

HATTIESBURG TRACK CLUB
NEWSLETTER

No. 22

February 1981

President	-Paula Porter
Executive Secretary	-John Pendergrass
Club Run Director	-Steve Herring
Secretary	-Gren Kelley
Treasurer	-Jerry K. Smith
Club Historian	-Julian Graham
Publicity	-Clay Keyes
Co - Editors	-Tony Gilbert
	-Harry McCraw
Typist	-Barbara Ross

IMPORTANT DATES

- *****
 MARCH 2 - 5:30 P.M.-Hattiesburg Track Club 3 Miles Run, followed by Club Meeting at Finish Line Sports. PLEASE ATTEND!
 POSSIBLE AGENDA FOR THIS MEETING:
 Volunteers for the Magnolia Classic!!!
 Prizes and Awards
 Race Sponsors
 Improving Club Fun Runs
 Social events such as : New member cookout, Photographs party,
 Summer Picnic, Encouraging the beginning runner.

 FEB. 14 - 3:00 P.M.-VALENTINES DAY COUPLES RUN, USM Drivers Education Parking Lot, 3 Miles, (Map Enclosed)
 MARCH 1 - 8:00 A.M.-HALF MARATHON (13.1 Miles), Richburg Road, 1 mile west of Richburg Grocery. (Map Enclosed)
 MARCH 21- 9:00 A.M. - MAGNOLIA CLASSIC PRACTICE RUN, 10,000 Meters, Hattiesburg Country Club
 MARCH 28- 9:00 A.M. - MAGNOLIA CLASSIC RUN, 10,000 Meters, Hattiesburg Country Club, (Application Blank Enclosed)
 APRIL 12- 3:00 P.M.- 5,000 METER CROSS COUNTRY RUN, Lincoln Road Trails
 MAY 2 - 9:00 A.M.- FIRST MISSISSIPPI NATIONAL BANK , 2 mile run
 FEB. 21 - 28 - MARCH 7, 14- APRIL 4, 11, 18, 25 - 9:00 A.M. - FINISH LINE SPORTS- 1, 2, 3 MILE RUNS

MARATHONERS TOP TEN SONGS

- | | |
|---------------------------|----------------------|
| 1. Born To Run | - Bruce Springsteen |
| 2. The Long Run | -Eagles |
| 3. Keep On Running | -Spencer Davis Group |
| 4. Seems Like A Long Time | -Rod Stewart |
| 5. Breathless | -Todd Rundgren |
| 6. The Wall | -Pink Floyd |
| 7. Walking Slow | -Jackson Browne |
| 8. Home At Last | -Steely Dan |
| 9. The End | -Beatles |
| 10. You Left Me Sore | -Todd Rundgren |

Honorable Mention- (In honor of the Mardi Gras Marathon) The Wind- Cat Stevens
 (THIS COMPILATION PERPETRATED BY T.G.)

CLUB RUN RESULTS

December 20 - Lake Serene 6.5 Mile and 2.5 Mile Runs - The Iranians weren't the only ones with frozen assets on this December day. Lake Serene felt like Lake Michigan with its gusty winds adding to the already freezing temperatures. And don't let that little levee fool you. Not all of the course was quite that flat.

January 1 - New Years Day 25 Kilometer Run (and various assorted distances) - We should rename this run the Hangover Do-or-Don't Classic. If you happen to have a New Years hangover, this run will cure it. If you don't have one, just wait about 15 miles. Steve Herring ran off and left the rest of the runners, but luckily marked the course well en route. Start and finish was at the Municipal Airport and the course was extremely flat.

HATTIESBURG TRACK CLUB

NEW YEAR'S DAY RUN

25 KILOMETER

- (1) STEPHEN HERRING.....1:32:24
 (2) GARY HERRING.....1:41:27
 (3) ELMER BEARDSHALL
 TONY GILBERT.....1:42:37
 (5) LARRY GIBSON.....1:45:00
 (6) DAVID CUNDIFF
 CARL TOUCHSTONE.....1:50:52
 (8) HARRY McCRAW.....2:01:29
 (9) SONNY JARRELL.....2:06:57
 (10) EARL LANGFORD.....2:11:15
 (11) ANN BEARDSHALL
 TERRY WOOLBRIGHT.....2:20:28

