



# NEWSLETTER



*November 2005*

[www.lanierrunningclub.org](http://www.lanierrunningclub.org)

## **DECEMBER MEETING**

**WHEN:** Sunday, December 11, 2005 at 4:00 pm  
**WHERE:** The Clubhouse at the Lake Lanier Club Apartments, 1701 Dawsonville Hwy, Gainesville.  
**SPEAKER:** Holiday Party  
**DETAILS:** To be announced

## **President's Corner**

This month brings many changes for runners. For starters, we lost an hour of daylight and at least 10 degrees in temperature. Everyone please be sure to use your best judgment when you're out running in the dark hours and be sure to watch your body temperature wearing layers to remove as needed. Be sure to practice safe running knowing that even though your body is not hot, you still must keep the fluids coming. This month brings along a personal change for me as well. My daughter Alyson Clare was born on October 19, 2005.

Tara and the baby are doing well and will be coming to races soon. I have not been running much lately due to a recent sinus infection which turned into Bells Palsy. I am on medication and hope to recover quickly. I am planning to start running again very soon. Thanks to all who made it out to our meeting in October, it was our biggest turnout yet. T-shirts are still available long and short sleeved 1 for \$10.00 and 2 for \$15.00. The race of the month for November is the Trinity Trot this Saturday, the 19<sup>th</sup> at Gainesville College. We

will have a tent set up at the race for possible new members. I hope to see all of you there.

Run Safe, run proud and always have fun.

Eddie Gannon

President

### **LANIER RUNNING CLUB**

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### **WEEKLY TRAINING RUNS**

Speed Work Meet every Tuesday at 6:00pm at the Riverside Military Academy Track.  
 Long Runs Meet every Sunday at 7:30am at the Riverside Military Academy Track parking area.

Contact Eddie Gannon at 770-297-8450 or 678-908-5161 with any questions.

**RACE RESULTS**

<b>Leopard Lap 5K</b>	<b>10/8/05</b>	<b>Homer, GA</b>
Nancy Woods	24:22	1st Overall
Bucky Woods	29:22	3rd Age Group

<b>Flip-N-Run 5K</b>	<b>10/9/05</b>	<b>Athens, GA</b>
Nancy Woods	24:35	1st Master
Bucky Woods	29:22	

<b>Hall County Cross Country Championships</b>	<b>10/11/05</b>	<b>Chestatee HS</b>
Nolan Clark	18:43	4th Overall
Andy Martin	19:40	12th Overall

<b>Scarecrow 5K</b>	<b>10/15/05</b>	<b>Watkinsville, GA</b>
Shari Lunsford	24:49	2nd Age Group
Bucky Woods	27:32	

<b>Big Red Apple 5K</b>	<b>10/22/05</b>	<b>Cornelia, GA</b>
Eddie Gannon	18:11	2nd O/A, 1st A/G
Andy Martin	18:24	3rd O/A, 1st A/G
Wes Wessely	19:19	1st Grand Master
Richard Smith	25:44	
Bucky Woods	29:38	
Mike Lunsford	35:52	

<b>Scout Scramble 5K</b>	<b>10/22/05</b>	<b>Athens, GA</b>
Bucky Woods	29:05	

<b>Redeemer 5K</b>	<b>10/22/05</b>	<b>Cumming, GA</b>
Mike Freeman		2nd Age Group

<b>Monster Dash 8K</b>	<b>10/22/05</b>	<b>Atlanta, GA</b>
Richard Levasseur	34:30	3rd Master
John Gram	37:56	1st Age Group

<b>Dannon 10K</b>	<b>10/23/05</b>	<b>Alpharetta, GA</b>
Ann Padgett	1:03:57	2nd Age Group

<b>Dannon Half Marathon</b>	<b>10/23/05</b>	<b>Alpharetta, GA</b>
Richard Levasseur	1:38:31	3rd Age Group

