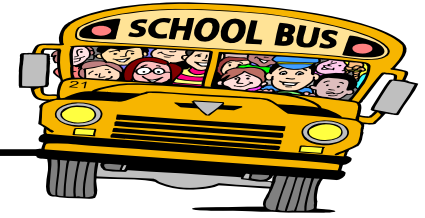


THE PACER



P.O. Box 282 Anderson, Indiana 46015

www.andersonroadrunners.org

Hydration at the Howl

By Greg Smith

Greetings walkers, runners, and the slightly curious. August the 8th was my second Howl at the Moon Ultra Marathon. Last year I eked out 28.32 miles after some severe nausea. This year I wanted to do 30+ miles. I did a lot more miles leading up to this race and tried foods to curb the hunger while training. I was able to simulate a lot of things in training except the race day heat to be in the 90's.

Bud Stiffler, Brian Rayl and I lined up for the start. I was already sweating at the start and it wasn't from pre-race anxiety. The start of the race was around 73 degrees. I figured that a 50 minute pace for the 3.29 mile loops would get me close to where I wanted to be. I was on pace for the first three 3.29 mile loops; but the temperature was definitely rising. I finished the fourth loop on track; but could feel like I was losing it. I drank a cup of water and poured a cup on my head at every water stop (twice a loop), I decided I need to get as much mileage as I could before it really turned hot. I completed five laps in around 4:10:00. I was on pace and now had 3 hours plus to do three more laps to at least do a marathon. The sixth loop took me an hour to complete. I was really losing it and was really really hot. I took on some Gatorade and a bottle of water resting to ten minutes. I still had 2 hours forty to do two more loops. Loop seven was a zombie survival lap. I had no form and was just placing one foot in front of the other. At the end of seven, I drank more water and Gatorade; but it wasn't working. I went over and lay in the bed on Brian's truck. Mark the race Director was worried and brought me a bag of ice. I got my body temperature down with the ice and lay in the truck for 45 minutes. When the walkers could start the out and back quarter miles, I was there even though Mark tried to talk some sense into me. By the third out and back, my internal thermostat was climbing through the roof again. I trudged thru a fourth and called it a day. I finished with 25.03 miles, not 30+, not even a marathon. Some ultra walker I turned out to be. I was disappointed; but I just didn't have anything left. My body had shut down long ago and I just didn't want to believe it.

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I kept drinking water and Gatorade; but it just set in my stomach. It wasn't digesting and going where it needed to go. I kept sweating and getting more nauseated. Mark, Bud and Brian kept an eye on me and I kept feeling worse. Finally I started heaving. Gary Lee saw me and went for the paramedics. They started an IV and pumped the fluids directly where they needed to go. I started feeling better quickly and was much better half way through the IV. I want apologize to Mark again for making his hectic day even more hectic than it needed to be. Thanks Mark for looking after me, for talking sense to me, for caring and for being You. Thanks to the Oakwood Paramedics for their prompt and professional service! Thanks Gary, Bud and Brian for being there to help and caring. Thanks Brian for getting me home and putting up with me.

Most people would ask, "Why in the hell would anyone want to do this to themselves?" I guess I'm just different than most. I want to push the limits and see what I am capable of. I want to be an accomplished ultra walker. What I thought was a fluke last year is now a pattern. My body is not hydrating the fluids where they need to go. Heat only accelerates the issue. IV's are great; but a bit expensive for hydration purposes. Is it weight, is it physiology? It's something that I am going to have to work on before next year's Howl, if they will let me back. This was a race I let my brain write the check my body just couldn't cash. Regardless of knowing that I did the best that I could, that 1.17 miles short of a marathon will haunt me every day and hopefully motivate me for the rest of my life.

