



Augusta Striders Running Club

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From One of Our Members

Running and Safety

Now that the weather is getting warmer and the sun is staying out longer, we are seeing more people out running. Whether they're on the Greenway, Augusta Canal, along side of the roads, or the many other running locations we have in our area, people are getting out and enjoying the time on their feet.

As someone who runs a large portion of my miles on the sides of roads, safety is always on my mind. I've seen drivers applying makeup, texting, reaching in the seat behind them, and a regular that I see on Wheeler Road, a lady who eats a bowl of cereal while driving. All I can do is shake my head and ensure that I'm out of their way. I enjoy seeing the other runners while I'm driving, especially those who are clearly enjoying their run. If you're like me and run alone down the sides of roads, please remember some of these items to ensure that you return home in the same manner you left:

- Always run facing traffic.
- Run as if the driver doesn't see you; stay alert.
- Actively look for the driver, ensuring he/she sees you.
- If you wear headphones, leave one ear free to be better aware of your surroundings.
- If you run in the dark, wear a white shirt. The human eye recognizes white before any other color. A headlamp and reflective vest are great ideas, too.
- Wear ID. Products like Road ID make this much easier than carrying a wallet.
- Tell someone where you're running and how long you plan to be out.

These are just a few of the safety concerns we have when putting the miles in on the roadside. Hopefully, if you run on the roads you practice some of these regularly. If not, I hope you try to apply a few of these. The same goes if the role is reversed and you're the driver. Keep an eye out for your fellow runner that is putting in his or her miles. Yield them some room on the side of the road, slow down, and if they're looking, a friendly wave is always nice too. Maybe your actions will create a chain reaction with the cars behind you and the line will move over as well.

Stay safe and happy running!

David

Strider Spotlight — Mike Donahue

Each month we will spotlight a current member! This month we are spotlighting **Mike Donahue**. Mike is an Officer in the U.S. Army Signal Corps currently working at FT Gordon. He has been serving for 15 years, most of which at Fort Bragg, NC with the 504th Parachute Infantry Regiment in the 82nd Airborne Division. He has deployed to both Afghanistan and Iraq since 2007 and plans on serving at least 22 years. He is married and has 3 children and one German Sheppard dog. When he is not running, he is working on his Doctorate Degree as an Educational Specialist and also in Educational Leadership.

Augusta Striders: *Where is your Hometown? How long have you lived in the CSRA?*

Mike Donahue: Born and raised in Whitman, Massachusetts. Been living in the CSRA since July 2010. The Army will have me here for only a couple of years.

AS: *How long have you been running? What was your motivation to start running?*

MD: Being in the Army, I've always 'had' to run 2 miles here and 4 miles there but I did not run my first registered 5k race until August 2008 so I guess I am relatively new to the scene. My motivation stemmed from my son wanting to try out for Cross Country for his 6th grade class. He and I started training up for the Lynchburg, VA 5k and ran it together.

AS: *What is your favorite place to run in CSRA?*

MD: Since I'm addicted to trail running, I will say that FATS is my all time favorite but there are so many other trails that I have not yet explored.

AS: *All time favorite place to run (anywhere in the world)?*

MD: Afghanistan by far!

AS: *What are your running goals for 2011?*

MD: I am targeting 1,250 miles total with the Mountain Masochist 50 miler and Hellgate 100k trail races thrown in there. As long as I stay injury free, I can claim success though.

AS: *What is the best running advice you've been given?*

MD: Work on your breathing pattern. Everyone is different but I say try to condition yourself to exhale every fourth step. When I run and my breathing is beginning to become erratic, I will consciously count my steps like 1 – 2 – 3 – Breath, 1 – 2 – 3 – Breath, 1 – 2 – 3 – Breath, etc.. Having that pattern will naturally drop your heart rate 10, 15, or 20 beats per minute thus increasing your efficiency.

AS: *What race(s) are a must do for you?*

MD: My goal in life is to run the Boston Marathon but it's a hard one to qualify for.

AS: *What is your favorite time of day to run?*

MD: In the morning preferably around sunrise. You can't beat that time of day. I tell myself sometimes that I will run in the evening but am normally exhausted by dinner.



