



## Gettysburg North-South Marathon Trip Notes April 29-May 2, 2011

**Why?** I don't exactly know why I wanted to leave my home to go to any marathon at all. It's spring time and the doves are building a nest out my office window, the fern fronds are showing their head, the blackbirds are snitching moss pond-side for their nests, the iris is creeping up every day, the Andromeda is in full bloom and the cherry tree droops across the Japanese waiting bench – all within view of my desk and much enjoyed. If you'd like to see pictures of our garden (well, it's really Tom's garden as he built and maintains it all) and why I maybe should stay home and enjoying it, click on: [www.photoshow.com/watch/Eq3Pq7Dz](http://www.photoshow.com/watch/Eq3Pq7Dz)

### **Why go to Gettysburg Marathon?**

- **Inaugural** -- North-South Marathon for the 150 year celebration of the Civil War's start.
- **Historical** -- Unique and preserved town full of history plus other events ongoing at same time: reenactments, Greyhound Show, plus more. 26 acres of National Park with a multitude of museums, driving and walking tours.
- **Hotel Gettysburg** on the town square (which is really a circle) and within an easy walk to the start and finish.
- **Race Director** did fine even though it was an inaugural and he clearly had some challenges.
- **T-Shirt** was a nice high-tech shirt that was unique and well designed.
- **Expo** offered easy access with parking available the day prior (but not marathon day.)
- **Course** was lovely farm land with rolling hills. (Many felt the hills were very steep and plentiful but I like hills.) Relay was offered so the course had more participants and spectators.
- **Toilets** – amazingly no line on the course!
- **Fluid stations and volunteers** were plentiful enough.
- **Spectators** more plentiful than you'd expect for farmland and an inaugural.
- **Awards** -- North and South competed and the North won a special commemorative glass. Age group awards were cute little engraved cannons. Guess why I got 1<sup>st</sup> place in my age group? There's an advantage to being old and for just showing up!
- **People** – Everyone was so very nice!
- **Charms** – Perfect! I found a wee little Gettysburg Address Scroll. See picture of charm bracelet turned necklace turned belt turned lasso pictured at the end.



Here I am with Ole Abe on my 3<sup>rd</sup> trip into the Gettysburg Museum.



## Oddities

- **Starting and finish line** were a few blocks from the expo and somewhat away where the food and awards were after the marathon. I guess that a permit to start at the logical location was not available.
- **Food** was totally non-existent but wasn't promised either. Well, maybe there was some GU if you call that food. I begged from some spectators who readily shared.
- **Parking** (most) was at out of the way areas and buses transported runners to the expo area where a few block walk was required. Also odd was parking for North runners and separate parking for South runners.
- **Course** - North versus South Course had to be incorporated together which was not his original plan. I imagine ambitious ideas proved untenable with the need for double volunteers and course support.
- **Traffic** – They were mostly country roads so not troublesome to me but the traffic throughout might be to some.



## Shirt, awards and medals



The glass was won by everybody entered from the North, the medal was the logo from the shirt and the road signs, the cannon was imaginative and well received if only by default, and the shirt was gray and navy with the navy webbing being very loose and open.

## Diversions

- **Medical emergency?** At mile 18 I found a guy sitting at the side who felt he couldn't continue. Shortly after it was easy to find a volunteer fireman to go attend to the downed runner.
- **Hills** – It's true; maybe not the worst but something akin to finding many "Kick Ass Hills" (from our training runs.) I do reasonably well on hills and enjoy them. I think my results don't suffer greatly with hills because my typical finishing time already has plenty of walking built into it whereas runners have to slow down on the hills.
- **Porta-potties** – With my numerous stops I was grateful to find a very rare situation: no lines!
- **Monuments and picturesque barns** – I couldn't stop taking pictures on the course!
- **Finish lie cut off** – I'd thought there was a 6-hour cut off or I might have taken longer as evidenced by all those that I do when I can. They graciously gave some marathoners additional time.

## Shout outs

- Jim drove from DC area just to tour the historical battlefields and have a couple meals with me. He would run the 50K in WV in 5 days with me too.
- Peggy came in at 5:53 – like a new PR for her! Her big weight loss and workouts are really paying off. She insisted on 'running' the entirety of the first half which meant we crossed the 13.1 mark at 2:40 to 2:42.
- Diane had run Nashville Marathon the day before and still managed 5:20 for each of them.

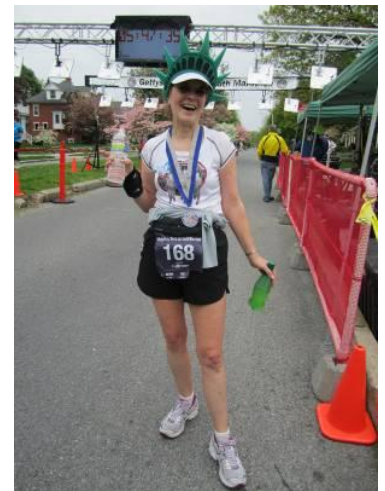
- Lien had run Kentucky Derby Marathon the day before and still managed 5:46. Coincidentally it was her 80<sup>th</sup> as well as my 80<sup>th</sup> in total.
- Tommy (Diane's husband) and Tom (my husband) were celebrating birthdays and both encouraged us to marathon anyway. What sports!



On the course: Diane and Russ. Peggy. At the start line is Diane, Russ, Diana and Peggy. At the finish line: Diana and Lien.

### Results

As much as I dislike the numbers, they do seem a way of life and if I don't add them, I'm asked about them. I finished in **5:44:13** getting a 1<sup>st</sup> in Age Group. To receive an Age Group award just goes to show you that just showing up at this age gives you something. This was my 8<sup>th</sup> marathon of the year and in total finishes it was #80. I've happily finished from 5:39 (Houston) to 7:13 (Surfside on the sand). Best of all, I think (touch wood quickly!) that I can handle at least part of the tough 50K that happens in Capon Valley WV in 6 days and probably get the Geezer Award once again too.

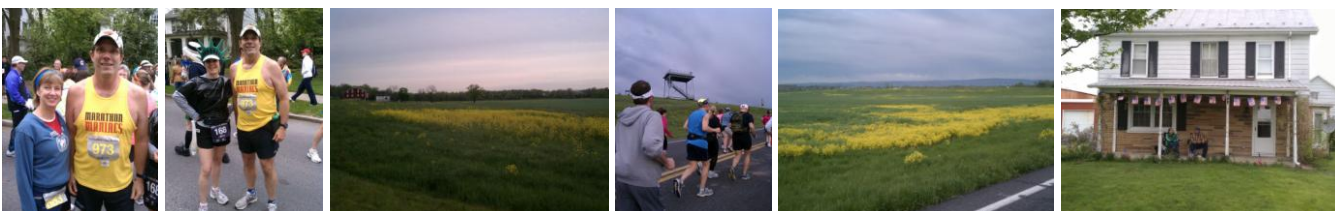


At Gettysburg the weather report had suggested a high of 73 degrees and thus I allowed myself to scurry during the first half knowing that I slow a lot in that much heat. Peggy and I passed the halfway mark at 2:40 to 2:42 which was obviously too fast to continue at that pace. The weather stayed wonderfully cool and even a very light sprinkle appeared in the last hour. I'd also not eaten at all well and paid the price so maybe if I mind the rules I will have a chance of finishing some of these European marathons I've signed up for that have firm 6-hour cut offs.

