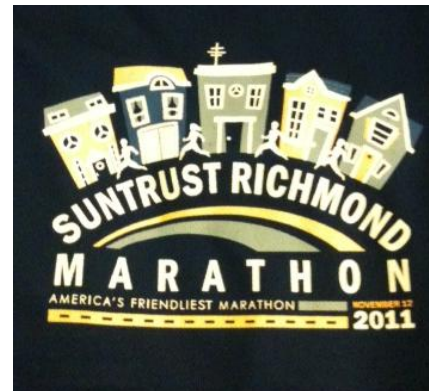




## Richmond Marathon Trip Notes November 10-14, 2011

Lovely city. Friendly marathon. I'm glad I went. Even better were the wide array of friends who were there too: Monica, Jim, Marie, Annette, Diane, Carol, Bettie and more. Even without friends, you can't go wrong with the Richmond Marathon.

- Agreed that it's the friendliest marathon – though there weren't Frenchmen dressed in chicken costumes kissing me like in Medoc, France.
- Cheap registration fee as much because of signing up a year ago on a special.
- Course was varied and interesting with some nice and lovely hills where I didn't notice going UP but much enjoyed the DOWN. Even some paved trails that ran along the great and mighty James River. On Friday a free bus tour of the course was offered.
- Hotels near the start and finish line which are always my dream marathons. My Marriott was two blocks from the start. The Omni was at the finish line. The Hilton Garden would have been fine too. The historic Hotel Jefferson not quite as close but would have been a lovely stay.
- Expo was large enough and I suffered no lines.
- T-shirt was as good as they get in design, fabric and it was even without advertisements; yet the smallest was a size small and it hung on me with sleeves a few inches longer than my arms.
- The 8K and half marathon started earlier so no crunch, no porta-potty lines, and plenty of discarded clothing that I had to revert to in the freezing temperatures.
- A 7-hour marathon? It starts closing at 6 ½ hours and they were pretty much dismantled at 7 hours.
- Junk food stations were along the course but the last one was closing down by the time I got there; I wasn't derailed from my hunger as I went off course to beg and received pizza, crackers, Doritos and cookies. I was even offered shrimp but somehow that wasn't tempting.
- Party Stops were closed by the second one; wet towels were offered but they too were closed. Tells you something about my finish time!
- Finish line food was still available and included pizza.
- A big and classy medal. One of the best. Wonder if it won anything in the recent *Marathon & Beyond* magazine contests.







**Marie Bartoletti, pacer par excellence, was the first to come out on the course to retrieve us. It was about the time I found this guy in a pink boa and declared that 'it takes a real man to wear pink' and then comes Monica Nop and we all three celebrate the finish – just mine was a couple hours after their finish. 4:30 range to 6:43 to be more precise. That's why they are showered and I'm not.**

