

CATCH ME

www.runoxford.com

First Run
January 22, 2018

Run Oxford

If You Can!

Running Communist Cuba

Run Oxford member shares his experience ~ Win Graham



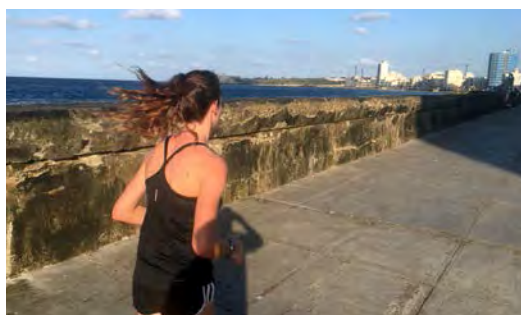
On a typical afternoon hundreds of fishermen, families, and runners can be found enjoying the Malecón. (Click picture for video)

When the seas are rough, water sprays 20 feet above the sea wall and coats the sidewalk of the Malecón in a slick film. The concrete is worn, pocked in places from salt and time.

Walking down the cement lane wears on the soles of your feet as jagged rocks push and poke into your shoes, unintentionally mimicking the rocks that rest between the seawall and the Atlantic Ocean.

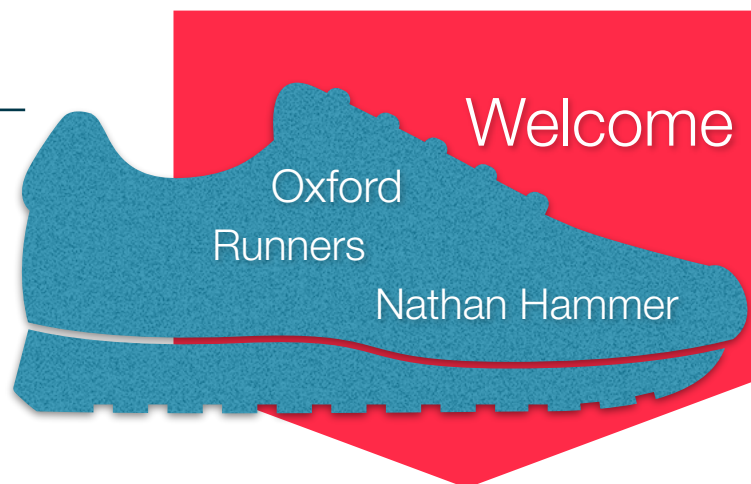
When you run, as your feet glide over the 8k length of the

esplanade, the concrete loses its sharp edges. Instead of focusing on the concrete, you quickly find yourself seduced by scenery of Cuba.



Rachel McKellar running down the Malecón.

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Happy New Year to everyone!

I am excited and honored to serve as your Run Oxford President this year. We have a lot of exciting events planned for 2018 with various opportunities to share the joys of running with the greater Oxford community.

First, let me take a minute to re-cap our past successes. We currently have over 1,200 followers on our OxfordMSRunners Facebook page and over 100 dues-paying Run Oxford members. We successfully brought a half marathon back to Oxford and have made the Great 38 Race Weekend a destination race.

Our Lee Family Dentistry's Splash N Dash, a free timed 5k, is truly one of a kind and now a June tradition.

Our weekly activities serve a variety of runners of all paces and abilities. Track Tuesday, Whirlpool Wednesday, Growler Thursday, our Weekend Long Runs, and iCan5k have helped hundreds of Oxford and North Mississippi residents not only learn to run, but train for their first 5k, 10k, half, full marathon, 50 or even 100 miler.

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Dopey Challenge

4 Races, 4 Days, 48.6 Miles

~ Beth Whittington

Each year RunDisney hosts the Walt Disney World Marathon in January. This year was the 25th Anniversary of the Marathon and the 5th Anniversary of the Dopey Challenge, 4 races (5k, 10k, half marathon, and full marathon) over four days totaling 48.6 miles of magic!



Beth holding 3 of her 5 awards.

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Pop Up Fun Run!

Come Howl
at the
Super "Blue" Moon

Jan. 31, 2018
7PM

Lunar Base
Tamara Warhol's Home
118 Mulberry Lane

>> Details on page 5

Catch Me!

2

Continued from front cover.

We have had members literally run all over the world (#runoxford global) and run in Boston, Tokyo, Chicago, and other elite races.

We all need to remember that cheering on our fellow members and encouraging them to perform their best, no matter what race they are training for, should continue to be one of our top priorities. For some of us that will be finishing our first official 5k and for others making our cutoff time in a Boston-qualifying marathon.

