



Nick Seidel, race director and founder of Seidel Productions (SP), hosted the River Road 12 Mile run this morning. According to the SP website, “Nick started his event-planning career by assisting in the SWT Sprint Triathlon 2001. He instantly fell in love with the stress, quos, and extreme sense of accomplishment after directing a race. Nick plans to slowly add to his list of events while always focusing on the quality and athlete attention.” Furthermore, “Nick created Seidel Productions (SP) to chase his dream making the events he thinks are awesome.”

Unforeseen Costs of Late Registering

Sure, I will pay additional monies for late registering; but the hidden cost I did not expect to pay was the loss of time for my pre-race routine. Laura Mason, Lisa Medina, Teresa Medina, and I arrived at the location with ample time to prepare for the race. However, the late registration lines were slower-moving than normal; and this did not allow me enough time to loosen up, run a mile or two, or stretch adequately. The ultimate cost: my overall run was more arduous. Know that I preregistered for the next two Distance Challenge races last week.

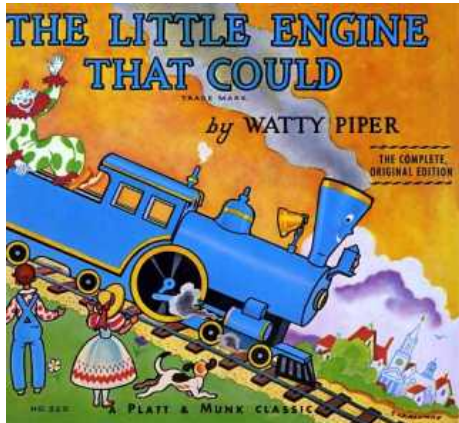
Runner Seeks Fellow Runner(s) For R.R. 12 Miler

I placed 3rd overall at this race last year, and fortunately I had some company along the way. This year my intention was to run the race at a faster pace, and I was hoping to have a fellow runner (or runners) join me. Running with a fellow runner or a group of runners allows me and others to gain the benefits of momentum, adrenalin and support, and helps us keep a pace.

I ran into Deon Bez, a fierce competitor, triathlete, and former SMRC member. He informed me that he may or may not even run due to a recent mouth surgery that has left him unprepared for the race. Even so, he indicated that he may still run the race but has not run for 10 days.

During the race I kept to my strategy and moved up the ladder of runners. This strategy consists of targeting the runner(s) ahead of me, catching up to them eventually, and then staying with him for either seconds, minutes, or miles depending on my pace and condition. I will often encourage a runner or runners to join me.

I Think I Can, I Think I Can



I finally found a runner at about mile 4 that was running a comfortable pace. We passed a half-dozen runners along the way until we came upon this young runner. We finally chased this runner down after having him in our sights for a mile. When my cohort attempted to pass this young runner, the kid sped up and kept us behind him. This was great effort from the young man. Actually, after a few more minutes I then moved in right behind him, and once again he picked up the pace significantly.

We decided that this runner was capable of running faster, but was either recovering from an injury or from having a lot of time off from running. He was probably not used to getting passed, and his ego was trying to hold on as long as he could. We finally got to where we were running even with him, and then surpassed him by a few feet. I invited him to stick with us, exclaiming that we can all stick together. We ran alongside each other for approximately a minute, when a small hill came upon us. I took the hill at my normal pace, and immediately noticed the other two drop off. I figured that they would resume once over the hill. They never recovered from that small hill, and I just kept my pace, all alone for the next 5 miles!

The motto, “I Think I Can, I Think I Can” helped me finish. Having such an attitude will be of great service to you in whatever endeavor you pursue. On the other hand, applying that model proved to be a disservice for the other two. You still have to be aware of your limits. It is wise to listen to the body, the body’s energy level, your breathing and your mind, and then determine what your current limits are at that moment. The tricky part is that your overall condition now can change from moment to moment, and from mile to mile; and so you have to adjust accordingly if you are to maximize your efficiency and performance during the race.

Post Race

All SMRC members performed well. Laura and I obtained a P.R. on this course. Teresa and Lisa Medina had a good run. We also saw “Kat” Futrell at this event. Although we have run this race numerous, we still enjoyed the scenery.

Randall Wood
SMRC – V.P.