

ATHENS ROAD RUNNERS NEWSLETTER

Quarterly newsletter

Winter 2018



BIG PLANS FOR ATHENS ROAD RUNNERS IN 2018

This year is shaping up to be a big one for Athens Road Runners. The trail series will kick off next month. The 43rd Annual Marigold 10K, organized by ARR, will be held May 12 in Winterville.

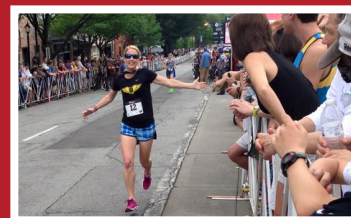
Plans for National Running Day are already underway. Soon we'll be introducing "Run the

Town Red" so you can show your Athens Road Runners pride. In March, we'll introduce a flat Classic running route for Saturday morning group runs. And look for some speed-related events coming this summer.

Don't forget to use our hashtags #runathens or #AthensRoadRunners on social media.

LOCAL RUNNING NEWS

Want to meet two more members of the Fleet Feet Racing Team? Curious who's about to run her 100th marathon, or take on his first Boston? Looking for a book that will inspire mental toughness? **Read these stories and more inside.**



HOW TO LOVE A RUNNER

When your partner isn't in love with running the way you are.
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JEKYLL ISLAND RECAP

Two old friends decide to tackle their first marathon together
Pages 13-15



TRAIL RUNNING TIPS

How exactly do you navigate roots and rocks in trail running without rolling an ankle? **Page 11**

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Got a tip for us? Want to contribute to the quarterly newsletter? Email chorwitz328@gmail.com.

SAVE THE DATE: MARIGOLD 10K SET FOR MAY 12 IN WINTERVILLE



The 43rd annual Marigold 10K will be back May 12 in Pittard Park in Winterville. The event is hosted by the Athens Road Runners and is one of our club's headline events of the year.

This flat and fast USATF-certified course and Peachtree qualifier is one of the oldest 10K races in Georgia, second only to the Peachtree 10K. The race is held as part of the annual Winterville Marigold Festival.

The race will start at 7:30 a.m. with packet pickup starting at 6:30 a.m. in the picnic pavilion.

Sign-ups are live online now at Active.com. T-shirts are always a favorite. Start training now because overall and age group award medals will be made by a local potter.

Interested in volunteering? Contact John Johnson.



♥ HOW TO LOVE A RUNNER ♥ By Cathryn Quinn

Running is an “individual” sport, but a support system is vital, especially during heavy training. For some of us, this means a partner who runs with us. For others, it can be the non-running spouse: making our training possible, helping find that elusive run-life balance, and cheering the loudest. ♥

HOW TO: FALL IN LOVE WITH A RUNNER



Rachel Green, tennis aficionado and wife of ARR member Jason Green, recalled that the whole family got a jolt of motivation about two years ago, when a friend in his mid-30s survived a heart attack. “It really kicked Jason into [the mindset of], let’s make an overhaul.” With the help and encouragement of longtime friends and ARR members Tino Johnson and Will Hodges, Jason began running regularly.

Sarah Klipper recalled that



her husband Michael was already running before they met, while he finished graduate school in Pittsburgh. He didn’t really think of himself as a “hardcore runner” until the couple moved to Athens and he became part of the running community in town, she said. **Zoe Johnson**, who works in the School of Social Work at the University of Georgia while also pursuing a Ph.D. in College Student Affairs Administration, explained that her husband Tino



came back to running a few years ago when she expressed interest in the sport. Tino had run cross country in high school. In 2013, the couple participated in a Couch to 5K program together. “I went from Couch to 5K to couch, and he went to running a marathon,” Zoe joked.

To **Doug Jackson**, who met the woman who would become his wife while helping at freshman move-in day at UGA in 2003, Renee was always a runner, a “short blonde streak zipping around campus.”

HOW TO EAT WITH A RUNNER

“Running isn’t something you can do and not make any other changes in your life,” Rachel said. As the family’s primary cook, Jason gave the family—including the couple’s teenage son Cade—a dietary overhaul. They ate fewer fried foods, baking and roasting meats more and made ingredient changes for more nutrition.

Sarah remarked on the increase in Mike’s calorie intake as his training ramped up for long distance races, including the Jekyll Island Marathon in January. “We’ll do something special like cooking ribs or steak before a marathon or a half-marathon.”

HOW TO WAKE UP (REALLY EARLY) WITH A RUNNER

Not all runners are morning people, but given that races are first thing in the morning, many times the early morning alarm is an adjustment for the non-running contingent. “The problem is that [Jason] does his early morning runs on the weekends, and I’m a sleeper,” Rachel said, who credited her husband with perfecting his morning routine so as to minimize disturbing the family. “He gets his stuff ready the night before and tucks it away.” She added, “The minute that alarm goes off, he jumps [up]...gets changed, and gets out the door.”

Sarah described herself as a night owl while Mike “has been more of an early morning person.” When the early alarm blares, Sarah is “perfectly happy to halfway wake up, wave goodbye, and go back to sleep.”



HOW TO: KEEP HOME, WORK, AND ATHLETIC LIFE IN BALANCE



On Saturdays, when Renee is getting her long run in, the Jacksons' two-year-old daughter Hannah hangs out with her dad. "Hannah will wake me up yelling 'mommy!'" Doug explained. "She then pouts when she sees me instead of Mommy...Then she realizes Daddy will let her watch Minnie Mouse and give [her] extra treats."

