

I have recently asked a few SMRC members to consider writing a race journal entry for some of the races in which they have recently participated. Having a race journal on the San Marcos Runners Club website, along with the stats of the race, is a great service to our SMRC members and others. I think the biggest aspect it offers is the opportunity to hear different perspectives on a race. I am usually in the front of the pack, and often relay race strategies and such; yet most of the action is happening behind me. With my encouragement, Cindy Shannon-Lee has submitted a race journal for the “Get Your Rear in Gear” 5/10K race held Sunday, March 15th in New Braunfels.

Randall Wood  
Vice President  
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### **Get Your Rear in Gear 5/10K Cindy Shannon-Lee**

Becky Patterson and I had decided to attend this race together back in February. It was only her second race, and she chose to run the 5K. I had been training for the 10K over the last few weeks, but had not been able to run much in the week prior to this event. For this reason, I was undecided whether to run the 5K or the 10K until we signed in and paid the fee. I was feeling good, and I chose the 10K. So, this was my first 10K and my first “chipped” race. It was misting and threatening to rain as we lined up to begin.

We were instructed to run on the far right side of the street, as traffic was going to be continuing throughout the race. The 10K was an “out-and-back,” so there would be runners on each side of the street with cars in the middle! YIKES! I didn’t like the idea of running on the right hand side with traffic to my back! Then, before the signal to begin blew, the announcer said something else that didn’t sound good. He said, “Oh no, I believe I hear a train”...what did that mean? He told us that if we should encounter a train on the route that we should not challenge it, because the train would win. Then the whistle blew and we were off. The mist felt great and I was enjoying the run. My previous runs of this duration had been in the 11-12 minute-per-mile range. I had decided that I would take it easy this first 10K, getting to know my limits better. But you all know what happened! There was the magic of the race, and I just wasn’t satisfied with that slower pace.

As I watched my speed on my running watch, I was surprised at how good I was feeling. I was not struggling in any way at the 5K mark, and running faster than I had trained. I was even chatting with a runner I had just met. Of course, I had forgotten that I had used EFT (Emotional Freedom Techniques) the night before and the morning of this race. I am continually amazed at how this technique allows me to do my very best when I remember to use it!

We got our water as we turned around to come back for the 2nd half of the race. Everything was going fine until I heard someone in the pack ahead of me say, “OH NO, a train!” Sure enough, there was a train ahead of us... not moving... just stopped on the tracks! There were probably about 25 of us there waiting for it to move out of the way. My running watch showed that it took 3-5 minutes before I could resume the race.

I finished easily with a 1:03:41 time, coming in 4th place in my division (according to the race stats). Of course, I couldn't actually see the clock at the finish line, because they had a big plastic bag over it to protect it from the rain! I think my time might have truly been right at the 60 minute mark, minus the train stop!

There were some good cash prizes for the 10K race (\$200 for 1st place male/female; \$100 for 2nd place male/female; \$50 for 3rd place male/female), but Becky and I knew we did not win any of them; and since it was raining, and there would be no age-group awards, we left the event shortly after the finish. We did stop, however, to be interviewed by the camera crew there. Who knows, you may see us interviewed by the Colon Cancer Coalition! I know, I know... it's a good cause; but I'm not sure I'm going to wear the technical T-shirt or carry the nice bag they gave us. There's just something about wearing the "Colon Cancer Coalition" on my chest that makes me a little uncomfortable!

Cindy Shannon-Lee  
San Marcos Runners Club