



**November  
2008**

## *Newsletter—new format*

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As you can see, we have changed the way we are going to display and distribute the newsletter. The web site contains all race results and photos. Duplication of this information seemed unnecessary.

Roswitha and Steve have done an excellent job for the last 3 years and have placed the bar pretty high for me. Because it is now a one man (woman) job, I have had to find a way to streamline this publication. I hope that it in no way distracts from the quality it of or your enjoyment of it.

My past experience has been with web pages, not newsletters, so I am a bit out of my comfort zone. I hope that you, as a member will take this opportunity to let me know what you like and dislike about the format. If you have any ideas or race reports you would like to submit to this newsletter please email it to me, I will include it in the next issue.

I will do my best to improve with time.

*Julie McAllister*

[julie.ccrunner@gmail.com](mailto:julie.ccrunner@gmail.com)

## **CCRR Yearly Membership Dues Reminder**

Just a reminder to all Corpus Christi Roadrunners members that yearly membership runs from November to November each year. The yearly dues for the 2008-2009 year are due at the end of November 2008. Members who do not renew by the end of January, will be dropped from Corpus Christi Road Runners membership list February 1st.

Frank Flores has been doing a tremendous job with each monthly event. If you have not made a monthly fun run check out the web site ([www.corpusroadrunners.com](http://www.corpusroadrunners.com)) for place and time, be sure and try to attend a run. This year was the 2<sup>nd</sup> year for the ROTY program and we had great results, this upcoming year we plan on more races for points. Runners of the year awards are for club members only and will be given at the annual banquet in October.

The CCRR applications can be found in the newsletter, at the web site, and Fleet Feet Store. Any questions can be sent to David Patterson at [didado00@aol.com](mailto:didado00@aol.com). Please try to include a email address where you can be contacted and the ages of all those family members on the renewal or application form. All renewal applications postmarked before Jan. 1, 2009 will receive two bonus points for the ROTY. Several places in the ROTY standings this year was decided by a point so these two points can count.

A few facts to help decide if you want to renew: This last years Beach to Bay had over 1700 teams and all finishers received medals, over \$52,000 was given to different charities and organizations this last year, we are looking at 2000 teams this year for Beach to Bay, all CCRR sponsored races have a professional timing company handle the results, and participating at CCRR event either volunteering or running is a good way to spend a few hours.

*Have a safe and healthy running year.*

David Patterson Membership Chairman [www.corpusroadrunners.com](http://www.corpusroadrunners.com) go to membership

### Up coming Races

See our website for more information

- 11/22 Living in the Light 5k-Victoria
- 11/27 Turkey Chase 4 mile
- 12/5 Island Lights Fun Run
- 12/20 American Bank 1/2 Marathon
- 12/20 Way of Life 5k-Alice, TX
- Results for Races on our website

## Trail Twister Trail Race by Clay Brieger



A little race report here. This was the second year I think of this race. It was very well organized. I would recommend it for next year. It ended up warm with the start at about 68. The trails were well marked and the aid stations, that were 3.5 to 4 miles apart, were well stocked. I had run the west side in June and the east side in July so I knew the first half (east) would be harder than the second. We took off sharply at 7am. I was surprised that more people weren't ahead of me. All those fast 40+ y/o's that

were at Rocky Hill Ranch were not there. I caught one guy at mile 6 and ran with him a couple of miles. He told me that there were only 6 ahead of us and 3 of them including him were 60k runners. I passed him at 8 and caught one of his buddies at 10 and passed him. At the last aid station, around 14.5, they told me I was in second. I knew I couldn't catch him so was able to cruise the last miles and not get too worn out. We had 44 in our race and 13 more 60k runners that stopped at 30k, probably

due to the heat. I finished second. Tamay won overall woman in the 10k race. She was 11th out of 39. Mike Wanzer also did the 30k under 4 hours and it was his first run ever of 18 miles. What a way to do your first 18 miler.

Clay

## Trail Twister Trail Race by Tamay Tipton



I agree with Clay this is a well run fun event with VERY nice trails. The trails were built and are maintained by the local mountain bike club and they had volunteered and were out on the course.

My race report starts out at 8:30 friday evening freaking out because I had forgotten my shoes!!!! Got to Academy right before they closed. Race morning I did get to see Clay and Mike before the race and met Mike's wife who is a new runner. Talked with Clay and picked up my chip. Yes it was chip timed!!!! They had told us at the start the 10k was long maybe 6.3 but it ended up being 6.4. Was very nice trails and they were well maintained.

