

## Keeping In Stride



### Chip Timed End of the Trail Half Marathon Run/Walk is March 24,

Come join the fun. The annual End of the Trail Half Marathon is just around the corner—March 24, 2012.

Starting and ending at Mooney Grove, it's an out-and-back course along quiet country roads.. It's a fast course, so if you're looking for a PR, this could be the one for you.

The End-of-the-Trail Half Marathon Run/Walk is part of the Valley Runner of the Year Series. All proceeds from the event go to local high school athletes and running programs.

Your registration fee includes food at the finish line, a beautiful finishers medal, and a hooded sweatshirt.

Chip timing will be provided by Sole2Soul in Visalia, CA.

On-line registration is encouraged.

#### Registration Fees

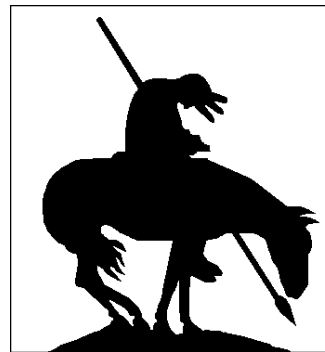
Before January 7, 2012—\$45

January 7—March 22—\$55

March 23—Race Day—\$65

For members of Visalia Runners, register on-line to receive your registration discount.

To register, go to [www.VisaliaRunners.com](http://www.VisaliaRunners.com).



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## Runner's Corner - Race Reviews

### The 2011 ING New York City Marathon

- By Yvonne Jessup

Let me start by saying that the number 13 and the color orange now trigger good memories...you might ask, "What does that have to do with the NYC Marathon?". Well...The number 13 has never meant much to me and I never really liked the color orange. Upon my arrival in the Big Apple I was met (in the middle of the night, after a wild shuttle ride from JFK) by my new roommate Jodi Nelson-Ryan, from St. Cloud, MN at our room on the 13<sup>th</sup> FLOOR of the Riverside Tower Hotel...I always thought that hotels skipped this floor, but there we were. This hotel is a converted former dormitory of Columbia University and the amenities were the same as for students: small, primitive, but clean and affordable.

I shared expenses and laughs on this trip with members from three Minnesota based running clubs, the St. Cloud River Runners, the Rochester Track Club and Team R.E.D. (Run, Eat, Drink "Two out of Three ain't Bad"). My other roommate, Renee Dyshaw Saxman, joined us later. We were like three peas in a pod. Jodi and I were assigned to the ORANGE athlete village, bridge placement and starting route. Our race numbers were similar, both being in the 12,000- 13,000 range.

#### Race Day

Logistics for this race are interesting. Take a subway to the Staten Island Ferry and ride a bus to the Village, all before 7:00 am. Jodi and I shared our corner of the village with teams from Italy, Germany, Israel, China, Australia and France. Now the number 13 comes into play once more...I tell myself "Relax, the race doesn't start for a long time." Hint: Read your race instructions before the race. "Drop sweat bag, one more time to the port-a-potty" and...run like heck to get into your corral BEFORE IT CLOSES! Our corral number 12 closed just as we arrived but we were fortunate enough to have the sympathy of the gate keepers to Corral #13, which became our new home. While standing in our new corral just before the singing of the National Anthem and New York New York, team Italia was kissing both cheeks around their circle of athletes, Ciao Baby!

At the sound of the cannon we were off and running the 2011 ING New York City Marathon. What a rush running over the Verrazano-Narrows Bridge in a sea of electrified humanity. From Staten Island over the bridge to Brooklyn, the miles are flying by as the mind is easily distracted. Crowd support and great music filled the course. Brooklyn is in the rear view mirror while Queens is ahead over the Pulaski Bridge. Two miles of Queens and we were crossing the Queensboro Bridge across the East River and Roosevelt Island. On this bridge is where the wheels were beginning to feel like they were coming off. The Queensboro Bridge is covered but open on the sides providing a perfect wind tunnel for a sideswiping wind. I slowed my pace and hoped I wouldn't get trampled. The magnitude of this race offers few areas of easy maneuverability. The weaving in and out of foot traffic and surviving the sharp turns with converging runners makes this course quite challenging and downright scary at times! As I traveled north on First Avenue in the Upper East Side of Manhattan, I struggled for four miles but seemed to feel better as we crossed the Willis Avenue Bridge into the Bronx. The course runs about 1 ¼ mile in this boro nicknamed "the loneliest place", as the crowds were sparse, but the few spectators there were enthusiastic. We then crossed the Madison Avenue Bridge at mile 21 and proceeded south through Harlem, then entered into the eastside of Central Park at 86<sup>th</sup> Street. Just 2.2 miles in the park to the finish at 68<sup>th</sup> Street on the west side and the medal is mine.