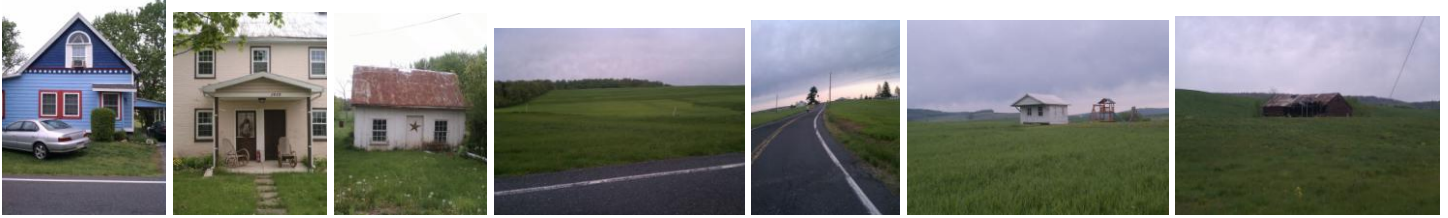
### The course in pictures - as seen by Diane



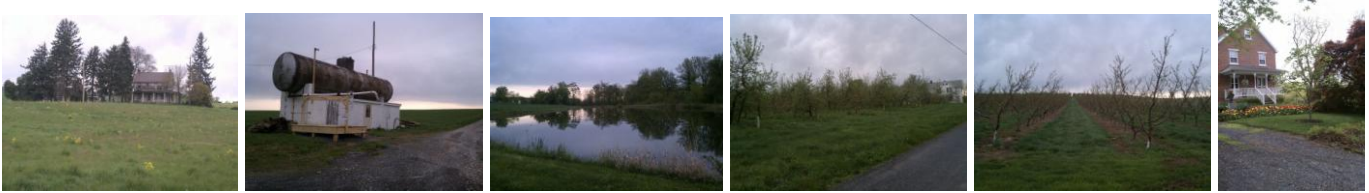
Diane with friends at the finish line. Peggy and Diana at the start.



Russ (Neil) at the starting line. Lots of fields and open spaces with a few unique houses in between.



Yes, that's a red-white-and-blue house. See those rolling hills?



What is a huge tank doing on a trailer? Many lovely lakes interspersed with apple orchards. The following week will be an apple blossom festival.



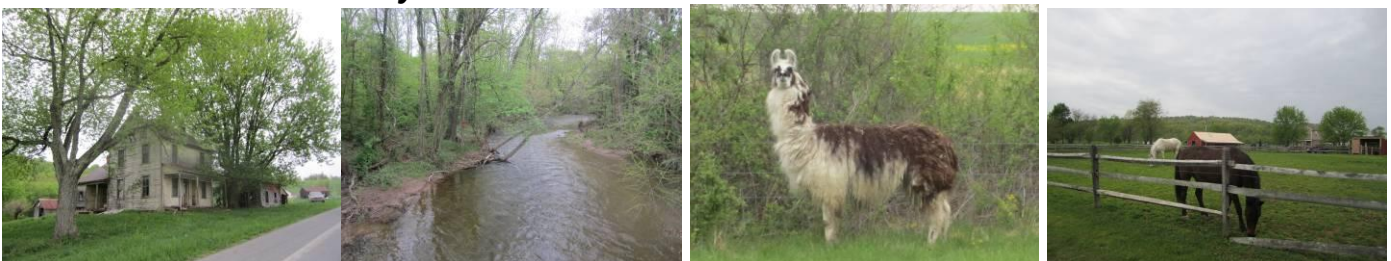
Plenty of signs and spectator support for a farming area and an inaugural. At one group of spectators who appeared to be picnicking I asked if they had some pretzels. No, but they insisted on cutting me a chunk of bread! Here's Diane saving the best for the last – a beer at the local pub. See the kissing kid's logo?

***Followed by a walk downtown***



Abe Lincoln wrote the Gettysburg Address on this square. That's Ole Abe with another bronze statue. The old historical but upgraded Gettysburg Hotel.

***Additional course views by Diana***



A lot of old barns, even more streams and small rivers, and many animals. Unusual animals. Even more road kill. Lots of wild flowers and plenty of not so wild.



## Gettysburg Tourist

**The Past!** Think about what Gettysburg represents. I just finished Newt Gingrich's book called "Gettysburg" but even that couldn't prepare me for the blood and guts and goriness the Civil War represented. There are 26 acres of hallowed ground i.e., a graveyard, said to have contained so many bodies and dead horses that there was no space left and the ground was too saturated with blood to take it all in. It was possible to walk the grounds after the battles and never be able to touch ground – only bodies. The small town of Gettysburg dealt with this death and destruction for years thereafter.



From Jim, a deep thinker, reflecting on the Past and into the Present: *To end the war, President Lincoln chose union, amnesty, and forgiveness and was immediately rewarded for his magnanimity by John Wilkes Booth. General William Tecumseh Sherman and General Philip Sheridan---just to name two Federal generals---were livid when they learned there would be no punishment meted out to the rebels. They were all traitorous scoundrels and Lee was the worst of the bunch. And 100 years later, England's WW II General Montgomery would visit the battlefield with Ike and he criticized Lee's ordering of Pickett's Charge causing a major stir in the Southern press and population as he toured the United States. Emotions about that era run deep largely due to the deaths of over 618,000 citizens.*

*Later and also from Jim: So I liked the historical nugget about magnanimity and the strong objections to it because it takes a historical solution which could have applied to Osama Bin Laden. We did not turn the other cheek and negotiate peace with those monsters Osama Bin Laden or Saddam. We used our power. Your readers may connect those dots or blow past them. But mentioning a solution that worked is always useful.*

**Present** – It is much calmer. Here's a picture of my downtown hotel with enactment ongoing. There were costumes everywhere. Friday evening Jim and I met the generals on the town square and listened to their speeches, then followed the parade to the church where stories and songs of the civil war hospital were told. The town square was lit up with luminaries both Friday and Saturday nights. On Saturday there continued the living history encampments, skirmish reenactments, walking tours, another candlelight remembrance tour plus a 150-volley cannonade.



**Gettysburg Present** – through the eyes of Diane



For such a calm and sweet town one wonders why there were 310 cases of child abuse last year alone. The pinwheels planted are planted in honor of those children and of child abuse prevention. Above the Malt Shop sign under the window is a cannon ball still seen in this building. Other than the town itself, their more special tourist attraction is the newly built museum at a cost of \$130 million of private funds. It supports and makes more understandable the 26 acres of battlefield.



Diane with Ole Abe. President Franklin Delano Roosevelt dedicated the Eternal Peace Light Memorial as a symbol of peace in a united nation. It was said to be Jackie's inspiration for JFK's Eternal Flame Gravestone at Arlington.



There are memorials everywhere. See the Blue Ridge Mountains in the background. This is Little Round Top Hill which seems hugely more of a hill when you're standing on top of it and imagining the battle. No wonder some 630,000 died during the civil war.



Pennsylvania Memorial is the scene of many events now as much because it is the largest memorial. The memorial from Boston seemed more fitting: a small rock the soldiers had used at their swimming hole.