2018 will continue to offer you exciting opportunities to get involved. Our new Run Oxford Timing service is a great way to acquire skills to manage and time races successfully, plus serve small community races that are trying to raise money for good causes. We will also be using our timing skills to put on a number of new Pop-Up Races throughout the year.

Our Weekend Long Runs are going to be enhanced to not only include pace leaders, but also to offer different routes so that we finish at the same time and can socialize over coffee after our runs.

Splash N Dash, the Great 38, Mighty Milers, and iCan5k will continue to offer opportunities for you to volunteer and have a positive influence on others' lives. We will also continue to have social events throughout the year.

Last, I would like to thank the other founding officers Marvin King, Jill Knight, and Ed Dean for their hard work, dedication, and enthusiasm while establishing the club and preparing the solid foundation for further grow. We made a great team.

Please do not hesitate to contact your officers at any time with questions or suggestions and don't forget to add your races to the 2018 Race Leaderboard!



Have you Joined Run Oxford?

Run Oxford Board wishes to thank Carmen Mattox for continuing to be 2018 Membership Chair!

•Individual rate \$25;
Seniors & Youth \$10; Family add ons \$5

•Join and Carmen will mail you this card & key fob

•Members get a discount on The Great 38 & on merchandise

•Discounts at Oxford businesses & online

•Already a member, do not forget to renew when you receive your reminder email. THANKS!

•By joining Run Oxford you will be helping the club pay our insurance, accounting, and other necessities. THANKS!

•Join at runoxford.com under the Membership tab choose "Become A Member"



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For information about Run Oxford or running in the Oxford area, contact any board member or visit www.runoxford.com

Running Communist Cuba

Continued from front page.

The Malecón is roughly five miles of roadway, seawall, and promenade that begins with the Spanish architecture of Old Havana and ends in the urban Vedado neighborhood where I stayed for two weeks in December documenting the study abroad trip of seven University of Mississippi students. The students were there to study Cuban culture, particularly dance culture, and rehearse with the Malpaso Dance Company for an upcoming performance January 27 at the Gertrude C. Ford Center for the Performing Arts.

Most of my days were spent in a dance studio filming the girls as they took classes in ballet and modern dance and rehearsed a piece that will open the January performance. Our nights and weekends were filled with excursions into the city and surrounding areas for rumba, salsa, the beach, and lots of food. Packing for two weeks of such varied events was difficult, especially when trying to fit it all into a single carry

on. But the one thing I made sure to pack was my running shoes.

Vedado is an urban area that doesn't easily lend itself to a run. Lucky for us, the Malecón was a short four blocks away. My first run came after a long day of filming and there was only enough time for a short route. I left my phone and headphones at the casa particular, intent on experiencing the sights and sounds of Havana. Havana did not disappoint.



Art deco high rises tower over the urban neighborhood of Vedado.

There is no better way to experience a new town (or your own, for that matter) than on foot. The scenery that blurs past your car windows at 40 miles per hour finds a nice clarity when you slow down to an 8 or 10-minute mile pace. You see details in buildings you can only see at slower speeds. You begin to notice things like landscaping or which houses need a coat of paint. In urban settings, you see businesses you've never patronized and get a chance to actually read the graffiti on overpasses.

On that first excursion, I ran to the short end of the Malecón and back for a total of four miles. At the end of the esplanade you find Torreón de la Chorrera, a small Spanish defensive structure built in the 1600's. A few days later I would run to the far end of the Malecón just across the bay from La Cabaña, an 18th century fortress where a cannon is still fired daily at 9 p.m. to signify the symbolic closing of the city gates. In between these structures you'll find an amalgam of Spanish influenced homes, art deco high rises, and brutish Russian inspired concrete juggernauts. And interspersed on the roads between these buildings are enough antique cars to make you think you've died and gone to the 50's.



The now dilapidated Parque José Martí Stadium was built in 1960 as part of a sports complex for the younger Cuban generation.



The Malecón at sunset is one of the more beautiful sites in Havana.

During my second run, I ran past the Parque José Martí Stadium, a multipurpose athletic facility that has definitely seen better days. But despite the need for a little rehab and manicuring the dirt track still saw plenty of runners making left hand turns during our stay. And not wanting to miss out on an opportunity for a little speed work I found myself doing 400's on the inside grass of a track that had actual boulders scattered across the back turn. My time probably suffered during my impromptu steeplechase speed work but it was a great experience nonetheless.

The sights and sounds of the Malecón change depending on when you choose to visit. The one morning I managed to drag myself out of bed at the crack of 8 a.m. the sea walk was fairly empty. There were a few other runners but it was mostly populated with fishermen, many of whom fished sans pole, using just a line and their bare hands. I liked the solitude of the Malecón that early in the morning. With the wide, flat sea to my left, it reminded me of running through the cotton fields in my hometown in the Mississippi Delta. Instead of cotton pickers and crop dusters, I was treated to the sights of fishing boats and seagulls.

