

Kensington Challenge - New Course, Leaders by Tracey Cohen



Michael Anderson
Photo credit: Greg Sadler

“Once again, Goodhue got it right.”

High praise from veteran runner, Michael Mester, a sentiment shared by countless others who came together on the 17th day of September at Kensington Metropark, Milford, for the John Rogucki Memorial 28th Annual Kensington Challenge 5K & 15K.

Cloudy, cool, calm conditions prevailed at the starts, as race director, Doug Goodhue, welcomed runners while they prepared to take on a brand new course.

“I’d like your feedback,” Goodhue called out and added in jest, “Only if it’s good!”

“I’m most interested to know what people thought of the 15K,” Doug later revealed, certain that the masses would revel in the added downhills of the 5K.

“I never really liked the course,” admitted the seasoned race director. “Runners have been asking for something faster and flatter, so now that I’ve had some time to work on it, I tried to make it faster for everyone.”

“I reversed the direction of the 15K and eliminated Turtle Head completely. The 5K is starting farther up the hill to give a longer downhill start and a flatter, sweeping turn-around point on Turtlehead.”

Mike Knapp, who traveled from Carleton to take part in the 15K, “liked the new course a lot” and bettered his time by two minutes.

“It was more scenic too,” Knapp continued. Sara Vergote, of Toledo, the winner of last year’s 15K, agreed.

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President’s Column - Persevering When Your Tank Is Empty

by Mitchell Garner, President

One way I deal with the pain is to embrace it, to realize that is also presents a gift: profound appreciation for whatever small thing comforts me, brings me pleasure, makes me laugh, satisfies my hunger, lightens my mood.

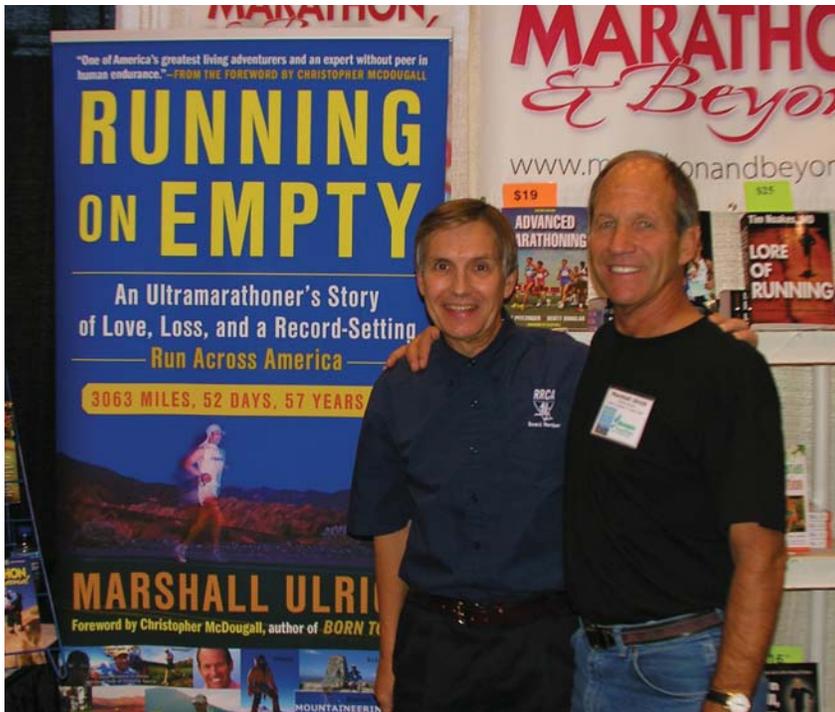
- Marshall Ulrich, Running on Empty

For runners, there is immense satisfaction in the successful completion of a running-related endeavor, whether it is a race, a training run, an interval workout, or another activity that fuels our passion for running. Running on Empty, a book written by ultramarathon runner Marshall Ulrich, details Marshall’s quest to break the American record for a transcontinental run—Pacific to Atlantic—across the United States. In completing this feat at age 57, Marshall broke the grand master’s as well as the master’s record for a transcontinental run. He averaged 58 miles a day over the entire 3,045 or so miles (equivalent to 116 marathons), completing the crossing in 52-and-a-half days.