<b>Boo Run 5K</b>	<b>10/29/05</b>	<b>Flowery Branch, GA</b>
Nolan Clark	17:28	1st Overall
Andy Martin	17:32	2nd O/A, 1st A/G
Eddie Gannon	17:57	3rd O/A, 1st A/G
Jack Haire	18:08	5th O/A, 1st Master
Wes Wessely	18:34	6th O/A, 1st A/G
John Gram	22:16	1st Age Group
Greg Clark	24:48	
Ann Padgett	27:46	1st Age Group
Bucky Woods	27:46	
Shannon Haire	28:34	3rd Age Group
Lee Steiglele	29:23	1st Age Group
Michael McGee	29:30	
Mike Freeman	32:13	
Sharon Haire	33:30	
Joy Garmon	33:43	
Gail McGee	34:24	2nd Age Group
<b>Silver Comet Half Mar.</b>	<b>10/29/05</b>	<b>Mableton, GA</b>
Shari Lunsford	1:55:05	
<b>Jack-O-Lantern 4Mile</b>	<b>11/30/05</b>	<b>Athens, GA</b>
Shari Lunsford	33:28	3rd Age Group
Mike Lunsford	45:38	2nd A/G
<b>William's Run 10K</b>	<b>11/5/05</b>	<b>Alpharetta, GA</b>
Andy Martin	37:28	6th O/A, 2nd A/G
Richard Levasseur	40:32	1st A/G
John Gram	45:59	1st A/G
<b>Gin Run 4 Mile</b>	<b>11/5/05</b>	<b>Bostwick, GA</b>
Shari Lunsford	32:44	1st Master
Mike Lunsford	45:59	3rd A/G
<b>Harvest Festival 5K</b>	<b>11/5/05</b>	<b>Fayetteville, GA</b>
Cheryl Tolbert	33:35	
<b>Beulah Land 5K &amp; 10K</b>	<b>11/6/05</b>	<b>Beulah, AL</b>
Cheryl Tolbert 5K	33:45	2nd Age Group
Cheryl Tolbert 10K	1:23	2nd Age Group
<b>Autumn Breeze 5K</b>	<b>11/6/05</b>	<b>Tallulah Falls, GA</b>
Bucky Woods	28:45	
Cheryl Tolbert	34:50	

**NOVEMBER MEETING**



Dr. Mike Gottsman

**Hall County High School Cross Country Championships 10/11/2005**



**Big Red Apple 5K 10/22/2005**



**Boo Run 5K 10/29/2005**



## RACE SCHEDULE

Date	Race Name	Location	Time	Comments
11/5/2005	William's Walk & Run 5/10K	Mansell Crossing Shopping Ctr, Alpharetta, GA	8:15am	(\$20RD)
11/6/2005	Autumn Breeze 5K	Tallulah Falls, GA	2:00pm	(\$20RD)
11/12/2005	Optimist Flap Jack 5K	Pickens Co Middle School, Jasper, GA	8:00am	(\$25RD)
11/12/2005	SOAR 5K	Hisman Middle School, Athens, GA	8:30am	(\$15RD)
11/12/2005	Dayspring 5K	Central Baptist Church, Douglasville, GA	3:30pm	(\$25RD)
11/13/2005	Run Over Violence 5K	Hartwell, GA	2:30pm	(\$15RD)
11/19/2005	MCHS Gobble Gallop	Mill Creek HS, Hoschton, GA	9:00am	(\$20RD)
11/19/2005	Trinity Trot 5K	Gainesville College, Oakwood, GA	2:00pm	(\$20RD) LRC Race of the Month
11/20/2005	Blue Heron XC 5K	Sandy Creek Park, Athens, GA	3:00pm	Cross Country
11/24/2005	Gobble Jog	Marietta Square, Marietta, GA	8:45am	(\$20RD)
11/26/2005	Eagle Trot 5K	Central Heights Christian School, Mt. Airy, GA	10:00am	(\$18RD) **see below**
11/27/2005	Rites of Passage 5K	Dudley Park, Athens, GA	3:00pm	(\$20RD)
12/3/2005	Sleighbell 5K	Winterville Elementary School, Winterville, GA	8:30am	(\$20RD)
12/4/2005	Julie's Jog	First United Methodist Church, Monroe, GA	3:00pm	(\$20RD)