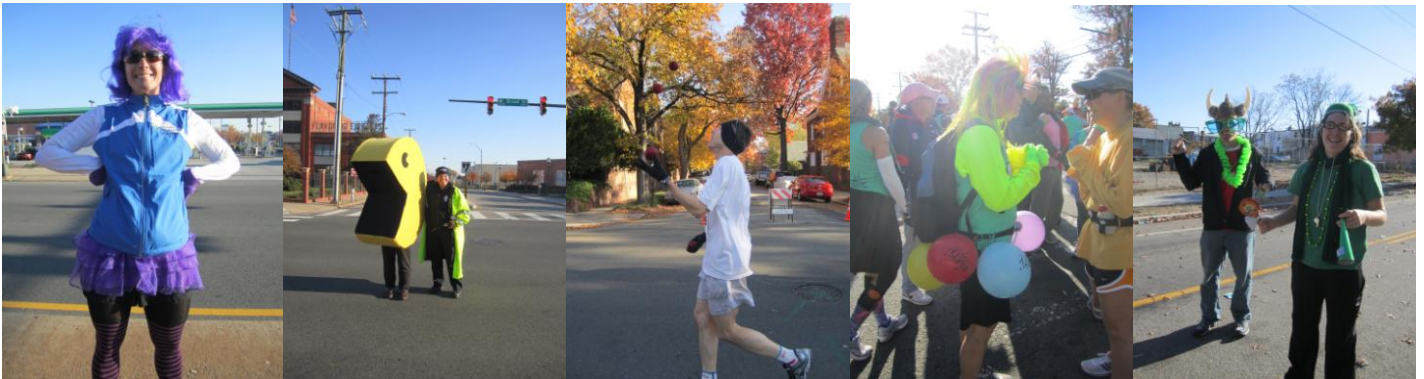


**Obviously compliments of Brightroom, Inc. Gee I wonder if Jim feels badly that I got in the middle of his finishing pictures.**

**Costumes – honest Tom, I'm not the only one!**



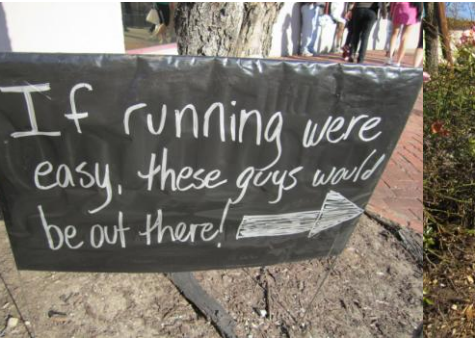
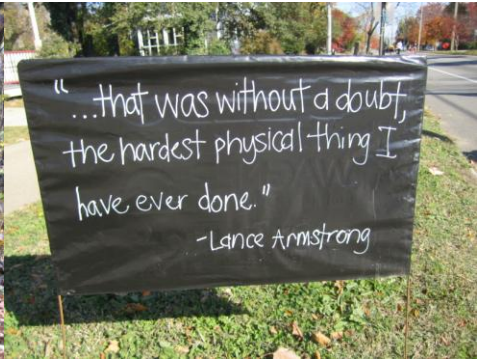
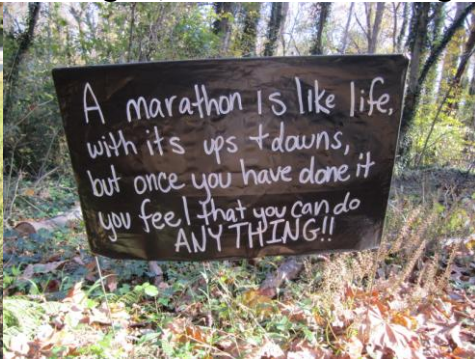
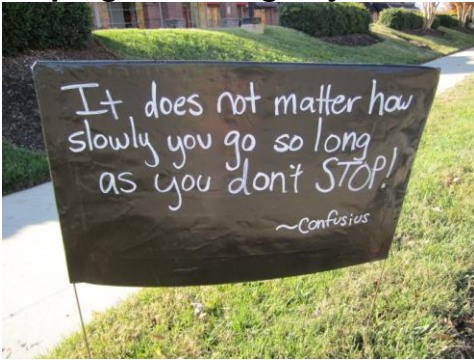
**See Annette and Jim at the start line in their warm up clothes? We wouldn't need them long!**



