



# THE LOOP



## Loop Sneak Preview

### A Note from our President

*Thank you for affording me the opportunity to learn and serve as your president!*

- Larry Gibbons

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### A Trip Down Memory Lane

By Gene Usner

My first marathon was Feb 18, 1979....New Orleans Mardi Gras marathon....police strike moved the marathon to the Pontchartrain Causeway



bridge...all 24 miles long over water with 3 bridges similar to Vilano bridge....no one allowed on the bridge except runners...how it this for a marathon...no bathrooms...2 water stations for 24 miles...had "great running gear"...cotton t shirt...gym shorts with white athletic socks with modified new balance tennis shoes. Not knowing any better, went out at 7:45 pace for the first 20 miles, hit the wall at 21 miles, ran 10 minute pace to finish...3:40:34..have no clue as to my age group place...we did receive a finishers medal...the first marathon finisher medal ever given out (see left photo).

Yes, that's really Gene!



Photo Courtesy Gene Usner

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## Recent Race Stories

### Gasparilla

First destination race with ACRR to Gasparilla Tampa. ...ran 15k...at start line temp 72 heat index 80...talked to a couple from Canada at start line who had not run in over 40 degrees past 3 months...they were sweating at start line!!! Hmmm wonder how they did? Ran first 5 miles rather easy..last 4 miles plus very hot...temp 76 heat index 85...ran/walked last mile... every race is a PR for me...I start and finish!!!... did run 15.535 finished 55 out of 100 in my age group...great after race party and goodies with beer, music and great fun with other ACRR members...fun time in Tampa waterfront Sat evening— Gene Usner

### Donna Half Marathon

Ran Donna half for first time....wonderful out and back course...start and finish Neptune beach...rather difficult start with so many runners but later ok...lots of people on course cheering...excellent run support...beautiful run thru Atlantic beach..great finish line fun...again a PR...start and finish..oh did run 2:46..finished 9th in age group out of 32— Gene Usner

### Jacksonville Winter Beach Run

10 mile winter beach run on Jax beach...never again...ran 3 miles prior for training...legs hurt for two weeks after...very tough running on sand and against a 15 mile wind for 5 miles— Gene Usner

### The Gate

Another Gate run ...ughhh...hate the green monster...but otherwise fun run...most fun was the after race party with ACRR folks...lots of food and drink...great runners in our club....thanks to the Powers and Tracy and many others for tent set up and food - Gene Usner

Up at 4:45 – black coffee and dry toast. Gene Usner drives; I drink a smoothie. The ACRR race site is terrific. Many thanks to set up crew! I rest in a chair under an aluminum blanket thinking about breaking 70 minutes, maybe 69. 7:25 I head for a 2-mile warmup and miss the group picture - damn. Never done the Gate and, though my ACRR friends have briefed me, I'm not sure how this will unfold. Temperature in the 60s, but it feels warmer at the crowded start - too warm?. We're off. I don't feel great. Why am I racing today? Maybe this is a big mistake. Stop thinking like that! Just run. Oh, there's Angel Baer at about 1K. I can't be running too badly if I'm up with Angel. I feel a bit better.

It is so crowded that taking corners is very difficult. There is no clear path; I'm a little frustrated. There's the first bridge. Just as I'd been told, the grating is rough. I hit 5K in 23:20 – sub 69 is dead, sub 70 in doubt. A sign says “Pain is temporary. Online results are permanent.” I think of my four Ps: Posture, Pace, People (all who helped me), Practice (all the miles). The four Ps become a mantra for a while. My form smooths, my pace picks up. Second 5K, 23:02 – better. Karen Wilson warned me that the sun would be in my face and heating Atlantic Avenue. She's right; I'm getting hot and the Hart is coming. Now it's here. My 312 bridge repeats prepared me; I run steadily. Still, time is slipping away. With a mile to go, I need to run a sub 7 – not possible, I think. But it is so steep I am running fast for an old man. 400 meters to go - maybe I can make it! One more turn and a sprint (sort of) to the line - 69:54. The ACRR party is great. An award is a bonus. My first Gate is over. That bridge is tough.— Tim Buckley



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## SPOTLIGHT

### Angel Baer, Past Club Secretary

By Andrea Giovanni



Meet Angel Baer.

Angel is an interesting character full of life. If you have not met her, you will easily recognize her by her accessorized running attire she is normally sporting at one of our group runs or races. If it is a holiday or celebration, she will not disappoint as she pulls out all the stops, dressed in character with co-ordination down to a 'T'.

Don't let her diminutive stature fool you either. At a scant 5' tall and 90lbs soaking wet, she can RUN. Angel aces most of her races, usually placing first, but always in the top three. I was surprised to learn that she has not been running for very long; in fact, only since 2012.