\*\*\*\*New member Nancy Woods is directing the **Eagle Trot 5K**. This first year race will be held at 10:00 am, Saturday, November 26, 2005 at Central Heights Christian School in Mt. Airy. The school is visible from Hwy 365 at the Mt. Airy exit (Hwy 197). There will be multiple awards - Overall, Masters, Grandmasters, and Senior Grandmasters (something different) for the 60 and above group. They never get recognized for their achievements. According to Nancy the course "is absolutely flat and should be fast". All proceeds go to the Central Heights Christian School which Nancy's daughter Mindy attends. You can register at [www.active.com](http://www.active.com).

## NOVEMBER RACE OF THE MONTH

Looking for a great time at a fun and competitive Race?

Then come to The Trinity Trot in Oakwood!!

"A Family Affair – Bring Your Whole Bunch"

To Benefit Missions

- Event:** The 11<sup>th</sup> Annual Trinity Trot  
**Date:** Saturday, November 19, 2005  
**Location:** The Campus of Gainesville College  
**Times:** 5K Run 2:00 p.m.  
 1 mile walk/run, approx. 2:45 p.m.  
**Sponsors:** McEver Road United Methodist Church



Registration fees will be \$17 prior to Race Day; \$20 the day of the race. Trophies awarded to the 5K overall champions (M&F), as well as to the top finishers (M&F) in each age group. Medals will be awarded for second and third place in each age group for the 5K. Trophies will be given to the top boy and girl age 12 & under only in the mile, medals to second and third, with ribbons to all other finishers in the one mile walk/run. Long-sleeved T-shirts will be given to all registered participants.

5K Age Groups: 14 and under; 15-19; 20-24; 25-29; 30-34; 35-39; 40-44; 45-49; and 50-54; 55-59; and 60-64; 65-69; 70-74; 75+--Come enjoy a day of Fellowship, Fun, and Fitness! Take a leisurely stroll for a mile if you don't care to run the 5,000 meters (3.1 miles). Talk to your friends. Have a good time.

Mail entries to: McEver Road United Methodist Church  
 Trinity Trot  
 3606 McEver Road  
 Oakwood, GA 30566

Make checks payable to: McEver Road UMM

Refreshments provided by Pepsi-Cola.  
 Lanier Produce  
 Support by Pro Therapy  
 Jacobs Media  
 Church Phone: 770-532-3180

## MEMBER SPOTLIGHT

Name: Andy Martin, 15 years old

How long have I been running?: 2 years

How I got started: At the end of the 2004 Middle School Track season, my 7th grade year, I didn't stop running. At the time I was unaware of what I was getting into, but my brother put running into perspective for me. Phillip, my brother, is the reason I run. He made state 3 consecutive years in High School, so I knew I was with a good runner. Without him, I would be nowhere near the sport of running. As the summer approached, I was firmly thinking of sleeping until 12:00, and being lazy, but my brother made me do otherwise. Every morning, I got up at 6:00 am and ran. This was new to me as you might imagine, but I loved it. Since then, I've never stopped running.

My running goals: Right now I don't truly know what times I'll accomplish because I've only been running for 2 years, but here are some of my future goals: 1) Win state in cross country and track(2-mile) 2) Run 15:00 for 5k 3) Go to college on a running scholarship

My favorite Race: My favorite race is the Boo Run in downtown Flowery Branch. Not only is this the place where I set my PR, but almost everyone I know who runs shows up.

Favorite Place to run: Little Mulberry Park. This is my favorite place to run because of the Mt. Everest-like hill in the trail. Whenever I run this course, I always run the hill because of the challenge, and the great sense of accomplishment when I finish.