**That's a marathoner who was juggling 5 or 6 balls presumably the entire time.**

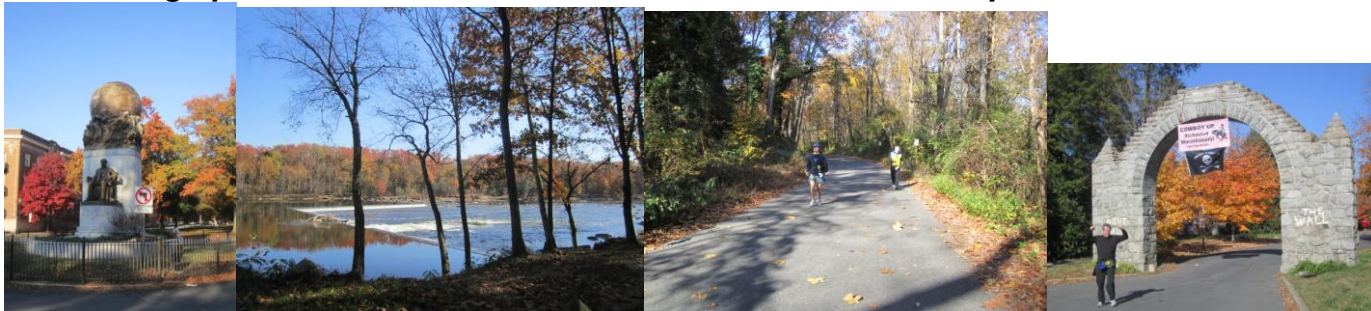


**Helping the time go by! Dublin had signs; Richmond had signs**





## **Another big upside – autumn leaves with nice homes as backdrops**



**One of the monuments along Monument Road; along the mighty James River with a paved trail.**

**See Annette and Jim there but they didn't stay back very long.**

**The Wall with Jim bragging that he hit no wall but it wouldn't be long until he wished he'd done more than 13 miles or so in training! He did fine no matter the lack of training. No matter that he has a rebuilt heart!**



## **Results**

Despite Dublin two weeks ago, still coughing up a storm and blowing through a dozen tissues I held in there. If you can't go fast, you might as well go fun? This must be proved to be oodles of fun since it was a 6:43 finish for a couple of us! Jim and I did plenty of stopping for porta-potties, feet lubing, hunting (begging?) food from spectators, and even some running in reverse at times so clearly we had a good time. At about mile 17 Annette scooted off and really burned up the pavement to finish at 6:11 but we were glad to have her company for that much time. Maybe it was the cute little sparkly-peacock skirt that made her fast paced?

At one point I was concerned for Jim – he'd just lamented not having trained but about 13 miles and seemed uncomfortable so I sent a text to both of Monica and Marie suggesting that Jim was struggling and it would be nice for them to come out and 'get' us. At about that time I looked around for him, was totally lost, asked some other runners, and found he'd pushed way forward and was far up front and looking very good! Our friends did come out to get us after all and we had a reunion of sorts at the finish line.

Here's a young volunteer was making art from the left over bananas. Good volunteer t-shirt!