Angel was inspired to run after she was diagnosed with MS and did a fund raiser 3-day 50 mile walk for MS. After that walk, she was invited to a local running club in Atlanta, GA, where she lived. At first she could not even go half a mile without stopping, but with perseverance and support from her clubmates she ran her first 5K in Athens, GA and

took 3rd place! She has not stopped since. She has a goal to run a race in every state (she's up to 28). She runs approximately 20 races a year and her favorite race distance is 10K.

Her best Gate River Run time is 1:16. Her 5K time is usually sub 23:00. Her running gait is unique in that her little feet shuffle very quickly and her body hardly moves, hence her Hash name of "La Petite Fast Feet. Angel has run an ultra in Bryce Canyon, Utah; and five marathons, one in Paris, France.

Talking of Paris and La Petite, Angel is known for her love of anything French. She is studies French, her clothes are French inspired, her home is decorated in a Paris motif, even one of her five dogs is named Paris. Angel also has two cats, five children, three grandchildren and a great husband, Nathan.

Angel (Ohio born), and Nathan (Indiana boy), met in Cape Coral in 1998 and have been married for almost 21 years. They moved from Georgia to St. Augustine in 2012 and are both avid Jaguars fans.

Angel enjoys her job is a Library Assistant in the St. Augustine's Main Library. Besides running, her hobbies are line dancing; gardening, (her home is on the Garden Club Tour of Homes for St. Augustine); drawing; decorating her home; event planning for the displays at the Library and for friends and family's weddings, and bible study at Anastasia Baptist church and at home with her husband. They have also recently taken up stand up paddle boarding (SUP). All this while being a breast cancer survivor. That's true determination and willpower.

When asked if she would be happy to give running advice to others, she responded with a hearty, "Definitely! People have given me advice over the years, and I am happy to help."

If you ever run with Angel, (not in a race), be prepared for conversation. She will make you forget you're running 10 miles over the Vilano Bridge. Believe me!

Angel is most appreciative of the motivation that the ACRR provides. She says running with a group makes it easier to get out and run because, if left to her own devices, she might not get out of bed on a cold morning to run at 7:00. She also enjoys the social aspect of ACRR and loves the OFC group. When you see Angel, say Bonjour, and she is likely to get on her tippy toes and give you a hug.



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## Getting Your ZZZZZs

### A wellness note from Debbie Powers

March is National Sleep Awareness Month. Getting a good night's sleep is often overlooked as an essential health habit. Work hours, family commitments, and television/electronics/internet habits often squeeze out much-needed sleep. Even without the stresses of family and work, older adults lament that their sleep quality has diminished over the years. Some cling to the wisdom that people simply do not need as much sleep as they get older. Even though that is partly true, sufficient sleep is still a vital component of a healthy life. Insufficient sleep results in a weakened immune system, as your body makes fewer cytokines, a type of protein that targets infection and inflammation. Sleep deprivation is often overlooked as a significant risk factor for type 2 diabetes by throwing your hormone levels out of whack. Mood, productivity, memory, metabolism, weight, and heart function are all affected by lack of sleep. The link between drowsy driving and automobile accidents is startling. In fact, driving drowsy can be equivalent to drunk driving. Almost a third of drivers admit they have driven while they were "so sleepy that they had a hard time keeping their eyes open" within the past month (American Automobile Assoc.) It is estimated that one out of every six deadly traffic accidents, and one out of eight crashes requiring hospitalization of drivers or passengers is due to drowsy driving.

The National Sleep Foundation recently updated its sleep recommendations per age group. Adults between age 26 and 65 are advised to get 7-9 hours of sleep per night. People over 65 need roughly 7-8 hours. For both age groups 5-6 hours may also be acceptable for some, but no one should get under 5 hours. Pain, sleep apnea, insomnia, medications, or frequent urination can disrupt sleep. Therefore, there here are some strategies that have been shown to help with sleep quality:

1. Exercise regularly.
2. Maintain a normal weight.
3. Keep electronics out of the bedroom.
4. Consider white noise (fan, white-noise machine, etc).
5. Don't eat a large meal before bed.
6. Consider taking a full spectrum vitamin/mineral supplement in which the dosage is split between a day-time and night-time formula.
7. Create a cozy, luxury bed environment that invites sleep.
8. Regularly practice yoga or meditation.

Sleep should not be regarded as wasted time in our world of unrelenting pressures and demands. It is vital to health and longevity.

Debbie Powers is a great member of our club and the author of - *Meeting Her Match* (**1st Place**, 2014 Royal Palm Literary Award; **Finalist**, 2015 International Book Award) along with numerous wellness articles and books.