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I first met Marshall at the Road Runners Club of America annual convention in San Francisco in 2010. At the time, I was vaguely familiar with his run across America but knew little about him as a person. *Running on Empty* is a fascinating book because it gives us an insight into the thinking of an extraordinary ultrarunner and adventure racer, admitting us to the inner sanctum of the mind of a most unique athlete. He takes us back to the dawn of his running career, when the sorrow he felt after his first wife succumbed to the ravages of cancer gave way to the realization that he felt truly alive only when pushed to the limits.



Mitch Garner, left, with author Marshall Ulrich, right

So great was Marshall's commitment to long distance running that in the 1990s, he elected to have his toenails removed "...mainly to eliminate one of the inconveniences and irritations that had become routine in every adventure race or ultramarathon I undertook." True to his penny-pinching nature, Marshall persuaded the doctor who did the toenail surgery to throw in two other surgeries during the same session: a vasectomy and the removal of a fatty nodule on the back of his leg. Now that's being thrifty!

The major portion of the book chronicles Marshall's record-setting journey on foot across America. Not surprisingly, there are battles with various ailments that would sideline the average runner. Pain is his constant companion. At one point the pain in his foot is so bad that he uses an Ulrichian mental tactic to deal with his pain: He "disowns" his foot and keeps moving forward, one foot in front of another. More surprising are the no-holds-barred accounts of disharmony and dysfunction in his support team. Jealousy and pettiness become the unwelcome baggage of his relationship with a well-intentioned crew. At a critical stage of his transcontinental crossing, some of the crew members, feeling fatigued from the journey's grind, eschew his insistence that he periodically be provided with clean running clothes on his daily runs. Luckily his wife Heather carries the day and makes sure that this seemingly trivial request, critical for the success of the ultra runner, is honored.

This book is a must-read. It provides a universal message for athletes and non-athletes alike: face your challenges, overcome setbacks, embrace the pain, and find fulfillment in something greater than personal gain. Most of us ordinary runners would have quit at some point during Marshall's transcontinental run because of fatigue or pain or just an overwhelming feeling of helplessness. To his credit, Marshall never quit. He persevered when his tank was empty, both physically and mentally. I urge you to read *Running on Empty* and fill your tank with some high octane inspiration. 🌲

Coach's Corner: Old Traditions and New Challenges

by Stani Bohac

We all have traditions, and many of us are fortunate to have some athletic traditions as well. You may have a game you regularly watch with family or friends, a certain training program, or a race you do every year. Traditions ground us, they bond us to

people that are significant in our lives, and they connect different time periods of our lives. Two athletic traditions that mean a lot to me are Thursday night rides with the MMBA (Michigan Mountain Biking Association) and Tuesday night track workouts with the AATC. At times I am exceptionally motivated by these workouts, other times they seem like a chore or I get disappointed by something, but they are a part of me and I value them greatly.

