

The Loop

Ancient City Road Runners

March 2009

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On-On, Don



Hash time in the Ancient City has arrived. We're squeezing a hash in between the Gate River Run, the Lighthouse 5K, and the Boston Marathon!

Mark your calendars for Saturday, March 28. Traditional ACRR kennel time is a 4pm start.

The starting location will be Peggahontas and Scallywag's place. There's good parking, but carpooling is always encouraged.

Our hash theme is Disco Inferno (Burn Baby Burn). Costumes always lend themselves to a wide berth of theme interpretations.

Our hash theme was inspired by our very own HGC ladies, who are closely affiliated with the OFCs, particularly Jim and Renee Wauldron. Renee and Jim lost their 22-year-old son, Don Ausman, on January 28 of this year.

This is a tragic loss to all who enjoyed meeting and knowing

him. Don stood for life, positive energy, and alternatives. He was a vegetarian, as well as a non-judgmental, global thinker and visionary. Don also loved the spirit, style, and music of the disco era.

The Wauldron and Ausman families have established the Don Ausman Foundation, with all proceeds going directly to the Alternative Spring Break program. Don was globally active in this program and would want to give other college students an opportunity to travel to other countries and cultures to have hands on anthropological experiences. Life enrichment!

The ACRR would like to take this hash run as an opportunity to give to this worthy cause and keep the flame going. We will be asking for a \$20.00 fee per person for this particular hash. This includes our regular hash fee of \$8.00 per person (covering adult beverages and food). The additional dollars will

go to the foundation. If you're in couples or families and worried about it getting too expensive, give what you are comfortable with. Jim has designed a great Don's Friend t-shirt which he'll be giving to all those who give towards the foundation. For more information on the Alternative Spring Break Program go to www.DonsFriend.com. Check out the t-shirt, too!

Olive Oyl has plans for an "inner loop" for walkers and non-runners (not you Smarty Pants), so if you know friends who would like to hash, they are invited to participate. Stay tuned for more posts on the bulletin board.

Any questions?? Olive Oyl (Heather) and Peggahontas (Peggy Bliss) are at your service.

RUN—HASH—DANCE—

—Peggy Bliss

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River Run News:

At this year's Gate River Run on March 14, the Ancient City Road Runners will have a pre- and post-race meeting area, complete with a tent, port-a-potties, and beer. All are welcome to bring food to share. Go to www.gate-riverrun.com for our location at the race site and watch the bulletin board for more details.

The Wisdom in a Race Packet

The 29th annual Matanzas 5000 is over. Each of eight area high schools will benefit by receiving a check for \$1,500 for their track and cross country programs. In all, 1,320 runners were registered for the race this year. And yet, how many of them know the amount of effort that goes into this event each year?

I have learned a lot about Matanzas

over the past few years that I've been in charge of the packet stuffing. Before I started, I had no idea how many people were involved in pulling it off and no idea of the amount of time that many club members spent making sure every aspect of Matanzas was in place.

I will never forget going to my first packet stuffing for Matanzas. I

was relatively new Theto running, and was roped into helping stuff packets after a Tuesday night group run. What a flurry of activity I walked into! When I walked out of there a few hours later, I felt good that I had helped out in a small way, but more importantly, I felt like I was part of the club.

—continued on page 2

Wisdom, continued

A few years later, Judy Neville asked me to be in charge of the packet stuffing for Matanzas. I had no idea how much work went into it!

For months in advance, I was calling to collect items for goodie bags, arranging for

pick up, and clearing out space in my garage. It was a good thing I took the time to clean out the garage, because when the boxes started arriving, there were many, many of them.

Then one night, ACRR members descended upon my house, and that flurry of activity was

at my house! A few hours later, the packets were stuffed, the boxes were gone, and my house was once again quiet and uncluttered. But more important than any of that, I felt like I was part of the club.

—Laura Gordon

The Tribe Has Spoken...

Wanted: Runners willing to grab your tent, grab your firewood, grab your family, and LET'S GO.....to Anastasia State Park for a camping survivor-challenge weekend.

That's just what many of our ACRR members did MLK weekend. We set up camp on Friday night and one-by-one settled in around the group fire that our "lumber Jack" Fred Schmidt kept going for the next two days. Bratwurst, s'mores and fireside chats completed Friday evening as we prepared for Survivor Field Day on Saturday.

Three teams of five completed for the inaugural title of Champion. Some of the challenges required strength, some communication, and of course, all required strategy. The teams started with an old-fashioned, five-member wheelbarrow race, followed by blindfolded members relying on strong communication.