There were lots of twists and turns and they had the course going up and down the levee to throw in some hills. I saw a snake and yelled at the guy behind me but he never saw it. Everyone got a 10K finishers medal and I got a VERY nice plaque for first.

It was a fun race and I plan on doing it again next year. Maybe the 30k.

Tamay

**Do you have a race report? Please email it to [Julie.ccrunner@gmail.com](mailto:Julie.ccrunner@gmail.com)**

**If you have pictures, please include them with your email.**

*Hartford Marathon—No Regrets**by John McAllister*

A couple of my local running partners told me about the Hartford marathon. "It's fast, flat, cool, and area is beautiful". Just exactly what Julie and I were looking for after melting at the Disney marathon in Jan.

Went to the expo which was disappointing but I suppose for that small a race; it was to be expected. Snuck up on Bill Rodgers and got my pict taken with him. He was one of my heroes in my early running career. Picked up packet and shopped a bit and back to hotel.

Race day: Get to race start about 7:15 jog a little bit, stand in potty line a long time, head towards the start. Crowded at the start and too many speeches. Weather conditions perfect. No I've changed race strategy. I know I have a 3:02 or 3:03 in me. But I've decided to follow busiman (a friend) and go for broke. He says he will run the first mile in 6:47 and I think I'll shadow him for a while. Our first mile? 6:18. Too fast busiman and he agrees. 2nd mile 7:20. To slow busiman; we've got to find a middle pace sometime.

Mile splits

6:18, 166 hrt rate, too fast

7:20, 149, too slow

6:31, 149, ok now I'm committed to an all out effort until I break

6:31, 150

6:31, 150 ran with a younger woman at this point and asked her goal. She says 3:05 and we decide we're on a 2:55 pace. She slows.

6:45, 150 slipped a bit

6:49, 150 hmmm

6:45, 148 pick up another woman who is in her early 40's I'm guessing. She is steady and ends up re-passing me at the end. She was 9th woman finisher in 3:0X:and change

6:42, 149 10 mile time. Goal is to get as close as possible to doubling this time. (my time a bit off chip time but close enough)

6:54, 149

6:37, 150

6:38, 150

At the half by chip time 1:28:01. Ok on pace for 2:56

6:38, 152 - strategic error here. My pacer is behind me now due to a water stop and a guy comes by running about 10 secs per mile faster than us. I'm feeling good and decide to go with him. She doesn't. I only run with him a mile or so and then I'm running alone the balance of the race. At mile 14.5 the kickrunners aide station comes into view. Before I know it dtoce (a friend) is running with me opening a gu and gatorade for me. He's a handsome man; hope my wife is too tired to notice him.

6:45, 152

6:44, 153

6:50, 154 I'm slowing but all miles under 7:05 or 7:10 are seconds in the bank. I should have at this point slowed to 7:10's and held that the rest of the way. 2nd strategic error.

6:54, 153

6:53, 154

7:26, 151 hmmm Ok that's 20 miles in 1:28:01

Close to 10 mile X's 2

7:16, 151 If I can get to 22.5 and the next kr aid station I'm ok. At 21.5 Hally runs up and duplicates dtoce for me. Oh carp, they did say 21.5 not 22.5. Mind games. Oh well. So I look ahead and see cones forever and am hoping we turn left soon because their is a mountain in front of me. The trees are blocking it's full height but the cones disappear.

7:48, 153

8:20, 148

8:29, 146,

8:43, 144

I'm not telling the last mile. You can figure it out with your calculator.

Finish 3:06:42 avg heart rate 150 pace is 7:08

4th age group and 66th oa. First place age ran 2:55. 2nd 3:01:00 and 3rd 3:01:20.

2nd, 3rd, and 4th were within a minute of each other at 10, 13.1, and even 20 miles although I didn't see any old men around.

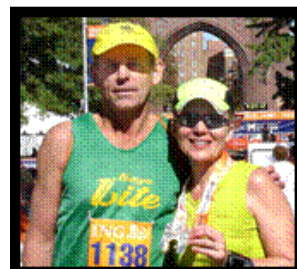
No regrets. I know I could have run with the 2nd and 3rd place runners by running a more disciplined race. I chose to run till I broke. Had it been a larger race where I could have paced last 5 miles with a group I think I might have been ok. The hills in the last 5 miles were not anything on a normal run but after 20 hard miles they got me. Ramps, over-passes, up and down to the river path. Too much for this old man this time.