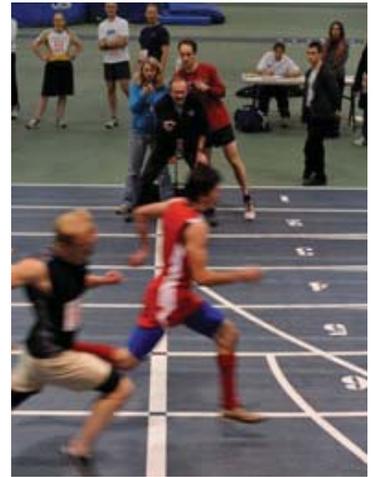
Coach's Corner continued on page three

Traditions like these are dear to me, but I also look for at least one new challenge each year. One year ago I decided that I was going to run the 400 meter dash in the AATC Winter Mini Meet and I was going to take it seriously...I would train specifically for this event and see what I could do. I trained on the track 2-3 times a week, I talked to various coaches, and put my whole heart into this short, tough race. I'm not a sprinter, but I became intrigued by this sprint of stamina. Could I run on my toes, almost at top speed for two laps on the UM indoor track? Could I improve my form to become a better sprinter? After the meet I was very satisfied with my result, having run 400 meters faster than I ever did before, even during high school track when I was less than half my current age. I set a new challenge and went after it. Even though I've been running for 15 years, the 400 was a new challenge that allowed me to run into uncharted territory – and it was a lot of fun.



Pre-dawn start to Dances with Dirt Trail Ultra

In the spring of this year I set my sights on a completely different challenge - doing my first 50 mile trail ultra. While I'm not a sprinter, I've certainly never thought of myself as an ultra runner either! My legs go well for about 18 miles, maybe a marathon with good training, but not much more than that. My ultra training would mean a long trail run each week-



Finish line at AATC Mini Meet

end and lots of medium distance runs during the week. Would my body hold together? Would my tendons, joints and muscles break down, or would they continue to get stronger with smart training? I was hooked. All summer I trained, recovered, and trained some more. My long runs got longer and my weekly mileage increased. When something hurt I backed off for a few days or planned an easier week. Some runs were very difficult, but then I'd have a few good days and life was great again! When race day arrived I was again blessed to achieve my new challenge and finished my 50 mile ultra at Dances with Dirt in Hell, MI, in a time that I feel very good about.

Throughout my 400 meter training and my ultra training, I continued my traditions but also tried something new. This let me be a veteran and a rookie, it let me enjoy the familiar and be enthralled by something new. Old traditions are good, and so are new challenges. So get out there and challenge yourself with a new goal! But don't forget your roots either! 🌲

Indoor Track Workouts Underway!

The AATC Tuesday night workout moves to the University of Michigan Indoor Track from Nov. 1, 2011 through March 27, 2012. The track opens to participants at 7:00 p.m. with the workout starting at 7:30 p.m. sharp.

The AATC rents the facility from the University necessitating that the club charge participants as follows:

- Club members = \$5.00
- Non-club members = \$7.00

To help defray participant costs for AATC members, the club offers a Season Pass at the following cost:

- Full Season Pass = \$40.00 (Nov. 1 – Mar. 27)
- Partial Season Pass = \$25.00 (Jan. 3 – Mar. 27)

Passes may be purchased at the track with cash or check. Questions concerning the indoor workouts should be directed to Coach Stani Bohac at sbohac@umich.edu.

Editor's Column – "Glenn Caffery – the Rest of the Story"

by Terry Reilly

In the last edition of *The Streak*, you learned about Glenn Caffery's "Run Across America" to help raise money and awareness for Alzheimer's disease. Glenn's story was not quite finished as he left Ann Arbor on a brutally hot, humid Sunday. Kevin Galvin and I, both AATC board members, decided to join Glenn as he exited AA on South State and headed toward Toledo. During our run, we picked up a few more details about his epic journey.

One thing we quickly realized was Glenn's incredible running ability. Both Kevin and I anticipated an easy 9-10 min. mile pace. Bad assumption. Glenn was pushing a baby stroller jammed with supplies while covering about 50 miles a day. That did not keep him from gliding along around 8 min. mile pace. Five miles into the run, laden by a blanket of humidity and 90 degree temperatures, we had to ask Glenn to slow down and walk a bit. A few miles later, our water ran out and we relied on Glenn to keep us hydrated.

We learned that Glenn was well acclimated to heat, having braved 100 degree days throughout South Dakota and a 110 heat-humidity index for most of Wisconsin. He had also run a 2:36 marathon at age 40 and now at 49, had not lost much of that endurance or speed.

