



# PineBelt Pacers

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## Meet Pine Belt Pacer Nestor Raul Anzola

("Written by our beloved Nestor in his own words!")

Nestor Raul Anzola is a biologist from Colombia who has lived a third part of his life in the Pine Belt area. He has a very pretty and patient wife and two wonderful kids. Nestor Raul is a recreational runner who likes to compete but doesn't like to train as hard as he should. He joined the Pine Belt Pacers in 2001 and has enjoyed the club activities very much since then. He has run 7 marathons including two New York City Marathons and the Marine Corps Marathon, 38 half-marathons and innumerable 10K and 5Ks road races. His favorite distance to run is the half marathon (half the distance twice the fun!) since he can finish it without having to train so hard. Nestor Raul thinks that if he manages to run from the Southern Miss Gateway to Jackson Rd station and back on a Sunday morning, he will be able to finish the half marathon the following week. Although he never does race walking training, he also enjoys occasionally participating in race-walking events through South and Central Mississippi in which he places more often than he can when running. Nestor Raul's favorite club activity was the Pine Belt Pacer Relays in which teams of six people did many track and field events in a period of 4 hours. In fact, the activities that include team work are his favorite. With other fellow pacers he ran in several occasions the First Light Marathon in Mobile and the Blues Marathon in Jackson. Raul also enjoyed being part of Pacers teams for the Sunfish and Heart O'Dixie Triathlons.

The best training advice Nestor Raul could give to his fellow runners is the following: Never ever in your whole life pay

attention or follow any advice or direction given by him. First, you will have a hard time trying to understand what he says (better ask for some written directions!). Second, he is not a serious and disciplined runner. Raul tends to wear the same pair of running shoes until they literally fall apart. He never reads running magazines or wears Garmin Forerunner devices. He doesn't even know how to use an Ipod for music. Raul is also very inconsistent. He can go from almost qualifying to Boston back in 2009 (missing the cut by two and half minutes in the Pensacola Marathon) and then setting a new PR for the 13.1m distance a week later in the Mardi Gras Half Marathon to immediately become a coach potato and struggle to finish a 2-m run (Trek the Trace Series) several months later. He lives in a yo-yo dieting. He can go from gaining 30 pounds in a couple of months, then realizing that his clothing doesn't fit anymore to losing 25 few weeks later. He likes to stop running for months and then do several races in the same weekend. Of course, this regime has caused him a couple of injuries and has even sent him to the surgery room 2-3 times in the last years. He tends to forget he is not a spring chicken anymore. However, he uses the same lines as the Terminator: "I'll Be Back!"

People called Raul the "Fastest Colombian in Hattiesburg" and wonder whether in fact he is. Yes, he is the quickest Colombian (not ColUmbian!) in town. His wife stays so busy in school, work and home that she does not have time for a run. None of his fellow countrymen, probably 20-30 in the area, run either. Therefore, his current titles include: Fastest Colombian in the University Heights Neighborhood, Fastest Colombian in Hattiesburg, Fastest Colombian in Forrest County and the Fastest Colombian in the Pine Belt Area, Fastest Colombian of the Pine Belt Pacers Club, and even Fastest South American in the area (but only when Kily gets sick). Impressive! Isn't it?

## Local Upcoming Races/Events

OCTOBER 2012

**There are MANY local events for you to participate in. Please visit our website and click on Upcoming Events to view all the dates, details, and download flyers or event forms.**

## SPONSOR OF THE MONTH



The featured sponsor for the month of October is Brian A.

Montague, an attorney and runner who is a fourth generation Hattiesburg native. Brian Montague is also an Iraq veteran and a 1983 graduate of the University of Mississippi Law School. Brian considers his office to be "A Neighborhood Law Practice" and he is available to provide legal services to Pacer members. Brian has expertise in a variety of legal matters and has agreed to provide Pacers with an initial free consultation of up to two hours free of charge. He has a very informative website:

<http://montaguelawyer.com/> and he may be reached by phone at 601-450-1111 or email at [brian.m@montaguelawyer.com](mailto:brian.m@montaguelawyer.com) His office is located in the Bellegrass Office Park on High 589 at 25 Town Center Square. Pacers Becky and Hollie Ryder have used Brian for legal advice and highly recommend him.

## From the President's Desk

LOST: MY FAST

LAST SEEN: 1970's wearing red nylon shorts, cut off tank top, knee high baseball socks, and Nike Waffle trainers.