Thanx! Greg

Run @ Work Day September 18, 2009

Scheduled annually on the third Friday in September, which will be September 18, 2009 this year, the Road Runners Club of America will promote the 4th Annual National Run@Work Day. The goal of National Run@Work Day is for RRCA members and individuals across the country to host community based events that encourage people to incorporate at least thirty-five minutes of walking or running into their daily lives. A Run@Work Day event can be hosted by a running club, an individual, or a corporation. Run@Work Day events should be a running or walking event lasting at least thirty-five minutes before work, during lunch, or immediately after work. A Run@Work Day event can be as simple as taking your co-workers out for a lunch time walk or a Run@Work Day event can be an afternoon fun run designed to bring out hundreds of people in a community or a company. The RRCA encourages the American public to incorporate at least thirty-five minutes of exercise into their daily lives which can markedly improve one's overall physical health. If adults can lead by example, if companies can encourage healthy living, then together we can combat the national inactivity and obesity crisis gripping our nation and our children.

To help you plan your Run@Work Day event, the RRCA created the Run@Work Day Planning Kit and Fact Sheet.

- [Planning Kit\(pdf\)](#)
- [Fact Sheet\(pdf\)](#)

To help promote your Run@Work Day event, the RRCA has created a general promotional poster. To obtain a free copy of the promotional poster, send a self addressed, postage paid, legal sized envelop to 1501 Lee Hwy, Ste 140, Arlington, VA, 22209. Visit the [RRCA Publication Store](#) to order multiple Run@Work Day posters.

People hosting Run@Work Day events are encouraged to give participants a copy of the RRCA Brochure. Copies may be obtained by emailing requests to the National Office at office@rrca.org . Be sure to include your name, address, and number of brochures you would like. A fee will apply for brochure requests over 25 copies. You can also simply download and print the RRCA Brochure to circulate.

- [RRCA Brochure\(pdf\)](#)

Share information about Run@Work Day events you are planning in your community by posting information on our [Run@Work Day Group on Facebook](#).

Race Calendar

Sat Sept 12

Race for All Races
5 Mile Run and 5k Walk
Indianapolis

Sat Sept 26

Turn Up the Volume Run/Walk
4 Mile Run/Walk 3 mile Walk
Indianapolis

Sun Sept. 27

Crossroads of America 5k, 15k, 30k
Indianapolis

Sat Oct 24

Monster Mash Dash
5 Mile Run and 5k Walk
Eagle Creek Park, Indianapolis

Sat. Oct. 24

Knobstone Trail Mini
Half-Marathon, 10 mi, 10k, 5k
Morgan-Monroe State Forest
http://www.hoosierhikerscouncil.org/Trail_Race_Info/Knobstone_mini.shtml

Fri Oct 30

Run Like Hell
3 mile run and walk 7:00 pm
Indianapolis

Additional Race Calendar

<http://www.tuxbro.com/2008%20Calendar.htm>

www.indyrunners.org/race-calendar.cfm

Upcoming ARRC ROAD SERIES

Sat. October 10

Black Cat 5K Classic, New Castle

Sat. October 17

Indianapolis Marathon, ½ Marathon
& 5k

www.indianapolismarathon.com

Sun. Nov. 1

RUN The Mounds 5mi Walk/Run
Mounds State Park

VASQUE DINO TRAIL RUN Fall SERIES



Sat Oct. 10 Indianapolis, IN

Southwestway Park 5k, 15k

Sat Nov. 14 Indianapolis, IN

Fort Harrison State Park 5k, 15k

Sat Dec 05 Nashville IN

Tecumseh Trail Marathon and 5.5 Fun Run

Recommended Reading
A Walk in the Woods Rediscovering
America On The Appalachian Trail
By: Bill Bryson