To take our mind off the heat, Glenn told us about another "baby stroller" incident. While pushing his stroller through a sizzling Wisconsin day, he was pulled over by the police. Someone had reported a man running with a baby in oppressive heat. Glenn explained his purpose sans baby and the police wanted to know his secret for being able to run thousands of miles. "A gallon of chocolate milk a day" was Glenn's reply. Sure enough, Glenn had plenty on hand to share with us.

In front of a cemetery on Moon Lake Road, we stopped



after 12 miles and said goodbye to Glenn. He was fresh as he continued on while Kevin and I were ready to fall into any open gravesites nearby.

Glenn shot through Ohio and into Pennsylvania where I called him one morning. He found Pennsylvania to be one of the most difficult states to run due to the mountainous terrain and switchbacks. Instead of running 330 miles in a straight line, he was running almost double that distance. There were also fewer places to find a place to rest at night so he began tenting by the roadside. One evening, having run until well after dark, he found a nice soft area under some trees to set up his tent. In the morning, he awoke to find he had pitched his tent in the middle of a poison ivy patch. Fortunately, no sores erupted as he proved to have developed immunity.

Finally, on August 17th after 3,312 miles and 3 pairs of Asics DS Trainers, Glenn arrived at the Atlantic Ocean in Rhode Island (see above picture) having raised over **\$25,000** for Alzheimer's research. Glenn self-financed every part of his journey while accepting housing and food from the kindness of strangers. Every dollar contributed went directly toward research. If you would like to contribute, please go to alzrun.org. 🌲

The 1930's Himalayan mountain climber Dr, Charles Houston explained why people "climb mountains". The same belief could apply to explain "why race". The word "race" has been substituted for "mountain climbing" in the quote below:

“*Why race ... it is the chance to be for a moment free of the small concern of our common lives, to strip off non-essentials, to come to the core of life itself... in great races, all purpose is concentrated on the job at hand, yet the finish is but a token of success, and the attempt is worthy in itself... in racing, we find something greater than accomplishment.*”



Serena Kessler
Photo credit: Greg Sadler

“There were a lot of downhill! My time was slower, but I’m in a different training block than last year.”

Vergote who took second, 59:13, after Ann Arborite Serena Kessler’s winning time of 56:07, maintained, “This race is a great marathon tune up, and Doug is great - so accommodating. I run a lot of races, and this by far is one of the nicer, more organized ones.”

On the men’s side, Michael Anderson, 48:03, of Milford, beat out last year’s 15K champion, Matt Fecht, 49:34, of Warren, for overall honors.

“This was my first time running,” Anderson spoke of the event. “I loved it! The course was super fast, and Kensington is so scenic! It’s a great place to have a race - if you’re going to hurt, you might as well have something good to look at!”

“You can’t beat a run around the (Kent) Lake,” cheered Stephen Moran of Gault Race Management.

run.”

His third year timing the Challenge, Moran emphasized, “This event is always well

For complete results and information on next year’s Challenge, please visit <http://www.gaultracemanagement.com/> and <http://www.aatrackclub.org/>.

Comments and questions should be directed to Doug at douggoodhue@comcast.net or 248-685-0043. 🌲

Youth Division Update

by Ron Beasley, Youth Program Director

YOUTH DIVISION DISTANCE PROJECT

The AATC Youth Division cross-country team has typically been small since most athletes of junior-high and high-school age compete for their schools. This effort is aimed at recruiting more young distance athletes who don’t run for their schools. The AATC Cross-Country season started **Monday, August 22nd**.

Practices are held 6:30 - 7:30 p.m. on Mondays, Wednesdays and Thursdays at the UM Arboretum. The season ends **Saturday, December 3rd in Orlando, FL** with the AAU Junior-Olympics National Cross-Country Championships held at the ESPN Wide World Sports Complex.

The **2011 Cross-Country Classic** took place on October 29th at Concordia University.

