



# The Arlington Runner

## Summer 2009 Newsletter

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



### 2009 Walk & Roll Run for Eagle Wings Ministry

The Walk & Roll Run was a great success! The weather was terrific and we had a good turnout given we were competing with another fundraiser in Granite Falls and the Special Olympic trials. We earned a total of \$2280 for Eagle Wings Ministries. Those funds were used to send their people to camp.



### 2009 River and Rails Run for Cocoon House

Another picture perfect day for the River and Rails Run on the Centennial Trail in Arlington. Lots of young people turned out with many local high school runners in the crowd. We raised a total of \$1289 for Cocoon House. Thank you to all the volunteers at the numerous intersections.

#### Words of Wisdom

“Running gets boring if you cover the same ground day after day. Once a week or two, run in a different neighborhood or park, or join up with a new running partner or group.”  
Jeff Galloway, coach, Olympian, Author, Runners World columnist

“Remind yourself that a run will make you feel better mentally and emotionally.”  
Howard J. Rankin, PhD, psychologist, author

#### Club Mission Statement

ARC is a non-profit group that exists to provide runners/walkers of all abilities a free forum for the purpose of achieving personal fitness goals through charitable race events.

#### 2009 Race Schedule

5/30 Walk & Roll Run 5k/10  
10 am @ Haller Park

8/1/ River & Rails Run 5k/10k  
9am @ Haller Park

9/19 Run for Hope 5k/10k  
9am @ Arlington airport SAC

12/5 Toys for Tots Run 5k/10k  
11am @ Arlington airport SAC

#### Questions/Contact:

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### **Ironman 70.3 Triathlon at Lake Stevens, WA by Kerry Pray**

Upon arriving, it was still dark when I set up transition. It was nice to meet and talk with the other competitors around me from all over the country. It was a bit intimidating, the bikes around me looked all business. I was proud to welcome everyone to my home town. Lake Stevens has never really looked better to me with all of the Ironman streamers and flags. After setting up transition, I double checked everything 3, maybe 4 times. Heading out of transition, I found my wife and set out for a 10 minute jog to curb my nerves a bit, but it didn't really work.



My wife and I went to the swim start. As I was getting my wetsuit on, the national anthem was playing. The excitement was in the air. I had a hard time controlling my emotions. I was about to see after all of my training, if I was truly ready for this challenge. I headed down to the water for a quick warm up swim. I went a couple hundred yards. The pros were already heading out and my wave was about to start. As I looked on the dock I was surprised to see how many competitors there were in my wave and I was disappointed that I didn't get in the water for my warm up earlier. This forced me to the back of the wave and I was one of the last to slip into the water.

**SWIM:** As the horn sounded we were off. I was far outside and about four rows back from the leaders of the wave. It was very difficult for me to make serious progress for the first 500 yards as I didn't get any open water until the first buoy. Then it opened up for me. I felt great, I was able to accelerate, concentrate on my form, and start moving through the pack. It was difficult to see the buoys due to the fog or judge where I was in the lake. About a 1/2 mile from shore the sun started coming up over the mountains, the fog started to clear and it looked amazing. It was a remarkable sight to see that amount of people swimming through the sun rays as they came through the fog. The rest of the swim was smooth and I felt great coming out of the water.

**BIKE:** It was pretty cold for the first ten miles as it was still foggy. I have ridden this course so many times that I really felt prepared. I was constantly moving up in position and at ease. I was checking my splits with road side markers and I was improving upon my training time considerably. This worried me because I was concerned about blowing up on the run, but as the race progressed I decided that the tapering over the last couple of weeks had really made a difference in my bike fitness and performance. The first time I saw my family was heading up Du-buque road. This was a good place to see everyone cheering me on as I headed up the dreaded hill that everyone was talking about. I couldn't believe it, I felt great and was in the left hand lane, standing up on the pedals, feeling confident that my training was paying off. The only problem I had was my chain came off twice and the lack of porta potties on the course.

**RUN:** I flew out of transition and was feeling very strong. I ran 7:15 splits for the first three miles. About mile 4-5 I started feeling the effects of not carrying any nutrition on the run and the sun was starting to warm up. Family and friends lined the course which really helped. By lap 2/mile 6 I was really starting to suffer and wished I had accounted for and practiced taking in nutrition on the run. The rest of the run I was walking the water stations and had a hard time getting the Gatorade down but water seemed to be ok. I think it was too late to recoup the lack of nutrition as my body was tingling and I felt extremely sunburned. Mile 10 I reminded myself, only a 5K left and thought of all of the family and friends that have helped me on my journey to make this Ironman possible. With only about a mile left the lake looked great, it looked so refreshing, and all I could think about was jumping in right when I finished. What a feeling to turn the corner and see the finish chute. My family was right there to meet me as I finished.

I had a great time, it was all worth it and I wish I could do it again. I hope to do three or four of this type of race a year.

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## Tales from the Trail—First Experience Seattle Rock & Roll Half Marathon—by Jamie Balderas



I set a goal about a year and a half ago to run a marathon and decided it would be best approached in steps: 5K, 10K, half marathon, marathon. I ran a 5K last September and a 10K this spring, both with the ARC. The Rock & Roll sounded like a fun half marathon run so I registered in the spring and completed a 10 week training program.

