Huff at [monicahuff@bellsouth.net](mailto:monicahuff@bellsouth.net)

### YMCA Youth Track Program

<http://athensymca.org/youthtrack>

### Athens Youth Academy Trojans

Opportunities for youth ages 8-17, beginners, intermediate, and advanced athletes. Today's youth are tomorrow's champions. For information: <https://www.allteamz.com/athens-youth-academy-trojans> or [platumplatt@yahoo.com](mailto:platumplatt@yahoo.com)

### Girls on the Run Spring 2014

A 12-week running program for girls 3<sup>rd</sup>-5<sup>th</sup> grade. Meets Mondays and Thursdays at Veteran's Park in Oconee Feb. 10-April 24 from 4-5:15pm. For more information contact: [tarawbulger@gmail.com](mailto:tarawbulger@gmail.com)

### New Rockets

A non-profit; youth track club that strives to motivate youths ages 6-18 to achieve leadership, self-discipline, sportsmanship, integrity, and a sense of community through the sports of track and field and cross-country. More information at: <http://www.newcrockets.org/>

### Dream Team Triathlon Club

Training and racing opportunities for kids ages 5-16 in a safe, supportive and fun environment. Our head coaches are experienced triathletes and will teach your child basic triathlon skills in a team environment built around learning more and having fun. More information at <http://dreamteamtriathlon.com/>

# Training Tips

## Strength Training and Running

by Athens Road Runners Coach Al Jeffers

It was August of 1982 and the first week of Cross Country practice at Ursinus College. I'll never forget my first encounter and conversation with my new team mates. "Hey Al, nice to meet you. Are you here for Cross Country? Or maybe you should be over there with the football team?" I kid you not, those were the first words I heard. I was not huge, but I was most definitely more filled-out and overall fit than my teammates. I did come into that first week with miles in my legs, but I also spent three days a week that summer in the gym with my old friend "Big George" who was on his way to play defensive line for the University of Pittsburgh. I may not have looked like your typical distance runner, however by the end of the season I was the only runner on the team who did not miss a race or a single workout due to injury!

Strengthening muscles and joints can not only improve race times, but a regular conditioning program will go a long way to preventing injuries. For a runner to perform optimally, it is vital to make the time to improve overall fitness. Targeting flexibility, mobility, balance and strength will give the runner a solid base to build mileage and to do so with a better chance of remaining injury-free. As runners we engage in activity that requires a repetitive motion. Add in the fact that we mostly do this on hard pavement and you have a recipe for potential disaster. It only makes sense that the more flexible and stronger you are, the better chance your body can handle such stresses. All the miles in the world will do you no good if you cannot make it to starting line because injuries.

I encourage every runner of any ability level from new runner to seasoned runner to look into a supplemental strength and conditioning program.

The Athens Road Runners are so fortunate to have a wealth of qualified fitness professionals associated with the club (My apologies if I left anyone out).

- **Adam Nelson:** Director of Athens Orthopedic Sports Performance and Rehabilitation Center (SPARC)
- **Jimbo Wood:** Horizon Physical Therapy & Rehab
- **Dani McCall:** Total Training Center
- **Payton Joyner:** ARR Competitive Team and Exercise Science Graduate Student
- **April Williams:** WoW Bootcamp
- **Rhia Kilpatrick:** Yoga at Chase Street and YMCA

Give one a call, get on a program, get fit and faster. Most of all, stay healthy!

## 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](http://athensrr.org))

### Sunday February 16

15th Annual Frog Hop 5K + 1 mile fun run, 2 p.m. & 2:30 p.m.

### Saturday February 22

Barrow Boogie 5K, Athens, 8:30 a.m.

Habitat Hustle 5K + Fun Run, 1 p.m.

### Saturday, March 1

UGA National Student Speech and Hearing "Ready, Set, Speak" 4th Annual 5K Walk/Run, Stegeman Coliseum 8:30 a.m.

### Saturday March 8

The Brave 5K and fun run, Watkinsville, 8 a.m.

### Saturday March 22

Dawg Trot 5K, Athens, 8 a.m.

2<sup>nd</sup> Annual Fun Run for Sustainability, Botanical Gardens, 9am

4th Annual Strollin' for the Colon 5K, AGECE, 11a.m.

### Sunday March 23

Cottage 5K, Athens, 2:30 p.m.

### Friday March 28

Lead Athens Midnight 5k, 12 a.m.

### Saturday March 29

March for Meals 5K and 12K, Athens 8 a.m.

## FEATURED LOCAL RACES

(with member discount)

### Sunday, February 16

Cupid Shuffle 5K, Stegeman Coliseum, 8 a.m.

### Sunday, February 23

Delta Sigma Pi Mardi Gras Mad Dash 5K

Stegeman Coliseum, 8:30a.m.

### Saturday March 1

March Moving for Montessori, 5K and 10K, 8 a.m.

### Saturday April 5

Chick-Fil-A Connect Half Marathon/5K, 7:30 a.m.



This intergenerational group started off the New Year in a healthy way with the NewYears at Noon 5K.



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:**



**It's Not Too Late to Join a Committee**

We are in the process of forming committees help with our membership, races, events, youth programs and training. Below is a brief description and the members who have signed up for each one so far.

Membership Committee: Assist with outreach to recruit members and membership administration.

Board Member Liaison: Julie Thompson  
ARR Members: Susan Adams, David Eckles

Race Committee: Serve as a liaison with local race directors, help organize the Marigold 10k (May 17), plan additional races or runs.

Board Member liaison: John Kissane  
ARR Members: James Barlament, John Johnson, Chrissy Proctor

Event Committee: Plan ARR social events, seminar series with speakers on different topics. Organize running/fitness events with other local groups

Board Member Liaison: Dan DeLameter  
ARR Members: Kathrin Stranger-Hall, Chandler Thompson

Youth Committee: Connect with other programs in the community and plan ARR youth running programs and events.

Board Member Liaison: Tyra Byers, Monica Huff  
ARR Members: David Duncan, Kim Landrum, Kelly Simmons

Training Committee: Organize group runs and running events, organize groups to train and travel to races together and coordinate training for AthHalf and other races.

Board Member Liaison: Jennifer Givan  
ARR Members: Coach Al Jeffers, Tom Cannon, Payton Joyner, Jerry White

ARR Teams Committee: Coordinate opportunities for our competitive team to train and compete.

Board Member Liaison: Stefan Billmeyer  
ARR Members: Al Jeffers, Dustin Shinolser



Julie Osborne, a member of the ARR competitive team, took 2nd place masters female in the 2-day, 26.2 mile run fest at Tybee.



Carol Lively and her SIX medals from the Dopey Challenge at Disney (5K, 10K, Half Marathon and Marathon in four consecutive days)

**Where do my dues go?**

Athens Road Runners has experienced phenomenal growth since our beginning in February 2013! Revenue comes from member dues, sponsors, and t-shirt sales (although this is minimal as shirts are made available near cost as a member benefit). Part of this money goes to the Road Runners Clubs of America which includes our insurance as well as other services including our race calendar and online payment service. As ARR enters year two, look for additional programs and events to support both members and running in the Athens community. A detailed breakdown of revenue and expenses will be available at the annual meeting on Saturday, Feb. 22. Thank you for your membership and support of the Athens Road Runners.

