

4th Annual Beaufort Twilight Run

Written by Wendy Nilsen Pollitzer

Tuesday, 28 February 2012 14:32 - Last Updated Wednesday, 29 February 2012 08:20



Ah, spring! The season brings increasing daylight, warming temperatures, and the rebirth of flora and fauna. And the urge to be outdoors increases with every turning page on the March calendar.

So I say to my friends in the Lowcountry, it's time to get outside and get in shape!

What better event to welcome Spring than the 4th Annual Beaufort Twilight Run (BTR) to benefit Riverview Charter School? The time of year is perfect, the setting spectacular, the audience dedicated and the cause... benevolent.

4th Annual Beaufort Twilight Run

Written by Wendy Nilsen Pollitzer

Tuesday, 28 February 2012 14:32 - Last Updated Wednesday, 29 February 2012 08:20

BTR will be held Saturday, March 24, with a variety of events starting at 4:30pm. The USATF sanctioned running festival will host a competitive 8K Run and 5K Run, a 5K Fun Walk and a 1/4 mile Kid's Fun Run throughout the village of Habersham at dusk. And, a traditional Lowcountry Oyster Roast, enjoyable for the entire family, will cap off the evening.

And that's just what organizers have aimed to do since BTR's inception in 2009. They've created a



pleasurable event for every member of your clan: the competitor, the leisurely stroller, the naturalist, and the foodie. There's a little something for everyone. The BTR is unique, because it's held at night. But, it's open invitation for the entire family sets the running festival apart from others and welcomes the family unit as opposed to individual members. That's what makes it distinctive and intriguing, even to out-of-staters.

4th Annual Beaufort Twilight Run

Written by Wendy Nilsen Pollitzer

Tuesday, 28 February 2012 14:32 - Last Updated Wednesday, 29 February 2012 08:20

In fact, two families traveling from Indiana will be participating this year. They've planned their Spring Breaks around the seasonal run and have booked campsites at Hunting Island State Park. The Swards and Colvins from Marion, Indiana are devout runners and chose Beaufort as their Spring Break destination, thanks to the Beaufort Twilight Run.

Eric Seward explains, "In my search of races, I came across the Twilight Run and Oyster Roast. The run looked cool, and the Oyster roast just seemed like a perfect spring break thing to do."

The Seward's and Colvin's are families not unlike many in Beaufort. They are health-conscience, fun



loving and appreciative of the natural environment. So the BTR was a no-brainer for them.

Three years ago Seward started a summer training group called ENER-G (Eastbrook Neighborhood Exercise and Running Group). The group was organized to augment Josh Colvin's undertaking as Coach for a variety of area school teams.

4th Annual Beaufort Twilight Run

Written by Wendy Nilsen Pollitzer

Tuesday, 28 February 2012 14:32 - Last Updated Wednesday, 29 February 2012 08:20

The group often travels to runs around the country, in addition to hosting cookouts, bike rides, triathlons and mud runs of their own. In fact, they've taken a large group to Frankenmuth, Michigan to run the annual Fourth of July races the last three summers and have run races in Ohio, Tennessee, Georgia and Florida.

Seward explains, "A big part of our group is running with purpose. We don't tell kids what that purpose should be. For some, it's about winning. For others, it's about team. Others want to lose weight. Others have the purpose to be a better person or to run for religious reasons. Whatever the purpose, in helping them accomplish those goals, we are making better, stronger young people."

Eric Seward and Josh Colvin are the patriarchs of their athletic families. Seward, an obstetrician/gynecologist physician, is 42. He's the veteran of 10 marathons. Josh Colvin, 37, is a teacher and coach at Eastbrook Junior High School and holds the county record in the 5K. Both dads are steadily improving and training for the Bayshore Marathon in Michigan at the end of May.

Seward's wife Jaimie and Colvin's wife Leah will be running the BTR, as well as their combined five children. Jaimie ran her first Marathon in Cape Cod last year, and Leah is training for her first 1/2 Marathon in Bayshore this year. All the kids have a running background, and some are a bit more competitive than others.

4th Annual Beaufort Twilight Run

Written by Wendy Nilsen Pollitzer

Tuesday, 28 February 2012 14:32 - Last Updated Wednesday, 29 February 2012 08:20

Fifteen-year-old Sophie Seward, for example, won All-State in Cross Country, and her 5K times are mid-18's. She's actually someone to watch as a medal contender in the 8K at the BTR.

Hannah Seward, a 14-year-old Honor Society inductee, and Sierra Colvin, also 14 and the number one middle distance runner on the cross-country team, are classmates and friends. They've traded number one spots in long distances and are used to running 3Ks. They're both anxious to run the 8K at this year's BTR.

Eli Seward is not the typical runner. He's a football and baseball player, but also ran cross-country this year as a 5th grader, the only one to do so. He's currently training for a 1/2 Marathon in Indianapolis. He's eleven and also running the 8K!

And then there's Zoe Seward, only 7, with two full 5Ks under her belt. Never pressured to run, her parents sign her up when she wants to. She's "excited, but a little nervous" to run the BTR.

Don't worry Zoe...there will be plenty of 1st graders running with you. It's all about having fun at your age!

4th Annual Beaufort Twilight Run

Written by Wendy Nilsen Pollitzer

Tuesday, 28 February 2012 14:32 - Last Updated Wednesday, 29 February 2012 08:20



[Read more Local Color](#)