When I arrived at the starting line, I was overwhelmed with the number of people, the atmosphere, and the energy. Butterflies were bouncing off the inside of my stomach. It was a beautiful day. The weather and temperature were perfect.

When the gun went off, I was ready and excited to run. There were so many spectators and cheering squads along the way. It was surprising and inspiring to have complete strangers encouraging me and shouting "Great work. Great pace. Keep it up!" I remember at some point in the race thinking, "Wow, this is so cool. I'm actually doing this. I'm running a half marathon." I think I almost got emotional. The course was gorgeous. I loved running along Lake Washington in the Seward Park area. It definitely represented Seattle well. I'm sure the out-of-town runners were pleased with the sight seeing they were able to do during their run.

As soon as I crossed the finish line, my legs felt a little stiff and I really had to stretch them out. Other than that and being a little stiff for the next couple days, I recovered rather quickly and felt great. My training program is to thank for that and my time of 1:53:30 which was within my goal. Would I do it again? That would be a definite, "YES!" The sense of accomplishment is so worth it. I am registered for the Rock & Roll Marathon 2010. Bring it on!!

## In Memoriam



Greg Woodman, 48, Founder & Chairman of the Arlington Runners Club, died September 2nd in a climbing accident near Maxwell Falls, Colorado. Greg ran cross country in High School. He started running again about 5 years ago with the goal of running a marathon. He ran in a number of local races and in several other states. After his second marathon, he pursued his dream of forming a running club for others to achieve fitness goals and to help charities. He will be most remembered for the leadership and enthusiasm he brought to the club. He will be greatly missed. Our prayers go out to Bobbie, Kirstin & Greg's family. A Tribute to Greg follows.

## Thank you Sponsors!



You can be an ARC Sponsor too. Give us a call.

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In Memory of the Founder & Chairman of ARC, Greg Woodman. 1960-2009

*The Beginnings of ARC by Will Miller*

*My history with Greg begins somewhere past the peak of the bell shaped performance curve. My warped brain likes to flip the curve over into a U shape with us climbing the ever steepening slope toward the end. Greg knows how I feel about hills. When a guy at church I barely knew asked me if I was a runner, I had no idea what that question would entail! We shared our running experiences and quickly decided to meet on Saturdays to run around the airport. Sometime early on, he brought up his dream of running a marathon. Greg was considering running the Seattle marathon in November. I told him I wouldn't run Seattle because of the weather and hills so we settled on the Vancouver marathon. That was only 9 or 10 weeks away so we had to seriously ramp up our training plan. Greg left me behind at mile 17 and came close to his goal of 4 hours. Marathons take such a toll on your body and time so I wasn't interested in running the Las Vegas marathon with him later that year. He ran that marathon with another victim and raised over \$1300 for children of prisoners.*

*At the beginning of our 2<sup>nd</sup> year of running, he told me of his other dream to form a running club and host races to benefit charities. Sometime after he got started, I had concerns about his plans and was worried that he didn't know what he was doing. I know he had to be frustrated with me because I was always questioning him. He commented that he was the person with the big ideas. Without his gift of organizing, promotion and his determination, this club and the fun runs would have surely failed.*

*You can't help but become very close to someone you train and run a marathon with. With all that time together, you have lots of time to talk about life. In the relatively short time I have known him, I think of him like a brother. We will surely miss him. The impact is like when you hit the wall at mile 20. You are off on the side of the road and the pain is so bad you don't know if you can go on. Greg has always been there for me, encouraging me to finish the race.*

The above narrative was written in March of 2007. I wrote this when I first learned that Greg would be moving to the Denver area. I assumed at the time that I would never see him again. I intended to give this speech at our first annual ARC End of the Year Party as a farewell to Greg but cancelled it when he told me he would be here for all the races.

There is so much more to say. He was my best friend and a brother in Christ. Greg loved to run. He shared this passion by tirelessly promoting the running club he started to help others and charities. He motivated people like me to get out of our comfort zone and help him with the club. Greg was competitive but he would forego our rather intense training pace to run slower with a newbie at the Saturday runs. He was the most optimistic, inspirational person I know, always encouraging others to achieve their dreams. He confided that he did not think he could qualify for Boston due to his injuries and diabetes, because he needed to cut about 30 minutes off his best marathon time. I suggested that he personalize his training program to avoid injuries. Even with the struggle to balance his blood sugar, he never stopped trying. Greg never looked at his watch but he had an innate sense of pacing and instinctively knew how to run a smart Boston qualifying race. Somehow he realized his pace group was too slow so he speeded up to make the cutoff. His qualifying time for Boston was a club best until last year. Unlike my aversion to hills, he reveled in them as evidenced by his runs up and down the Barr Trail on Pikes Peak. He would fly down hills and wait for me at the bottom. Greg's accomplishments as a diabetic athlete have inspired others to challenge themselves physically. Somehow I think Greg sensed his time on earth would be short so he crammed as much life into it as he could. Lately he was unable to be as involved with the club as he wanted. I think it was his way to get us to take on more responsibility. He has had a lasting influence on us & his writings live on in the newsletters & website. He touched so many lives and he will be missed!