**More touring by Diana** – Jim drove from DC area to join me on Friday and Saturday. We toured, ate, caught up some, but were glad that there will be more time at Capon Valley the next week too.



Not only was the town full of civil war dress but the hotel was hosting costumed workers also. Here's Jim with the two bronze statues outside where Abraham Lincoln wrote the Gettysburg Address. This is the church where civil war stories and songs were enjoyed late Friday evening.



We walked the battlefield and cemetery where Ole Abe gave his Gettysburg Address. We took a guided bus tour of the 26 acres of memorials and this again is the Eternal Flame, followed by Castle New York up on Round Top Hill.



The first picture is giving the view from the hill. Also in Gettysburg and highly rated is the only home ever owned by Dwight D. Eisenhower. Remember he loved the area and had a working farm there? Camp David was named for his grandson. I'd toured his Presidential Library in Abilene Kansas where he was born but this is where he and Mamie lived and where he died. It contains a house as he left it and a museum of gifts including this collection of Russian wines.

**Food!** An add-on for those who have asked if I enjoy Fine Dining. I do enjoy this food related show: [www.youtube.com/watch\\_popup?v=EVwIMVYqMu4&vq=medium#t=125](http://www.youtube.com/watch_popup?v=EVwIMVYqMu4&vq=medium#t=125).

In Gettysburg we ate on the Town Square in Mamma Ventura Restaurant on Chambersburg Street which was a recommendation by the race director to Peggy. We ate at the popular corner pub, and ate at the museum twice. The Hotel Gettysburg has at least one if not two award winning restaurants

and I enjoyed their Tavern a few times with the last night being with Diane and Tommy and a few new marathon characters.

***What's next?***

Fast turn-around for me to only have two days at home and to only have six days to rest the legs but it's off to one of my very favorite runs: Capon Valley 50K in West Virginia. I'll be joined there by quite a few friends. Then it will be one day home until Tom and I depart for nine days of Lake Tahoe and San Francisco with the original goal being to run Bay to Breakers 100<sup>th</sup> anniversary run. Dr. Tom from Honolulu's marathon and more recently London's marathon will be there too as well as a number of friends from the local JSRC including Peggy.

Rest of the year includes marathons in Traverse City, Madison Montana, San Francisco, Medoc, Berlin, Munich, Atlantic City, Dublin, Richmond, Tulsa and Memphis. Hiking in Bryce and Zion, Glacier and Waterton, and Mt Rainier. Two visits by Marie with a trip to Boston. Races in Atlanta and NJ. Vacationing in Sarlot and Nice. If I can fit in more, I'll do it! I solicit ideas.



## Friend's notes

**Diane after Boston:** Okay, so you are aware that I've encountered some major heat from those who feel I dishonored the integrity of the Boston Marathon by not qualifying let alone did not run a fast time and took photos. (Trust me I was in good company here!) It still has me a bit miffed that some of these runners only participate in maybe 2 marathons a year and they feel entitled to belittle anyone not up to their standards. So...I think an elite marathon is in order! One that to qualify you MUST run at least 20 marathons in a year!

Note that Diane ran a very respectable time in the 4:50 range and even had time to take a bunch of pictures. Here are a couple of them. First she is with Mr. 106-marathons-a-year Larry, then with Elvis, next testing if she remembers her cheerleading days and finally at the finish line. Yes, she's a Maniac and even a top level 10-star one.



**BIL Carl** – A big congratulations to someone who started running at age 60! He was at Illinois the same weekend as Gettysburg. Thanks, Diana. Just returned last night. Yes, I did PR at 5:11. That's about 10 minutes better than Denver and 40 minutes better than last year at Illinois. I was in the 5:00 corral and a stayed with them until about 17 miles and then for some stupid reason I decided to go ahead. After 2 or three more miles, with two other runners, I gassed out. One of the three went on and the other ended up behind me. Other than very, very strong winds, the weather was good. Jan and her staff and volunteers put on a wonderfully organized event.

**David's interview** David . . . is [Shell's] marathon man. The competitive fire he brings to the marathons he runs across the United States is matched by the passion for problem solving he delivers in the process safety arena. A native of Yazoo City, Mississippi, David studied Chemical Engineering at the University of Mississippi and earned his Master's Degree at MIT as well as an MBA at the University of Houston at night while working for Shell. He came to Shell just over 31 years ago, and has devoted his career to site safety and reliability. [selected sections copied here]

Q: Is it cool to work in M?

A: I think it is. I think it's an exciting time. There are a lot of opportunities. We've made a lot of progress but it's a journey, and there's always more work to be done. When you see progress and you see results, it helps drive you towards the next set of work to make it even better. When you start to plateau, you just need to refocus your efforts, go further, and you'll see additional improvement. My focus area now is on instrumented protective functions, which are basically shutdown systems which protect people and assets, and when you have an incident, those really affect everyone. IPF can help prevent many of the incidents you might have and therefore reduce the risks.

Q: Why did you decide to run marathons?

A: Well I started running a number of years ago just to get in shape and never thought I would run a marathon, but I got involved in a training program and ran my first marathon 6 months later. I enjoyed the sense of accomplishment and met a lot of good people so I continued doing it. I've run 60 marathons including one in all 50 states. I've got a goal to run on all seven continents.

Q: Is there any connection you see in what it takes to run a marathon and what it takes to do your job?

A: Definitely. Whenever someone talks about something taking time, they say, 'it's a marathon, not a sprint,' well that's really what implementing work processes has been, it's been a marathon. You see progress along the way but it's a long road and you have to get through some rough times. When running a marathon, you have some rough spots and start feeling bad but pushing through those is really where the reward is. It's the same with change management process of implementing improvements at our sites globally.

Q: What do you see as the future for M?

A: I think the future is with the people. That's really the most important thing. People want to do the right things but naturally resist change, so it's important that you take change management into consideration when you are trying to make progress so that everyone understands what their role is, what their objectives are, how this will really make things better for them and for the business.

**Barb on her 100<sup>th</sup> that was aborted at Go! St Louis** - I was already registered for Pasadena on May 15, even after they changed the date from February. The race director, Israel, has been so nice to me. He said my 100th was meant to be there. He is trying to get me #100 and a reporter called me and did an interview on the phone. Then I'm doing Coeur d'Alene on May 29. They're not doing surgery on my foot right now. I can run on it. That's what really ticked me off about STL because I thought my foot would be the reason I didn't finish.

## **Misc**

**Is it all about the numbers?** Are we in an age of "Look at Me" status symbols? Goals are something many of us need yet I have a concern that sometimes headline and number-counting have gotten in the way of our enjoyment. Do I want 50 states? Do I want 100 marathons? Or do I want the enjoyment of the journey getting there? Here are some selected portions from a 4/23/11 New York Times article called "In a Data-Heavy Society, Being Defined by the Numbers" *I HAVE a confession to make. I started using Twitter about six months ago and eagerly watched my "followers" rise — 20 to 30 to 40. I made it to 60 and suddenly plateaued — a few would follow and then (heartbreak) "unfollow."* At one point, I signed up my sons, who didn't even use Twitter, to follow me. While part of me was laughing at myself — how senseless was this? — I also took some pleasure in seeing my numbers rise. Numbers and rankings are everywhere. And I'm not just talking about Twitter followers and Facebook friends. In the journalism world, there's how many people "like" an article or blog. How many retweeted or e-mailed it? I'll know, for example, if this column made the "most e-mailed" of the business section. Or of the entire paper. And however briefly, it will matter to me.