The Johnsons have two young children, Matti (6) and Xander (17 months), and while Tino has been training for long distances races, Zoe's personal marathon of pursuing a Ph.D. keeps the couple extra busy. "I'm at the end of my Ph.D. journey, and it's long and winding, and I'm weary; my legs are cramping up," Zoe said, comparing the couple's pursuits as "different but parallel journeys." Originally, Zoe planned to finish her Ph.D. before Tino trained for a full marathon, but when she moved her graduation date, Tino wanted to push forward with his goal. "We thought we couldn't make what would be required work, but there was enough room for him to have his big thing...while I did mine," she said. "It fit in a really beautiful way." Zoe emphasized, "You make the changes and adjustments. We have dreams to fulfill. We just have to live them and go after them." Zoe noted that the fact that her mother lives nearby is also a boon for the couple as they strive to achieve their dreams on top of parenthood and working full-time.

Doug finds it beneficial to have separate activities. When Renee is traveling for a race or doing a training run, he will have a guys' weekend or one-on-one time with his daughter

spouses' biggest fans. "I'll be at the Boston, New York, or Olympic marathons!" Doug said of his eagerness to cheer on Renee. He recalled having an "amazing time" at the Boston Marathon, despite having to work on his dissertation during their trip.

The Greens have a busy schedule of cheering each other on, with Rachel's tennis competitions, Cade's soccer matches, and Jason's races. "It's fun now that we have gotten to know [Athens Road Runners members]. There's a lot more people to cheer on." Rachel appreciates "the struggle and the difficulty that goes into training for a race." She also enjoys the opportunity to travel to new places where Jason is racing, such as the Swamp Rabbit Half in Greenville, SC, which Jason raced last year and will run again this year.

Sarah also remarked on the benefit of seeing a new place while traveling to cheer Mike on at races. While Mike raced the marathon, she explored Jekyll Island. She knows Mike is happy for cool racing temperatures. "Whereas I'm...happy to stand at the start line, see him off, take a few photos, and then dash back to the nearest coffee shop and be warm." When she isn't people watching or exploring to while away the hours, she'll stay warm inside with a novel or her knitting, wrapping up in time to catch the finish.

Zoe prides herself in creative signs the family holds up at races to cheer on Tino, a tradition that excites their children as well. The first race Zoe went to with new baby Xander strapped to her chest, Matti held a sign that said, "Mommy loves Daddy so much she made an extra person to cheer him on!" When the kids got sick before the Jekyll Island Marathon, the family "really did miss not getting to go be there, because it's come to be such a big part of how we live our support for him. We cannot run beside him, but we can hold a sign and scream real loud!"



HOW TO: BE A SUPERFAN FOR YOUR RUNNER

Whether directly on the sidelines or cheering from afar, the non-running partners of Athens Road Runners are their

HOW TO: RUN WITH YOUR RUNNER...OR NOT

For the Greens, running became a bit of a family affair. While Rachel didn't find she enjoyed it, Cade has started joining his dad at some group runs. The couple encouraged their son to join his dad running as a means of conditioning for soccer. "A dad and a teenage boy don't always get to bond over things and share interests," Rachel added. Rachel gets her own endorphin rush and works out her personal competitive edge on the tennis court with a local league in Athens.

Like Zoe, Rachel and Sarah gave running a chance and decided it wasn't for them. Sarah pursued a Couch to 5K program when the couple first moved to Athens. But when she tried to keep the habit up past the spring training and 5K race, the Georgia summer heat put an end to the desire to go on.

While Sarah doesn't run with Mike, the couple goes to Yoga for Runners at Athens Running Company on Sundays. "Yoga is good for me as well and I like it, and I like the people. And it's something for us to do together."

Doug said he doesn't tend to run with his wife, citing the disparity in their running paces. "My plodding slogs me at a 4-6 mile maximum. Renee will smile at the end of a 20-miler."



HOW TO: PUT UP WITH A RUNNER

Not everything about being a runner is pleasant—or fresh-smelling. Rachel recalled that, even just a few months into his newfound running habit, the difference in mood when he had gotten his miles in, and when he hadn't, was a dramatic one.



She recounted a family vacation to Savannah two years ago when, not having run the day they traveled, the family got into a fight over where to go for dinner. Jason began looking around for a group to run with, and when he found one, Rachel and Cade encouraged him to go.

"He got up, went running with them, and he was back before Cade and I had stirred." According to Rachel, Jason "was a completely different person" after running with the group. "So we made him run with them every day."

Rachel continued, "We learned early on that when Jason is cranky, we push him out the door and don't let him back in until he's run." Zoe remarked similarly: "[Tino] is a better person when he runs, so I'm very supportive of him. It's good for us."

And then there's all the sweat. "There have been several instances of, 'I love you, sweetie, but you need to go shower,'" said Sarah with a laugh.