Please contact the RBI (Running Bureau of Investigation) if found!

Silly, I know. While I was cleaning out my junk room, I found this in a pile of "stuff". I had originally written this as part of a t-shirt ad contest print for a running store, which I actually won, but not with this motto. Anyway, this got me thinking. I am a master's runner (ok, ok, admittedly a grand masters runner). What has happened to me physiologically as I have aged and is running good or bad for me? I work in the physical therapy field, and there is controversy among therapists regarding whether running is good or bad for a person when they reach that delicate state of "masters" running. So because Google is a marvelous tool, I did what all curious folks do and typed in different searches. Forgive me for not citing resources, but I am assuming since this is not an official research paper, and we all have Google, it will be easy for any of you to search or verify (or just take my word for it)!

So what does happen when we age? It's depressing, but read on because it will get better. When we age, we have a declining VO2 max, reduced muscle strength because of a loss of muscle mass, reduced ability of the body to clear lactic acid, declining bone density, greater loss of fast twitch fibers vs. slow twitch fibers, and the list goes on and on. Runners slow about 7% a decade beginning in their 40's.

So what is the solution? How can we counteract this decline? Well, here is the solution. Run, and keep moving. Stretching, weight training to combat loss of muscle mass, cross training and modifying your training to fit your individual needs can keep you fit to run. The ageing body is more prone to injuries and an increase in recovery time is necessary. The frequency of workouts may need to be reduced while still maintaining the intensity.

Is running bad for the ageing runner? What about our knees, what about our heart? A Stanford University study tracked 500 older runners for more than 20 years. These runners had fewer disabilities and a longer span of active lives. Running slowed cardiovascular deaths, neurovascular deaths, fewer infections and also fewer deaths from cancer.

Another study in the journal of Skeletal Radiology examined runners' knees before and after a marathon and then again 10 years later. They found no new damage to the knee joint after 10 years and even concluded that running may be more protective to the joint than damaging.

Although physically there are changes occurring in our bodies as we age, running can have healthy benefits in every age group. Since I am of the elderly persuasion, the focus in this writing was on running as we age. I could have gone into serious depths of informational overload with many of the topics above, but I am limited in the confines of this newsletter.

Upon my Google searching, I ran across a book titled, "Runners

Body: How the Latest Exercise Science Can Help You Run Stronger, Longer, and Faster. Maybe for the next newsletter I will do a book report. As for my "lost fast"? Hey, I'm still fast, just for a shorter distance, but I'm good with that! What I really, really, would like to find again are those Nike Waffle trainers! They were magic on my feet, and so much better than those department store heavy shoes that I trained in before folks started developing specific shoes for running.

Let me conclude with just a couple of thoughts. Whatever attire you run in, whatever your age, keep on running for the reasons that matter to you in your world. Whether for fitness or competition, it's all good. Hope to catch all of you, on the Run! "Run with Perseverance, the race set before you!"  
**- Audrey**

## PBP Members News:

U.S.M. cross country coach is still working on preparing a running course for area runners. Donations are greatly appreciated to defray the costs of preparation of the course and upkeep. Volunteers to assist in ground preparation and clean up would also be appreciated See Mostafa at Soccer Locker for details, and bring your donations to his store on 98 in front of Walmart.

**Email your club records (pr) to: [gdufrene350@gmail.com](mailto:gdufrene350@gmail.com) and submit the following: Distance, Name, Year, Time, Age, Reference (name of race/location)**

Two local Boston qualifiers and PBP pacers have been selected by Soccer Locker to have travel and lodging paid for to represent our Hattiesburg area runners at Boston! Ginny Dufrene and Terry Lawhead are going to Boston courtesy of Soccer Locker. Much thanks to the generosity of Soccer Locker.

**Keep checking our website and Facebook page for upcoming pacer events as the year is quickly coming to an end. Feel free to post "group run" days and times on our Fb page for anyone to join.**

Membership Drive: Join now and save five dollars through December on single or family membership! In January, dues go back up. Go to fb or our web-site to print and mail forms.

**IF YOU HAVE ANY QUESTIONS REGARDING YOUR MEMBERSHIP, NEED FURTHER INFORMATION ON CLUB MATTERS, OR WOULD LIKE TO SEND SUGGESTIONS OR COMMENTS, EMAIL [INFO@PINEBELTPACERS.ORG](mailto:INFO@PINEBELTPACERS.ORG)**

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