

Jim's Birthday 62K Run  
Aug. 23, 2009  
Wickham Park, Melbourne FL

Big Jim's Birthday Runners!

Thank you all for coming out to celebrate my birthday with some Wickham Park Trail Running! I felt totally overwhelmed by your support! A special thank you to Tracy and The Running Zone Team for an awesome birthday card!!!

A total of 13 runners lined up for the start for Big Jim's B'day run on a fine August Florida morning with a temperature of 76 and dew point of 74 deg at the 7:15 am start. The out of town-ers included Mo from Tampa, Adam from Orlando, Amos from Jacksonville and Rick up from Stuart.

Jim, Sarah and Mo marked the first lap with white unbleached flour as Matt, Adam and Amos blasted towards new course records. Between the two groups were Laurie Ann, Rick, Dave, Robin, Tracy, Bob and Scott. Upon completing the first lap Sarah and Mo departed for other commitments whilst Jimbo grabbed a few electrolyte tabs, more water and cranked it up to see who he might catch up to. Not the leading trio of course but perhaps a few of the others would be in range.

Eventually I caught up with Scott, nursing a nasty calf injury, whilst Rick and Laurie Ann stayed a bit ahead, albeit seeing Robin, Dave, Tracy and Bob on various optional side trails as my flour markings were rapidly fading in the heat and humidity! :)

All settled into stride as trails runs go and the morning hours passed pleurably and quickly. Around 11:00-ish Robin fired up the grill and put the burgers on, bless her pea pickin' heart! Adam, Amos and Matt were smokin' while I settled into an easy stride. At some point Matt and I resynched and ran Laps 7 / 6 respectively together at around a 9 1/2 minute mile pace.

When we pulled into the shelter a REAL NASTY electrical storm matured into the Real McCoy striking suddenly.

The burgers were ready, just Laurie Ann out on the course, in the rain, winds and lightning, so well it was time to chow down! And did we eat! The burgers, potatoes and potato salad were excellent as we awaited Laurie Ann's stormy return! :)

The storm and incoming storms proved relentless so we all called it a day. There's rarely a "recovery run" after a lightning strike, as they say!

Results follow. All 13 starters DNF-ed. :( or :)

Matt Mahoney made the longest distance of 22 3/4 miles in 4:41. Next in line at 19 1/2 miles completed were Amos in 3:13, Adam in 4:09, Jim in 4:39 and Laurie Ann in 5:16.

All in all a great day!

| Name | Age | Home        | Lap 1 | Lap 2 | Lap 3 | Lap 4 | Lap 5 | Lap 6 | Lap 7 (3.25 miles per lap) |
|------|-----|-------------|-------|-------|-------|-------|-------|-------|----------------------------|
| Jim  | 62  | Indialantic | 57:58 | 1:36  | 2:17  | 3:07  | 3:57  | 4:39  |                            |

|            |    |              |       |      |         |      |      |      |      |
|------------|----|--------------|-------|------|---------|------|------|------|------|
| Sarah      | 59 | Indialantic  | 59:01 |      |         |      |      |      |      |
| Matt       | 54 | Melbourne    | 34:00 | 1:09 | 1:46    | 2:32 | 3:18 | 3:58 | 4:41 |
| Laurie Ann | 37 | Melbourne    | 43:44 | 1:26 | 2:17    | 3:18 | 4:20 | 5:16 |      |
| Scott      |    | Indialantic  | 42:22 | 1:36 |         |      |      |      |      |
| Robin      |    | Palm Bay     | 40:42 | 1:18 | 1:53:03 |      |      |      |      |
| Tracy      |    | Palm Bay     | 40:42 | 1:18 | 2:02    | 2:36 |      |      |      |
| Dave       |    | Palm Bay     | 40:42 | 1:18 | 2:02    | 3:07 | 4:18 |      |      |
| BoB        |    | Palm Bay     | 40:42 | 1:18 | 1:53:03 |      |      |      |      |
| Mo         |    | Tampa        | 59:01 |      |         |      |      |      |      |
| Rick       | 55 | Stuart       | 41:16 | 1:23 | 1:58:03 |      |      |      |      |
| Amos       | 23 | Jacksonville | 34:00 | 1:09 | 1:42    | 1:76 | 2:23 | 3:13 |      |
| Andy       | 35 | Longwood     | 34:00 | 1:09 | 1:46    | 1:81 | 3:18 | 4:09 |      |

Report and results by Jim Schroeder, jameseschroeder at gmail.com