

# NORFOLK RUNNERS CLUB

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I moved to MCI - Norfolk in December of 2009. Soon after I became a member of the Norfolk Runners Club. I have been actively competing in all the events since. I am now the Club Vice President and figured this would be a great place to post our results.

The Club holds 8 events from April to October with multiple races at each event of varying distances culminating with a marathon in October. This year we actually added a 9th event with a special Patriot's Day  $\frac{1}{2}$  marathon in honor of the Boston Marathon. That was a fun day. I watched an unofficial world record get run on TV in the morning then came out and ran a  $\frac{1}{2}$  in the afternoon.

The Club also has an event point scoring system that rewards both distances run and finishing place. I will post the scoring system soon.

Last year I trained and became close friends with Alex "ARod" Rodriguez. We worked all year toward running the marathon in under 3:00. I struggled with injuries throughout the summer, but ARod flourished setting new records in the 15K and  $\frac{1}{2}$  marathon. I pulled myself together enough late in the year to run a 1:27- $\frac{1}{2}$  marathon and we were both poised to accomplish our goal. Unfortunately marathon day turned out to be near hurricane conditions. OK maybe I'm exaggerating a bit, but it really was one of the windiest days of the year and everybody crashed bad. Oh well! This year ARod and I have decided to take a run at all his Club records. I'll also add the records in another second so that you can see we are actually chasing all the records ARod has already established. I came close to our 1 mile record in the first race of the year and Alex pushed close to the 5K record last week. It's still early so it should be a fun year.

I told you in my profile I have a number of nicknames. That said, you'll see me referred to in race results as Bizz (maybe I'll share where that comes from in another post). Until then...thanks for noticing me.

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## Official Club Records

<u>Distance</u>	<u>Runner</u>	<u>Time</u>	<u>Date</u>
50 yard	Alex Rodriguez	6.07	7/22/06
100 yard	* In Dispute *		
1 Lap	Alex Rodriguez	1:29.87	7/21/07
1 mile	Alex Rodriguez	5:16	6/27/09
	Robert Chadronet	5:16	6/26/10
2 mile	Alex Rodriguez	11:15	8/19/06
5 K	Alex Rodriguez	18:25	10/30/04
5 mile	Alex Rodriguez	30:46	8/23/08
10 K	Alex Rodriguez	38:05	6/28/08
15 K	Alex Rodriguez	58:34	8/21/10
10 mile	Alex Rodriguez	1:04:11	9/17/05
½ marathon	Alex Rodriguez	1:23:42	9/18/10
marathon	Alex Rodriguez	3:07:14	10/18/08

\* The old 100 yard dash record was run on a short course. The 2011 race winner will be established as the new record.