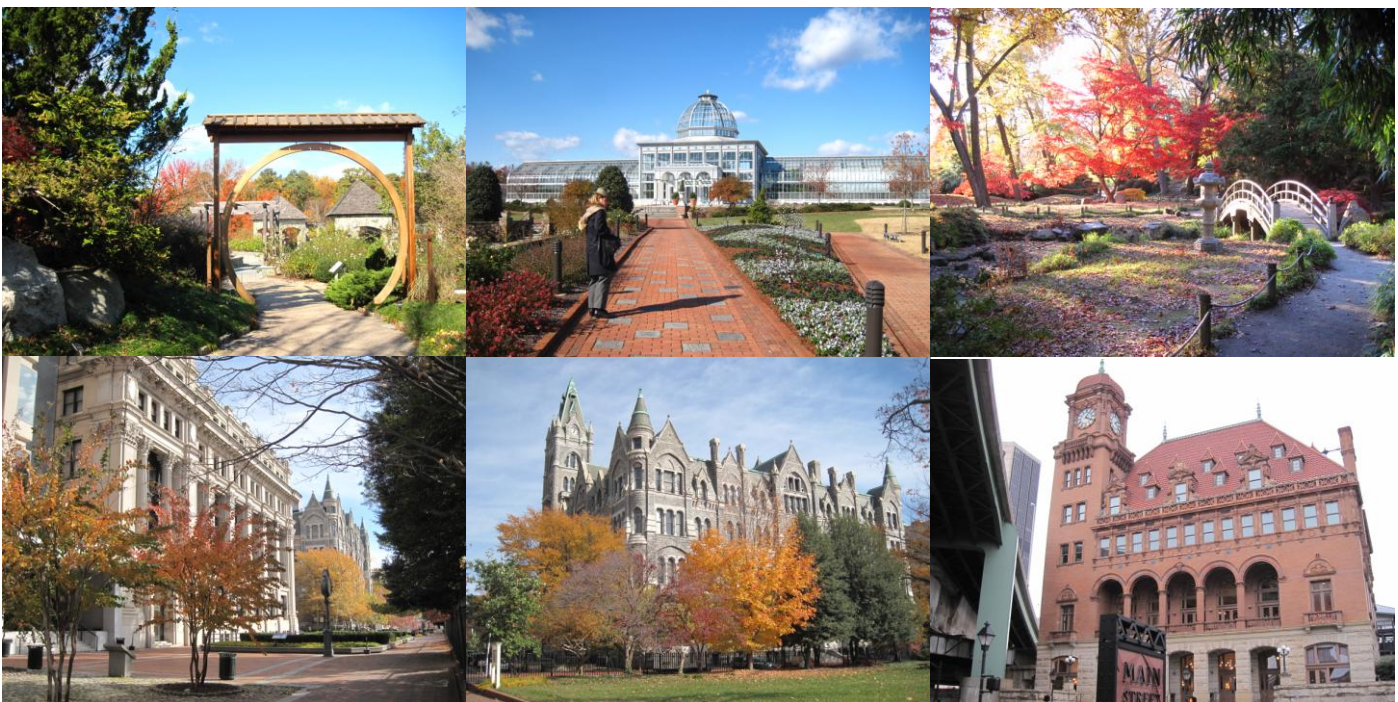




## ***Plenty of tourist sites***

I could have used a couple more days to visit a large array of museums, out to the Old Main Street area and the glass enclosed Boathouse Restaurant hanging over the James River with a view of Richmond, 15<sup>th</sup> century Agecroft Hall brought over from England, many confederate and civil war sites, Edgar Allan Poe's museum, taken the walking tours, visited the farmers market, and dined in the Shockoe's Berkeley Hotel. But we did tour and enjoy:

- Lewis Gintner Botanical Gardens with over 40 acres of garden jewels as well as a conservatory. With Tom and Annette both specializing in different aspects of gardening, I was entertained even more.
- Maymont home and gardens on a 100-acre Victorian country estate site where we toured the house which overlooked the James River. We especially enjoyed the well done Japanese Gardens that were huge and reasonably authentic with a couple huge lakes. Yes, we walked these gardens the day before the marathon so we had our priorities right!
- Historically special Hotel Jefferson was worth the visit to see the building. We also ate there twice with the first time being a special beer tasting with elegantly prepared foods.
- Monument Drive is full of huge war statuary and oddly it includes one of Arthur Ashe.
- State Capitol at Capitol Square near to the finish line and also called Temple on the Hill. It is still home to America's oldest ongoing legislature. The Old Capital is quite the structure and sits a block away. We especially enjoyed all the statuary on the grounds.
- Shockoe Slip was a 1600s trading post on the River and now is a trendy shopping area full of restaurants. Then there is Shockoe Bottom just down the hill too.
- Flood walls along the James River are massive. We walked the Canal and saw the submarine looking doors to lock out the water.
- Ate and toured at The Tobacco Company in Shockoe – twice! It's a 4-story restaurant retaining the factory brick walls but added to with period fixtures, an old fashioned brass elevator, lots of antiques, fireplaces, lots of stained glass, a different feel to each floor and room, a massive Victorian chandelier and a hand carved bar.
- Canal and River Cruise gave us a lot of history and a different perspective.
- Old Railroad Station