Steve Arrivo, a youth parent, assisted me with managing this meet. An article about the event along with results will be posted on the AATC website in November.

And finally, a bid to host the 2012 AAU Junior-Olympics State Cross-Country Championships is being considered.

INDOOR TRACK SEASON

The 2011-12 indoor track season for the Youth Division started **Monday, November 14th**. Practice are held on Monday, Wednesday and Thursday evenings at the University of Michigan (UM) indoor track from 7:00 p.m. to 8:30 p.m.

An indoor meet is under consideration as another fundraiser for late January or early February. The meet would be an excellent tune up meet for other youth clubs prior to any Regional, National AAU or USATF indoor meets.

At least one of the three youth teams that left UM last year for EMU plans to return to UM this year and share the track rental expense with the AATC. This will reduce our fees which are in the process of being finalized with UM for the upcoming indoor season. 🌲

My First 50 Miler at Run Woodstock by Jocelyn Anderson

“This looks like a gynecologist convention” was overheard as seventy-four people – as most runners with headlamps – waited at the starting line. It was dark at 6 a.m. on Saturday morning, the second day of the running utopia event called Run Woodstock. I was about to embark on my first 50 miler. Laden down with lights and water bottles, the ultra runners had a serene calmness about them. It was a completely different attitude from the restless racehorses of the 5K races.



Off to rock the trails Friday night.
Photo credit: Greg Sadler

Soon we were off running into the woods! The rain that been coming down for hours had turned much of the trail into a



Mud ahoy!
Photo credit: Rick Leedy

Point-to-Point Marathons: Packing Tips by Donna Rode

submitted by Laurel Park

The following “snippet” was excerpted from a message posted on a running listserv. Donna Rode served as a volunteer at the bag claim area (finish) of a point-to-point marathon and wrote about her experience. Not only is it entertaining, but also very practical. Many thanks to Donna for allowing me to share her story...

The stuff some people bring to the start of a marathon! We passed along near-empty bags, stuffed-to-the-brim bags, small backpacks, personal bags, foam mats,

muddy, mucky mess. Several people lost shoes in the cake batter muck, and sometimes the muddy water was knee-deep. You couldn't help but laugh at the extreme conditions.

No food tastes as good as food from an aid station in the midst of an ultra. I snacked on amazing PB&J for most of the day and had the best grapes of my life. I used to panic about what to eat before/during/after a long race, but now I listen to my body and eat whatever it requests. Soda during a run used to sound awful to me. Who knew that in the midst of an ultra that flat Diet Coke was nectar of the gods? The aid station volunteers were wonderful, getting food and water, all the while checking to see if runners are okay. Everything gets cranked to eleven during an ultra, making someone filling your water bottle or offering a Dixie cup of trail mix seem like the nicest person on earth.

It took me 13 hours and 34 minutes to complete the course. Staring at the ground for that long, started to mess with me a bit. I started seeing things: a branch that looked like a dog laying down, a stump that looked like a sign, an older gentleman wearing only a heart rate monitor. Near the end of the final loop, when I could hear actual music from the live stage, I knew the finish was close!

It felt amazing crossing that finish line with legs coated in mud, knowing I'd done something that I'd never done before. The tough course added to the rewarding experience; the harder something is, the happier I am when achieving the goal.

Can't wait until next year and the adventure of another Woodstock ultra! 🌲

folding camp chairs, some wet from dripping something, all kinds of stuff. Two phones that had fallen out and could not be linked back to their bags had to be set aside separately (their owners would eventually be found). We could hear one phone vibrating inside a bag somewhere deep in the stack. I heard a cell phone ring in a nearby bag when I was setting another in place (“Hello, I'm sorry, but the person you are calling is running a marathon. Can I

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Point-to-Point continued from page six

have them call you back later?” Oh it would have been fun to answer!). Unfortunately, the typical marathon-supplied bag is somewhat small and does not seal very well. I've come away with a greater appreciation of what not to do and carry to the start of a race.