HOW TO: LOVE THE RUNNING COMMUNITY

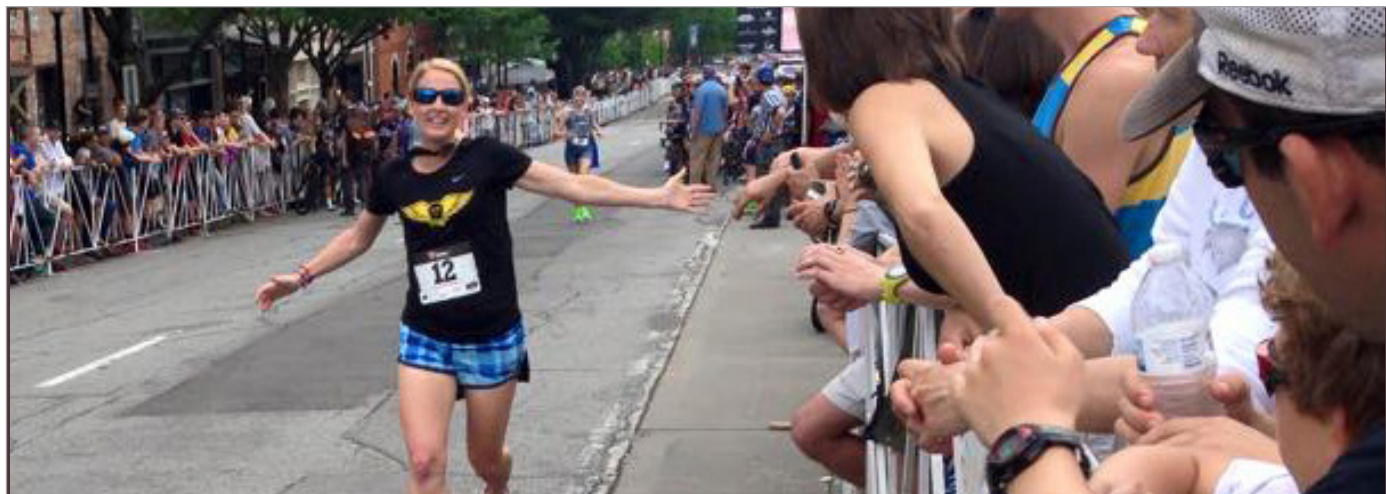
Particularly with the nature of Athens' running community, to love a runner is to love the whole running scene. Rachel enjoys tagging along at ARR events such as the holiday party. "The conversation usually ends up about running or favorite marathoners, but that's okay. I have always enjoyed other people's passions. I like to see people get into whatever their thing is."

Zoe explained that Tino has "this whole community of supportive, awesome people that are dear friends. It's all been bonus."

Zoe added, "I think there's a lot of people sleepwalking through life, and to be alive is to dare to throw your hat in the ring for something. And y'all have chosen part of how you're going to be alive is to run...I think it's really beautiful." ♥

MEET THE TEAM: MONICA HUFF

By Sara Freeland



Monica Huff is planning to run her 100th marathon. It will be informal. Teams and costumes are encouraged, and the suggested pace is “slow down and enjoy the May weather and the hilly course.” There won’t be time awards, but there might be

costume awards. It’s a work in progress, but it probably will be four loops around Athens the Sunday of Mother’s Day Weekend.

Monica, a self-described marathon maniac, has run 98 marathons. Her 99th will be Boston. And she’s not running the Publix Georgia marathon in Atlanta this year (she’s doing the half marathon) because she wants her 100th marathon to be in Athens.

She similarly celebrated reaching her 50th marathon in 2011, by taking a girls trip to the Zappos.com Rock ‘n’ Roll Las Vegas Marathon.

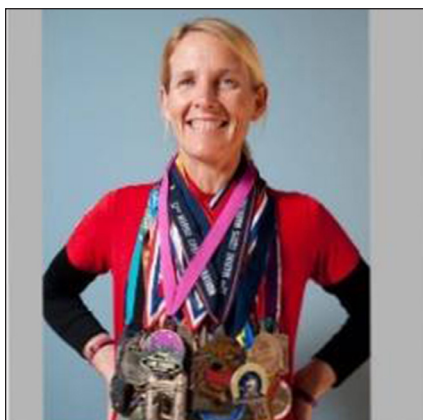
Her journey to 100 marathons started in 1999 when she ran her first marathon, Rock ‘n’ Roll San Diego Marathon. It was a bucket list item. She decided to run one with her sister-in-law, and that was it. She didn’t run for a few years.

Then, to relieve stress from graduate school, she decided to train for her second marathon in 2003—the Anchorage Mayor’s Midnight Sun

marathon in Alaska.

She trained with the Team in Training group that the Leukemia and Lymphoma Society hosted in Athens.

Monica didn’t realize she had qualified for the Boston Marathon with her time, qualifying by 15 seconds. “I thought I’d gone over,” she explained.



In 2004, she ran the Boston Marathon with her sister—and said it was a phenomenal experience. “The whole city is into it. There are so many people

along the course. I highly recommend it,” she said.

LOFTY GOALS

Monica started consistently when she was 28 and training for a marathon. She didn’t run before then.

After her marathon success, her goal was 50 marathons in 50 states before the age of 50. She completed that in 2011.

And then her goal was 50 sub-4 marathons. Now she’s working on 50 Boston Qualifier marathons. She has one left and has to go back to Wyoming, because she missed her time by 10 minutes when she ran a marathon in Jackson Hole.

Part of her goal is sibling rivalry, as she does a lot of races with her sister. Her sister has done “probably 55 marathons,” Monica said. In many races her sister runs the 10k or half marathon while Monica does the marathon. Her sister only completes two marathons a year and tries to do faster marathons.

She had a goal that she wanted to beat me in every state," Monica laughed. "I've got her in a few states. She's probably done 30 states. I could probably go back and try to beat her in those states," Monica said jokingly.

Monica will have completed 49 marathons in 15 years. Some years she took off. Some years she ran three marathons. In her peak year she ran 10 marathons.

"A couple times I did doubles, which was really fun. That's where you go and do a Saturday-Sunday marathon," she said. "There's a 50 states club. And they list every race that you can do in a weekend within a five-hour radius of each other. And then there's Marathon Maniacs, and there's a point systems based on how many marathons you do.

"It sounds weird, but the closer you can do marathons the better. If you can do them every three to four weeks then you don't have to do those long training runs, which fatigue people."

TRAINING TIPS

"I don't train as hard as most people," she said. "I don't do a lot of speed work. Most of my runs are at a comfortable pace. It works for me. And I try to take a day off."