Mike and his son, Seamus

AS: *Running Pet Peeve?*

MD: Unfriendly people on the course. If you're not happy to be running...stay home!

AS: *Most memorable moment in a race?*

MD: Being inspired by the motivation of our Wounded Warriors. So many people have it a whole heck of a lot more difficult than we do. How can you complain when you run by a guy with two prosthetic legs?

AS: *Most embarrassing moment?*

MD: Tripping/falling down. Running into trees ranks up there as well.

AS: *Favorite post-run food/drink?*

MD: I eat 'guilt-free' after races and normally a lot. You can't beat a good old fashioned BBQ and a beer after a long hot shower.

Wacky, Zany, Crazy, Different — Yep, That's YOU!

Looking for something DIFFERENT next year? Or maybe just a good place to vacation? Although these have come and gone for 2011, there's enough time to plan for 2012!

- **Coconut Chase 8K at Magic Island, Ala Moana Beach Park, Hawaii!** July every year. Part of the Tropical Triple Crown. The 3rd Annual Coconut Chase 8K benefits LLS, with proceeds going to patient services and blood cancer research. Everyone is encouraged to wear a coconut bra and a hula skirt! The fun of this race is to try and catch the coconuts!
- **Banana Man Chase 5K in Honolulu, Hawaii!** May every year. Yes, it's come and gone. But you can plan for next year! Hawaii's wackiest race! Chase LIFE-SIZED bananas around Magic Island and Ala Moana Beach Park...win Jamba Juice for a year!
- **Leprechaun Chase 10K in Lincoln, Nebraska!** March every year. Yes, another one behind us but another one to put on the agenda! The women start 5.5 minutes ahead of the men. The top male runner has to pass the entire field of women to cross the finish line first and be crowned champion. The event organizers hope to create a close finish between top male and female runners in the field. The first place runner will win a free drink for their entire gender at the green beer after-party!
- **Cupid's Underwear Run in downtown DC!** February every year. Run 1.75 miles in your underwear through downtown DC in the middle of February. The \$25 fee provides you with an all-day pass to food, drinks, and a T-shirt.
- **The ORIGINAL Wife Carrying World Championship in Sonkajarvi, Finland!** July 1-2, 2011. Run while carrying your wife and clear obstacles, too! This will be the 16th year. The winners win the wife's weight in beer...if she'll tell how much she weighs! Can't make Finland...there's an imitation in Maine!



Broad Street Ramble

Sponsors Needed!

Does your company want to get their name out in the public eye?
How about sponsoring one of these races?

Different sponsorship levels available.
Contact Mary Beth at mary.schrumpf@gmail.com

Hey!

Do you know the two Striders featured
in the photo to the right?

Stay tuned: Answer given at the next Strider Social!



The Augusta Striders Running Club (ASRC)
is a member of the Road Runners Club of America (RRCA).

Save the Date for Upcoming LOCAL Events!

ASRC Q3 Social Event

Date not yet determined, but we're working on it. Stay tuned!

Boshears Memorial Ground Loop Road Race

Daniel Field Airstrip

Saturday, October 15th

Kids Fun Run, 5K, and 10K

www.active.com/running/augusta-ga/boshears-memorial-ground-loop-road-race-2011

WFXG's Fox Family Fall Fest

Saturday, October 22nd

ASRC will have booth space! Volunteers needed!

Contact Shannan McKinney — bikerchic29841@yahoo.com

Broad Street Ramble (BSR)

Saturday, October 29th

Not running? Great! We need volunteers.

Contact Mary Beth Schrumpf — mary.schrumpf@gmail.com

Augusta Ironman 70.3

Sunday, September 25th

<http://ironmanaugusta.com>

Water Station volunteers needed!

Contact Mary Beth Schrumpf — mary.schrumpf@gmail.com

Augusta Half Marathon

Sunday, February 26th

http://www.augustahalf.org/Augusta_Half/Home.html

Striders training group starts in October.

Contact Bill Hammonds — williamhammonds3@gmail.com