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# Running Journal

Tuesday October 21 2008

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Regional news

## The Fall Road Racing Season Is Here -- Let Running Journal Help You Find A Race

The race calendar is filling up fast with lots of great races. [Click here](#) to find a race to run this weekend! And to see all the great features each and every month in Running Journal, keep reading to find out how you can subscribe to Running Journal and get your first issue FREE!

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## ING Georgia Marathon Elevated from State to Region Championship Designation by Road Runners Club of America

March Event Named 2009 RRCA Southern Region Marathon Championship (Oct. 13, 2008, ATLANTA) –The ING Georgia Marathon ([www.inggeorgiamarathon.com](http://www.inggeorgiamarathon.com)) has been named the 2009 Road Runners Club of America (RRCA) Southern Region Marathon Championship.

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## 2008 Blue Ridge Relay Results

2008 Blue Ridge Relay Press Release: Relay Results  
"It is truly an amazing event that pushes your body, allows you to see beautiful scenery, and creates amazing memories with old and new friends. I would recommend this race to any runner who truly enjoys the feeling one gets from running!!! Thanks again!"

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## Running Journal Grand Prix XXX Champions

Running Journal Grand Prix Completes 30th Season  
Morris Bodrick Takes Wins in Open and Masters Division While Janet Cherobon Repeats as Female Open Champion  
*Running Journal/August 2008*

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## Schedule Announced For Grand Prix XXXI

The 31st season of the Running Journal Grand Prix begins on August 29.

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## Dealing with Disappointment

By Richard Ferguson, Ph.D./Running Journal/October 2008  
Like many of you, I spent a few hours in August in front of the television watching the Summer Olympics from Beijing. While my natural bias was towards Track and Field, I also marveled at Michael Phelps's accomplishments in the pool, the perfection of the Chinese divers, the United States victories in men's and women's basketball and countless other winners in such sports as Field Hockey, Table Tennis, Team Handball, Rowing, and Judo.

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## Low Iron May Have You Feeling Fatigued

By Carolyn Mather, RN, PhD/Running Journal/September 2008  
You are ready for your run but right from the start your legs are heavy and you have no energy. After slogging for several minutes you give up and walk home. What's wrong?

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## Who Is Your Inspiration?

By Richard Ferguson, PhD/Running Journal/June 2008

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## Just Wondering

By Pete Rea/ZAP Fitness/Running Journal/May 2008