4-MILE

- (1) LIN BEARDSHALL
 KEN GLOVER
 DAN ROGERS.....35:08

2-MILE

- (1) JIM PUCKETT.....16:30

25 KILOMETER BICYCLE RACE

- (1) DREW CUNDIFF.....1:41:00

January 24 - HTC 10 Mile Run - It was almost like sprinttime (loose interpretation of almost) As a massive crowd of 10 elite runners hugged the starting line of this annual event. The course covered the first and last 5 miles of the Golden Eagle 20 Kilometer Run on West Fourth Street. You would think that with all the runners who frequent this course daily, the hills might be wearing down a bit by now. Mark another one up for Mother Nature.

HTC 10 MILE RUN

- TIE (1) TONY GILBERT
 STEPHEN HERRING.....58:32
 (3) ELMER BEARDSHALL.....1:06:05
 (4) MIKE DOLLAR.....1:07:18
 (5) DAN BOWMAN.....1:11:30
 (6) RONNY BRADLEY.....1:14:08
 (7) JAMES STONE.....1:14:52
 (8) HARRY McCRAW.....1:15:16
 (9) BOBBY McDUFFIE.....1:15:46
 (10) ANN BEARDSHALL.....1:21:32

RACE RESULTSHealth Run 10,000 Meters, November 22, Gulfaort

Bill De Grummond	38:43
Ken Glover	42:50
Philip McMinch	43:03
George McMinch, Jr.	43:03
Kevin McMinch	44:10
George McMinch	49:24

Gateway to the Delta 10 Kilometer, December 6, Yazoo City

Mary Flynn	52:31	(2nd Age Group)
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Honolulu Marathon, December 6

Paula Porter	3:24:56
Charlie McCormick	3:24:56
Carl Touchstone	3:23:57

Mississippi Marathon, December 13, Clinton, MS

David Cundiff	2:57:49	(3rd Age Group)
Carl Touchstone	3:21:44	
Sonny Jarrell	3:28:41	
Joey Jarrell	3:31:52	(1st Age Group)
Benny Douglas	3:37:16	
Harry McCraw	3:38:04	
Charles Evans	3:38:22	
Jerry Williams	3:40:35	
Terry Delcuze	3:50:36	
Julian Graham	3:53:34	
Stephen Moret	3:57:07	(1st Age Group)
Ann Beardshall	4:00:46	(2nd Age Group)
Terril Woolbright	4:29:00	
Bill Dobbs		

Natural Lite Half Marathon, January 18, New Orleans

Barbara Ross	1:35:47	(5th Woman)
Philip McMinch	1:42:39	
George McMinch, Sr.	1:42:39	

Super Run 10,000 Meters, January 25, New Orleans

Shirley Morris	45:26	(2nd Age Group)
Sandra Dudley	46:26	

Mardi Gras Marathon, February 1, New Orleans

Steve Herring	3:21
Carl Touchstone	3:25
Steve Moret	4:19
Jerry Williams	4:20

HONOLULU MARATHON
By Paula Porter

(Or- How I Taught Charlie McCormick to Run a 25.2 Mile Race)

We arrived in Honolulu around 5:30 P.M. on Wednesday, December 3. The weather was hot and humid - - unlike the 40° weather we had left in Jackson. Charlie and I decided to go for a run to the top of Diamond Head - part of the marathon course -- that night and it was probably one of the most miserable experiences of my life. I guess the fact that we had been up almost 24 hours was a factor, but anyway I started dreading the race on Sunday -- knowing I had dropped a wad of money to go over and run a crumby race.

We tried again Thursday and Friday to run, once again suffering from heat, humidity, jet lag and obesity. It was also very hazardous trying to avoid other runners-- they were absolutely everywhere and from absolutely everywhere--especially New Zealand and Japan.

On Saturday we picked up race info and were told to be at Kapiolani Park by 4:45 A.M. Sunday, if we wanted a bus ride to the starting line 4 miles away. (Charlie wanted to "Jog" down there to "loosen up", I should have let him.) We had been careful not to get sore or injured or tired from surfing, etc., so we spent a lot of time drinking beer on Waikiki Beach and looking at all the fat white people from New Jersey or heaven knows where. Pat, Charlie's wife, searched unsuccessfully for a nude beach and finally gave it up--her swimming suite that is.