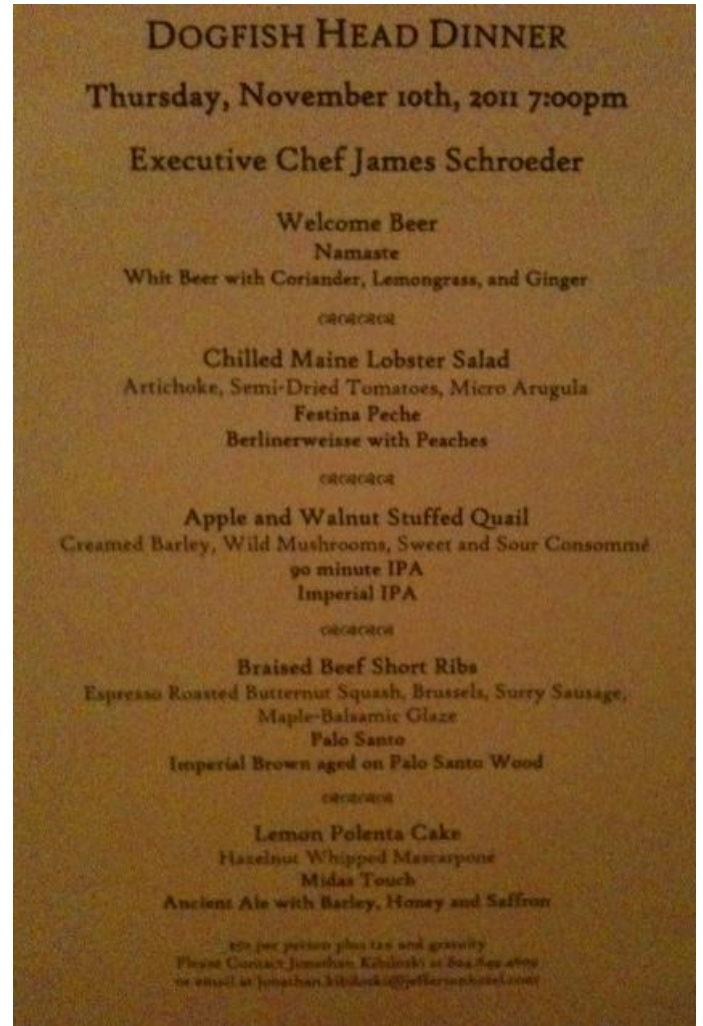
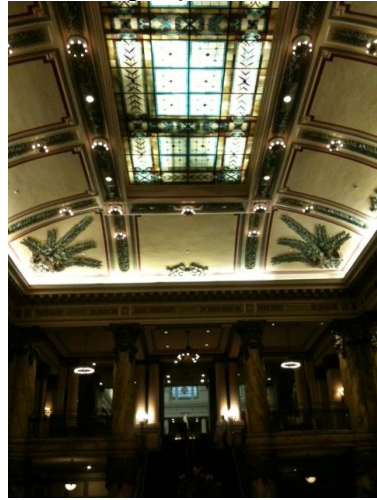


## **Restaurants are a priority with Tom**

I might dine more on sandwiches from home or Subway but with Tom along eating is more of a priority.

*Dogfish Beer!* The first night was a Dogfish Beer Special at *The Jefferson Hotel* which was quite the treat and each dish was worthy of a picture and each beer requiring much tasting and explanation with a desire to do this again. We'd indulged in wine tastings but this was new.

We chose to return to the *Hotel Jefferson* with Jim and Annette and again fully enjoyed it. Oh, I forgot, we'd eaten lunch in the bar the first day, then returned for the beer tasting dinner, then returned the next night for a late night pasta dinner.





How to top the Hotel Jefferson? *The Tobacco Factory* gave us two meals, one with Diane the night of the marathon and a fantastic filet mignon was my choice as well as Diane's. We'd all heard about The Tobacco Factory so pleased when it just fell into our lap during a walk to the area. It ended with a visit with The Flower Lady: so colorful, selling flowers on the street, and an attorney by day. The next day we took lunch there so as to see the antiques again.