We tried very hard to keep stuff together but when you are dealing with thousands and thousands of bags, it can happen. They get tossed in, flip upside down, the cinch-up cord loosens if it wasn't knotted -- and no, we don't have time to knot them up for you-etc.

So, to all you marathon, and half-marathon runners on a point-to-point course with clothing bags - be judicious about what you put in them. Don't bother trying to save that half-empty bottle of water. Chances are it will fall out and/or leak and besides, there will be tons of water at

the finish. Toss it out at the start. Do not bring expensive pre/post-race clothing. Go down to your local thrift shop and buy something used. That way, if it gets separated from the rest of your stuff and you can't find it, no great loss. Use The Stick or your foam roller before you leave your house/hotel room, don't bring it to the start.

Out of the 6,000 or so bags we dealt with today, I know of at least four that could not be found when the runners came looking to pick them up. What happened to them we have no idea. The volunteer captain wrote down their names, bib number, and contact info so he could contact them later with any additional info. They don't have the disclaimer "Not responsible for lost or stolen items" for nothing. The goal is 100% perfection, but alas, it's not always possible. Is this right: 5996/6000 is a 99.9% retrieval rate? Doesn't matter though if it's your bag that can't be found. So don't put anything in there that would cause you great angst to lose. 🌲

AATC Runners of the Year Award by Ellen Nitz

Every year the AATC awards beautiful plaques to the top male and female Ann Arbor Track Club members who have participated in AATC events and place in their age groups. The award is presented at the Annual Club Dinner in November. The qualification is based on the number of runs completed and the age group place.

For each run, the 1st place is awarded 5 points, 2nd place 3 points and 3rd place 1 point. For those winning as an Open, Masters or Grand Masters Champion there are 10 points awarded. For example: 4 AATC events are run, and the runner places as a Master in one, 1st place in two and 3rd place in one race. The total points would be 10+5+5+1=21 points total.

To qualify, the races must be Ann Arbor Track Club hosted races. Those include are:

The Dexter Ann Arbor Run, Kensington Challenge, Gallup Gallop, Rutka 5k, Cross Country Classic, For Women Only, Burns Park Run, Electric Bolt 5K, Twinkie Run, and Run for Chum. 🌲

Ann Arbor Track Club Information

Officers: President – Mitch Garner, Vice President – Kevin Galvin, Treasurer – Terry Reilly, Secretary – Ellen Nitz

Board of Directors: Wally Hayes, Brian Harreld, Mike Manz, Gary Morgan, Stewart Wood, Nancy Yvanauskas

Newsletter Team: Design and Layout – Jocelyn Anderson, Electronic Distribution – Jay Smith,

Contributor – Ellen Nitz, Editor – Stewart Wood, Managing Editor – Terry Reilly,

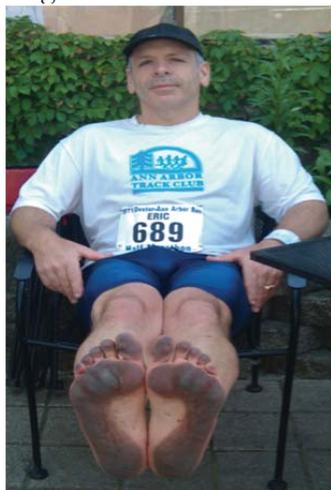
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Running Barefoot: It Works! by Eric Cooper

For most of my life, I had a strong dislike of running, which I thought of as mostly pounding and panting. In July '10 I heard two runners arguing on NPR. One was a tried and true modern running shoe advocate. The other, a barefoot runner. His hypothesis



Blister free after the hot 2011 DX-A2 Half-Marathon

was that we have the structure and suspension to run well and far, naturally. It made sense. Modern running shoes allow us to run with good form, and bad. My internet research quickly showed that bad running form leads to the big three running injuries: knee pain, shin splints and the dreaded plantar faciitis. Studies show that good form runners, both shod and bare, avoid these three maladies. Barefoot running (BFR) provides the natural feedback that keeps the parameters of good form.