Sunday came and I felt as if I were just about to embark on the biggest mistake of my life. I was psyched up, but since I'm not a good hot weather runner I was prepared for utter misery. We arrived at the starting line just on time and we got into the pack with the 3:00-3:30 finishers. Promptly at 6:00 A.M. the gun sounded, the fireworks were set off and the race was underway. It took us 1:46 to get to the starting line from where we were lined up.

The first three miles gave me one of the strangest sensations I have ever felt. Because the crowd was so thick you couldn't focus on any still object on the side of the road like a telephone pole or a mailbox. Therefore, the run felt completely effortless. It was truly a sensation of floating on air.

At 3 miles I was beginning to get hot and lose a lot of fluid. Just at the right time, a fine mist started falling and you could hear the crowd commenting on how cool it was. By about the 5 or 6 mile mark, the bottom fell out and we were drenched. It saved us. It rained really hard for about an hour and continued to mist after that. Without the rain to cool us off I would never have been able to break 3:30.

The 10 mile mark was just beyond the 4 foot Hawaiian lady playing the electric ukelele and singing. When our split was called out I started to realize that if I continued to feel good, we could break the 8 mile average. We were barely under 80 minutes at that point. At the 15 mile check point I was still feeling strong and we had picked up the pace 15 - 20 second mile. At 15½ Charlie must have decided that he wanted to pull a Bill Rodgers. In an effort to pass someone he put one foot on the curb and busted his butt. It's a wonder he didn't break his elbow. He rallied, however, and didn't allow that display of clutziness to slow us down.

At 20 miles I began to look forward to the aid stations. I was not yet miserable, but I had begun to dread the trip back to Diamond Head at 24-25. It was as bad as I thought it would be and it did slow me down, but not even to a walk. As you crest Diamond Head you reach the 25 mile mark and aid station, and the knowledge that the last 1/2 miles is downhill or flat. The finish is an easy one.

All finishers were given a lei and a kiss for completing the race, but the best part of all was the massage by the Shiatsu method of Oriental "art". The massage is a method that involves use of pressure points. (One runner said that if he had a million dollars he would give it to the masseuse.)

Spent the rest of the day drinking Olympia Beer and patting ourselves on the back for running a 3:24:56.

"Marathons are like having babies, in between you tend to forget just what you've let yourself in for!" (Female finisher at Clinton, as told to Harry McCraw)

RACE SCHEDULE

FEBRUARY 14 - 15,000 Meter Run, Gulfport
 FEBRUARY 15 - Popcorn Panic - 4 mile Run, New Orleans
 FEBRUARY 21 - Magnolia Mini Marathon 25K, Jackson
 MARCH 1 - Share the Road - Mardi Gras 10K, New Orleans
 MARCH 7 - Azalea Trail 10,000 Meter Run, Mobile-LaMarathon 7500 Meter Run, Jackson
 MARCH 21 - Run Through History 10K, Vicksburg
 MARCH 28 - Magnolia Classic 10,000 Meter, Hattiesburg
 APRIL 5 - Hibernia Classic 10K, New Orleans

Entry forms for the Azalea Trail Run in Mobile (March 7) and Vicksburgs Run Through History (March 14) are available at Finish Line Sports. Please make it known if you would like to share a ride or room with someone as a large crowd from Hattiesburg should be attending both Runs.



HATTIESBURG
TRACK
CLUB
VALENTINE'S
DAY
3-MILE
COUPLES
RUN

DATE: SATURDAY,
FEBRUARY 14, 1981
VALENTINE'S DAY

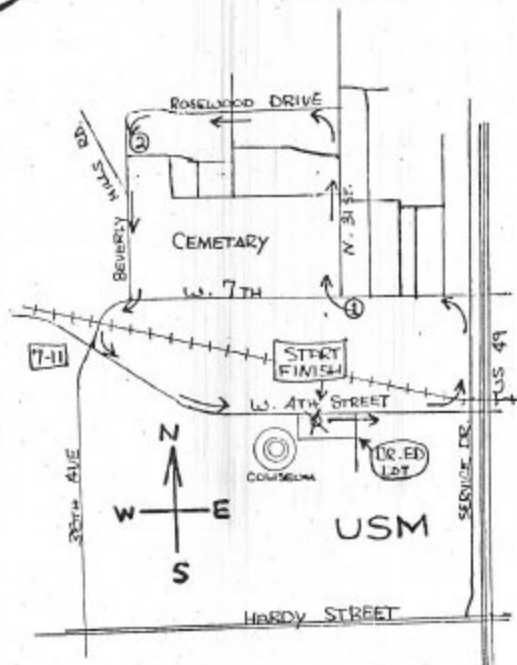
TIME: 3:00 PM (AFTERNOON)