Offline, too, we are turning more and more to numbers and rankings. We use standardized test scores to evaluate teachers and students. The polling companies have already begun to tell us who's up and who's down in the 2012 presidential election. Companies have credit ratings. We have credit scores. "Numbers make intangibles tangible," said Jonah Lehrer, a journalist and author of "How We Decide," (Houghton Mifflin Harcourt, 2009). "They give the illusion of control." "We want to quantify everything," he went on, "to ground a decision in fact, instead of asking whether that variable matters."

Numbers become not just part of the way we judge and assess, but the only way. "One of the fantasies of numerical ranking is that you know how you got there," said Professor Turkle, who is the author of "Alone Together: Why We Expect More From Technology and Less From Each Other" (Basic Books, 2011). "But the problem is if the numbers are arrived at in an irrational way, or black-boxed, so we don't understand how we got there, then what use are they?"

All those numbers help us lose sight of why we're really doing what we're doing. This reliance and overweening trust in numbers is to some extent generational, said Howard Gardner, a professor of cognition and education at Harvard Graduate School of Education. The obsession with numbers means we don't trust or even look for the intangibles that can't be measured, like wisdom, judgment and expertise. We also lose a sense of ourselves as anything but a number and a rank, and start feeling bad if our numbers don't measure up to others. "That's why I wish there was a popular social platform that didn't measure anything. I doubt such a platform will ever exist — we clearly want the explicit hierarchies, even when they drive us crazy — but it sure would be a relief."

The most frustrating thing for those of us who have a tendency to obsess over rankings is that we know we can simply refuse to keep checking. And if we must see how our blog or book or number of online friends measure up, we can also remind ourselves that those statistics have only as much importance as we're willing to invest in them. Or as Ms. Black put it: "I have to stop worrying about numbers. I have to reclaim the ambiguous part of my own intelligence."

I personally translate this to running jargon: forget the numbers and enjoy the journey.

**From Kevin** who says he found some of my relatives in Paris.

**Marv in proving that age isn't a factor:** After 81 years, Clarence Hartley is finally running the Boston Marathon. What took him so long? First there were two wars—Korea and Vietnam—where he served in the United States Air Force. Then he spent years stationed in Taiwan, Japan, Thailand, Germany, and England. More recently, he battled lymphoma and prostate cancer. But on April 18, Hartley will set off on a well-deserved journey from Hopkinton to Copley Square.

At a time in life when even the most active runners show signs of slowing, Hartley is still running strong. He'll be the oldest entrant in this year's Boston, having qualified last May with a 4:39 marathon (he needed 5:00); he's since run a 4:26. He's just 13 minutes shy of the American record for 80-to 84-year-olds, but Hartley is more keen on "beating several thousand younger runners," he says. "The last time I felt so good was on my final combat mission in the Air Force in 1969. We did a barrel roll flying back to base, and my crew threw me in a pool."



Unlike many runners, Hartley didn't set out to qualify for Boston in his youth. "When most runners are in their prime, I was in combat," says the retired lieutenant colonel, who served in the Air Force for 24 years and received the Distinguished Flying Cross and five air medals. It wasn't until years after he retired and moved with his wife, Riki, to the town of Young Harris, Georgia that Hartley started running. One morning there in 1998, when he was 68, Hartley saw a race take place near his home. "It looked fun," he says, "so I decided to try it." Over the next seven years, Hartley ran close to 150 road races, setting state age group masters records in every distance up to the half-marathon. ("Of course," says Hartley, "my age group gets smaller every year.") In 2005, Hartley needed a bigger challenge. He set his sights on the marathon, running his first in 4:09 and qualifying for Boston. But he was soon diagnosed with non-Hodgkin's lymphoma and had to put the race on hold while he underwent chemo. Two years later, he found out he had prostate cancer. "I remember lying on an exam table thinking about Lance Armstrong and what he accomplished," says Hartley. "I thought if I survived, I'd come back like he did and run Boston." Now he's cancer-free. Doctors and friends alike are impressed he's run this far from both diseases. "I can't count the times I've heard runners say they want to compete like Clarence when they're his age," says Kristian Blaich, 44, a friend and fellow Atlanta Track Club member. "If someone in his 80s can race at Clarence's level, the rest of us can exercise a few times a week."

Hartley credits his late-age running success to good genes, but also to the competitive nature that led him to fly more than 100 combat missions in his youth. Today, he runs every other day, logging about 25 to 30 miles a week as he gears up for Boston. On a cold Saturday afternoon this past January, the retiree let a 29-year-old reporter join him for a training run. On the last mile, Hartley put down a challenge: "Sprint you to the end," he said, as he raced ahead, with the younger of the two barely pulling ahead. "It's fun being old when you're healthy and in shape," Hartley later said. "I have to look for porta-potties more often, though. Hopefully there'll be plenty of those at Boston."

Running the Numbers

449 Number of entrants at Boston who will be 65 or older

2 Number of entrants at Boston who will be 80 or older

83 Age of the oldest person to run Boston in the last five years

### **Law of the Garbage Truck – thanks Judy**

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us. My taxi driver slammed on his brakes, skidded, and missed the other car by just inches! The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and waved at the guy. And I mean he was really friendly. So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!' This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.' He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally. Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets. The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so ... Love the people who treat you right. Pray for the ones who don't. Life is ten percent what you make it and ninety percent how you take it! Have a garbage-free day!

**Unique musical piece:** [http://news.cnet.com/8301-17852\\_3-20050012-71.html?part=rss](http://news.cnet.com/8301-17852_3-20050012-71.html?part=rss)

Also from Judy.

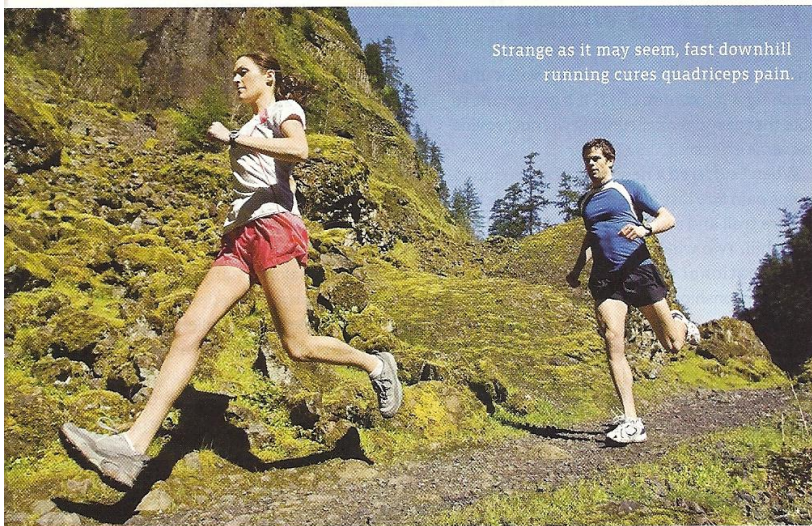
**Proofs from London's Marathon** – Do you notice the same marathon clothing every time? Right! Makes packing much easier to rotate through washing machine and right back into suitcase.