Favorite Runner: Steve Prefontaine. Steve is my favorite runner because of his relentless, all out effort at every race. Watching the movies Prefontaine, and Without Limits were an inspiration to me.

My favorite running story: My favorite running story occurred at Jackson County of my 8th Grade season. This race was usually one of the highly anticipated Invitationals of Middle School Cross Country, but it turned out a little different. By the 1 mile mark, I had actually passed the rabbit, and was in front by over 1 minute. I couldn't help but grin as I ran my 2nd mile, because I knew the race was in the bag. On the final lap of the race (the race ended on the track), I remember feeling something that I had never felt before. I was feeling a runner's high, but for me it was an extreme high. To this day I run to win, and I will never settle for anything less.

## ***WE GET E-MAILS.....***

### **Greetings from the Carpet Capital Running Club,**

Just a quick note to let you know the details of the 18th annual Carpet Capital 10 Miler here in Dalton. We are keeping the original time slot of the second Saturday in December which means you never know what the weather may do on race day. But that just adds to the challenge, right? The races we have run in tough conditions seem to be the ones we remember the best and tell the most stories about. Anyway, this year's version of the 10 Miler will be on December 10 at 9:00 a.m. I would greatly appreciate your adding this race to your club's event calendar, whether that be a news letter, web site, or email list. We would love to have a good representation from throughout the state.

This event is still part of the Georgia Run & See grand prix as well as being the RRCA state championship race at the 10 mile distance. This year it is also the final stop on the USATF Georgia Association's Grand Prix of Long Distance Running. Should be an exciting race. Besides the main event, we are keeping the 5K run so more runners can get involved, and there will again be a post race chili dinner with the toppings. Cold weather will definitely make that chili taste better. So reserve December 10 and join us for a fun Saturday morning. You can get a copy of the registration form on [www.carpetcapitalrunningclub.com](http://www.carpetcapitalrunningclub.com). If you need any more information, you can contact me from the information below. Thanks so much for your help.

David Leatherman  
Carpet Capital Running Club  
[race10miler@hotmail.com](mailto:race10miler@hotmail.com)  
706-275-5505

### **Update on Gainesville/Hall Chamber of Commerce -Vision 2030 meetings.**

Provided by Kristin Taylor.

I attended the first of 11 public meetings/workshops on Tuesday, Oct. 25th. We were in small groups of nine people each and someone wrote each groups ideas on easel boards. There were 14 groups at the kick-off meeting. Most of the groups wrote part of the vision was to see bicycling, greenways, wide sidewalks, lighting on the trails and sidewalks so they can be used in the evening, etc. Of course we discussed what type of businesses we want to see in Hall County by the year 2030. The meeting locations are throughout the county so they can obtain ideas and vision from people who live in different areas of the County. The contact information & web site to find out when/where the next 10 public Vision 2030 meetings are is: [www.vision2030.org](http://www.vision2030.org) or contact Denise Deal at 770-532-6206 ext. 104 Her e-mail is: [ddeal@vision2030.org](mailto:ddeal@vision2030.org)



**MEMBERSHIP RENEWAL**

July was membership renewal time. Please fill out the Membership Renewal/Application form at the back of this newsletter and return it with the appropriate amount to:

Lanier Running Club  
P. O. Box 13  
Gainesville, GA 30503

Please fill in all of the information on the form so that we can develop an up to date membership roster.

**LANIER RUNNING CLUB**

**MEMBERSHIP/RENEWAL APPLICATION**



The membership year is from July 1 to June 30 annually. Dues are prorated to 50% after January 1st of each year.

MEMBERSHIP TYPE: Individual (\$15.00) Family (\$20.00) Student (\$10.00)

Please make checks payable to "Lanier Running Club".

AMOUNT ENCLOSED: \_\_\_\_\_

MEMBER NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

SPOUSE NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

CHILDREN'S NAME AND DOB: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK PHONE \_\_\_\_\_

CELL PHONE \_\_\_\_\_ E-MAIL \_\_\_\_\_