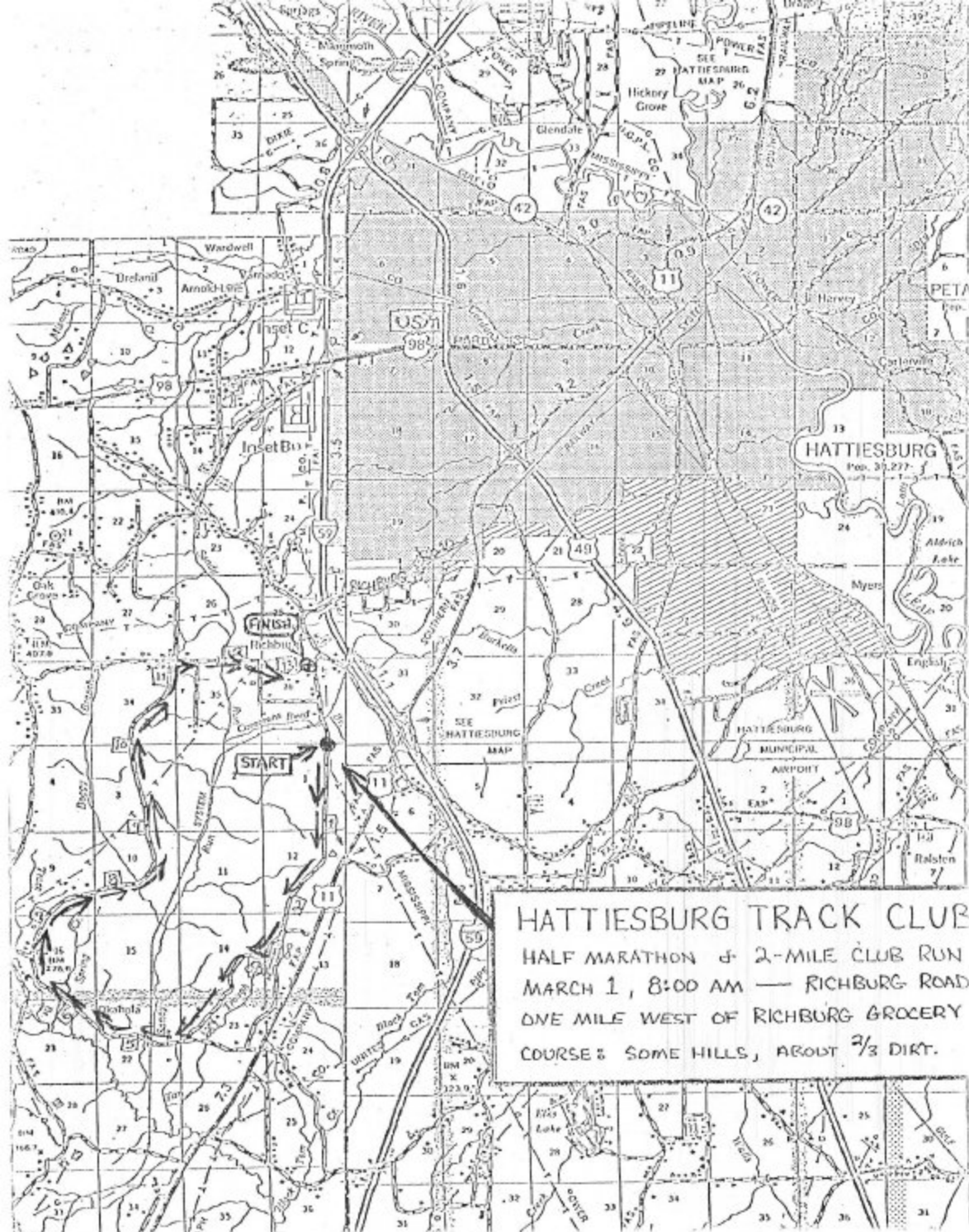
AWARDS: SPECIAL T-SHIRTS WILL BE
GIVEN TO THE WINNING COUPLE

ENTRY: 50¢ PER COUPLE

RULES: COUPLES WILL RUN THE 3-MILE COURSE SHOWN
AT RIGHT; ALL RUNNERS BEGINNING AT THE
SAME TIME. FEMALE PARTICIPANTS WILL RUN
THE COURSE IN THE DIRECTION OF THE ARROWS.
MALE PARTICIPANTS WILL RUN THE COURSE IN
THE OPPOSITE DIRECTION. WHEN RUNNERS MEET
THEIR RUNNING MATE ON THE COURSE, THE MALE
RUNNER WILL CONTINUE IN THE DIRECTION IN
WHICH HE IS RUNNING AND THE FEMALE RUNNER
MUST REVERSE HER DIRECTION AND FINISH WITH
THE MALE RUNNER. COUPLES MUST FINISH THE
COURSE TOGETHER HOLDING HANDS AS THEY CROSS
THE FINISH LINE.

PLACE: UNIVERSITY OF
SOUTHERN MISSISSIPPI
DRIVER EDUCATION
PARKING LOT





HATTIESBURG TRACK CLUB
 HALF MARATHON & 2-MILE CLUB RUN
 MARCH 1, 8:00 AM — RICHBURG ROAD
 ONE MILE WEST OF RICHBURG GROCERY
 COURSE: SOME HILLS, ABOUT $\frac{2}{3}$ DIRT.

Coca Cola
Magnolia Classic 10,000 Meter Run
Hattiesburg, Mississippi

DATE --Saturday, March 28, 1981
 STARTING TIME --9:00 a.m.
 REGISTRATION FEE --\$5.00 pre-registration (deadline March 25th); \$6.00 on race day
 (beginning at 7:45 a.m.)
 COURSE --AAU-RRCA certified; paved, out and back; time splits at each
 mile and at 5 km; aid stations at 2 miles and 4 miles.
 AWARDS --T-shirts to all entrants
 --Awards for the top five finishers in the following divisions:

MEN	WOMEN
Overall	Overall
10 & under	14 and under
11 - 14	15 - 18
15 - 18	19 - 24
19 - 24	25 - 29
25 - 29	30 - 39
30 - 34	40 and over
35 - 39	
40 - 44	
45 - 49	
50 - 54	
55 - 59	
60 & over	

--No runner to receive more than one trophy