Race Results

Howl at the Moon 8 hr Ultra August 8

Greg Smith 25.03 Miles

Bud Stiffler 30.61 Miles

Brian Rayl 38.69 Miles

Carrolton Michigan Marathon July 26

Carolyn McKinney 3:56:37

Minnneapolis Marathon May 31

Tom Corda 4:03:53

Madison Marathon MI. May 24

Carolyn McKinney 3:55:17

Bayshore Marathon MI. May 23

Tony Martin 3:17:47

Green Bay Marathon May 17

Brian Rayl 3:37:24

Walter Evans 5:28:35

Free State Trail Marathon KS April 25

Carolyn McKinney 5:53:20

Michelle Eskew 5:56:10

Wray Jean Cornwell 6:34:00

Virginia Creeper Marathon March 29

Brian Rayl 4:01:38

Carolyn McKinney 4:04:19

Wray Jean Cornwell 5:31:58

Little Rock Marathon March 15

Tom Corda 4:17:05

Walter Evans 5:07:49

August & September Birthdays

Grace Baer
 Joe Baer
 Tom Corda
 Greg Couch
 Ron Harmening
 Debbie Harry
 Jim Hunter
 Elsie Kearns
 James Leffler
 Jill Marstall
 Bill Miller
 Chet Paskiewicz
 Logan Rayl
 Greg Smith
 Sue Smock
 Danny Spears
 Terry Spoo
 Amy White

Editor's Notes

editor@andersonroadrunners.org. Please have information to me by the 25th of the month for the next issue. Please notify me of any omissions, errors or changes in your email. In the future, the Pacer and ARRC news will be sent to that address.

Training

"I Run because I enjoy running... There is nothing special about me."

Hezekiah Kipchoge "Kip" Keino

"You have to forget your last marathon before you try another. Your mind can't know what's coming"

Frank Shorter

"On a flat road runs the well-train'd runner; He is lean and sinewy, with muscular legs; He is thinly clothed-he leans forward as he runs, With lightly closed fists, and arms partially rais'd."

Walt Whitman, "The Runner"

**The Final Thursday
night Cookout after
the
1 lap race**

**When?
September 17th**

**Club will provide
brats/hotdogs**

**Bring your own
drinks/side dish**

Ragnar Great River 24hr Relay

Started in Winona, Mn and finished up 193 miles in Minneapolis, Mn. (233 teams, we were 197th)

There were 12 of us girls on Team Sistamatic (two vans of 6).....three members were from the Running Company including Kathy Wehrley.

Our team began running at 7:30 am in Winona.....the route basically followed the Mississippi River....the countryside was just beautiful....from rolling hills to yes, a moose sighting.

The weather was cooler on Friday with spots of sunshine/dark clouds here and there.....each of us were to run 3 legs varying from 3 to 7 miles and easy to hard terrain.

Saturday's weather was a little warmer/with full sun.

Run...eat and repeat....that the was deal.

All done with very little to no sleep.

What happens when you get 12 women together.....some with very strong personalities. Well....things happen...like not being at an exchange area in time (van 1).....than getting lost and leaving your team mate wait for 30 minutes for the next runner (van 2).... Having bees chase and sting you (I guess they liked the orange decor {wigs/boas})...and than having a van window fall out and duck taping it back in place. (Van 2) I had the privilege of being the last runner to finish. My last leg was hilly, by this time my legs were tired....(I had no sleep, eating wasn't normal and I had went all out my first two legs)...and I was having trouble breathing for some reason. But, it felt great to come running in with all my teammates behind me all decked out in orange....as a team we finished up in 31 hours at a pace of 9:40.

All in all...I had a great time...would I do this kind of thing again....sure would. But, I'd find a race closer to home....the drive sucked big time.

Wray Jean





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WrayJean Cornwell Vice President

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Sherry Robertson Secretary

Tom Corda Membership Chair, Webmaster, Thursday Night Stats

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Jill Marstall At-Large

Steve Fulp At-Large Walking Program

Greg Smith At-Large Road Series & Run The Mounds Race Director

Lana Henricks At-Large

We're on the Web!

www.andersonroadrunners.org

Anderson Road Runners
P.O. Box 282
Anderson, IN. 46015



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