Thousands of runners, millions of spectators, what a race! My time, 3:29:31 and I was happy to obtain it. So, 13 is not unlucky and Orange is bright and cheerful, new friends are a treasure...Life is Good!

### The Two Cities Marathon—11-06-2011

— By Michael Baumann

Commonly referred to as the Fresno Marathon, the 2CM has arrived in the national spotlight as offering uncommon amenities to all participants from the 50K ultra, 26.2 mile marathon, and the 13.1 half marathon!

Team Bauzer arrived at Woodward Park at 6am. We walked to the park to visit a gaggle of residents wobbling around the lake. Warm-up complete, we stripped down to our race attire for the 7am start. Thousands of local Visalia Runners and other racers positioned with pacer groups to settle into "Randy's pace". Mo caught us at 3 miles to share a chat during the happy early miles. Balto cruised at faster than expected pace that would eventually take it's toll on the Big Dog. By the halfway mark, Team Bauzer slowed from 7:45 pace to a more realistic 9 minute tour from Clovis to Fresno (thus 2 cities). At 16 miles, Newkie pushed past to an impressive top 4 finish. At 17 miles, Hummer made his move and headed to a Boston Qualifying Time.

It was quite warm and I was afraid of suffering a sunburned face from smiling at all the returning half marathoners. Our last 6 miles consisted of a gut wrenching performance. We jumped and clicked our heels at the finish, knowing that a gourmet breakfast and ice cream sundaes awaited. The post celebration included a Beer and Wine Garden with music and awards.

I wear my tech shirt, hoody warm-up, and 2cities cap almost every day!!! Congratulations to all our Visalia Runners and every finisher of the "world's best marathon".



Pictured left to right: Peter Maves, Thomas Woo, Renee Saxman, Shirley Woo, Andy Becker, Yvonne Jessup, Jodi Nelson-Ryan

## The Athens Classic Marathon—11-13-2011

—John Sawyer

The Athens Classic Marathon was my 4<sup>th</sup> marathon. I recently retired and wanted to do something special to celebrate this milestone. I have always had an interest in archeology and ancient history so Greece was high on my list for travel locations. When I heard about the opportunity to run the original marathon route and travel to Greece my decision was made.....Greece, here I come.



**Travel—** Getting to Greece my travel support was Karen Holland. Once we arrived we joined our tour group in Athens. The tour group caters to runners and took care of all the arrangements. This was real convenient when picking up bib packets and arranging transportation.

The tour group of 80 consisted primarily of marathon runners and family support. We also had Jeff Galloway, who was also at the Fresno Marathon, as our coach for 7 days. There was plenty of group support as we traveled visiting the archeological sites around Greece.

**Training—** My training program was simple—short runs Monday – Thursday, long runs on Saturday and an occasional trip to the gym. I received excellent encouragement and support from the “bee hive gang” each Saturday morning. Thank you, Richard, Julie, Janet, Beth and Karen; your support is awesome. I also appreciate the support I garnished from the Visalia Runners; your Face Book postings help keep me motivated.

No doubt the most difficult part of the trip was getting to Greece and back. The flight was long and airport security was extremely slow in Paris. However, the flight is not enough to discourage another international marathon. For some reason I keep hearing Italy calling me to run the Rome Marathon.

**The Marathon—** There were many memorable moments for me during the marathon. Perhaps the most memorable was the cold, windy and wet start. Brrrr.....I can still feel that cold head wind as my corral was waiting for the start. The historic sites along the course, the enthusiastic crowd and finishing the run in the beautiful marble stadium is something I will always remember.

I must say the people of Greece are awesome. Despite the cold, wet and windy weather people lined the streets cheering on the runners. “Bravo, bravo” I heard as the runners passed the enthusiastic crowd. As we made our way through the streets of Greece children handed out symbolic olive branches. A very nice touch!

