

# RIDGE RIDER ATHLETIC CLUB

MAY 2007

WWW.RIDGERIDER.ORG

## May Meeting



Please make plans to attend. Refreshments will be served.

Our guest speaker for May's meeting is RRAC's Shanda Rogers.

Please make a note that our May meeting date has been changed. The location is the same (YMCA), but the meeting will be held on Tuesday, May 15th at 6 PM.

Shanda is a 2007 participant in the Boston Marathon. She will share her marathon experience with the club.

This is a meeting you don't want to miss! Make plans to attend.

## May Meeting

- ◆ Date: Tues/May/15
- ◆ Location: YMCA
- ◆ 6 PM
- ◆ Refreshments served
- ◆ Speaker: Shanda Rogers
- ◆ Bring a friend!



## Second Annual "Iron Caboose Metric Century" *Brady Allmon*

The second annual "Iron Caboose Metric Century" bike ride will be held May 19th, 2007 as part of the Loose Caboose Festival in Paragould, Arkansas. The ride will begin and end at the Old Horner Motor Building in downtown Paragould on North Pruitt Street. The ride will begin at 10:30 AM or following the 5K awards (whichever comes last). Every rider will have a chance at winning our awesome door prize which is a Garmin Edge 305 Cycling

Computer. This is a top of the line cycling computer that includes heart rate, cadence, GPS, and all your other basic cycling information. Grab bags will also be over the top! Rest stops will be provided approximately every 10 miles with food and drink along with SAG support. Don't miss out on this great ride touring beautiful Greene County and Crowley's Ridge. The 10 mile will be a fun ride that the whole family can enjoy. The 30 mile will be a great

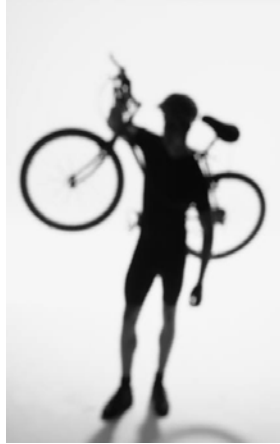
start for the beginning or intermediate cyclist. The Metric Century crosses the Ridge several times providing a challenging and fun day in the saddle for the riders that have an "Iron Caboose". Hope to see you there.

For more information visit [www.loosecaboose.net](http://www.loosecaboose.net) or e-mail Brady Allmon at [ballmon@grnco.net](mailto:ballmon@grnco.net).

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*Jonesboro Parks & Recreation* Jeremy Heath



It is getting warmer out and we can look forward to an eventful year. Here are a few of our events. For more information, and results, please visit [www.jonesborosports.org](http://www.jonesborosports.org), or call 870-933-4604. To register for the Fergus Snoddy Half Marathon, visit [www.fergussnoddy.com](http://www.fergussnoddy.com). We hope to see you soon!

Mr. Trophy Iron Will Triathlon	May 5th
Jonesboro Kids Triathlon	May 12th
XTERRA Iron Will Triathlon	August 12th
Fergus Snoddy Half Marathon	October 13,

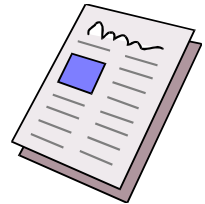
*RRAC Website*

For upcoming events, [www.ridgerider.org](http://www.ridgerider.org),  
**past event results**,  
membership information,  
and much more visit our  
w e b s i t e a t



*Newsletter*

Please send any event information, ideas, good news suggestions, and/or other comments regarding the newsletter to Aimee Spencer at [spenceraimee@yahoo.com](mailto:spenceraimee@yahoo.com).



**THE TOURISTER IS THE MONTHLY  
NEWSLETTER FOR RRAC.**

## Member Profile: Shanda Rogers & Mikah Felkins

Ridge Rider Athletic Club's Shanda Rogers and Micha Felkins participated in the 2007 Boston Marathon. Between the legends of Heartbreak Hill and the race day weather, we want to hear their story.

**RRAC:** Tell us what participating in the 2007 Boston Marathon was like for you.

**Mikah:** It was amazing! Boston is truly in a class of its own. The bus ride, the start at Hopkinton, the fans along the course, the girls at Wellesley College, Heartbreak Hill and the finish on Boylston Street ... all unforgettable. Shanda and I had such a great time and I am thankful I got to experience all of this with her. My favorite memory of the race was climbing Heartbreak Hill and watching Shanda give "high fives" to college boys with no shirts on! People were walking up this hill with their heads hung low, and Shanda was so full of energy and not tired at all.

**Shanda:** Participating in the Boston Marathon was remarkable "perfect!" despite the wind, rain, and cooler temperatures. The elite women and men got the brunt of the weather. By the time we started, the rain had stopped and we were able to put on dry shoes. It only rained about 30 minutes during the race. We were accustomed to the cooler weather so that factor was really no big deal. The "nor'easter" didn't play much of a role during the race, but definitely did the night before when I was laying in bed trying to sleep but could only hear the wind and rain.

**RRAC:** Were you inspired in any way, and if so what and how?

**Mikah:** I am inspired every day by other runners. They inspire me to work harder and to set higher goals for myself. I also want to continue to run to inspire my children to understand the importance of living a healthy lifestyle and to stay active throughout their life.

**Shanda:** My Dad gave me some encouraging words the night before. "Rain is the great equalizer", he said and he was right! We were wet and cold at the start. All we could do about it was laugh. I never felt bad during the race. It was euphoric. Much better than the first time I ran Boston! This time I was able to soak it all in. The crowd, the route, the participants, everything! Running the marathon with Mikah was a blessing! It was great to qualify with Mikah and then to complete the mission by running Boston together!

Stroud Hill, Darr Hill, Ridgepointe, and Fergus Snoddy prepared us for Heartbreak Hill. The hills were a piece of cake!

I was inspired by several people who were running for their soldiers in Iraq, participants running for loved ones with cancer, one guy with a below the knee prosthetic limb, and another guy we passed running in a leg cast. 26.2 miles is tough, but nothing compared to the struggles that these folks have been through. The people run with a purpose which motivated me to examine my own purpose. Running from your fears is so nonproductive. Running challenges your body and spirit which in turn strengthens your body and spirit!

**RRAC:** If the opportunity presented itself ... would you run Boston again?

**Mikah:** Absolutely! If I have the opportunity to qualify again, I would love the challenge of running Boston!

**Shanda:** I will return to Boston whenever possible! A little over 40 people from Arkansas ran Boston. We need more!