She estimates her weekly mileage around 25-30 miles. She runs three to five miles Monday through Friday, often trying to squeeze miles in on her lunch break, and does a long run on the weekend, often on trails at the Intramural Fields or at the North



Oconee High School trails.

Her long-term goal isn't speed. "I'm more interested in being able to run than getting faster."

For post marathon recovery, her top tip is chocolate milk. She also swears by ice baths, which she often does wearing a hat and gloves, and drinking coffee or hot chocolate. And she always takes a walk the day after a marathon.

ATHENS ROAD RUNNERS

A native of Clemson, South Carolina, she came to Athens for graduate school. She met other runners, and with Julie Thompson and a few others helped to found Athens Road Runners. "There were so many runners in Athens, but there was a gap in the running community," she said. "Athens Road

Runners got a weekly run started. It gave us a community. Every Saturday, if you are in town, you know you can go and run and see people, meet new people, and see old friends."

And from this group, Monica has learned all about running. Especially "how much nicer it is to do long runs with friends," she said. "I do a lot of runs on my own—timing wise. But I organize for the long runs."

Another lesson is pacing. "I used to run 5ks at a comfortable pace, and then people would tell me I was supposed to run it faster," she said. "Every race I ran at the same pace—marathon pace." The marathon is her favorite distance, she said. "Marathons are good because you're running a pace you can maintain for hours, so it's comfortable."

ADVICE TO FELLOW RUNNERS

But ultimately, Monica, who made the local Fleet Feet racing team with all of her Boston qualifying racing times, said her advice to new runners is to "have fun and don't take it too seriously. Don't get down on yourself if you don't make a certain time. Just be happy you're out there running, that you're getting to run and that

you're doing it." If you're feeling unmotivated, "Just register for a race. I find that if I'm registered, I'll train and do it."

She's even inspired her teenage daughters, Scout and Gabby, to run half marathons with her. And she's trying to talk her sixth grader, Wyatt, into going out for track next year.



MEET THE TEAM: JUSTIN WOOD

By Sara Freeland



Justin Wood is ready to run the Boston Marathon. He has 10 seconds to take off his personal best, and he means business.

But first, he'll run the Swamp Rabbit Half Marathon in Greenville at the end of February with some of the other Athens Road Runners.

A lot of it is peer pressure really.

Justin said, "Hearing all the other Road Runners talk about how fun Boston was got me interested. I'd never really thought about it before. [Because of them] I'm thinking about New York too."

Justin, who is from Commerce, started running in middle school, competing in the mile and two-mile. He doesn't remember his times—maybe a 6-minute mile. He ran because his dad ran. (And at 63, his dad still runs marathons.)

He kept with running in high school, where he ran cross-country, the mile, and two-mile. Occasionally, he'd get pulled into a 4x400 relay, but mostly it was the distance events. He was the fastest runner on the team with a 5k best of 19:20.

"I was never that motivated," he lamented. "I wish I would have been that motivated back then. I wish my coach would have seen my potential, and I would have been pushed a little more. Maybe I would have accomplished a lot more a lot younger? But I'm enjoying it now."

He kept running after high school. For a while he was into weightlifting. But in his 20s, the long hours of his Mayfield Dairy job took a toll.

He was working 60-70 hours a week at a delivery job and all but gave up running for three to four years, running maybe once a month. "I ended up weighing almost 200 pounds," he said. "I got out of shape."

But then, he got a job inside the plant with fewer hours and had more free time. And before his 30th birthday he decided to train for a marathon.

A NEW LOVE FOR RUNNING

He followed a training plan out of Runner's World to run his first marathon. He ran a 3:30 at the (now defunct) Atlanta Marathon in 2011.

"It was the first time I followed a training plan, and I shocked myself when I ran a local 5k, how training had paid off," he said. That year, Justin ran a

TRIATHLONS



Running marathons was only the beginning for Justin. In 2012, he started competing in triathlons. He started with the sprint distance with the Tri to Beat Cancer, which he has done every year since. He then moved on to Olympic distance and then started doing half Ironmans. His first full distance Ironman was in 2014, but they cancelled the swim because of bad currents, so he immediately signed up for another one. In 2015, he completed the Florida Ironman with his dad. "I look at my dad who is 63 and still running marathons and doing half marathons. I want to do it my whole life," Justin said.

JUSTIN WOOD CONTINUED

17:53, not only smashing his high school PR, but winning the race. “That was the first race I’ve ever won, and I found another love for running and have been passionate about it ever since then.”

He ran more 5ks, lowering his time down to 16:48 at the Tanger Outlets 5k in Commerce in 2015. The race was his best time, and also the best prize—a \$100 gift certificate to the Nike outlet and a \$100 gift certificate to the Tanger Outlets.

And while Justin loves the challenge of a marathon, the 5k is his favorite distance. “It doesn’t require a lot of training. You recover from it a lot faster. You can do two 5ks in a weekend. They don’t cost a lot either,” he said.



ATHENS ROAD RUNNERS

About two years ago Justin heard about the Athens Road Runners through his Commerce running friends and from seeing Road Runners at local races.

He started coming to the Saturday morning runs with Athens Road Runners, Sunday morning long runs with a group of Road Runners, the Fleet Feet runs on Mondays, and sometimes the Your Pie runs on Wednesdays. When his schedule allowed, he’d go to the Wednesday morning track workouts.

He makes the trek to Athens because of the friends he’s made and because he’s met runners “that are just as passionate about it as I am.” It also helps to find “people that are faster than me to help push me.”

After joining the Athens Road Runners and posting fast enough times, Justin was invited to join the Fleet Feet Racing Team, and he wears the team’s singlet at races.