How to top The Tobacco Factory? We'd heard about The Boathouse in the Old Main Street area. Glass enclosed, perched on the James River with a view of the city, and we were on our way to blow another wad of money when Tom found out about *Buz & Neds BBQ*. It seems that this BBQ won a Throw-down (cook-off) with Bobby Flay so off we went. Staff was in "Slay the Flay" t-shirts. Were this BBQ house with picnic benches near to NJ I'd be eating there again. Tom is going to try to order the BBQ sauce and this from an Ole Southern Boy.



Local pub near the hotel where Tom had a bitter (an English beer) reminiscent of the old country. And of course Fish 'n Chips.

### ***The gal who ran with Diane – article from the Times Union in Albany***



*The first time you talk to Lichu Sloan, she plans your race schedule. This is shortly after learning that you only recently ran a 5k. You have no idea you're dealing with so much might packed into a scarcely 5-foot-2 frame. Her shoulders are so tiny you could make your hands into a butterfly and palm her collarbones. Her doctor stops hallway traffic during office visits, pointing out calf muscles to everyone who will look. A 26.2 magnet for the back of her car? She could cover a Toyota Highlander.*

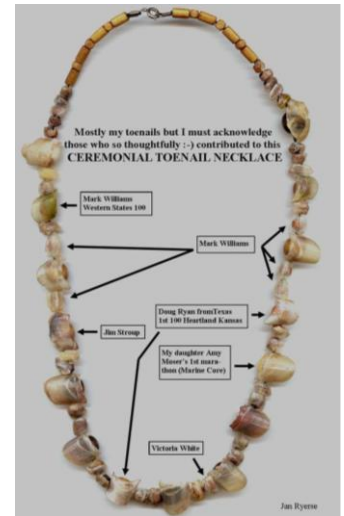
*She is a force. She ran her 100th marathon -- the Amica Marathon in Newport, R.I. -- last Saturday. She's run in all 50 states, and is working on her second time around. In 2008, she ran seven marathons, one on each of the seven continents, within seven weeks. She swears working out the travel logistics was harder than the races, even when she had to wear traction on her sneakers as she ran across a glacier in Antarctica.*

*Did she tell you she's 63 yet? She says you could do the Utica Boilermaker or the Stockade-athon, both 15ks, by next year. No problem. She ran the Marine Corps Marathon in Washington, D.C., two years ago with a broken shoulder. She tied a handkerchief to her sling so other runners wouldn't bump her. In April, she ran her first 50-mile race in Connecticut in driving rain. She finished in 11:29, and she stopped for 40 minutes to change her sopping race gear about 20 miles in. She is not like you. She is not like many people. She loves to run. She leaves her Clifton Park home at 5 a.m. with a headlamp and is happy about it. It gives her a sense of peace. ("I feel like heaven, earth and men all become one," she says, her language still punctuated with traces of her Taipei birthplace). It gives her control, and it has ever since she started running at age 49, not long after she lost her job in finance. Her husband, Paul, was a runner and always wanted her to join him. She didn't like to sweat or get out of breath, even though she enjoyed group aerobics classes. And then, one day, she decided to join a beginning runners group, where they covered two miles. She wanted to keep up with the group, so she pushed. And then she collapsed on the couch afterward. And yet she knew this was for her. "I was suffering, and I really enjoyed the pain. I'm there, and I'm just saying, 'I'm so tired and my body's aching. My legs are aching, but you know, I feel very happy. I feel very happy I finished. I did it.'" Her first race, the Freihofer's Run for Women 5K, was in 1997. Her first marathon was in 2000, and she finished second in her age group (4:17). A woman she knew who finished a minute faster was 20 years younger. Three months later, Sloan shaved 12 minutes from her time. She runs without music. Always. She likes the peace. She likes to run marathons and think about how the course could be improved. She likes to take in the scenery. She doesn't mind hearing runners talk to each other during races, but she hates the sound of heavy feet pounding pavement. She's like a pebble skipping over a pond. Her husband tells her she's built for this. She loves the challenge. She tries to keep an even pace. She doesn't attack hills like so many runners do, to get them over with, because that spends too much energy. Being successful at this, she says, is about knowing how to be patient in the race and in training. In 2006, she ran her first ultra marathon, a 56k (35 miles) in Cape Town, South Africa. She's running two marathons next month. She's talked at least 20 people into running marathons, too, training with them or providing schedules and answering questions. She calls it "a life career." She plans to reach 200 marathons before she turns 70. She wants to do the JFK 50 mile in Maryland next fall because it will be the 50th anniversary of the race. "Maybe you want to think about that one," she tells you. And she's serious. Very serious.*