No game could be complete without a Fred-a-Dillo. That's



right, we had five Fred-a-Dillos hidden in the park that could be found if survivors listened carefully to the clues given. Then, we realized why everyone had to wear a past race shirt---they had to remember which race shirt each player was wearing.

Ahhhh....and then there was the blindfolded tug-a-war.....I REALLY don't think anyone will forget the tug-a-war! The Overall Champions of the day went to "The Green Machine," consisting of Leah Beck, Jessica Born, Chris Calkins, Ron Langdon and Amy Michee.

Sunday couldn't have been a better ending to our weekend. Leah Beck and Mary Lee Weeks prepared a pancake feast for everyone! Blueberries, bananas, walnuts—whatever we wanted, they had it! It was a wonderful weekend where memories were shared by all. ACRR Rocks!!!!

—Theresa Floyd

In His Shoes...

...as in the saying "you can't understand someone unless you run a mile..." John Regan is our featured club member for this issue.

Many of you already know John Regan, perhaps as Chief Operations Officer for the City of St Augustine, or by his infamous Hash name "The Shirtless Wonder," or maybe just as the guy with the sprinkler action and squishy shoes on those long summer marathon training runs.

I met John on my first run with the ACRR. He made it a point to single me out and welcome me to the run, commenting on the fact that he himself was once brand new to the group and remembered what it was like to be a new member.



As the months have gone by I have witnessed him perform this ritual again and again, constantly welcoming those crazy enough to make it to an early morning run or those brave enough to face the 6 pm hoard that takes over Publix every Tuesday evening. John provides inspiration to many of us for another reason as well. He has persevered through running, nutrition, and an overall lifestyle change to lose 90 lbs and become the fitness enthusiast and 3:49 marathoner he is today.

John and his wife Felicia are separately two of the most thoughtful and giving people I have ever met, and together they are a dynamite couple with abundant compassion and strength of character at their core.

I can't think of a time when John or Felicia haven't been there for me; whether its whipping up one of the most amazing entrees I've ever had (straight out of *Bon Appetit* or *Gour-*

met), taking my family out on their sailboat for a relaxing intracoastal cruise, or going out for a night on the town where John and Felicia leave their college age kids in the dust when it comes to partying and enjoying life. Fun and laughter are second nature to the Regans, and their inherent light makes them an amazing couple.

I owe the Ancient City Road Runners for the introduction of four of my very best friends in life, and I am quite certain I am not alone in that regard. Each ACRR member brings a unique and different vibe to the group. There's no one I would rather eat, drink, laugh, or run with; this group has it all. John and Felicia Regan are a shining example of what makes this club so special... good people.

—Sasha John

The Cross-training Corner

As a certified personal trainer and a distance runner, I know that a running-specific strength-training plan will make you faster, stronger, and less injury prone. Strength training strengthens muscles and joints, improving race times and decreasing injury risk. A runner with strong legs but weak arm and core muscles will always be slower than a runner with total-body fitness, which is why runners need a strength training workout that targets key muscle groups and keeps them balanced.

First, target your core! Your core is the foundation from which all movement begins.

“A running-specific strength-training plan will make you faster, stronger and less injury prone.”

It includes all the muscles of the midsection and hips that support your spine and allow you to flex, extend, and rotate.

One of my favorite core exercises is the Stability Ball Pike-Up. For this exercise, place your hands on the floor with your hands directly under your shoulders. Then

place your shoes on a stability ball, with your shoelace area on the top of the ball. You should look like you are doing a push-up on the floor. During this exercise, you are continuously balancing your weight on the ball. While keeping your core tight and back flat, pull the stability ball towards your chest while keeping the legs straight. Raise your bottom and hips as high as possible, while keeping the core contracted. The stability ball will roll from the shoelaces to the tip of your shoes. Hold for a second, lower the hips, and return the ball to starting position. Focus on proper breathing and do not hold your breath.

Second, work your back side! The muscles on the back of your lower body propel you forward, and the muscles on the back of your upper body help you maintain an upright stance. Many runners work their quads more than their hamstrings, creating an imbalance that causes recurring hamstring injuries and transfers stress to the knee joint.

One of my favorite backside exercises is the Single Leg Dead Lift. Tough stuff! Holding dumbbells, tip from the hips and lower the weight towards the floor (back straight) while lifting the left leg straight out behind you to hip level. Keep the knee of the right leg slightly bent, abs in. Contract the glutes of the right leg to pull back up. Repeat with the other side.



