

**Paris Pacers**

# November Newsletter

**Volume 1, Issue 1**

**November 1, 2017**

## BOARD MEMBERS

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## A New Adventure by Sarah Mitchell

It's 7:00 am on a Sunday. I haven't showered since Friday morning. I've ran a total of 17 miles over 24 hours. I've had 2 hours of sleep on a hard gym floor. I feel like I've been ran over by a Mack truck. When I can I sign up again?

Every year I try to test my physical endurance with some wild and crazy event. This year I signed up for a Ragnar 24 hour relay. Remember when you were a kid and you ran relay races? You stood in line and waited on your friend to tag you so you could run down and back before tagging another friend. The Ragnar 24 hour relay is much in the same. Runners go run for various distances and when finished, they stick a slap bracelet on the next runner on their team.

Teams are made up of 12 members. Each team has two vans. Six runners truly inhabit a van for 24+ hours. While one van is "on", the other van is "off." That means that one van is actively running and the other van can do other things like explore the area, shower or catch a nap (napping was elusive but I heard others talk about it.)

This event was like no other that I

had done before. I had tinkered with running two times in 24 hours, but never three. Three times in 24 hours with only 2 hours of sleep is pretty close to impossible. Never mind that your miles are adding up....the fatigue in your body and muscles is adding up.

My runs didn't sound that bad when I was picking which legs I wanted to run back in the spring. My distances were 8.9, 4.3 and 4.1 miles. Those are not extreme distances for me. When you choose which legs you want to run, you really have no idea what time you will be running because you don't know what time your team is starting. Start times are dependent on how long your 203 miles will take. I always seemed to run at night. Night runs can be long and boring and even scary. But night runs can also be fun because you can't see where you are going so you can't see how far you have to go. There is also something exciting about running when people are supposed to be sleeping.

Did I mention that we were running through the rolling hills of

Horse country in Kentucky? That's another thing that's hard to mimic in Paris. Paris is not flat by any means but it's also not rolling like the terrain of Bourbon Chase.

I'm sure my teammates would agree on how much fun was involved in this unique experience. We have all signed up to do another Ragnar event in May.



Crestwood Student council was presented a check from Paris Pacers for volunteering at both of our water stations for TOT 2017.

## Points Totals

- Martha Whitacre: 233.15
- Daniel Alexander: 215.4
- Elizabeth Alexander: 206.3

## Important dates

- November 7: Board meeting 5:15 @ Library
- November 11 Indiana Fall Classic: Terre Haute
- November 23 Terre Haute Turkey Trot
- November 24 Reindeer Dash presented by the Rec Center
- December 3: Christmas in the Park: Deming Park

## Trick or Trot 2017

Betsy still has leftover long sleeve tech shirts from TOT. They are black with orange and white writing. If you would like one, please contact Betsy @ 251-5533. They are \$10 each.