### **Is this serious?**

Someone thought so. Thank you Judy (I think it deserves thanks?) for sending a picture of this necklace made from lost toenails. From Judy: *This is gross! (But funny in a truly disgusting way.) "Making your own toenail necklace."* And unless you want to lose 10 pounds fast, **DON'T ENLARGE NECKLACE.** <http://www.atriailrunnersblog.com/2007/03/making-your-own-toenail-necklace.html>



### **A Liberty Lady in the Far East!**

Thank you David Williams for a couple pictures of another Liberty Lady or is it a Liberty Man? This was taken in Singapore or Kuala Lumpur.

And congratulations on the great new job/career extension to David!

### **What's next?**

Well, I should start by finishing the last three trip reports. I'm only two days home between Richmond's and Tulsa's marathons, then home for two races over Thanksgiving before heading out to Memphis's marathon, then home two days (sounds like a stuck record?) before leaving with Tom to Budapest from Dec 9-18<sup>th</sup>. Marie comes to NJ December 25<sup>th</sup> thru January 3<sup>rd</sup> and I leave January 5<sup>th</sup> to Disney's Goofy, Winter Park tourist, then onto Baton Rouge for their January 25<sup>th</sup> marathon. I'll have some time in New Orleans at the famous Montaleone Hotel in the French Quarter before heading home. My sister arrives January 21<sup>st</sup> when we'll head north for a week at one of my favorite places in the world: Kripalu Yoga Retreat in the Berkshires. February brings '26.2 with Donna" in Jacksonville followed by hopefully a ten day hike in Kauai and the Big Island. And so it goes with the gratitude that my legs are still working but the realization that they won't always at which time I'll catch up on my trip reports.



## ***Itinerary***

### **Thu Nov 10 – Diana and Tom**

1:07pm Depart Newark EWR via CO#4428  
2:24pm Arrive Richmond RIC

Car Avis

5:00pm Expo until 9pm at Arthur Ashe Athletic Center (see address below)  
Bus available from Omni Hotel to Expo

Hotel Marriott Hotel – 2 rooms with one for Diane/Annette  
500 East Broad Street, Richmond, VA 23219 Tele 804 643 3400

Mapquest shows distance from Omni (host hotel) to Marriott is .69 miles - bus at host hotel to expo

### **Fri Nov 11 - Diana**

Late am Check in Annette at Marriott and check in Jim at Omni

11:00am Expo at Arthur Ashe Athletic Center, 3001A N. Boulevard, Richmond, Virginia 23230  
Until 9pm - Disappointing that it is so far out and not the convention center downtown!

•A photo ID is required to pick up your race packet.

•You may pick up a race packet for another pre-registered runner, provided you have a copy of their photo ID.

Expo Parking - The Arthur Ashe Center has 2,000 FREE parking spaces located in the surface lot outside the building.

Directions on Richmond registration confirmation flyer.

Free Downtown Shuttle to Expo - The shuttle will run from in front of the atrium entrance of the Omni Richmond Hotel on Cary Street near 12th Street. Three 47-person shuttle buses will run on a continuous loop between the Omni and the Arthur Ashe Center during Expo hours. The last shuttle will depart from the Omni one half-hour before the Expo closes each day with the final return service leaving the Expo right after closing time.