The barefoot running idea simmered in my mind. Months later, around Thanksgiving 2010, I read a book on how to run barefoot. I tried it. "Form before speed." That was my mantra. Run well.

Largely sedentary in work and lifestyle for the decades before and never much of a barefooter, I managed fractions of a mile. Soon, it was working for me. I felt my body adapt. I started going to the indoor AATC workouts and could run barefoot all winter. The indoor track is a superb surface for BFR. I was the slowest runner there. I learned that the great part about training on the track is that I never felt left far behind. The pack is ahead of you or it is chasing you. Either way, that's motivational.

I wanted a real and personal experience of learning to run, so I decided not to refer to any running magazines. My mentors were to be the runners at the AATC. I love the variety of viewpoints. The masters of training regimens, the race advice, the encouragement I get from my new friends.

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USATF 5K National Team Championship



The Ann Arbor Track Club's men's masters 60+ 5K national champion team pictured from left to right: Paul Deladurantaye, Doug Goodhue, Mitchell Garner, Terry McCluskey, and Dave Minier. The team competed at the United States Track and Field Association's masters 5K championship in Syracuse, New York on October 2, 2011, braving the heavy rain and finishing first out of eight men's 60+ teams. Individually, Terry McCluskey finished 3rd in the men's 60-64 age division and Doug Goodhue and Paul Deladurantaye finished 2nd and 3rd, respectively, in the men's 65-69 age division.

The Ann Arbor Track Club team is currently in first place in the USATF masters team grand prix, with two grand prix events remaining: the USATF masters 5K cross country championships in Fairport, New York on October 22, 2011 and the USATF national club cross country championships in Seattle, Washington on December 10, 2011.

Ellen Nitz finished 2nd in the women's 70-74 age division at Syracuse. 🏃

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I've noticed a trait shared by the runners that I meet. I can't quite put my finger on it, but they are good people: a band of brothers and sisters. I felt welcomed even though I was the contrarian. The barefooter among the shod.

Now, I am a runner. I've lost 30 pounds since I started running. My body is lean. I feel better than I ever have. The miles add up. I've been injury free. Early on, one of my mentors suggested that at my age, 49, I should try an every-other-day approach. My goal was to keep my new interest at a level that would be sustainable. Barefoot running itself is about



Forefoot landing versus heel striking, nine miles into the 2011 Dexter – Ann Arbor Half-Marathon

Running Barefoot



1. You can only learn barefoot running by taking your shoes off. Yes, it is scary. You can do it. It has to be learned on a hard surface. Then you can experience some of your own body's magic. Try to land with no shock. Gently. Glide. No pounding. Knees bent. Use your suspension. No scuffing force at landing. The bottoms of the feet will not like scuffing (blisters, ouch!). As I run with shod runners, scuffing force at landing is evident in almost every one. Scuffing force causes referred pain to the knee. Feet land under you, not out in front. The

forefoot lands gently, then the heel kisses the ground to gently share the weight, but it does not strike. Use a quick cadence. About 180 landings per minute.

2. Do your research. Your body is built for it, but it may not remember very well. Barefoot Ken Bob Saxton, a true master of the art, has run 74 barefoot marathons. His book, *Barefoot Running – Step by Step*, is the best.

3. Avoid too much too soon. You do have what it takes. Try just 200 meters. Light and easy. You just haven't used it in a long, long time. Your muscles will need to re-learn how to coordinate to perform this natural movement. Watch 5 and 6 year olds run with such beautiful natural form. Form before speed. Speed will come.

reaching a sustainable equilibrium. In April 2011, I ran 28:19 for my first barefoot 5K. The race was the Twinkie Run – though I didn't indulge! Six months later, at the AATC outdoor workout, I did a 21:58, barefoot.

