

Going the Distance

Written by Mark Shaffer

Tuesday, 08 March 2016 18:37



The 8th Annual Beaufort Twilight Run Sets Record Pace

By Mark Shaffer

"If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run."

- John Bingham

What is it that makes runners run? Does it go beyond simple quest for physical fitness? Is it a test of will? Is it an instinctive need to push the body to the extreme edge of its limits? Is it a genetic need to be faster – not necessarily faster than the apex predator chasing you, as the old joke goes, but faster than the next guy? Or is it more cerebral, a search for what the writer Joyce Carol Oates described as a way to free the mind along with the body?

The legendary distance runner Steve Prefontaine considered running as an art form. "Some people create with words or with music or with a brush and paints," he said. I like to make something beautiful when I run. I like to make people stop and say, 'I've never seen anyone run

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like that before.' It's doing something better than anyone else. It's being creative." Pre may have considered himself an artist on the track, but he was also a fierce competitor who said, "Somebody may beat me, but they are going to have to bleed to do it." And he meant it.

Whatever their motivations, skill levels and AARP status may be, a whole lot of runners are headed to the Lowcountry this month. More than 2,600 participants and spectators from more than 20 states are expected for the 8th Annual Beaufort Twilight Run (BTR) on Saturday, March 19. Once again the BTR returns to the idyllic setting of Habersham Marketplace and is presented by Habersham Properties. But this year things are different. This year the organizers decided the timing was right to take the BTR to the next level.

"We've grown the number of actual courses," says event director, Evy Trask. "This year we're *the* Lowcountry's Running Festival."

In its eighth year this USA Track & Field sanctioned running festival now offers more race options than any other similar event in the Lowcountry. In addition to the traditional 8K Run, 5K Run/Walk and Kids' Fun Run, Trask says three new races have been added to the schedule. The goal is simple: offer more options for runners at all levels while dangling a carrot to attract the attention of top-level national talent.

"We added a ten mile race to appeal to the serious competitors," she says, "and our Beaufort Challenge this year is a 13.1 half marathon which means a runner could run the ten mile race after they've run the 5K and that equals 13.1 miles."

This makes the BTR one of only two events in South Carolina offering a 10 miler as well as

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DASH FOR CASH

This year along with raising its profile the BTR's also raised its total prize money to \$6,000. It's a healthy sign for the event's future growth according to Trask, and something made possible through dedicated sponsors. "We appreciate their support so much," she says. "We wouldn't be able to do this without them."

For the 2016 Beaufort Twilight Run cash payouts will be awarded in the 13.1 Mile Beaufort Challenge, 10 Mile Run, 8K Run and 5K Run to the three overall male and female winners of each race. Prizes also go to the top male and female Masters (40 years old and up), Active Duty Military and Hometown Hero. And age group winners will take home a commemorative photograph for their effort, courtesy of the BTR.

"As the BTR gets bigger it just keeps getting better," says Trask. "It's a great event for competitive runners, but it's a great day for families, as well. As a runner myself, I appreciate an event that is well organized with clearly marked courses and has a fun after party with great food and music."

THE DETAILS

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What: 8th Annual Beaufort Twilight Run (BTR)

When: Saturday, March 19, 2016 3:30-9:30 p.m.

Where: Habersham Village in Beaufort, SC (11 Market, Beaufort, SC 29906)

Who: 2,600+ participants/spectators from the Lowcountry and more than 20 states

BTR Early Race Packet Pick-up/Late Registration – from 4:00-7:00 p.m. on Friday, March 18 in the Habersham Marketplace Fire House.

BTR Race Day kicks off Saturday, March 19 at 1:00 p.m. with late registration and packet pick-up. Event officially begins at 3:45 p.m. The 5K, 8K and 13.1 Mile Beaufort Challenge, 10 Mile Run, 8K Run and 5K Run will feature Chronotrack timing by RMS Sports and take place on a USATF (USA Track & Field) sanctioned course.

For more information including a full slate of events and registration visit www.BeaufortTwilightRun.com and like the BTR on Facebook.

Check out Patrick Reagan's running blog at <http://patrickreaganrunning.blogspot.com>.