BOSTON MARATHON QUALIFYING

After his first marathon, Justin ran several marathons over 4:00 before he began lowering his times, running a 3:11 in March 2016 at the Georgia Publix Marathon and a 3:07 at the Kiawah Marathon in December 2016. But Justin trained hard to race the Albany Marathon in March 2017, hoping to qualify for Boston and break 3:00.



“I did a bunch of tempo runs. I’d never done tempo runs before. I would do tempo runs at [goal marathon] pace. I think my longest was a 21-mile tempo run at 6-something pace. It hurt.”

And although he qualified, he ran 3 hours, 10 seconds.

“If only I could have seen the clock earlier, I could have sprinted it out,” he said. “I didn’t realize how close I was. My watch was off. My watch said I broke 3 hours.”

“I’ve got to make up that 10 seconds. I think at Boston I’m going to try and take down that 10 seconds. A lot of people get their PRs there. I’m going to attempt it.”

MAKING THE TIME TO RUN

“I’ve just now gotten to where I get weekends off. I work from 10 o’clock at night, and I get off at 6:30 in the morning,” he said. “I’m used to it. I kinda like to get my runs out in the morning as soon as I get off work and then go to bed right after.”

His job is labor intensive—loading cases of milk onto trucks, both by forklift and by hand. “Each case probably weighs 40-50 pounds. I’m constantly having to lift it and pulling on the lines. Sometimes I feel like it’s more labor intensive than running.”

RUNNER’S DIET

Justin is semi-notorious for his Usain Bolt-like diet. “I eat whatever I feel like eating. I really don’t think much about it. The only time I think about diet and what to eat is probably the week before a marathon. Pretty much any other time, whatever I crave I eat—a lot of fast food: pizza, McDonald’s, Waffle House.”

WHAT’S NEXT?

After Boston in April, Justin wants to do another Ironman and improve his time. He’s even thinking about doing a 6-mile swim this summer.

He also wants to get back into 5ks and more speed work, which he often does at the Commerce track. He said his favorite workouts are 200-meter sprints. But first, maybe a 10-mile bike ride with his dad or some Xaxby’s for breakfast.

Warm up after a cold run with surprisingly simple tomato soup

By Sara Freeland

This tomato soup recipe is comfort food at its best and perfect for a cold or rainy day. Make a big batch on Sunday to come home to after a long run. This recipe is surprisingly simple and will have you coming back for seconds and thirds. Serve with crusty bread, or better yet a homemade grilled cheese sandwich. I like to top my soup with tortilla chips, homemade croutons, leftover rice or Goldfish crackers if you're feeling nostalgic.

Ingredients

2 tablespoons olive oil
2 tablespoons unsalted butter
1 large onion, thinly sliced
½ teaspoon salt flakes, plus more to taste
3 garlic cloves, thinly sliced
3 tablespoons tomato paste
5 large fresh basil leaves
1 28 oz can San Marzano whole tomatoes with their juice
2 cups chicken stock (use unsalted stock for a lower sodium soup; vegetable stock can be substituted to make this recipe vegetarian)
Freshly ground black pepper
4 tablespoons cream or ¼ cup raw cashews
(If you can't tolerate dairy, omit the cream and sub in homemade cashew cream for an extra punch of protein.)
Optional seasoning: onion powder, dried basil, or a pinch of sugar

Adapted from Gwyneth Paltrow's "It's All Easy"



Directions

For the soup, heat the oil and butter in a heavy-bottomed saucepan or stock pot over medium heat. Add the onion and salt, cover the pot and cook for 10 minutes. (Note: don't use a higher heat and watch the onions as they burn easily.)

Add the garlic, tomato purée, and basil leaves and sauté for 2 minutes. Add the tomatoes and juice, breaking the tomatoes up with a wooden spoon, and the chicken stock. For more flavor, season with black pepper, dried basil, onion powder, and/or a pinch of sugar.

Bring the mixture to a boil, reduce to a simmer, and cook for 20 minutes.

Add cream*. Using an immersion blender, blend the soup in the pot (alternatively, carefully transfer the soup in batches to a blender).

*For the cashew cream, soak ¼ cups of raw cashews in water for at least an hour (or overnight). Blend with a food processor or blend to desired texture. Less blending makes a nuttier cream or blend until smooth. Mix into soup.

DUSTIN'S TRAIL RUNNING TIPS

We all have that friend that talks about trail running. It sounds so cool but also maybe a little scary. I mean, running can be hard enough on the smooth sidewalks—how am I going to survive all those roots and rocks? Well, with a little practice and some help from the tips below, you too can join the tribe of trail runners.



Slow down. Unless you're just the most nimble-footed runner of all time, running on technical terrain will slow you down. Try not to get caught up in your mile splits like you would on the road. When you start stressing about the pace, you aren't focusing on the terrain, and that's when those roots like to jump up and catch your toe.

Use your whole body. Running trails, especially more technical trails, will require you to engage your whole muscular system. Short steps, long steps, sideways steps, ducking under a branch, dodging that tree. All of these things will use more muscles than a straightforward road run. You may be sore at first, but welcome that soreness as progress toward becoming a stronger athlete.

Run for time. In today's world of data overload, many of us have become reliant on our GPS devices. Circling the parking lot to make up that last 0.01 mile. As good as these tools have gotten, there are going to be some inaccuracies measuring your distance on the twisty, tree-covered trails. Try to pay more attention to the time you spend running as opposed to the distance.

Get trail running shoes. You can totally hit the trails in your everyday road shoes, but if you want to make your experience as enjoyable as possible, try out a trail shoe. With more tread and protection around the foot, a trail running shoe will help make your time on the trails that much more comfortable and fun. Plus, they'll keep your road shoes from getting trashed by the mud, rocks, and roots you'll encounter.

