



Tallahassee Marathon Trip Notes February 3-7, 2012

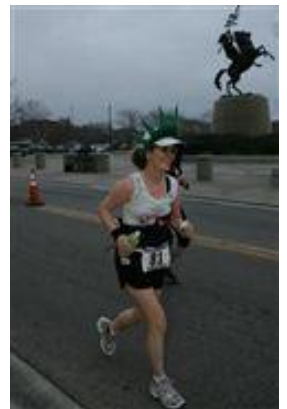
I can't think of who to blame this on – two marathons in two weeks? I kept hearing about all those kooks who were doing Quadzillas (as in four marathons in four days) and I did find that the Disney race-and-a-half followed on with Baton Rouge the weekend after it all worked, so why not? Well, first of all because it didn't make sense to go home in-between these two Florida marathons. . . .

I'd joined a group for "26.2 with Donna" marathon in Jacksonville (with all proceeds going towards breast cancer and fortunately NOT the Komen Foundation) and after signing up I saw where only 2 ½ hour's drive was another marathon in Tallahassee the weekend before, and I really like state capitals, and my legs were doing well, etc., etc., so what's a gal to do. . . . Run!

Other than being gone from home too long, I'm especially glad to have experienced Tallahassee's 38th Annual Marathon. Tallahassee was full of surprises from all the forests to the pick-up-driving rednecks, to the lovely, large and historical university. VP Joe Biden even found a reason to visit Tallahassee and I was within a block of him but chose not to tackle the crowds or the security.

Lots of good:

- Marathons in state capitals are usually good. This was NO disappointment and in fact full of lovely surprises.
- Registration fee was low as was the hotel price.
- Race directors are uniquely qualified, personable and just couldn't have done any more.
- Expo is in the host hotel (Doubletree) which is downtown.
- Films ("Unbreakable" which was excellent) and speakers (Chuck Engle).
- Trail based so very little roadway and thus very little traffic. Trail does provide for some mottled shading which was needed. There is some running through the University but miles 3-24 are primarily on trails. The last 300 meters are on the track.
- T-shirt was a nice long sleeve v-neck tech in a pale yellow with a good design.
- Small group of marathoners meaning lots of age graded awards. (I got a pottery bowl.)
- Weather generally cool in the 40s – too bad this one was about 78 degrees high breaking their record.



What more could you want?

Received from race directors a couple days later: *We want to thank you for your support of the American Lung Association of Florida and area running activities, for which the proceeds of this race are split. All work on our race is volunteer; there is no paid staff. It is truly a labor of love for all volunteers involved, and it is our privilege to support this event and the causes that benefit from it. We hope to see you next year, and hope you will bring some friends with you as well. The race will be on Sunday, February 3, 2013. Happy & Healthy running to you, Jay & Nancy*

Touring is plentiful especially compared to what I expected:

- State Capital is huge and new. It's all glass observation deck is 22 floors up. The House and Senate are open for touring as well as a museum.
- Old Capital is a museum.
- Walking tours are readily available for the old homes and buildings of downtown as well as a neighborhood on the edge of town.
- Grounds are lovely with water features, blooming plants and sculpture as well as the huge moss draped oak trees abundant in the area.
- Chain of Parks on Park Avenue run right through the middle of the town and is across the street from the host hotel. These parks are found draped with mossy trees, full of fountains and sculptures and with nice places to sit and contemplate.
- Restaurants are good and many to choose from and outdoor eating was available on the cobblestone pedestrian streets. Even Harry's Bar in the New Orleans style where I watched the super bowl and where the students included me in their festivities.
- University grounds have trails and many buildings worthy of touring and is within easy walk of town.
- Maclay Botanical Gardens, restored home and State Park on the northern edge of town is an AAA Gem.
- Wakulla Springs is about a half hour south and I would have gone but was convinced by tourist office not to bother – now I wish I had. There's a lake, a tour boat and an old lodge at this deepest springs in Florida.
- Forests surround the area as well as a number of state parks and the famous song namesake Suwannee River.

Host hotel:

To repeat some of the above, the host hotel was the Doubletree by Hilton. It was the site of the Expo, speakers and film and it was right in the middle of town across from the Chain of Parks. It was 1.6 miles from the start/finish line with no shuttle service, but plenty of parking available at the start/finish which is at FSU. They were unfortunately hosting other large groups and had no room to allow even their elites to stay past noon on marathon day. Parking was metered but free the weekend or \$8 at the hotel garage for self-park with in and out privileges. Internet was only free in the lobby which always antagonizes me.

What's next?

It's a wee bit crazy but I'm off to Jacksonville the next weekend but then I have a chance to rest the legs with a 10-day hiking trip in Hawaii: Kauai and Big Island.

Others:

See new trip reports at www.LibertyLadies.weebly.com by David Holmen on YaYa Zoom!, New Year's Day in Dallas (including Judy's comments); Charleston SC, and Surf City. Also my holiday letter that didn't go out to very many will be added to the website.

Hey runners: *Pissing and moaning might help*

An Ellisville school teacher called the local phone company to report her telephone failed to ring when her friends called - and that on the few occasions, when it did ring, her dog always moaned right before the phone rang. The telephone repairman proceeded to the scene, curious to see this psychic dog or senile lady. He climbed a telephone pole, hooked in his test set, and dialed the subscriber's house. The phone didn't ring right away, but then the dog moaned and the telephone began to ring.