OWNER'S MANUAL

# Opposite Attractions, Positive Results

Four counterintuitive training strategies for when you need to get your running back on track. BY PETE MAGILL



Strange as it may seem, fast downhill running cures quadriceps pain.

**M**ost runners live in fear as race day approaches. The long months of distance have been logged. The painful ladder of easier to more intense intervals has been climbed. Hills have been crested, tempo runs endured, form sessions meticulously performed, and tune-up competitions completed.

All that's left is for something to go wrong.

"I woke up one morning," says Rod Dixon, the 1972 Olympic 1500m bronze medalist and 1983 New York Marathon champion, "and I said, 'Whoa, where did that eight hours go? I feel as bad getting out of bed as I did getting into it!'"

It's a runner's nightmare. With race day in the headlights, we get zapped by injury, illness or the symptoms of overtraining: heavy legs, flat energy level, can't sleep, won't eat, don't feel like running at all.

One thing is for certain: The training that got us into this mess won't get us out of it.

Luckily, strategies exist to combat many causes of pre-race breakdown. It's just that some of these strategies are a little out of the ordinary. But for runners willing to take a leap

of faith, these counterintuitive approaches can make the difference between a wasted training cycle and a great race.

## DIAGNOSIS: HEAVY-LEGGED SYNDROME

## PRESCRIPTION: LONG, EASY DISTANCE

Twenty years ago, I received a panicked call from Kevin, a high school athlete whom I'd coached to an 800m league championship the previous year. Now a senior, Kevin had been coached by Coach L----- since I'd moved out of state six months earlier.

"My legs are totally dead," said Kevin. "My 800 time has gone from 1:59 to 2:11. And Coach L----- has given up on me. He says I'm on my own. League finals are six weeks away, and I don't know what to do!"

After calming Kevin down, I advised him to stop running entirely for 10 days. Complete rest was the only cure I knew for dead legs. "Then," I said, "we start over."

Though Kevin rebounded to run 2:01, good for

second place in league, the down time robbed him of months of precious base work. I kicked myself at the time, certain there was a better cure for dead legs. I just didn't know what it was.

Turns out I was right. More than two decades earlier, Arthur Lydiard, the legendary New Zealand coach, had devised the perfect remedy for heavy-legged syndrome: Go long.

"While I was training, always in the Lydiard way," says Lorraine Moller, four-time Olympic marathoner and bronze medalist at the 1992 Barcelona Games, "if there was a training issue the remedy was always easy aerobic running until you 'came right.' Problems nearly always stemmed from overtraining, [and] the remedy was to oxygenate the body with long-ish runs."

Lydiard's answer to dead legs was more running, not less — certainly not time off. It was just that the running had to be slow and aerobic.

"The long aerobic run is your home," says Dixon, one of a long line of New Zealand distance stars to embrace Lydiard's training methods. "Home is where you find comfort. It's where you go to sleep, to rest. Your long aerobic run is your home base. It's where you go to feel comfortable."

When Dixon awakened to discover himself as fatigued as when he'd gone to sleep, he didn't panic. Instead, he went for a run.

"A long, slow aerobic run would always correct me," says Dixon. "And this was in the middle of my European track season! I'd go out for a 2-hour, maybe 2-hour, 20-minute run. Later, when I would go through the same symptoms, I'd do the same thing."

If one long run doesn't fix your dead legs, then try two. If not two, then three. Eventually, your legs will feel refreshed, and you won't have sacrificed months of training.

## DIAGNOSIS: QUADRICEPS PAIN

## PRESCRIPTION: BRISK DOWNHILL RUNNING

In June 2007, I developed severe quadriceps pain. In the space of three weeks, my 5K time slowed by 2 minutes. My long run dropped from 15 miles to 5. I couldn't run intervals. Couldn't run on cement. Couldn't walk up or down stairs at all.

I tried changing running shoes. I iced my quads after every workout. I stretched more. When that didn't work, I stretched less. I gobbled Advil. Chased it with aspirin. Choked down handfuls of vitamins A, C and E. And finally quit running for a month.

When I returned to training, nothing had changed. My quads still ached.

Desperate, I resorted to a "cure" I'd read about on the Internet. But it sounded so preposterous, so incredibly counterintuitive, that I held little hope for success.

This is what I did: I jogged 2 miles up a fire trail in the nearby San Gabriel Mountains, and then I

turned around and raced back down the trail at tempo effort. Before I'd gone half a mile, there were tears in my eyes. At a mile, I was mewling like a lost kitten. At the bottom, I hobbled to my car, certain that I'd done irreparable damage.

Three days later, my quads were as good as new. No, that's a lie. They were better than new. "Running downhill can cure quad pain once a runner's legs adapt to the eccentric overload caused by the activity," says Beaverton, Ore.,

Brisk downhill running increases the eccentric load on our quads, causing more muscle damage. The good news is that once our body repairs this damage, we're left with quads that are pain-free, stronger and protected from further injury for up to six weeks.

Schwartz recommends running 20- to 30-second repetitions down a 3 percent grade at about 1500m–3K race speed. He suggests four repetitions for the first session, six reps a week later,

Dugas and Tucker's regimen is adapted from the "180 repetition" calf raise program of Swedish orthopedist Hakan Alfredson. Suffering from degenerative Achilles tendinosis, Alfredson attempted to rupture his Achilles tendons with high volume bouts of eccentric calf exercises. Instead, his condition improved.

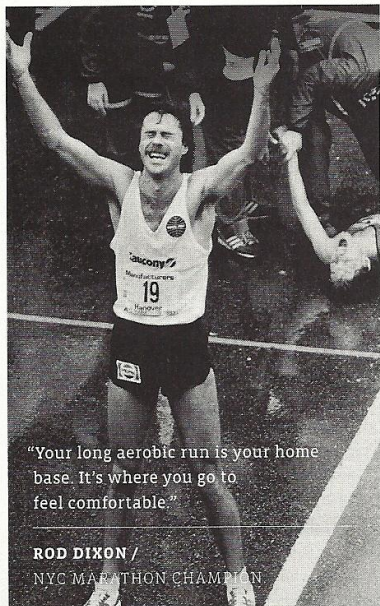
Dugas proposes that heel dips — and other eccentric exercises — work by "stimulating neuromuscular changes as opposed to just muscular changes."

## "I was operating under the misconception that the cure for dead legs — and most running setbacks — was rest. I was wrong."

coach and exercise scientist Tom Schwartz. "Initially, the soreness caused by downhill running can be quite harsh. A parallel is the soreness caused by starting a new weight training regimen. Soreness is caused by the lowering of weights, which is the eccentric loading. Lifting weights, which is concentric loading, doesn't cause soreness."

With concentric loading, our muscle shortens. When we perform dumbbell curls, a concentric contraction of our biceps bends our elbow, bringing our hand toward our shoulder.

Eccentric loading occurs when muscles lengthen and shorten at the same time. When we run, our quadriceps contracts when our foot touches the ground. This stabilizes our knee and stops us from collapsing. But even stabilized, our knee bends slightly, stretching our quadriceps as it shortens. This eccentric tug-of-war creates enormous tension in our quads.



"Your long aerobic run is your home base. It's where you go to feel comfortable."

ROD DIXON /  
NYC MARATHON CHAMPION

and an additional two reps each week until reaching a maximum of 12. It's important to note that easy downhill running will not provide the same effect.