Walk. No, really—it's perfectly acceptable to walk while on a trail run. If you hit a really technical root or rock section, slow down and make sure to get those foot placements just right. When you hit a short steep uphill (or even downhill), power hike it to keep that heart rate in check, and chances are you won't really be losing that much time doing so.

Save your legs. It's no secret that running on concrete and asphalt can be tough on the body. Trails provide a nice soft surface that can provide some relief to your feet, legs, and joints. Along with the slowing your pace, trails can be ideal for those recovery runs on your schedule.

We are lucky in our area to have a quite a few trails with easy access. The UGA Intramural Fields, the State Botanical Gardens, Sandy Creek Park, and Sandy Creek Nature Center are just a few trail running favorites right here in town that you should check out. Interested in doing a trail race? I may be slightly biased but the upcoming Lake Chapman Trail Race 15k & 5k at Sandy Creek Park on March 18th is a good option. — Dustin Shinholser

Book review: ‘How Bad Do You Want It?’ By Cathryn Quinn

We have all heard the cliché, running is 90 percent mental. The exact percentage varies, depending on whom you ask. But the idea remains the same: As runners we have to train our brains. That part is definitely true.

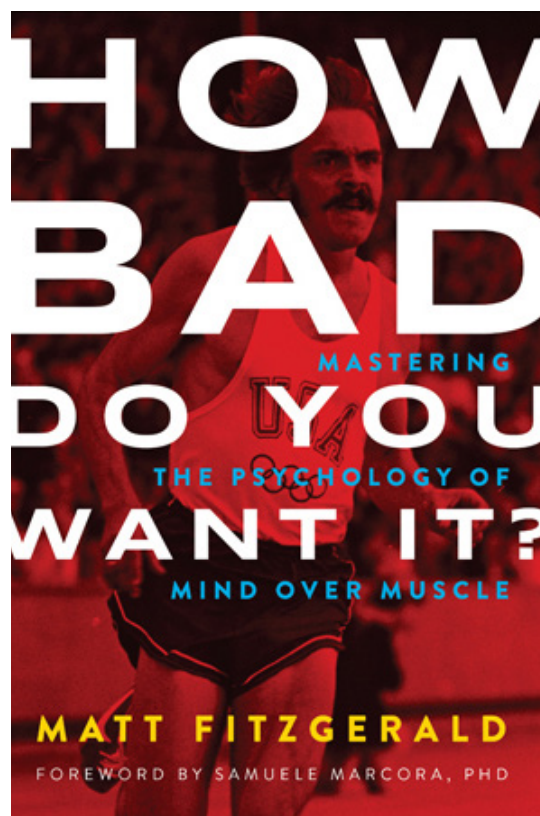
In March 2016, I failed to achieve a personal record and Boston qualifying time at the Albany Marathon, and it shattered me. I showed up at the starting line fitter than I had ever been, and yet I was ill-prepared. I entered with the mindset that came after racing the Chickamauga Marathon the previous November, during which I had smashed my 26.2 PR by twelve minutes: It’s going to be fine. It felt great last time, and it will again. I assumed another PR would happen naturally. I let my guard down. I forgot the simple truth all marathoners must acknowledge in order to race our best: This is going to hurt, but I can do it anyway. My body was in shape, but my mind was not prepared for the fight.

At the urging of a super-fast, super-tough runner friend, I picked up Matt Fitzgerald’s book *How Bad Do You Want It?: Mastering the Psychology of Mind Over Muscle*. Having read an essay of his that sampled from this book—a masterfully written piece of sports journalism—I knew that, if nothing else, I was in for an enjoyable read.

How Bad Do You Want It is in some essence a self-help sports psychology book for the endurance athlete, which makes it a great book for many of us who are pursuing a goal and find ourselves hitting a wall. The book’s central metaphor comes early, as Fitzgerald compares a race to a fire walk: “When you start a race, you are standing before a bed of hot coals, at the far end of which stands a wall. The wall represents your ultimate physical limit. You will never reach it. Your goal is merely to get as close to the wall as possible, for the closer you get, the better you perform.” I think each of us as runners knows what Fitzgerald is talking about.

Each chapter of the book uses the story of an athlete or team of athletes and their successes or failures to teach the reader an important tool to improve mental toughness. From tales of cross-country runners, elite marathoners, Olympic rowers, Ironman triathletes, professional cyclists, and disabled athletes, I gleaned both tips and inspiration for my own fire walk. I do not recommend reading this book before bed as I frequently did: Fitzgerald’s writing pulls you into each race, whether in the shoes of the runner, the saddle of the cyclist, the scull of a rower. His prose elevates the heart rate, thrilling and inspiring.

But I also appreciated the interwoven lessons. He discusses a few tools of the trade I already had at my disposal, some of which I already used: more often than not, I run workouts and races with motivating music playing on my iPod, a tool of distraction that lowers the perceived effort, helping me get farther across the bed of hot coals. Many of us train with friends and fellow Road Runners. Fitzgerald wrote of the “group effect” improving performance, when a number of athletes working together elevates performance. A chapter titled “The Gift of Failure” resonated with me, reading this book for the first time in summer 2016 while I trained for my redemption race.



When I approached the starting line of the Erie Marathon in September 2016, not only was my body even stronger than in March, but my mind was primed. Having suffered through marathon training for an entire scorching Georgia summer, galvanized by the memory of Albany, I viewed the task ahead as that fire walk. I had a community of friends and family cheering me on near and far.

Fitzgerald wrote: “In every race, something within each athlete...poses a simple question: *How bad do you want it?* To realize your potential as an athlete, you must respond with some version of this answer: More.” In the final 10K, when everything inside me screamed to quit, I shouted the voices down – I would never forgive myself if I gave up, even for a second. On a hot day, through searing pain, I broke my PR by more than four minutes.

