



Race Journal

1/16/11

New Half Marathon in New Braunfels

Our friend Nick Seidel (Seidel Productions) changed the River Road 12-Miler to the River Road Half Marathon this year. Seidel said, "I changed the race to a half marathon because of all the interest from runners. This race is a 13.1-mile run down the beautiful River Road, north of New Braunfels. The course has rolling hills and is an out-and-back," said Seidel.

Another major change was the race venue location. The new venue is located at the River Road Ice House. A post-race party with smoked food, rehydration beverages, fruit, sweets and awards was held at the venue. For this particular day, the best aspect of this venue was that it offered heated indoor seating.

Notorious Challenging Conditions



What did *not* change was the challenging race day conditions. For me, this race is fast becoming "notorious" for challenging race day conditions for us central Texans.

In 2010, the start-time temperature was 15 degrees. Today the temperature was great at 48-plus degrees.

Today, it rained throughout the race. Finally, although the new venue is great, it adds to the difficulty of the overall race by having to run approximately the last $\frac{3}{4}$ of a mile uphill to the finish line. Consider yourself informed.

SMRC Members and Mixed Emotions

Silvia, Elma, Laura, Jennifer, Doug, Neal and I ran this race. There was a mixed bag of emotions regarding running today's event. Some of us were not going to run due to the weather conditions.

Silvia said, "Looking at the weather forecast makes me think if I should just stay in bed tomorrow and wait for better times to come around for a nice little run." Silvia placed 3rd in her age group!

Laura said, "If it was not for the money I already had invested in this race I would probably not attend."

The day before the race Neal said, "I hope it rains for the half marathon tomorrow. That would be epic." Neal placed 1st in his age group!

I was late registering on the day of the race! I will discuss my anguish later. I placed 1st in my age group!

I teased Elma Minor, our new SMRC president, on her first potential dilemma. I said, "The SMRC members will be looking at your choices now that you are the president. If you run this race and it pours, then they may wonder about your reasoning capabilities. On the other hand, if you run this race, they may see you as determined and with good assessment skills." Elma placed 2nd in her age group!

To say the least, Doug was not pleased with the race conditions; nevertheless, he placed 2nd!

Congrats to Jennifer for running and completing her first Half Marathon!

The Importance of Being Prepared

I anguished the night before, in the morning, and finally until the last minute of this race, trying to decide what to wear to prepare appropriately for the wet conditions. I even packed a bag of various clothing options. I ended up wearing race flats, shorts, a long-sleeved shirt with a tank top (Core Running logo), gloves, and a cap. These choices proved to be perfect. What a relief.

However, I can honestly tell you that I kept thinking how nice it would be to have a runner's rain jacket, especially after Greg Neal and I were in the Core Running Company store the day before this race discussing the value of these rain jackets. Since I never intentionally run in the rain, I had not purchased this runner's clothing. After today's race I truly understand the value of having such an article of clothing. Having such a jacket would have saved me from hours of self torment and would have kept the upper body dry and warm.

San Marcos Runners Club in 2011

Congratulations to all the new officers and directors of the SMRC! What an exciting time for the SMRC. The Club is stronger than I have ever seen. This organization continues to gain experience thru:

- The rotating of leadership positions
- The willingness of past officers and directors to continue to lend their support
- More involvement from the SMRC members

Furthermore, membership is on the rise.

Finally, there is a new kid in town by the name of Greg Neal. Greg is playing BIG by bringing the Core Running Store to the San Marcos community. The store is located at 111 Hopkins (across the street from the courthouse).



Be sure to stop by the store and have a chat with him. You will find that he is friendly, sincere, a passionate runner, and committed to enhancing the San Marcos running community.

It is my understanding that the vision being held thus far between the SMRC and the CRC organizations are as follows:

- To support each other
- To promote each other
- To collaborate to foster and nurture the San Marcos running community

All of the above can be accomplished in a variety of ways. I am confident that this union between both organizations will undoubtedly strengthen the San Marcos running community.

Race Journals / Reports

In 2011, I have decided that I will continue writing “race journals” for the San Marcos Runners Club. In addition, I will also be writing “race reports” for the Core Running Company.

The content of the race journal and race report will differ. The SMRC journal will continue to relay:

- various aspects of the race event
- various SMRC members' participation
- race observations

The CRC Race Report will relay:

- various aspects of the race event
- various Core Running Team members' participation
- race observations and race strategies

The CRC Race Report can be found on the Core Running Company [website](#).

See you on the road.

Randall Wood
-SMRC member