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Lima Bean Casserole  
Courtesy of Peggy Bliss

One pound bag large lima beans  
2 cups carrots  
2 cups celery  
2 cups onions  
3 cups shredded sharp cheddar cheese  
Seasoned Bread Crumbs for topping

1 Pound Large Lima Beans (soak 4--6 hours and cook – stovetop or pressure cooker) Drain and Save 1-2 cups of the cooking water. Stovetop: boil and then simmer 30-40 minutes until cooked

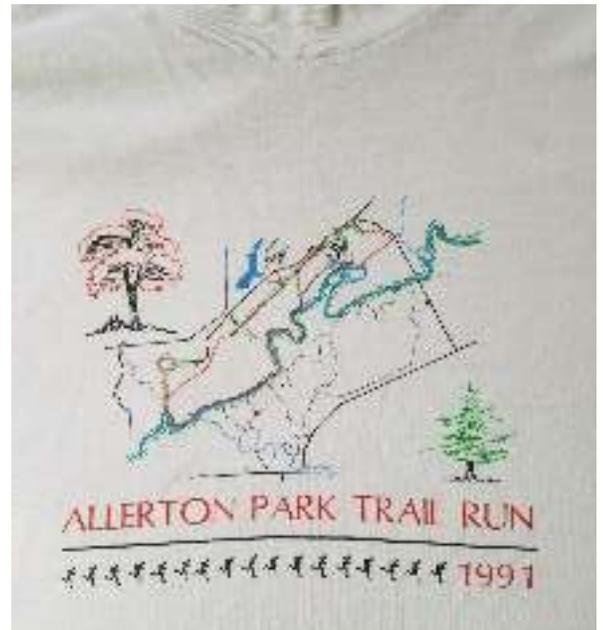
2 Cups each of Thinly Sliced Carrots, Celery and Onions  
Sauté in butter/olive oil until soft; Can start sauté with carrots first; Salt and Pepper to taste

Pam spray large casserole dish; set up your assembly line  
Layer.....bottom layer beans, then vegetable mixture, sprinkle cheese, repeat and end with lima beans on top. Top with bread crumbs sprinkled  
Optional to pour ¼ – ½ cup lima bean juice across top before heating (And good for heating up leftover LBC)  
Bake at 350 for 45-60 till hot and bubbly

Lima Beans are a healthy choice legume. This is a unique vegetarian meal or side. Even the staunch person declaring “I don't like lima beans” (like my husband was when I met him!!), will be delightfully surprised that they can taste so good. This recipe has been in my family a few generations and always a holiday-time favorite. Though I'm true to the original recipe (or Grandma Louise will roll over..), I have successfully tried the recipe using black beans and southwestern spices.

Bon Appetit!

## Show Us Your Coolest Race Shirt





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## My Best Race

### 1981 Boston Marathon

In November 1978 I ran my first road race, 7.8 miles. In January 1980 I ran my first marathon (Orange Bowl, Miami) in 3:13. It was hot. My training was inconsistent. I knew I could do better. I decided to run Boston in 1981. To qualify I'd have to run under 2:50. I took a much more serious approach to training and qualified at New York in October running a 2:47. Preparation for Boston averaged 80 miles per week for 14 weeks including my tapering weeks. A typical week included two days running to and from work (usually 21 miles total) with my clothes and food in a backpack. I'd shower and get to work stacking steel. I had 6 long runs between 18 and 22 miles, speed work, and four races (three PRs). I was very fit.



Tim Buckley with hair

I was lucky to find someone to put me up for two nights and give me a ride to Hopkinton. There were no buses for the runners back then. You were on your own. Boston was a big race (about 6 thousand) but New York was much better organized. The start was one big crowd semi-organized by race number. There were no clear waves or corrals. The weather was cool and drizzly – good conditions. I was 2088. When the gun went off I was running for the 109<sup>th</sup> consecutive day. It took 50 seconds to cross the starting line and even then we were just shuffling. My goal was to break 2:40. I was already far behind schedule. There was no chip time in 1981.

By two miles we were all really running. Everyone was fast. It was nothing like I was used to. At five miles I was averaging 6:16s, at 10 6:05s. When I passed the cheering girls of Wellesley, the halfway point, my average had dropped to 6:04. I was on 2:39 pace. I felt like I was flying and in complete control of my body. But that was the high point. The miles at sub 6:00 pace became 6:10s

when I hit the Newton hills. Then Heartbreak Hill robbed my last reserves and put me just behind schedule. At 23 miles I was becoming dehydrated, but it was too late to drink. The last three miles I could muster only 6:30s. I ran hard to the line and crossed it in 2:42:32. I was spent. I had nothing left – and that felt great.

Subtracting the 50 seconds at the start, I always count my time as 2:41:42. When the Boston Globe special edition came out that night, it published the top 600. I didn't make it. I finished 1059 of 5600 - not particularly impressive. And no shirt. No finisher medal. No chip time. But I had a logbook full of memories and signed by Bill Rodgers.. A good picture. And an experience that helped change my life. When I got back to Orlando the next day.....I went for a run. – Tim Buckley