The real story is Julie and her race. She ran her first sub 5 in a time of 4:32 and change. That is a 46 minute pr and am very proud of her.

What's next? A 3:00:00 disciplined Boston '09

Thanks for reading.

<http://picasaweb.google.com/Julie.CC...ey= nuNUEk50kk#>





My friends, Al and Sandy Cumming, who are scheduled to complete their quest to run marathons in all 50 states and D.C. in March 2009, had been encouraging me to run a Double. I finally gave in and signed up for New Hampshire and Maine Marathons. Perhaps I should have asked Al to issue me a temporary weekend membership in his Ship of Fools! Although I was hoping to run 4:20 in NH and 4:30 in ME, my realistic goal was to run both and not to walk any.

**New Hampshire Marathon**

**Bristol, NH**

**Saturday, October 4, 2008**

**9:00 AM**

New Hampshire is one of the original 13 states that founded the USA, and was named after the southern country of Hampshire in England. Concord is the state capital and Manchester is the largest city.

This was a small marathon in an absolutely gorgeous setting. I flew into Portland, via Newark, on Friday afternoon. From the airport into Bristol was a 143-mile drive. Packet pick-up was at Newfound Memorial Middle School. Each runner received a long-sleeved cotton shirt and a few gift items. The pasta dinner was one of the best pre-race dinners I have ever had. Spaghetti, 8 or 9 different homemade sauces, salad, bread, and a variety of homemade dessert items; all for \$8! I stayed in Days Inn at Campton (about 21 miles north of Bristol, off of I-93).

The race day temperature ranged from low 40s to mid 50s, a bit windy, and partly sunny. The loop course started outside the Middle School and ended at the nearby Kelley Park. This is a very hilly and challenging marathon, which requires mental toughness and certainly not for the timid. We basically circled the Newfound Lake, surrounded by forested mountains; fall colors were in their formative stage and scenery was fantastic. At about mile 11, we reached the Village of Hebron and ran an out-and-back route for about 5 miles. There were 14 water/sports drink stations. There was hardly any crowd support, which was expected. I ran the last 10 miles by myself. We ran on roads, facing the traffic. Although most drivers were slowing down for the runners, a few didn't, and frankly, I didn't feel very safe running the last 4-5 miles. There were plenty of refreshments at the finish, as well as complimentary massages. We also had access to showers inside the Middle School. In short, we enjoyed an excellent running weather to run a finely organized marathon in a beautiful place.

There were 151 finishers (108 males and 43 females) in the average finish time of 4:32:34. The winning times were 2:48:19 (overall male), 3:32:56 (overall female), 3:01:20 (masters male), and 3:58:02 (masters female).

I ran the first half in 2:08 (9:46 pace) and finished in 4:21:57 (10:00 pace). I felt very comfortable throughout the run, didn't walk any, and actually had a good time running the marathon and enjoying the scenery! I liked the finisher's medallion.

**Peak Performance Maine Marathon**

**Portland, ME**

**Sunday, October 5, 2008**

**7:45 AM**

Did you know 70% of all lobsters harvested in New England are caught in Maine, and that a genetic flaw causes one in every million lobster to have a blue shell?

After the run in Bristol, I returned to Portland and went to University of Southern Maine Campus for packet pick-up/expo and pre-race dinner. The long-sleeved technical shirt each runner received was nice and dinner was good too. I stayed in Days Inn on Maine Mall Road, which was about 6 miles from start/finish of the marathon at the University.

It was a nice sunny day to run the marathon, temperature ranging from low 40s to mid 50s. We had access to the University's gym, which kept us warm until the start time. The scenic out-and-back route included very few turns, was mainly through tree-shaded residential neighborhoods, and offered the opportunity to see the Back Cove and Casco Bay in several places. Although it wasn't as hilly as the one in Bristol, there were plenty of hills; not a PR-type course. There were 14 water/sports drink stations. We shared the first 6.5 miles with half marathoners. Crowd support was fairly good at several locations. Splits were digitally displayed at every other mile. Post-race refreshments were good and finisher's medallion was nice. In short, it was a finely organized running event.