The marathon started at 9:00 in the morning in the city of Marathon. There is no looping back to the starting point for this marathon. All participants started in the city of Marathon and ended at Panathinaikon Stadium in Athens.

The first 2.5 miles was an easy run along Marathonos Avenue at sea level. A quick right turn took the runners past the Marathon Tomb. The Marathon Tomb is a war memorial for those who died during the Marathon Battle. The memorial is a large mound where thousands of warriors were buried in a mass grave. We also passed a statue of Pheidippedes, the honored Greek messenger.

The course was relatively flat for the next 1.3 miles. From the 6.8 mile to the 10.5 mile mark the course goes uphill. There was a short decent then back up and down hill for the next 10 miles (mostly uphill). Finally, at mile 20 the course begins to flatten out as the runners leave Stravos Junction. The next 6 miles takes the runners into Athens passing many beautiful buildings and historic sites along the way.

Finally, I had first eye contact with Panathinaikon Stadium as I turned down Hrodou Attikou Street. Only 550 feet to go as I entered the beautiful white marble stadium; the finish line is in sight. I can now hear the cheering spectators as I moved closer to the finish line.

Crossing the finish line I thought of Pheidippedes and his historic run. Most folks know Pheidippedes died after announcing the Greek victory over the Persians. However, there is more to the story. Pheidippedes was sent to Sparta asking for help. The Spartans said they would help, but not until after the next full moon due to religious reasons. Pheidippedes ran 144 miles back to Marathon in 2 days with the disappointing news. When arriving in Marathon he fought in the battle and then was ordered to run to Athens announcing the victory. In one week Pheidippedes ran over 300 miles.

If you have an opportunity to run the Athens Classic Marathon do it. It is a wonderful experience you will always remember. However, once in a life time is good enough for me. My next international marathon will be in a different country; like Italy.

If you have the chance to run Athens, do it. Just be prepared for cold weather and hills. I suggest joining a tour group with a focus on the marathon run. Transportation and language can otherwise become a barrier. Keep in mind, Greece is an archeological Disneyland; so much to see and experience. Being part of a tour group will enhance your Greek experience.

## Race Acknowledgements

New York Marathon (11/7/11)-Yvonne Jessup

Fresno Two Cities (11/7/11)- Jim Barnes, Mike Baumann, Sherri Emerson, Kyrria Fierros, Arvid Fristad, Karen Holland, Dave Humerickhouse, Al Morales, Matt Morales, Irma Pratti, Richard Rodriguez, Kristina Ross, John Sawyer, Julie Serjak, Connie Tavarez, Daniel Tavarez, , Amanda Tenuta.

Athens Classic Marathon- Karen Holland, John Sawyer

Race Against Hunger (11/24/11): Jim Barnes, Mike Baumann, Danny Baumann, Steven Baumann, Carston Burgess, Judy Burgess, Magnus Burgess, Neils Burgess, Camille Jimenez, Gabriel Jimenez, Marcus Jimenez, Andrea Miranda, Gabby Miranda, Nathan Morales, Matt Morales, Mike Pratti, Mikey Pratti, Kristina Ross, Joseph Ross, David Ross, Roger Sebert, Amanda Tenuta and her husband.



We know there are more of you out there! Don't be shy—now's your one and maybe only chance to toot your own horn! Send them in. It's never too late for a little acknowledgement.

## From The Archive..... January 1988

*Ed. Note: The original author of the article below appears to have been Cherie "Lady" Stephenson. She was the club historian in January 1988 when the article was originally printing in "Keeping In Stride".*

### Historian's Corner

This month being the first month of the year brings to mind one of the oldest traditions of the Visalia Runners. This is the Hour Run which Rob (Stephenson) started many years ago. As he says each year when he hands out the little gold plates, "This is a re-dedication of our commitment to running and fitness". Each year we meet at the COS track, usually the first weekend of the year, to run for one hour. In the past we have had as many as 25 and as few as 12 persons run. This run has also been used as a fund raiser for Hospice.

THIS YEAR THE HOUR RUN WILL BE HELD ON SATURDAY MORNING, JANUARY 2, 1988 AT 10:00 A.M. RAIN OR SHINE. In past years it has done both. Bringing the New Year right and run the Hour Run! You have run before and want a plate to add to your plaque, entry fee will be \$3.50. If you have not run before and would like to start your own plaque, the entry fee will be \$7.00 for plaque and plate with your distance on it.

