

# 2011 CDR Special Edition

## news from the Tallman Track Club



*"Where the road goes on forever and the party never ends."*  
-- Robert Earl Keen

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### **Hot Time in the City**

## **Runners endure heat, humidity at CDR**

By Jennifer Ginsberg

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Each time I line up for the start of the Charleston Distance Run, shivers run down my spine. I feel that positive energy radiate through the crowd and am humbled to be part of the local running community. There's just something amazing about running 15 miles with a group of likeminded folks.

My friend and fellow runner Hollie Hubbert describes the race as a healthy party she looks forward to attending and seeing old friends at each year.

This was my third CDR. On my walk from the car to the Capitol, I thought about all of the runners who also have gotten up early to get in their long runs and beat the summer heat. I thought of the Charlestonians and out-of-towners who make it a point to run the race every year. I thought about the newbies. And then I hoped they trained well on Capitol Punishment Hill.

For this year's race, I did some long training runs with Hollie and Joanna Mueller. Hollie had run the race several times. Joanna started running in January. The CDR was the longest distance she had ever run.

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# Runners endure heat

Standing at the start line, we all knew the day was going to be a scorcher and discussed strategies to not be beaten by the heat. Seasoned runner Hollie suggested staying well hydrated. I suggested listening to your body and let it set a comfortable pace. Joanna suggested she just wanted to finish. More specifically, she wanted to make it up THE HILL.

Before she became a runner, Joanna once saw a woman running up Corridor G and wondered how in the world she could do that. Then, she immediately thought that she herself could never do that -- until she did.

"I am totally one of THESE people now that run up that crazy hill on a Sunday morning! No big deal!" Joanna wrote in an email recapping her journey on becoming a runner and running the CDR.

Turns out, the hills were Joanna's favorite part of the race. The other runners and cheering fans were Hollie's favorite.

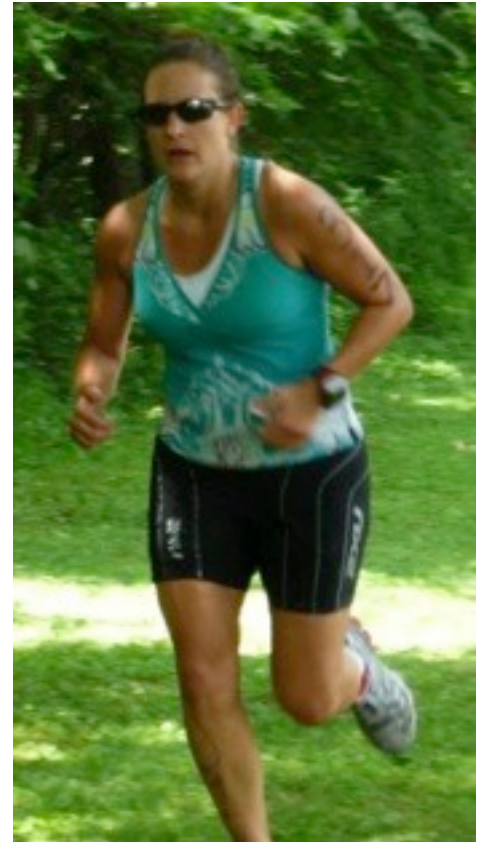
"Something about strangers and/or friends yelling as I run by them is very motivating. It means so much, especially to us slower runners who might need that encouragement," Hollie wrote.

The cheering spectators, our self-cheering, and the camaraderie from other runners helped the three of us think less about the heat and more about crossing the finish line. Chewing on ice while running on Kanawha Boulevard also helped keep me cool and focused when my mind started to wander and energy started to wane.

But it's that moment while running into Laidley Field, with the finish line in sight, when all the early morning training runs, grueling hill work and long flat stretches of feeling like your legs are on fire are worth it. Especially for someone who is feeling the long distance runners' euphoria for the first time, like Joanna.

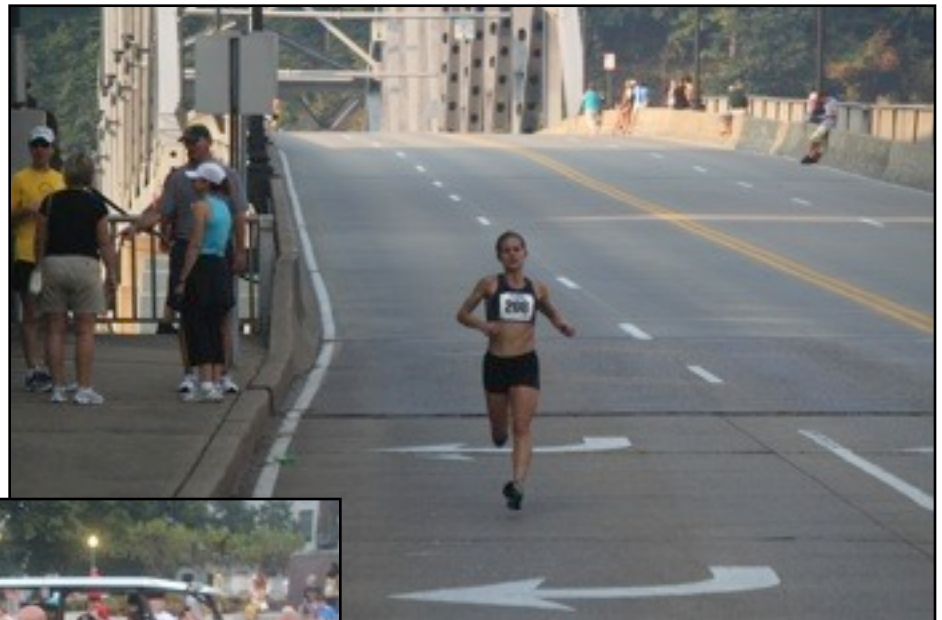
"Coming into the stadium and hearing all the cheers... it's like you completely forget your body is hurting," she said. "I think I finished with an awesome time considering the heat. I'm so freaking proud of myself. I went from running a minute to running 15 miles! Ah, that is just so awesome."

