

Downriver Runners Newsletter



June 2010

UPCOMING EVENTS

- 1. Rollie Hopgood's Mid-Town Taylor 5k Run/Walk- July 10, Heritage Park, Pardee Road, Taylor. Race starts at 8:30 AM. Volunteers contact Greg Everal at greg@everalracemgt.com**
- 2. DRR Annual Picnic, Wednesday, July 14, 6:00 PM at Taylor's Heritage Park, Pavillion B. Come run the Prediction Run at 6:30 PM (approximately 3 miles) and stay for the picnic. DRR provides the hot dogs, soda, chips, water. Bring a dish to pass if you wish. The Tony Mifsud Scholarship will be awarded to the female and male H.S. runners. Everyone is invited; family, friends, runners, walkers.**
- 3. August 07, 2010- Saturday
Park Avenue Realty, Inc. Presents the 34th Allen Park 8k at 9:00 AM. Volunteers needed, please contact Mark Kerr at Marathonmark@hotmail.com to volunteer.**

Please volunteer at these races to make them a great event, or register to run, and encourage your friends and family to register and run, too.

NEW LOGO?

Recent discussions have raised the notion that the DRR's fish logo has had it's run (excuse the pun), and it's time for a new logo. Below are some possible replacements for your review. Please let me, or Dan Martinez, know your opinion on whether to change the logo, and if so, which of the proposed logo's below you like best. Email me at Stevewilliams1262@yahoo.com, or Dan at danmtz70@aol.com. If you have a logo you've designed that you like better, email that for consideration.



Bear Lake Twice – 6/11/10 and 6/12/10 by Lois Berkowitz

Friends told me about the Bear Lake double by Mammoth Marathons and a friend with a time share offered to get me a condo there, if I could fill it with three to eight people. It was easy to fill the condo with eight willing people, and the flight to Salt Lake City was fairly reasonable as flights go. Bear Lake is half in Utah (northeast corner) and half in Idaho and hovers around 6,000 feet elevation. The "50 States Special" advertised two marathons in two days, one starting in Utah and ending in Idaho, and one starting in Idaho and ending in Utah. (The 50 States Marathon Club rule is that if a race starts in one state and ends in the other, you can count it for either state, not both). Garden City at Bear Lake, Utah is about 2

½ hours from SLC and through some beautiful country, especially as you get to Logan, Utah – mountains, greenery, wildflowers. A few of us were able to car pool, too.

There was no packet pickup day before for day one - about 80 people, mostly 50 Staters and Marathon Maniacs gathered on the street at 5:30 a.m. for a 6 a.m. start. We weren't worried, because the RDs had been available for questions beforehand. I had thrown a pair of tights, a hat and gloves into my packet at the last minute (It's summer, right? How could you need that stuff?) and was very glad that I did. Temperature both days started around 37 degrees and ended around 47 degrees. I hooked up with friend Mike, an experienced marathoner and ultrarunner from Maine – this had worked in two previous races. Mike, without doing the Galloway specific timing, has a very regular run/walk pace. We had a great time. The lake was in sight almost all of the route, which lead us on a road round the lake. It was not perfectly flat anywhere, but the hills were in the last few miles. It was a gorgeous day, with lots of pelicans, marmots, Western tanagers and magpies throughout. There were aid stations manned with one-two people every three miles, sometimes with fruit and almost always with boxes of Gu. There were also pastures of cows and horses. Mama Jean, from Maryland/WV, reported a bull calf who started chasing us along the fence, then ran with her, very politely waiting at points for her to catch up. We ended on the road in Idaho, where race officials waited with tables of water, etc. and our faster friends taunted us with, "Only another three miles...." We

collected our special medal for the two day event and car pooled back to the condo. We had brought in lots of food, and had our second in-house pasta dinner after a warm bath with Epson salts. About 6 p.m. that night, it was time to go back to the small park where we started for the more official packet pickup for day two. We picked up our second tech shirt, number and goodie bag and went back to the condo, two miles away, for a good (?) night's rest.

We met at a church near packet pickup and large busses took 120 marathoners to Idaho for the start on day two. Day two was not as forgiving weather wise. Weather varies, depending on where you were on the lake. Rain was predicted, but it didn't show up until roughly halfway through my race – then it was pretty heavy for a while, with nasty little bits of hail and winds of 25-30 mph (according to friend Henry, a detail man). The hills seemed more frequent, and they were long inclines and declines. As usual, the inclines seemed more frequent than the declines! I stuck with Mike again and Henry ran with us for about half of the race. We had a good time telling stories. The aid stations were more frequent on this day, roughly two to three miles apart and the Gu was less frequent. I must recommend the Blackberry Gu! Hadn't had it before, and it was excellent. Once again I was grateful for the last minute addition of my baklava and gloves. I felt surprisingly good, and kept up the pace with Mike. We picked up LizNoel in the last three miles - she said she had "nothing left" though she was quite a bit younger than we were. We dragged her to the end at the same place as packet pickup had been, and trotted

through a finish line. The usual food was available – I took a quick look and started walking fast toward my car, about ¼ to ½ mile away in the church parking lot. It was an easy drive back to Salt Lake City, a hot bath, and leftover pizza. Friends Michelle, Debbie, Mama Jean and I shared a bottle of wine and a ton of popcorn. This condo thing, while complicated was tremendous! I knew only one of the people other than through e-mail before we roomed together, and I know have several great new friends with interesting backgrounds!

If you haven't run in elevation, it can be a problem. Watch for signs like a mild headache, difficulty breathing, some nausea. What you do is drink more, take an aspirin, and go slower. Fast doesn't always work in these conditions. The common wisdom is that you arrive a day or two early to acclimate, but this isn't usually possible for me. Sometimes a generic Sudafed type product helps with the breathing.

Mammoth Marathons is a wonderful race packet, with six marathons in the total packet. Check out <http://www.mammothmarathons.org/> for more information. I would love to go back. Note that if you finish four of these marathons in a year, you get a special rock award.