My other runs were anything but solitary. The afternoons and evenings are when the esplanade really comes alive. The runners and fishermen multiplied and were joined by groups out for evening strolls, musicians busking for pesos, and countless couples walking arm in arm. A trip down the Malecón evokes a Cuba that has been romanticized by the likes of Hemingway. We met tourists from Seattle who landed in Cuba just hours earlier, already enjoying a walk along the esplanade. Photographers shot wedding portraits or time lapses of the Atlantic lapping against the sea wall. And at every turn, everywhere you looked, you saw couples, hand in hand, basking in the sinking sun and the salt air. One word of advice: if you are a single or missing your significant other, it might be best to avoid the Malecón at sunset.

I didn't get to run as much as I wanted. Our schedule didn't leave much time in the afternoons, and I'm not a morning runner. So I made the most of the chances I got. Running for me is typically a solitary event. Just me and whatever is playing through my headphones. This was especially important during a trip where you spend every waking hour with 11 other people. But like the good southern gentleman my mother raised, I always invited others to join me on my run. Mostly they declined, thinking it crazy to spend any of our time in Cuba running. But one of the students did take me up on the offer after one particularly stressful day of rehearsal. Rachel McKellar and I went out for what was supposed to be a relatively easy 4-miler. But after the first half mile I found myself having to push a little harder to keep up with her. Rachel was a high school cross-country runner who also ran at William Carey University before transferring to Ole Miss. I will admit that, even for a typically lone runner, it was nice having company—someone to share in the experience of running in a country we couldn't even visit a few years ago. But I'm glad she took it easy on me.

I could go on and on about the experiences we had with the Cuban people, the sights and sounds of La Habana Vieja, or the mojitos. And if you run into me around town I probably will. But I'll leave you with this: if you get a chance to go to Cuba, go! Running through her neighborhoods brought me closer to the local culture and allowed me to experience Havana in a way that was unique and incredibly fulfilling. You will not regret the opportunity to experience the vibrant, diverse culture of an island nation that is so close, yet so distant from our own. Just don't forget to pack your running shoes.

Catch Me!

Dopey Challenge continued

I completed the Dopey Challenge in 2015 with hubby Ryan and vowed that I would not do it again. After two years of running the marathon only during this weekend, I was ready to tackle Dopey one more (last?) time for the anniversary.

If you have never participated in a RunDisney race, let me paint a picture for you. Along the route, you will encounter not only your usual marching bands and spectators but there are also Disney characters, sometimes the chance to ride a roller coaster, and the occasional adult beverage! Usually these might be rare characters that you cannot "meet" or take photos with in the Disney Parks! Most people will dress in costume as different Disney characters while running as well. Due to the cold, you will see lack of costume from me this time around. This Dopey Challenge I had set out to have a good time and log some miles (and get some bling!).

The Races: The hardest parts are the early wake-up calls 4 days in a row, and trying to rest in the afternoons/evenings when you could be in the parks. Disney races start at 5:30 AM, and they recommend that you are on your way to the corrals no later than 3:30 AM. I ran the 5k and 10k solo, and they flew by (mostly because it was 32 degrees- IN FLORIDA!) with few character stops due to the cold. I HAD to stop for Pocahontas and Meeko which was about a 5 minute wait but worth it! The announcers were saying to all the "Dopey" runners that we were half-way done after the 10k... maybe with wake-up calls but not with the mileage. We would not hit the halfway mile mark until a couple of miles into the marathon.

Ryan joined me for the half marathon. We tried to take it semi-easy since I knew I had a marathon to run the next day. We set out with an easy pace with plans to make a few character stops. We met Sebastian from the Little Mermaid and some of the mice from Cinderella! Our longest mile was through Magic Kingdom... 23 minutes from the character and castle stops. This is my favorite part of the half and full at Disney...running through the castle!

The marathon at Disney runs through all four theme parks. The start was a tad warmer than the others... a whopping 42 degrees! It did warm up later into the race which I was grateful for after 3 days of near-freezing temps. I originally planned to run the marathon solo but one of my very best running friends, Mercedes Mayer, decided that she was not going to run the marathon for time and wanted to do character stops! We had run the marathon together in 2017, and I knew we would run well together. We had THE BEST TIME! We ran, we stopped for photos, and just overall had a great time. (Who says that when running 26.2 miles?) We would have stopped to ride Mt. Everest in Animal Kingdom at the 13-mile marker but we were a bit too fast and the ride was not running yet (Ryan and I did this in 2015... sitting down during a marathon may not be the best idea but it was fun!). The last park you run through is Epcot around the World Showcase. Again, if the timing is right you can grab an adult beverage from your favorite country during the last mile of the race. Unfortunately, we missed my favorite slushie drink in France by about 10 minutes... we were too fast AGAIN! As you hit mile 26, there's a Gospel Choir that leads you on into the finish.