The REAL secret to runners' success is devoting time to strength training. All the pavement pounding isn't building the muscles in balance.

Listed below are nine basic exercises for everyone. Train with moderate weight loads for 8 to 12 repetitions per set. You should add 1 to 5 pounds more resistance whenever you complete 12 repetitions in good form. Two to three set of each exercise is sufficient for strength development.

—Cindy Treaster

Major Muscle Groups	Machine Exercises	Free-Weight Exercises
Quadriceps	Leg Extension Machine	Dumbbell Half-Squat
Hamstrings	Leg Curl Machine	Dumbbell Lunge
Chest	Chest Cross Machine	Dumbbell Bench Press
Upper Back	Pullover Machine	Dumbbell Bent Row
Shoulders	Lateral Raise Machine	Dumbbell Overhead Press
Biceps	Biceps Machine	Dumbbell Biceps Curl
Triceps Extension	Triceps Machine	Dumbbell Triceps
Low Back	Low Back Machine	Back Extension (Bodyweight)
Abdominals	Abdominal Machine	Trunk Curls (Bodyweight)

Countdown to Beantown

The Boston Marathon attracts an average of about 20,000 amateur and professional runners from all over the world each year. We are happy to say that six of that number will be representing our little ACRR corner of the world on April 20—David Beck, Jessica Born, Nichole Eberhart, Eva Lowry, Todd Neville, and Mary Lee Weeks.

The world's oldest annual marathon, the Boston Marathon is run on Patriots' Day, the third Monday of April. It was begun in 1897, inspired by the success of the first modern-day marathon competition in the 1896 Summer Olympics.

Besides the Olympic trials and the Olympic marathons, Boston is the only major American marathon that requires a qualifying time. Thus for many marathoners to qualify for Boston (to "BQ") is a goal and achievement in itself, making it a "people's Olympic event."

The Boston Marathon is considered to be one of the more difficult marathon courses because of the Newton, Massachusetts hills, which culminate in Heartbreak Hill between the 20 and 21 mile marks. While rising only 88 vertical feet, Heartbreak Hill is positioned at a point on a marathon course where muscle glycogen stores are likely to be depleted.

The nickname "Heartbreak Hill" came from the 1936 race. On this stretch, defending champion John A. Kelley caught race leader Ellison "Tarzan" Brown, giving Brown a consolatory pat on the shoulder as he passed. His competitive drive apparently stoked by this gesture, Brown rallied, pulled away from Kelley, and went on to win—in the words of *Boston Globe* reporter Jerry Nason, "breaking Kelley's heart."

Here's to no heartbreaks this year! Good luck ACRR Boston Marathoners!

—Judith Burdan



Ancient City Road Runners

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Club Merchandise	Jay Decker
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The **Ancient City Road Runners** are runners just like you who meet several times a week to... run. Fortunately, club members also tend to meet and gather for the social aspect, which is so well-deserved after spending so much time hitting the pavement together. **We run hard and have fun!**

The ACRR started in 1982 when some like-minded people saw the need for a running club in our city. The club's constitution states:

"The prime object of this association shall be the promotion and encouragement of long distance running and the education of the public to its benefits."

This still rings true today as we volunteer our services in the timing and management of local races like the **Matanzas 5K**, raise money for St. Johns County high-school track and cross-country teams, and hold a running camp each summer.

ancientcityrr.org

And Now a Word From Our President...

I was surprised the other day when I received an email from Judith asking me to write the presidential note for the newsletter. I was unaware of this responsibility, as well as many other responsibilities that I have inherited as the president of the Ancient City Road Runners. It has opened my eyes to the dedication and hard work that our previous presidents have exhibited. I hope to follow their lead and continue to grow and improve the club.

With that being said, I am very excited about being your club president. I hope I

can say for most of you that being a member of this club translates into lasting friendships, better health, great times, and an occasional enlightenment from Fred! A priority for me is to get our name out more in the community and to bring in new members to the club. If only the rest of the community knew how fortunate we are to have this club in St. Augustine. We do great things for the community, we have a positive effect on people's lives, and we are there for each other through the good and

the bad. If you have any ideas on how we can continue to educate the community about our club and bring in new members, feel free to communicate these ideas to me or the rest of the board.

On another note, I hope to see you at the Gate River Run on March 14th, kicking the Hart Bridge's butt. I especially hope to see you at our spring hash run on March 28th benefiting the Don Ausman Foundation (www.donsfriend.com). We hope the proceeds from the Hash Run will help jump start this foundation.

—Justin Breidenstein