There were 733 marathon finishers (445 males and 288 females) in the average time of 4:09:19. The winning times were 2:28:22 (overall male), 3:06:33 (overall female), 2:39:27 (masters male), and 3:16:37 (masters female). There were 1611 half marathon finishers and the winning times were 1:09:30 (overall male), 1:22:20 (overall female), 1:14:51 (masters male), and 1:28:53 (masters female). There were 56 4-person relay marathon teams and the winning times were 2:39:37 (overall male), 3:30:36 (overall female), and 2:55:30 (overall mixed).

Although I was fairly certain that I would finish the marathon, between miles 9 and 10, I realized that it would be a long day for me. My body made it very clear that he couldn't be pushed. My bum knees really hurt running the downhill. I ran the first half in 2:13 (10:10 pace) and finished in 4:37:00 (10:34 pace). I didn't walk any and all things considered, I was pleased with my efforts.

Later in the afternoon, Debbie, an old Houstonian friend of mine picked me up in my hotel and we went to Kennebunkport where she and Brian have a summer home. She gave me a driving tour of the area and they treated me to dinner in a nice restaurant. Debbie is a triathlete. Brian has run marathons in all seven continents. And I am a legend (smile!). Can you guess what the three of us talked about for nearly 2 hours? New friends may come and go; old ones remain loyal, which shall never be taken for granted. I was delighted that our paths crossed.

I am glad that I did the Double. I will not do another one, though! These were states #41 and 42.

- Kami

## 16th ANNUAL PORT ARANSAS SAND & SURF BEACH RUN

On behalf of the Race Committee for the Port Aransas Sand & Surf Beach Run as well as the members of the Community Presbyterian Church, I would like to express my thanks and gratitude to the Corpus Christi Roadrunners for your support of the Port Aransas Sand & Surf Beach Run. The Sand & Surf Beach Run provides funds to support the Joint Effort Leisure Ministry of our church. This ministry provides activities to the many Winter Texans who call the Coastal Bend of Texas home during the fall and winter each year. Members of the Roadrunners held our hand sixteen years ago to show us how to put on an event like this. Sixteen years later you are still providing support and encouragement. The Sand & Surf Beach Run has been and will continue to be successful because of this commitment by the Corpus Christi Roadrunners to support quality running events in the Coastal Bend.

***All we in Port Aransas can do is say "Thank you".***



**Charlie Zahn**

**Race Director**

### Cooler weather running gear guide

This is a general guide, of course there are people in our club (no names, Leroy) that run in >90 F. w/ 90 % humidity in LONG SLEEVED cotton t-shirts and some that run in <40 deg. in a sleeveless singlet. (*go figure.....*)

#### Outside temp

#### In degrees F

61 and up

56-60

51-55

46-50

41-45

36-40

31-35

*Your probably not in south Texas any more cowboy....*

26-30

21-21

#### Gear Guide

shorts, singlet or short-sleeved t-shirt

shorts, short-sleeved t-shirt

shorts, long-sleeved t-shirt maybe or t-shirt w/ arm warmers

tights, long-sleeved t-shirt or t-shirt w/ arm warmers, light-weight gloves maybe

tights, long-sleeved t-shirt, light-weight hat, gloves

tights, long-sleeved t-shirt, maybe short-sleeved t-shirt over it, tossle cap, gloves

tights, two long-sleeved t-shirt or heavier turtle neck & short sleeved t-shirt, tossle cap, gloves,

tights, heavy-weight turtle neck & long sleeved t-shirt, tossle cap, heavy gloves, Vaseline on face

tights & biking shorts, heavy-weight turtle neck & long-sleeved t-shirt or light jacket, tossle cap, heavy gloves



**Corpus Christi Roadrunners  
2008-2009 Membership Application**

**Last Name** \_\_\_\_\_

**First Name (s)** \_\_\_\_\_

**Street Address** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone No.: (H)** \_\_\_\_\_ **(W)** \_\_\_\_\_

**email** \_\_\_\_\_ **@** \_\_\_\_\_

**New** \_\_\_\_\_ **Renewal** \_\_\_\_\_ **Address Change** \_\_\_\_\_

**Annual Dues: Family \$20.00 Individual \$15.00**

**Mail application and check payable to:**

**Corpus Christi Roadrunners  
817 St. Columban  
Corpus Christi, TX 78418**