The Dopey Challenge is an experience of fun! If you are looking for a different "running" event/challenge, I highly recommend a RunDisney race. Sign up early as these races are known to sell out within hours. There's nothing like running through the "Happiest Place on Earth!"



Catch Me!



iCan5k

Learn to Run
or Walk a
Full 5K!
by Angie Getz

iCan5K Begins 2/26/18

Our biannual run/walk beginner program starts its winter/spring session soon! The 9-week training plan is designed to get you to the point where you can run 5K (3 miles) at a slow, relaxed pace.

It's a simple, progressive program that begins with more walking than running, and gradually evolves into more running than walking. Participants will train up to 3 times a week with coaches from Run Oxford. Sessions meet at Pat Lamar Park on Mondays and Wednesdays at 6:00 am or 5:30 pm, and Saturdays at 8:00 am. Cost of \$35 includes entry to the Double Decker 5K race on Saturday, April 28th.

Not sure if you're ready to run? You can walk your way to 5K! Try the walking only option for beginners. Walkers will meet at the same time as runners, receive the same benefits, and will be with a designated walking coach.

Register online at oxfordparkcommission.com or at either OPC office. Interested in becoming a coach? Have Questions? Contact Angie Getz at runoxfordc25k@gmail.com or 601-415-1718.

Malpaso Dance Company

Artistic Director, Osnel Delgado
An Associate Company of JOYCE THEATER PRODUCTIONS

Saturday, Jan. 27 • 7:30 p.m. **MC**

Cuba's hottest contemporary dance company shares a little slice of Havana in a sparkling program of movement and music.



Based in Havana and founded by Osnel Delgado, Dailelys Carrazana and Fernando Saéz, 10 talented young dancers from Cuba's premier dance schools and companies create work that embodies the country's rich dance tradition and illuminates the untapped passion that defines Cuban life. The performance will feature acclaimed Canadian choreographer Aszure Barton's work *Indomitable Waltz* and a dance performed by Mississippi, the Dance Company.

The presentation of Indomitable Waltz was made possible by the New England Foundation for the Arts' National Dance Project, with lead funding from the Doris Duke Charitable Foundation and the Andrew W. Mellon Foundation.

MC Masterclass will be held in conjunction with this performance. Details will be announced at a later date prior to the event.

Super "Blue" Moon

Fun Pop Up Run!

Continued from the cover.

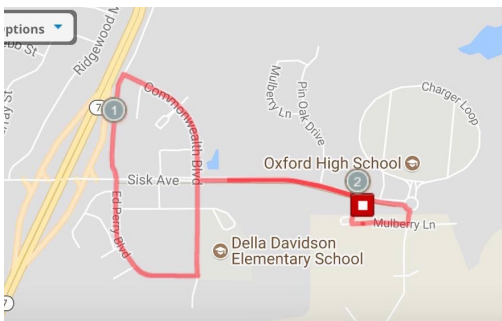
Tamar Warhol is opening her home to club members for a unique run around the block to celebrate the second full moon of January. Second moons are designated as blue and the reason for the saying, "Once in a blue moon."

Not only will it be a full blue moon, but there will be a total eclipse in the wee morning hours of the 31st, too. The penumbral starts around 4:50 a.m. leading to a full by 6:50(ish) that morning. Way too early for the party!

Tamar is offering water and wine, plus John Stack will be bringing a case of Blue Moon. Carmen Mattox mentioned some other themed snacks, but I have yet to confirm with her.

Tamara lives across from the Oxford HS at 118 Mulberry lane.

See you there and ready to howl at the moon at 7PM!



SAVE THE DATE



2nd Annual
BETA SIGMA PHI: EPSILON NU
RESOLUTION RUN
JANUARY 27, 2018



Find Race Details at
Beta Sigma Phi: Epsilon Nu Facebook Page

PARTICIPATE IN OUR NEW YEAR, NEW YOU RAFFLE BY PURCHASING \$1 CHANCES
PRIZES INCLUDE: GYM MEMBERSHIP, BIKE, PATRICK GARTH BOOTCAMP MEMBERSHIP, FITBIT, SALAD BAR GIFT CARD, & MUCH MORE!