Climbing down from the pole, the telephone repairman found:

- 1 . The dog was tied to the telephone system's ground wire with a steel chain and collar.
2. The wire connection to the ground rod was loose.
3. The dog was receiving 90 volts of signaling current when the number was called.
- 4.. After a couple of jolts, the dog would start moaning and then urinate.
5. The wet ground would complete the circuit, thus causing the phone to ring.

Which demonstrates that some problems CAN be fixed by pissing and moaning.

Itinerary for both Tallahassee and Jacksonville Marathons

Fri Feb 3

9:30am Depart home
11:40am Depart Newark EWR via CO#4369
2:19pm Arrive Jacksonville

Rental car Thrifty - Drive 3 hours / 175 miles to Tallahassee

Hotel DoubleTree by Hilton Hotel Tallahassee
101 South Adams Street, Tallahassee, FL 32301 Tele 850 224 5000

Located in the heart of downtown; Just minutes away from Florida State University, Florida A&M University and Doak Campbell Stadium and walking distance to the State Capitol, Florida Supreme Court, Leon County Courthouse, Tallahassee-Leon County Civic Center, and many government offices and museums.

Directions to hotel: CR110 West out of airport for .5 miles; I-295 South for 12.5 miles; Exit 21B take ramp right for 1-10 West towards Lake City for 148 miles; Exit 209A take ramp right for US-90 West towards Tallahassee for 8 miles; Left onto US-27/SR-61/N.Monroe for .3 miles; Right onto E. College Avenue for .08 miles; Right onto S. Adams.

Sat Feb 4

Packet pick up at the DoubleTree Hotel at our expo from 11:00 a.m. to 6:00 p.m.; pick up Diane's

11:15am to 2:45 : film footage in adjacent salon room, including "Unbreakable" and the marathon course film. Before the featured speakers, come chat / hang out with Benji Durden, 1980 Olympic Marathon team member & character in John Parker's 'Again to Carthage'

3:00pm Speaker Chuck Engle, "Marathon Recovery: Tricks From my First 270 Marathons"
4:30pm Speaker Coach Ryan Warrenburg of ZAP Fitness: "Race Day Mental Strategies"

5:30pm The DoubleTree has pasta bar open in its restaurant for \$13.95 and includes a non-alcoholic beverage.

5:30pm Dinner- reserved with 50-staters and maniacs at www.LittleItalyTally.com – 1.6miles from Expo; Also dinner invite for Andrew's 228 at 6pm by Shelpa from Oklahoma

Sun Feb 5

7:30am **38th Annual Tallahassee Marathon** Start on FSU with miles 3-24 on a bike path
www.Tallahasseemarathon.com

2011 Results: 234 marathoners with 86 females and they finished to 6:15 for women and 6:20 for men though they claim a 6 hour cut off. Discount to 50-states.

Description: Flat, fast, shaded & scenic St. Marks Trail. The start and finish are on the campus of Florida State University, with the finish line inside Mike Long Track. Conditions are usually dry and

cool. Parking is right by the start area and plentiful; Aid stations every two miles have water, gatorade and Gu. Electronic chip timing; Post Race finisher's medals for all finishers, food, and FREE massages courtesy of Core Institute of Massage

Tues Feb 7

Hotel Hampton Inn & Suites Jacksonville - Beach Boulevard/Mayo Clinic Area
13733 Beach Boulevard, Jacksonville, FL 32224 Tele 904 223 0222
18 miles from Expo and 5.6 miles from start/finish

Directions to hotel: From US-90/SR-a0, take ramp for I-10 towards Lake City for 152 miles; take ramp for 1-95 South towards Daytona Beach/JAX beaches for 8 miles; Exit 344 take ramp right for SR-202 towards JAX Beaches/Butler Blvd for .3 miles; Left onto S-202 East/Butler Blvd for 7.5 miles; Right ramp for .3 miles; Left onto Hodges Blvd for 2.5 miles; Right onto Fario Road for .13 miles.
Total about 180 miles or 2:45 hours.

Fri Feb 10

Noon Expo open at Prime Osborn Convention Center until 7pm
1000 Water Street, Jacksonville FL 32204

Diane arrives into JAX via SW#124 at 10:30am and departs Sunday at 7:20pm via SW#1147 and staying at same Hampton Inn

Judy arrives noon and departs 10am Monday. Staying at host Omni Hotel downtown Jacksonville at Jacksonville Landing Riverfront Marketplace; .5 miles from Expo

Kathy D lives in area and signed up

Sat Feb 11

9:00am Expo open until 6pm
5:30pm Pasta get together with maniacs at Cullhane's on Atlantic Boulevard
6:00pm Pasta party at Convention Center

Sun Feb 12

6:30am **5th Annual '26.2 with Donna' Marathon** including half and relay
Start at Mayo Clinic Campus, 4500 San Pablo Road, Jacksonville
<http://www.breastcancermarathon.com/>

Transportation services available from designated shuttle locations
Shuttles from Wingate by Wyndham Jacksonville Mayo Clinic Area, 4791 Windsor Commons Court about 3 miles away. Wingate is about 3 miles walk to the start.

2011 Results: Timed to 7:16 hours with 909 male finishers; 988 female finishers; 1897 total finishers

Mon Feb 13

Turn in rental car after gas up
11:15am Depart Jacksonville JAX via CO#4368
1:30pm Arrive Newark EWR