



## President's Column

*By Steve Moland*

Gate City's Pack Monadnock 10 mile race was another success this year thanks to our volunteers, ESPECIALLY Damian Rowe who found a last minute way to connect the two halves of the course. Two halves you might ask. Well if your race course goes over a bridge which spans an unrunable stream and the bridge is demolished, your course is now in two pieces as we found out a week before the race. Discovering the bridge was out the weekend before the race was the stuff for which Maalox was invented. Damian found a who-knew-it-was-there old revolutionary road through the woods, sought out the various land owners and obtained permission to cross their land. Some of the land owners even went out to the course and cheered on the runners on race day. The detour gave us quite a challenge for course monitoring, and because of that distraction I did not properly attend to the task of seeing that each of our volunteers got one of our very neat race shirts. I've save enough for those that didn't get one, so if you volunteered and didn't get a shirt please tell me...and thanks for again making our event so special to the New England running community.

If any of you long time runners have wondered how much time you may have put in running over the years but have no way knowing perhaps you can use my brief running career as a yard stick.

I started keeping a very detailed running log in Excel when I started running seriously 5 years ago. I was just keying my time for the Peaks Island race on July 27 and noticed that as of the Yankee Homecoming race on July 30 I will have run 999.8 race miles in 162 races. Some quick spreadsheet work told that I'd done it at an average pace of 8:15 per mile. I was up in Maine relaxing on a porch overlooking a lake when I did this and got to wondering what else that meant.

The first thing I noted is that all those mountain races can really hurt an average pace. However with some more data manipulation it revealed that in races I've run a totals 137 hours or 5.7 straight DAYS. Ooof. If you add my training miles it would total over 30 straight non-stop DAYS. My statistics must be very minor to some of you. Ron Kita was telling a group of Striders us on the bus after the Eastern States 20 mile race that at one point he ran over 50 miles a week for a period of 8 years (I seem to remember that he said 70 miles a week but I'll be conservative) Just think how many total days many of you have run in races and/or training. What about the number of miles logged, the calories consumed, the miles driven, the shoes worn out or entry fees paid. What a pile of trivia this would be. No wonder runners are sometimes considered strange.