Race Report

Hill & Dale
8 Miler
by
Meaghin Burke

Carmen Mattox and I, recently made the trek up to Meeman Shelby Forest State Park to run the 39th Annual Hill and Dale 8 Miler in a field of about 280 runners. The race was sponsored by the Memphis Runners Track Club and featured a very civilized 11AM start time, same-day registration, and a cookout after the race. The late start time made the sub-freezing temperature a little more bearable.

It is a no-frills race, but cheerful volunteers and plentiful aid stations were on course to support the runners. To keep registration cost as low as ten dollars, runners could opt out of the race shirt and medals aren't given out. Age group winners got a pint glass, a towel, and a shirt. I have to admit, I sprinted the last quarter mile hoping to snag a pint glass.

The course is a beautiful, challenging out-and-back through the park. I made the mistake of not studying the course beforehand, and I got a tad frightened at the turnaround when I realized I had to go up the hills I had just gone down (and vice versa). I understand now why the unofficial motto of the race is "what goes up must come down." Coming from hilly Oxford, I was a little smug before the race when I heard some race veterans talking about the climbs, but I definitely got taught a lesson on the last switchback.

Carmen and I had a great time, and we were both glad to find such a wonderful winter race within driving distance of Oxford. I can't speak for Carmen, but I'll definitely make a habit of this race!

Note: Meaghin was fourth overall female and first in her age group! Congrats Gals!

Catch Me!



Baton Pass

This section is reserved for club member classifieds.

- Mike Mossing, Kevin Llewellyn, and I have been running a MS patient's service dog to keep him in shape. Tim, the patient, would like to have him run more. Is anyone interested? Message me if you'd like to learn more. He does not get along well with other dogs. ~Rich Raspet
- Any folks interested in being pace group organizers for Saturday long runs? We'll try and continue ending at a common time, but, if people want to volunteer to organize folks at different paces, that would be great. Looking for 9 minute and 10:30 paces in particular. ~Marvin King
- REI and Ragnar are teaming up to donate \$1 to the American Hiking Society up to a total of \$10,000. All one has to do is sign up and agree to run in the dark on Jan. 31 of this year. Sign up at nobutsnightrun.com and come out to the Blue Moon Pop Up Fun Run! ~Tamara Warhol
- Below is the link to our 2018 RO collaborative playlist. Please add songs! It doesn't matter the genre or year. It will be fun to have music from all genres/time periods/tempo. Only rule is no deleting! ~Kate Centellas
- <https://open.spotify.com/user/kmcentellas/playlist/3YaCSw1hRu9U18EDOQyw4J>
- I wish to thank Dinorah Sapp for naming our newsletter. I think it is catchy! LOL ~Maggie Moran
- Girl, there will be a hot steaming cup of coffee waiting for you at Uptown Coffee this Saturday at 8:30 a.m. after your group run. ~Ryan Gosling
- Join us on our club's page in Strava at <https://www.strava.com/clubs/127059>
- A friend of mine wanted me to warn our fellow runners of South Campus Depot trails (Whirlpool). She was there with her husband earlier today. It appears someone watched them get out of their car. Once they were down the trails they broke their window and found all of their valuables that were hidden, including wallets and cell phone. The police are investigating. Please be careful! ~Erin Ball
- Who is making 2018 running plans? Do your New Year's resolutions involve faster times or completing distances you've never done before? I have my Level 1 coaching license (and this summer I hope to get my Level II license). I am trained to help people develop training plans for specific races and goals. There is a fee for this, but if you're interested, send me a DM. ~Marvin King
- Want to receive weekly RO email updates? Request at emails@runoxford.com with the Subject "subscribe" to start receiving updates in your inbox. ~Nathan Hammer
- Join us for one of our weekly activities! Tuesday Track at 5:15AM and 6PM at Oxford Middle School, Thursday night Growler Prowler where one earns the crisp cool beer at the end, and Saturday Group Runs starting and finishing at Uptown Coffee. ~Club Members
- Looking for a motivated Club member to help lead Wednesdays at Whirlpool. No pay involved, but you could make some lifelong friends. Excuse me, if someone already does this and I have missed it. ~Maggie Moran

Moving Party

TBA

VP Kevin needs help consolidating two storage units into one while moving to a new location around the first week of February.



Cuban Seawall

An artist braved the tides to install this piece of the Cuban Flag. Although difficult to see in the photo the flag is made up of dozens of puzzle pieces.



Mississippi, the Dance Company
will open for
Malpaso Dance Company
at the
Gertrude C. Ford Center for the Performing Arts
on January 27 at 7:30 pm. Tickets are available
at <https://fordcenter.org/tickets/>.