When I suffered a new bout of severe quadriceps pain late last November, I went back to my fire trail and ran the same 2 miles of hard downhill. Two weeks later, I took first place in the national masters 10K cross country championships.

### DIAGNOSIS: CALF PAIN AND ACHILLES TENDINOSIS

### PRESCRIPTION: HEEL DIPS

As race day nears, many runners insert sessions of shorter, intense intervals into their training. Not surprisingly, these same runners frequently experience a sudden onset of calf pain or Achilles tendinosis.

Once again, the treatment is eccentric loading. "Typically, eccentric exercise produces quite a strong training stimulus," says Jonathan Dugas, a clinical professor at the University of Illinois at Chicago and coauthor with Ross Tucker, Ph.D., of *The Runner's Body*. "We know that during those contractions we activate less muscle, although moving the same amount of weight. This is thought to cause the muscle damage since fewer fibers are doing the same work and therefore fatigue more quickly."

Dugas and Tucker recommend heel dips for treating Achilles tendinosis. This cure doubles as a strategy for strengthening our calves. With heel dips, we balance one foot on a sturdy platform or step, resting on the ball of our foot with our heel hanging over the back of the platform. Using our hands for support (e.g., fingertips against a wall), we lower our heel until we feel the stretch in our calf, and then we use both legs to return to our starting position. The authors suggest eight to 16 reps.

### DIAGNOSIS: COLDS, ALLERGIES, AND RACE-DAY SLUGGISHNESS

### PRESCRIPTION: A REDUCED TAPER

"I always got colds about a week to 10 days before the marathon," says Peter Gilmore, the top American finisher at the 2006 New York City and 2007 Boston marathons. "Then, at the Houston Half in 2006, I was sitting there with Brian Sell, who was like Mr. Consistency. He'd won the half marathon that day, just crushed everyone. And he didn't taper at all for that race."

Gilmore isn't alone. Many runners discover that a traditional taper of 40–60 percent leaves them susceptible to colds, allergy attacks and a feeling of staleness when race day arrives. Whether this occurs because of an immune system letdown in response to the taper, a loss of normal training rhythm or some other reason, the result can be a poor performance on race day.

For these runners, a reduced taper to 75–80 percent of normal volume can provide better results. Depending on whether we're running a marathon, 5K or some other distance, the taper should begin anywhere from a couple weeks out to a couple days.

"Before my next race at Boston," says Gilmore, "I cut back a lot less than I'd normally cut back and PR'd by 2 minutes, running 2:12:45. I never looked back. I did the same thing at New York and ran 2:13. Not only did I not get sick, but my girlfriend at the time — now my wife — was really sick. So I had every opportunity to get sick."

"The biggest thing is that you feel better," Gilmore adds. "If you taper less, you're more in your normal mode. You let your body rest without letting it know that it's resting."

### LAST COUNTERINTUITIVE WORD

When I told Kevin to take 10 days off running all those years ago, I was operating under the misconception that the cure for dead legs — and most running setbacks — was rest. I was wrong. The cure sometimes involves increased running and specific eccentric exercises. When the result of a training strategy is a healthier body and faster race times, it can no longer be called counterintuitive; it's common sense. RT



## ***Itinerary***

### **Fri Apr 29**

Am Depart via car - approx 4 hours drive from Middletown NJ  
150<sup>th</sup> Anniversary commemoration of battle

Directions: Take I-78 West for approximately 108 miles. The roadway will split and exit at I-81 West for approximately 19 miles to I-83 South. After approximately five miles, the highway will split again. Stay straight onto Route 581. Stay on 581 until Route 15 and exit South towards Gettysburg for approximately 25 miles. Take the York Street Exit (Route 30) and proceed West for approximately two miles to the traffic circle. The hotel will be on your right.

Hotel Best Western Gettysburg Hotel  
One Lincoln Square, Gettysburg, PA 17325 Tele: 717-337-2000  
Hotel is about 4 blocks to the start line – parking \$7.95 day with in/out privileges  
Member Historic Hotels of America and on National Trust for Historic Preservation

### **Sat Apr 30**

12:00noon Packet pick up -- Race Number, Shirt, and Chip Pick-Up to 5:00pm  
625 Biglerville Road, Gettysburg

### **Sun May 1**

6:00am Start of shuttle - remote parking set up and buses that will bring you to the staging area.  
Northerners: Park at Gettysburg High School located at 1130 Old Harrisburg Road.  
Southerners: Park at the Schindler Elevator Company located at 1200 Biglerville Road

Line up at West Broadway Ave at North Washington Street in Gettysburg – about 4 blocks from hotel

Please note that you cannot park along Biglerville Road, in Gettysburg College Lots, or in the Green Acres Nursing Home lot. On street parking in the borough is limited to two hours. There is a parking garage located on Racehorse Alley about 1/2 mile from the staging area. If you have family or friends coming to watch the race, they can park in the remote lots as well and take shuttle buses to the staging area. The staging area is 1/3 mile from the start finish and an easy walk before and after the race.

7:40am Singing of the national anthem

7:45am Race Begins – see (2) for historical significance

[www.gettysburgnorthsouthmarathon.com/](http://www.gettysburgnorthsouthmarathon.com/)

Capped at 900 marathoners and 100 teams – sold out pre April

1:00pm Awards Ceremony – Location TBA

Post race refreshments at same location as packet pick up - some race merchandise for sale at the staging area after the race. Jackets, long sleeve tech tees, and hats will be sold in limited quantities (cash only).

### **Mon May 2**

Tourist (3) and return to NJ

Note: Depart on May 5 to same area in Capon Valley WVA

Problem – after Capon Valley, only home one day until departing to California for Lake Tahoe and Bay to Breakers run in SFO for 9 days.

### **Participants:**



Diane Bolton with Tommy and staying at Courtyard by Marriott, 115 Presidential Circle, Gettysburg, PA 17325 Tele 717 334 5600

Peggy with parents at same hotel

(1) **The Gettysburg Hotel**, Est. 1797 is located in the heart of historic downtown Gettysburg Pennsylvania and is walking distance to the battlefield, attractions, shops and restaurants.

This historic Gettysburg hotel offers superior service in a charming and ideal setting; rich in history and hospitable ambiance.

The Gettysburg Hotel, Est. 1797 has a tradition of hospitality that dates to 1797, when James Scott first opened his tavern. In the summer of 1863, the hotel played witness to one of the seminal events in American history during a pivotal three-day Civil War battle. President Lincoln honed the immortal words of his Gettysburg Address at the Wills House, just steps away from the hotel. Nearly a century later, the hotel served as President Dwight Eisenhower's national operations center. After a careful and detailed restoration, the Historic Gettysburg Hotel once again welcomes guests to share in its rich legacy.

Each of the 119 well appointed guestrooms and suites at the Best Western Gettysburg hotel are designed with today's traveler in mind; coming equipped with high speed internet, business center, a fitness center, a roof top swimming pool, free local telephone calls, cable television, room service, turn down service, a fine dining restaurant, an old English pub, and much more.

This historic Pennsylvania hotel boasts over 9,000 square feet of beautifully appointed meeting space, including a magnificent grand ballroom full of history. This ballroom, formally the Gettysburg National Bank was built in 1814 and can accommodate up to 300 people for any occasion. We offer award winning food, beverage and catering service beyond compare.