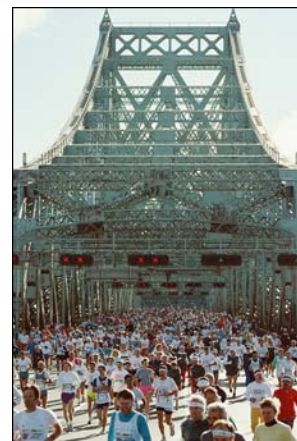
TRIVIA QUESTION #3

THIS IS A TWO PART QUESTION:

1. How many years has the hour run be held, and
2. Name one of the two people who have run the Hour Run each of these years.

## Election Results—New 2012 Board Members

- President - Connie Tavarez - [runnerchica1@yahoo.com](mailto:runnerchica1@yahoo.com)
- Vice President - Michael Bauman - [marathonmike@gmail.com](mailto:marathonmike@gmail.com)
- Secretary - Sheri Emerson
- Treasurer - Amanda Tenuta
- Sunshine - Irma Pratti



"The only reason I would take up jogging is so that I could hear heavy breathing again."  
- Erma Bombeck

### Congratulations to -

- Yvonne Jessup— Runner of the Year
- Jeff Pierce—Member of the Year
- Rita Baumann—Walker of the Year



#### New Arrival

Check out Visalia Runners new website! Launched in early December, it features local race information, blogs, forums, race results, and more—not to mention on-line membership renewals and race registration for End of the Trail Half Marathon Run/Walk. (<http://www.VisaliaRunners.org>)

#### Annual Banquet

The annual banquet will be held at the Lamp Lighter Inn in Visalia, on 1/21/2012. Contact Angelica Rogers or Connie Tavarez for more information.

#### Newsletter

The newsletter is baaaaaack! Submit your articles, race reviews, comments and questions to Karen Holland at [dnallohk@gmail.com](mailto:dnallohk@gmail.com) (kholland spelled backwards).

Upcoming Running/Walking Events			
Date	Event	Location	Distance
1/7/2012	Dream Run*	Woodward Park, Fresno CA	5K/3.1 miles
1/29/2012	Tinkerbelle Half Marathon	Anaheim, CA	13.1 miles
2/18/2012	Race Judicata*	Clovis, CA	5K/3.1 miles
3/3/2012	Blossom Trail Run*	Sanger, CA	10K/6.2 miles
3/24/2012	End-of-the-Trail*	Visalia, CA	13.1 miles
4/14/2012	Run for Relief*	Fresno Pacific University	10K/6.2 miles
4/22/2012	Armenian Relief Society—Show Me Finish Line*	Woodward Park	2 miles
4/28/2012	Shinzen Run & Walk*	Woodward Park	5 miles

\*Designates Part of Valley Runner of the Year Series

## Volunteer Acknowledgments

The Visalia Runners group is well-known within the running community for our volunteer efforts.

Volunteers are the unsung heroes behind many racing events in Tulare and Fresno counties.

Many members showed up to run the **Race Against Hunger**, which is greatly appreciated. In addition to their support, there were a few behind-the-scene VR members helping to run the event. The volunteers included Richard Rodriguez, David Calderon, Bobby Coburn—all past VR presidents, Connie Tavarez, current VR President, Danny Tavarez, Angelica Rogers, Karen Holland, Ted Nunez, - that we know of.

Kudos to Richard Rodriguez and Tom Sowers. They timed the **Tinsel Town Run** in Tulare. Connie Tavarez volunteered as well.

**Visalia Runner's Meetings are held the first Monday of the month at Lifestyle Center, 7:00pm.**

Send race acknowledgments,  
Contributions, or articles, to  
[dnallohk@gmail.com](mailto:dnallohk@gmail.com).

Editors—Karen Holland, Janet Lynch

Contributors—Richard Rodriguez, Yvonne Jessup,

Michael Baumann, John Sawyer

Visalia Runners is dedicated to the advocacy of running, walking, and a strong commitment to Community. Our goal is to support youth running groups, and furthering their education through scholarships.

Member of Road Runners Club of America



## Contact Info

Visalia Runners

P.O. Box 2575

Visalia, Ca.

[www.VisaliaRunners.org](http://www.VisaliaRunners.org)