

16th Annual

St Jude's Ranch for Children

Jingle Bell 5K Run/Walk

For many of the SMRC members, the St. Jude's 5K event in New Braunfels marks their last running event for 2008. This race began at 9 a.m. and was held in Landa Park. Every running event that I have participated in this fall has had great running weather, including today's race.

Lost and Found

Somewhere between waking up this morning and arriving at the race site I had **lost** my motivation for running this event. I **found** my motivation when I was completing the registration document. I noticed that the document indicated that there was a \$50 cash prize for the overall master's category. Hmm, I could use an extra \$50 during the holidays! I tell myself, I have been training for the Austin Marathon and I have been slowly lowering my pace in the past few 5Ks that I have entered; I may have a chance. Game on!

Where is the Starting Line?

10 minutes to start

To prepare for the race I stretched and jogged 2 miles of the course so that I would be familiar with the race route. I was heading back to the starting line when I looked at the watch and noticed that the race was scheduled to start in 10 minutes. I was approximately 1.2 miles away from the starting line. I was slightly concerned because, although I knew I could make it back in time, I was cutting it too close. (I know that at this moment some of you are beginning to figure out what pace I would need to run in order to make it back to the finish line in time. Stop! I have done the math for you. I would have to run an 8:20 pace.) I then remembered that I was borrowing Laura's watch and could not remember if it was 2 minutes slow or fast!

4 minutes to start

I finally arrived on Blank Street and knew that the start line was just around the corner. However, when I approached the corner, anticipating seeing the crowd of runners, I saw nothing. I then thought, maybe the race director has moved the start back into the park a bit where the finish line is stationed. At these smaller races the race director may alter the start/finish line ever so slightly to accommodate some aspect of the race. No, there are no runners in the park. A flurry of thoughts began to run through my head, i.e., I knew that they could not have already started because they would have had to run in my direction.

Could they have changed the course and I somehow was not aware? Where is the starting line? Where is the crowd of runners? How much time do I have to find the start line?

3 minutes until start

I continued to run and finally saw what appeared to be a volunteer and asked where the starting line is? He then turned and pointed to the nearby adjacent street. I noticed that I could cut through the park and arrive there faster, or continue running on the road for a last minute shot of drama adrenalin. I chose the latter and finally arrived with 1 ½ minutes to spare.

The race was then postponed for an additional 5 minutes due to traffic and the starting of the wheelchair division. I took the additional time to head out again, but only for 100 feet.

Things are not always as they seem. Now you know that those runners that you always see running towards the starting line at the last minute or seconds are not always running to the start line as a warm-up, rather just to make it to the start line on time.

\$\$\$ Show Me the Money!

Overall it was a successful race for the SMRC members. Laura Mason and Cindy Shannon-Lee P.R.ed for a 5K distance. Angie Burke and Britt and Janet Van-Dine placed in their respective divisions. All others enjoyed the race. I placed second in my age group, but was then bumped to first because the first-place winner in my age group was the overall winner. Cha-Ching!

Some SMRC Interesting Facts from 2008

12	Race Events in San Marcos
23	Race Journals Posted
62	Race Event Results Posted
144	Average viewed SMRC forum topic

Happy Holidays!

Randall Wood
SMRC V.P.