In the Heart of Historic Downtown Gettysburg. VOTED GETTYSBURG'S "BEST" HOTEL AGAIN & AGAIN! Celebrate Gettysburg Magazine, 2007, 2008, 2009 & 2010

**(2) Why Gettysburg?** A landmark battle of the Civil War was waged on the roads and fields of Gettysburg in the summer of 1863. It was an event that symbolized the breach between North and South, and also marked the turning point of the war and return to a single United States of America. This marathon builds upon that theme and seeks to recreate the powerful history in a special road race event.

The inaugural Gettysburg North-South Marathon - which features a unique two-course layout - kicks off May 1, 2011 during Gettysburg's 150<sup>th</sup> Anniversary commemoration.

As part of this distinctive race, runners from former Union and Confederate states will run diverging courses. "The course design reflects the unique historical events that took place in Gettysburg during the battle that was waged there in July 1863," said Lowell Ladd, organizer of the Gettysburg North-South Marathon. "We hope that runners will both enjoy and admire this unique race format, tying in Gettysburg's rich history."

All runners will begin at a universal start line in downtown Gettysburg. The course will head northwest out of town, passing through the campus of Gettysburg College and traveling along the Gettysburg battlefield. At the two-mile mark, the two courses split. The runners will rejoin at the 24-mile mark to finish the marathon back in downtown Gettysburg.

Both courses are fair with rolling hills and have similar elevation profiles making for comparable racing by both sets of runners. The marathon also includes a four-person relay.

"My concept was to start a marathon with a historical theme that would be a historic event with a powerful backdrop and put a unique spin on the 26.2-mile race concept," said Ladd who, along with running, has a passion for Civil War history.

The marathon will occur during Gettysburg's commemoration of the 150th anniversary of the Civil War that begins in April 2011. "We're excited to have this marathon part of this important national anniversary," said Norris Flowerrs, President of the Gettysburg Convention & Visitors Bureau. "The race puts an emphasis on history and we expect the marathon will attract both great runners and great history buffs."

For more information, course maps, or to register for the Gettysburg North-South Marathon, visit [www.gettysburgnorthsouthmarathon.com](http://www.gettysburgnorthsouthmarathon.com) or call (866) 329-9382.

**Course Descriptions:** (original – later changed?) This is one event, and a single race, but unlike most marathons, has two courses that will be traversed by participants. Everyone will take their initial steps together from a universal start line in downtown Gettysburg. The course will head northwest out of town, passing through the campus of Gettysburg College, and traveling along the battlefield by way of Mummasburg Road.

At the two mile mark, the unique nature of the event begins as the two courses diverge. Runners hailing from "Northern States" (those states that were officially part of the Union at the time of the Battle of Gettysburg) will turn left while runners from all other states and foreign countries will continue straight. After 22 miles of separate racing, the two courses rejoin just past the 24 mile mark along Mummasburg Road and will finish along the same miles where the race began, coursing along Gettysburg College's campus, and finishing a few blocks from Lincoln Square (the center of town).

Overall, this is a fair course with rolling hills. It is not pancake flat, but is fast enough to give you a shot at a personal best if you are in good shape. With 509' and 476' of elevation gain, the North and South courses respectively have less climbing than the Philadelphia, New York City, and Baltimore Marathons. The two courses have similar elevation profiles and will make for comparable racing between the two groups of entrants.

Course Maps: Runners from ME, NH, VT, MA, RI, CT, NY, NJ, PA, OH, MI, IN, IL, WI, IA, MN, KS, NV, OR, and CA will run: (see website for maps).

**Later re course** - This course begins and ends in the northwest corner of the borough of Gettysburg. After turning right onto College Avenue / Mummasburg Road, the course will pass through the Gettysburg Battlefield and then traverse the roads of Cumberland, Franklin, and Butler Township along quiet country roads. There are rolling hills throughout the course. Because this is an out-and-back course, you will get to preview everything during the first half and know what to expect on the return journey. The course will be measured according to USATF standards and obtain certification so that performances can be used to qualify for the Boston Marathon.

Our original goal was to establish a two course format. Unfortunately, pressure from local municipalities and a shortage of qualified traffic control personnel have forced us to combine all runners on a single course.

(3) **Tourist info from hotel website:** Our staff has extensive knowledge of the Gettysburg, Pennsylvania area and its attractions. We can assist you with your exploration of our town. We can coordinate the purchase of tickets for bus tours, ghost tours, golfing, Majestic Theatre tickets and other area attractions. Please do not hesitate to call us with any questions regarding directions or attractions in town.

We look forward to seeing you soon. Below is a list of some of the Gettysburg attractions within close proximity to the hotel. For a complete listing of all shops, restaurants and attractions, please visit the Gettysburg Convention and Visitors Bureau online at [www.gettysburg.travel](http://www.gettysburg.travel).

- David Wills House – 0 miles from the hotel
- Steven B. Wiley & The Lincoln Leadership Institute - 0 miles from the hotel
- Majestic Theatre – 0 miles from the hotel
- Gettysburg College - .25 miles from the hotel
- Battlefield - .25 miles from the hotel
- Eisenhower Historical Site - 1.5 miles from the hotel
- Gettysburg National Military Park Museum & Visitor Center - 1.5 miles from the hotel
- Gettysburg National Cemetery - .5 miles from the hotel
- Lutheran Theological Seminary - .5 miles from the hotel
- Ghosts of Gettysburg - .2 miles from the hotel
- Outlet Shoppes at Gettysburg – 3 miles from hotel
- Boyd's Bear Country – 7 miles from hotel
- Adams County Winery - 8 miles from the hotel
- Hauser Estate Winery - 8.9 miles from the hotel
- Liberty Mountain - 10 miles from the hotel

**From:** Gettysburg North-South Marathon Race Director [mailto:racedirector@gettysburgnouthsouthmarathon.com]

**Sent:** Sunday, January 02, 2011 3:00 PM

**Subject:** Re: May 1 marathon

Diana,

When I applied for the permits, we requested a 6 hour time window for the course to be used. Because it might take a few minutes for the last starters to cross the start line, I don't expect we can close the course exactly at 2pm. Once the last person crossed the line, the plan is to have full coverage for 6 hours. After that, we will start to break things down and begin cleanup. You can enter the race, but it is possible that you might not get an official chip time depending on how long it takes you. Unless it takes you significantly more than 6 hours, you should be able to get post-race support (refreshments, etc.).

Does that help?

Lowell Ladd, Race Director, Gettysburg North-South Marathon

<http://www.gettysburgnouthsouthmarathon.com>

On 1/2/2011 1:17 AM, Diana Burton wrote:

Hello, Question. I'd like to come on May 1<sup>st</sup> but didn't happen to see when the finish line closed. I am sometimes at or a wee bit over 6 hours. Is this a marathon appropriate for me? I'm 65 and did 24 marathons in the last 12 months and doubt I can get in much faster than 6 hours or 6:15. I would be willing to start early if that's an option. If this isn't fair to your volunteer staff, I certainly understand and can well accept that since I've been on a couple marathon staffs myself.

From: racedirector@gettysburgnouthsouthmarathon.com

Sent: Monday, January 24, 2011 1:28 AM

Subject: marathon update

There are now almost 500 individuals and over 60 teams registered for the race, so the race is off to a great start. I have received a number of emails from registrants with questions about logistics, so I wanted to send out some broadcast information so everyone has this. If you are on facebook, I encourage you to post questions there so that other registrants can see the answers regularly.