 COURSE RECORD --Men - Mike Heath 31:18; Women - Laura Heath 38:30;
 Masters - Larry Fuselier 33:34.
 LOCATION --Hattiesburg Country Club, Hattiesburg, Mississippi

DIRECTIONS TO
 STARTING LINE:

- From Jackson --By 49N to Stuckey's (just before I-59); turn right at Stuckey's
 and go two miles.
 From New Orleans or Laurel - I-59 to Hattiesburg, take Exit 14-N (Byway 49N; Collins);
 take the first left after getting off I-59 at Stuckey's and go two miles.
 From Mobile and Gulf Coast - Byway 49N through Hattiesburg; take the first left past
 I-59 at Stuckey's and go two miles.

MAGNOLIA CLASSIC 10,000 METER RUN
 March 28, 1981

NAME _____
 First Middle Last

ADDRESS _____
 Street City State Zip

DATE OF BIRTH _____ AGE _____ SEX _____

CIRCLE T-SHIRT SIZE -S- -M- -L- -XL-

In consideration of this entry acceptance, I hereby for myself, my heirs, executors and administrators, waive any and all rights and claims for damages I may have against the Hattiesburg Track Club, Hattiesburg Country Club, and any individuals associated with the Magnolia Classic 10,000 Meter Run for any and all loss, injuries, or death sustained by me in the event. I will additionally permit the free use of my name and pictures in broadcasts, telecasts, newspaper, et cetera. I attest and verify that I am physically fit and have sufficiently trained for the completion of this race and my physical condition has been verified by a licensed medical doctor.

Mail to: Hattiesburg Track Club
 2 Finish Line Sports
 113 N. 26th Ave.
 Hattiesburg, MS 39401

Signature _____

 Signature of parent if entrant is under 18

 Date _____