“In every race, something within each athlete...poses a simple question: *How bad do you want it?* To realize your potential as an athlete, you must respond with some version of this answer: *More.*”

JEKYLL ISLAND MARATHON: OLD FRIENDS TACKLE 26.2 FOR THE FIRST TIME

By James Barlament and Chrissy Proctor

Will Hodges and Tino Johnson go way back. They've been friends for 18 years, but it has only been five years that these stalwarts of the Athens running community have been seriously running. After a few years discussing the possibility of running a marathon one day, it's natural that these old friends decided to tackle their first marathon together on beautiful Jekyll Island on January 14th, with a similar goal in mind: 3:45.

We checked in with Will and Tino before and after their first marathon in an attempt to understand their motivation, experience, and the differences between expectation and reality.

Pre-Marathon

WHAT IS YOUR PURPOSE FOR RUNNING YOUR FIRST MARATHON?

Will: The challenge of it all. After numerous 5Ks, 10Ks, and half-marathons, I felt it was time to test the marathon waters.

Tino: Personal goal. Distance running has become my favorite part of running outside of the camaraderie

WHAT DO YOU ANTICIPATE BEING THE HARDEST PART OF RUNNING A MARATHON?

Will: A marathon is 26.2 miles. The 26 seems easy for some reason, but that last .2 sounds daunting.

Tino: Pacing myself for the full 26.2 and not going out too fast or underestimating the final 6 miles.

DO YOU FEEL HEALTHY AND INJURY-FREE GOING INTO THE RACE?

Will: Yes. I feel strong, and the weather forecast looks ideal, which has me feeling even better!

Tino: Yes, though I am learning and accepting that I am getting older and recovery time takes a little longer.

DID YOU USE A SPECIFIC TRAINING PLAN OR REGIME?

Will: I used a plan that I cobbled



Will (left) and Tino

together from several sources, mostly from running pals with marathon experience. I also did a lot of my longer runs with several other Road Runners making the trip to Jekyll. It was a group effort!

Tino: I used many different training plans that I adjusted to my family schedule.

WHY DID YOU CHOOSE THIS COURSE/RACE?

Will: I knew I wanted my first marathon to be a destination. I really love Jekyll. My dad used to go to a convention there every year, and I always tagged along. When the race was announced, it was a no-brainer for me. Plus the course should be flat!

Tino: Jekyll is flat, and the location was great when considering overall cost. Pairing the terrain with the cost, historical weather conditions of the area at this time of year, and the long holiday weekend, Jekyll is perfect for a first marathon.

WHAT'S THE FIRST THING YOU'RE GOING TO DO AFTER THE RACE?

Will: Find my family to dish out some hugs and high fives, drink a beer, and head to Southern Soul BBQ on Saint Simon's Island and eat all of the food.

Tino: Drink a beer. Eat BBQ or oysters. Cheer against the Steelers.

ANY OTHER THOUGHTS GOING INTO THE BIG RACE?

Will: It is cool that Tino Johnson will be running Jekyll as well. We have been friends since college, and we started our running lives together a few years ago when we decided to run AthHalf for the first time. Running has fortified our friendship and been a catalyst to meeting so many amazing people. It will be awesome to share the experience with him.

Tino: I am excited! I know the race will be a challenge, but I hope it's fun. I want this to be my first of many marathons. My focus is finishing, but I hope this race is a base to improve finish times.

Post-Marathon

WHAT WAS YOUR OVERALL EXPERIENCE AT THE MARATHON?

Will: Overall it was a great experience. It was really well organized and well run, especially considering it was the inaugural event. I felt strong, and the weather was perfect. My favorite moment was when my kids met me about 100 yards from the finish line and crossed it with me. My least

JEKYLL ISLAND MARATHON *CONTINUED*

favorite moment was the strong headwind we had to deal with for about 4 miles starting around mile 14.

Tino: It was AMAZING! The marathon was definitely different from any other race. For the most part I felt good throughout the entire race, and at no point did I feel regret. The most difficult thing was knowing that I had more in me, but my legs continued to lock up. My favorite moments were during the first 7-8 miles, having conversations with other runners from all over. The 8:30 pacer paced an 8:00 marathon the day before which made for great conversation. There were also several guys from Massachusetts, fellow Pat[riot] fans which made for even better conversation.

HOW DID YOU LIKE THE JEKYLL COURSE?

Will: The course was flat and scenic. I would definitely run there again. I mean come on, we were at the beach!

Tino: The course was well done. Jekyll is not only flat but beautiful. I had not been to the island in years, and the development around the island is great. My favorite thing about the course was actually running the entire island, but I wish the race had more runners. Maybe in future years.

DID YOUR EXPECTATIONS OF THE MARATHON MATCH UP WITH YOUR ACTUAL EXPERIENCE?

Will: I really didn't know what to expect. I tried not to psyche myself up too much. I will say those last six miles are as tough as everybody says they are.

Tino: I am not sure what I expected. I am not one to get nervous or scared and can often be a little overconfident. Honestly, I found the marathon to be easier than I thought it might. Even though my legs gave out and began cramping, I paced pretty well through about 18 miles before feeling anything. As for the enjoyment factor of running a marathon, it far exceeded my expectation. I cannot wait to do another.

WERE YOU HAPPY WITH YOUR FINISHING TIME?

Will: Yes. I was short of my stretch goal of 3:45 but overall I was happy with my time of 3:54.