We had blocked off rooms at three Gettysburg area hotels for registrants because the weekend has a number of other events in town and rooms will become difficult to obtain as May 1st gets closer. We have sold out at the hotel right in town, but the other two had good availability for now. I encourage you to book your room now (they are only reserved through March 31) if you plan to stay overnight to avoid having to get a room further away. Information on the hotels is available on the lodging link of the website.

Until about a week ago, the registration form did not allow you to select shirts that were X-Small or XX-Large. If you would like to change your shirt size to one of these, please reply to this email with your name and confirmation number. For female registrants - please note that all shirts are unisex. If you requested a medium assuming that it was a women's medium, please reply indicating that you would like a small instead.

We have partnered with the HCM Foundation to support their efforts with cancer patients and their families in Eastern Pennsylvania. We are donating complimentary entries to registrants who fundraise a minimum of \$500 for their noble efforts. To find out more about their charity or sign up for the fundraising program, please go to [www.hcmfoundation.org](http://www.hcmfoundation.org). Since you have already paid to register, we will be able to refund your registration fee if you decide to fundraise.

Parking will be very limited/difficult in the neighborhoods of downtown Gettysburg. We will be establishing some remote parking locations 1-2 miles away and setting up shuttle busses to get you to and from the start/finish. More details to follow.

Both race courses could be changing in the next few weeks. When this race was first planned, the goal was to have loop courses. However, the reality of providing sufficient course support with aid stations often enough and the volunteers to main them over 48 miles was very difficult. We have requested a change to out-and-back courses, with the first 5-7 miles of each course remaining unchanged. The other advantage of this change is that we should be able to avoid some of the more challenging hills on both courses. Another benefit is that they will be more spectator friendly.

With just over 3 months until the race, you are probably at the beginning of your training cycle. If you want help putting together a training plan, take a look at [www.2LCoaching.com](http://www.2LCoaching.com). This does happen to be my own coaching company (I was coaching marathon runners long before I was directing a marathon). If you decide you want some individualized coaching, you can have the unique experience of having a race director actually coach you for their race.

I will plan to send out regular updates by email and posting to the event website in the weeks ahead so stay tuned for more information in the near future. Good luck with your training!

Lowell Ladd, Race Director

From: [racedirector@gettysburgnorthsouthmarathon.com](mailto:racedirector@gettysburgnorthsouthmarathon.com)  
Sent: Thursday, March 10, 2011 12:37 AM  
Subject: marathon update #2

It has been about a month and a half since the last update email, and there are lots of updates and changes to the marathon to report. The first change is the start time - it will now begin at 7:45am. We will still keep the course open until 2:00pm, so anyone who is worried about finishing before the course closes now has an extra 15 minutes.

One major change to report is that we have been forced to combine the two courses onto a single route (the one formerly called the "South" route). Initial feedback from the municipalities involved was that they would allow the dual course format. However, when going through traffic control needs it was determined that there are not enough personnel to manage traffic for the two courses. Having a marathon in a small town has some great aspects, but an unfortunate side effect is the fact that police departments are small (or even non-existent for some townships around Gettysburg). I am saddened that my original vision for this event is not proving to be feasible, but I am committed to maintaining the theme through alternative options. Runners will continue to represent sides. You will still have a race number with a blue or gray background reflecting your side. In addition, I am adding a battle of the sides competition. The male and female individual winners will each score two points for their side. Each male and female age group winner will score one point for their side. At the awards ceremony, the winning side will be announced and there will be a prize for each member of the winning side to reflect their victory.

The relay will now have shuttle busses to transport runners to the exchange points on the course, so you will no longer have to drive the course and figure out transfers. More details on departure times and location will be sent out in the weeks ahead.

Parking will be off-site for the marathon because there is not enough parking near the start/finish and it is all two hour on street. We will send out a detailed plan for parking and taking shuttle busses to the start/finish.

We are still figuring out exactly why type of sports drink will be on the course, but we will have that at every aid station along the course as well as water. We will also have Gu on the course.

Lowell Ladd, Race Director

From: racedirector@gettysburgnorthsouthmarathon.com  
Sent: Thursday, April 14, 2011 6:10 PM  
Subject: logistics for marathon weekend

Well, the race is now sold out so you were smart enough to register early enough to make it in while many others will have to wait until 2012 to get their shot at taking part in this historic marathon.

Race packet pick-up will take place at 625 Biglerville Road in Gettysburg on Saturday 4/30 from 12:00-5:00pm and Sunday 5/1 from 6:15 - 7:15am. I strongly urge you to get your packet on Saturday if possible as Sunday will be very busy with last minute preparations. The race starts at 7:45am sharp, and if 1000 people show up at 7:15am on Sunday there is no way everyone will make the start so get your gear early. The staging area for packet pick-up is also where we will have post-race refreshments. This property is an empty lot located next to the Green Acres Nursing Home and we will have a large tent set up and signs so you won't be able to miss it. On Saturday, you can park at 625 Biglerville Road. However, on Sunday morning you will not be allowed to park there (it will be reserved to volunteers and staff). On Sunday morning, we will have remote parking set up and buses that will bring you to the staging area. Those buses will start shuttling people beginning at 6:00am. In keeping with the theme of the race, northerners and southerners will have separate parking lots (both about 1.5 miles away). If you are running for the North (from PA, OH, NJ, NY, etc.) please park at Gettysburg High School located at 1130 Old Harrisburg Road. If you are running for the South (MD, DE, DC, WV, VA, etc.) please park at the Schindler Elevator Company located at 1200 Biglerville Road. Please note that you cannot park along Biglerville Road, in Gettysburg College Lots, or in the Green Acres Nursing Home lot. On street parking in the borough is limited to two hours. There is a parking garage located on Racehorse Alley about 1/2 mile from the staging area. If you have family or friends coming to watch the race, they can park in the remote lots as well and take shuttle buses to the staging area. The staging area is 1/3 mile from the start finish and an easy walk before and after the race.

If you are on a relay team, one member of the team can pick up numbers and race shirts for all the members at packet pick-up. Relay teams will have 4 numbers per team, even if you are running with only 2 or 3 people. Two of the numbers will have timing chips attached to them. Please make sure that your first and last relay leg runners have the numbers with chips so that you register with our timing system. The first relay runner should proceed to the start along with the individual participants and second, third, and fourth relay legs should wait at the staging area for relay buses that will transport you to the exchange areas.

Please be aware that most of the race course will not be closed to traffic. For the first 1.5 miles, the right side of the road will be closed to traffic but there will be vehicular traffic on the opposite side of the road. After that point, the entire course will be open to traffic. There will be law enforcement officers throughout the courses. You should run on the right side of the road.

There will be portable toilets located at miles 2, 6 (1st and 3rd relay exchange points), 13.1 (2nd relay exchange point), 20.2, and 24.2 miles. Aid stations will be located every 2 miles on the course and all stations will have both water and gatorade. We will have Gu located at 13.1 and 20.2 mile aid stations.

We will have some race merchandise for sale at the staging area after the race. Jackets, long sleeve tech tees, and hats will be sold in limited quantities (cash only).

I look forward to seeing everyone in Gettysburg in a few weeks!

Lowell Ladd, Race Director