#### **- Annette**

10:22am Arrives via US Air #7252 and departs 7:50pm on Saturday

#### **- Jim**

1:00pm Arrives with Monica and her Tom via car – all staying at the Omni

Hotel Omni Hotel – 1 room for Jim Mellody; Diana to try to check in by 1pm  
100 South 12<sup>th</sup> Street, Richmond, VA 23219 Tele 804 344 7000

1:00pm Course tour for 2 hours – bus will leave from The Diamond (the baseball stadium adjacent to the expo location). Arrive 15 minutes early. Signed up but probably won't do it.

#### **- Diane**

9:30pm Arrives via Delta and departing after marathon on Saturday

Early eve Dinner with Jim Mellody, Annette Wulffe, and maybe Monica and her Tom?



Did NOT sign up for \$30 pasta party dinner

**Sat Nov 12 - Diana**

7:00am 8K start; 7:30am half marathon start  
8:00am Marathon start with 3pm course opens to traffic and end of post race celebrations  
[www.richmondmarathon.org](http://www.richmondmarathon.org)

The marathon and half marathon start at 7th & Broad Streets. All races end on a downhill slope at Cary and 10th Street in front of the James Center. The courses run through scenic and historic sections of the city while the marathon also runs along and across the beautiful James River. The marathon course will be open from 8 a.m. until 3p.m. The course will reopen to vehicular traffic at a 16-minute per mile rate.

**- Tom**

Koi Auction at Ray Abell's facility outside of Richmond with Darren Lucas  
Hamburgers & hot dogs served on Saturday  
1050 Huguenot Trail, Midlothian, VA 23113 Tele: 804 378 5215 – directions in file

**- Diane and Annette**

Early pm Diane departs via car  
7:50pm Annette departs

**Sun Nov 13**

Open

**Mon Nov 14 - Diana and Tom**

1:00pm Depart Richmond RIC via CO#4173  
2:34pm Arrive Newark

**Participants:**

Diane Bolton – arriving late Friday; departing Saturday after marathon; at Marriott  
Annette Wulffe – arriving early Friday; departing Saturday early evening; at Marriott  
Jim Mellody – arriving via car with Monica around 1pm and departing Sunday; at Omni  
Monica Nop and Tom – arriving as above with Jim; at Omni  
Marie Bartoletti, pacing, and with John  
Carol Goslin and Bettie Wales bunking with Annette and Diane; Carol Friday night only;  
Bettie staying over Saturday night  
Diana Burton 732 804 7514 cell  
Tom Burton 732 673 5400 cell

Pandora with George and Elaine Colasacco 732 495 6423  
Sue Ann Ng-Martinez other possible home for her if needed (732) 236-7651  
Randy Fritts has key to house 732 671 5510  
Other emergency numbers on kitchen counter



## Event Schedule

<u>Thursday, November 10</u>	
5 - 9 p.m.	<a href="#">Health &amp; Fitness Expo</a> , Packet pick-up and walk-up registration at the Arthur Ashe Athletic Center
<u>Friday, November 11</u>	
11 a.m. - 9 p.m.	<a href="#">Health &amp; Fitness Expo</a> , Packet pick-up and walk-up registration at the Arthur Ashe Athletic Center
11:30 a.m. - 3:30 p.m.	<a href="#">Bus tours of Marathon course</a> leaving from The Diamond (adjacent to the Expo)
6 - 8 p.m.	Pasta Dinner at the Omni Hotel (advance reservations required)
<u>Saturday, November 12</u>	
7 a.m. sharp	8k start (9th & Broad St.)
7:30 a.m. sharp	Half Marathon start - Wave A (8th & Broad St.)
8 a.m. sharp	Marathon start (7th & Broad St.)
8 a.m. - 3 p.m.	Finish Line Festival
11:30 a.m.	Half Marathon course closes
3 p.m.	Marathon course closes