Tino: My initial goal was to finish, and then I thought I could hit a 3:45. When I hit the half marathon mark, and feeling



good, I thought a 3:45 was definitely attainable and possibly a 3:30. Remember how I said I can be a little overconfident? Well, two-thirds of the marathon down, reality and my body took over, and I slowly saw my time fade away like the National Championship a few weeks before. One mile from the finish line and all time goals out the window, my new goal was to finish. I'm happy with an under 4:00 time, but next time I am going for it.

WHAT WAS THE BEST ADVICE YOU RECEIVED ABOUT RUNNING A MARATHON, AND HOW DID YOU USE THAT ADVICE?

Will: The best advice I got was to really strategize around my nutrition before and during the race. I took that advice, and I think it made a huge difference. I stuck to the stuff I knew my body liked and took it at regular intervals along with water on the course.

Tino: "It's a marathon not a sprint. Pace yourself." Anyone who knows me, knows I will take off, but this time I ran the marathon and held an even pace through the first 18.

WHAT WOULD YOU HAVE DONE DIFFERENTLY?

Will: I would have done more strength training and tempo runs. My lung capacity and fitness were great, but my legs really weakened over the last few miles.

Tino: Following the marathon my stomach was a little out of whack, and I really think I may have overdone it with gels. I wanted Powerade, and the only thing the race provided was water and Tailwind. Next time I will carry some or have a friend along the course with some.

WHAT WAS YOUR POST-MARATHON EXPERIENCE LIKE?

Will: Post-race we went to Southern Soul BBQ on St. Simon's and had beer and BBQ. I think I dropped about \$70 on food for myself alone. We spent the rest of the long weekend hanging out on SSI and being lazy and eating seafood. Navigating steps and stairs was an adventure for a few days, and there was definitely some chafing I discovered in the post-race shower,



Will Hodges

JEKYLL ISLAND MARATHON CONTINUED



From left: Tim Chester, Courtney Pittman, Mike Klipper, Will Hodges, Tino Johnson and Greg Waddell.

but things got back to normal pretty quickly. It took me a week to run again, and I have eased back in to a “normal” running routine.

Tino: Immediately following the marathon, I joined some of the others for BBQ before riding five hours home. We listened to NFL playoff games the entire ride home. As much as I thought I would want beer, it was the last thing I wanted, and food did not taste great for a few hours. Surprisingly, I had no chafing at all. I wore Body Glide and powder between my legs, and I put Band-Aids on my nipples, and I wore a perfectly lined pair of Brooks shorts. Preparation was key. I took four days off before I ran again. My body was sore, but I did not feel as horrible as I have following some of my half marathons.

ANY FINAL WORDS ABOUT YOUR FIRST MARATHON EXPERIENCE?

Will: If you are on the fence about running a marathon for the first time, DO IT!! It was an awesome experience, and while tough, it is a crazy fun way to challenge yourself. Plus you get to eat \$70 worth of BBQ with no guilt.

Tino: Thanks for all the support, ARR. This would not have been possible without family support. It was great to not only have folks to train with but folks cheering you on, and also other members running the race with you.

After fantastic performances at their first marathon, Will and Tino were excited about the idea of running another marathon, but they both want to take some time to enjoy their accomplishment. Will is looking forward to “carefree running in the next few months,” and Tino wants to try to tackle his next marathon in 2019.

These interviews were edited for length and clarity.

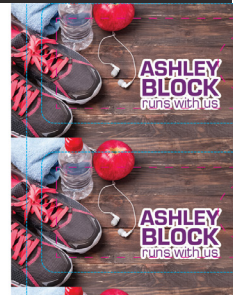


Tino Johnson

COME RUN WITH US

**ATHENS
ROAD RUNNERS
2018 MEMBER**

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ROAD RUNNERS
2018 MEMBER**



From miler to marathoner, the Athens Road Runners is a supportive community of runners of all ages and abilities.

Group runs are Saturdays at 8 a.m. with 3 and 6-mile routes available.

Meet in the parking lot on the corner of Meigs and Newton Streets. Afterwards the group enjoys coffee at the Hendershot's location in the Bottleworks on Prince.

RENEW YOUR DUES

Already a member? Don't miss out on hearing news of upcoming club events, receiving discounts at both running stores and race registration discounts, and other benefits of Athens Road Runner membership. Renew online at athensroadrunners.org/join/

Our 2018 key fobs honor our friend Ashley Block, whom we lost a year ago September.

Yearly dues are:

- \$15 students
- \$35 individual
- \$50 couple
- \$60 family



Congratulations to Athens Road Runner board treasurer Cera Jones for winning the women's division of the Xterra Georgia Thrill in the Hills 42k held Feb. 17 at Fort Yargo.

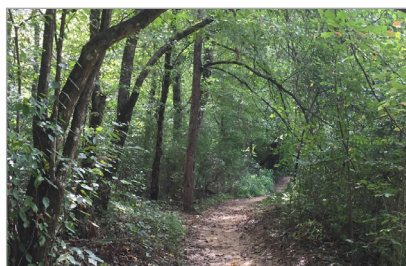


Kudos to all the Athens Road Runners who competed in the Athens Academy Spartan 5k Feb. 10. Congratulations to Rhia Moreno Kilpatrick who won the women's division.



RUN THE TOWN RED

During the first full week of every month, show your Athens Road Runners pride by wearing your ARR shirt. Wear it to group runs or just when you run around town. Shirts can be purchased at Fleet Feet or Athens Running Company.



TRAIL SERIES DATES

Try out some of the best trails in the area with the Athens Road Runners trail series. The first run will be March 28 at 6 p.m. at the State Botanical Garden. The series will run April 25, May 23, June 27, July 18, Aug. 29, and Sept. 26.



SAVE THE DATE

National Running Day is Wednesday, June 6. Stay tuned for info on how Athens Road Runners will celebrate.



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