**Jennifer Ginsberg is an avid runner and an ACE-certified personal trainer. She can help anyone get in shape and train for a race of any distance! Contact her at [jgfitnessllc@gmail.com](mailto:jgfitnessllc@gmail.com) or (304) 542-2879.**



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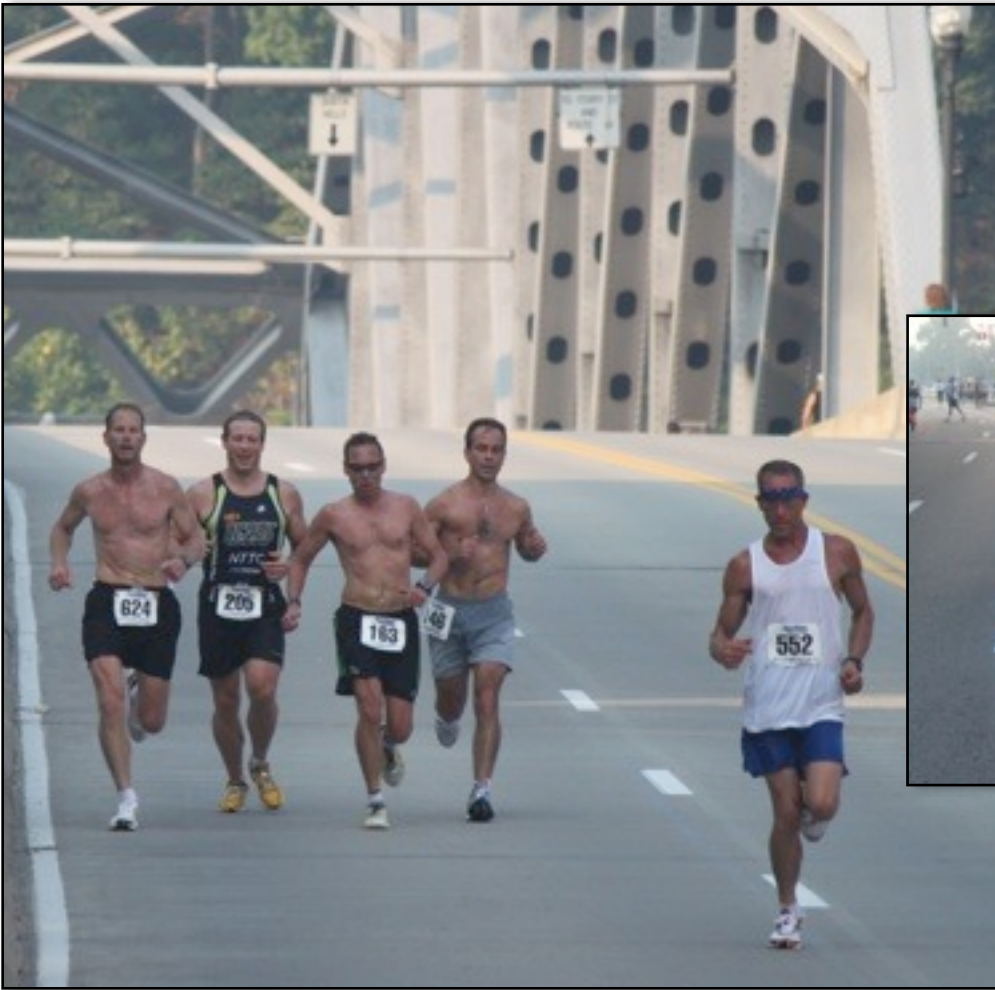






**Top left, Tammy Slusser of Monroeville, Pa., leads a group of runners across the South Side Bridge. Top right, Tim Deer, left, turned in a stellar performance. Bottom, a group warms up prior to the start.**





Top left, runners battle it out on the South Side Bridge near the eight-mile mark. Top right, this cheering section is read to support a favorite runner. Bottom left, a finisher's medal was presented to everyone who crossed the line at Laidley Field. Bottom right, a volunteer serves up some pasta at the pasta dinner at the Charleston Civic Center on Friday, Sept. 2.





Above, everyone had a blast at W.K. Munsey's Distance Run Party in Winfield. At right, Spencer Adkins of WOWK-TV had a strong race in the 5-K, finishing seventh. Bottom, John Ledahawsky of Beckley and his wife Jamie soak up the sun at W.K.'s party.