The 2011 Air Force Marathon was won by a barefoot runner (racing in a pair of ultra light minimalist shoes).

Good barefoot running form is good running form. Shoes mask errors. As Randy Step of Running Fit said to me: "Good running form has not changed in a thousand years."

I ran my first half marathon this year. Before the race, I was not sure I could do it. My longest run to that date had been 8 miles. I ran the Dexter-Ann Arbor Half-Marathon in 2:15:25 -- a 10:21 pace -- and felt great all the way. Recently, I ran the Lansing Half Marathon in 1:48:38, an 8:21 pace. I also completed my first Full Marathon, Detroit 2011! I caressed the earth with my bare feet all the way. It was euphoric ecstasy for 20 miles. Then, I had to slow way down. That is a long way to run. At this point, I can rely on good form and the feedback my body is giving me when the going gets tough.

More than the racing, the simple act of running barefoot is an exquisitely rewarding experience for me. My AATC friends think I'm a little crazy. They ask me how I can do it. If they only knew what joy they are missing. I love to run.

Remember, you have what it takes. 🌲

Vibram FiveFingers Sugar Cookies with Royal Icing

by Jocelyn Anderson

The holidays are coming up and that means it's cookie baking time! Putting your foot in your mouth never tasted so good.

Using your favorite sugar cookie recipe and a foot cookie cutter (I found mine at Baker's Nook in Saline), bake the cookies and allow to cool. For the royal icing, I used the recipe from the Joy of Baking:
<http://www.joyofbaking.com/>.



Step 1: Take a sugar cookie and frost the toes and the top of the foot.



Step 2: Add the yellow for the inside bit of the VFF.



Step 3: Add the blue and let it sit for a couple of hours.

Once the hours are up you can add the toe strips and the strap across the top. Frost too soon and you'll get bleeding between the colors.

Step 4: For writing "Vibram" across the middle, take an icing bag (I use a sealable plastic bag) with a very tiny point (or cut just the very tip off the end of the plastic bag), and write slowly.



And that's it! It's best to let them sit overnight, if you can. That way the royal icing has fully set. Enjoy!



Race Results

Kensington Challenge Race Results - Sept. 17, 2011

15K

Jenny Alkema	1:26 (F 35-39)
Prasada Alokam	1:24 (M 35-39)
Tracey Cohen	1:14 (F 40-44, 2nd)
Jo Darlington	1:24 (F 45-49)
Elke Dozauer	1:29 (F 60-64, 4th)
Wolfgang Dozauer	1:56 (M 75-79, 2nd)
Carmen Green-Lee	1:12 (F 45-49, 1st)
Dorit Hammerling	1:09 (F 35-39, 2nd)
William Huszti	1:05 (M 45-49, 2nd)
Young Hwangbo	1:07 (M 55-59, 3rd)
Richard Mayernik	1:20 (M 50-54)
Michael Mester	1:08 (M55-59, 4th)
Reed Swanson	1:14 (M 50-54)
Brad Wright	1:01 (M 40-44, 3rd)
Stewart Wood	1:17 (M 55-59)

5K

Kirsten Anderson	28:22 (F 1-10, 4th)
Mark Anderson	28:22 (M 40-44, 4th)
Sydney Anderson	26:28 (M 1-10, 3rd)
Vibhav Alokam	47:50 (M 1-10)
Vimal Alokam	47:28 (M 1-10)
Jon Desenberg	31:08 (M 75-79, 1st)
Don Evich	28:16 (M 60-64)
Gwen Evich	31:03 (F 60-64, 1st)
Hayes, Wally	20:04 (M 55-59, 1st)
Tim Josephs	21:22 (M 45-49, 2nd)
Fred Knight	20:24 (M 50-54, 2nd)
David Moerlein	23:31 (M 30-34, 3rd)
Laurel Park	20:47 (F 45-49, 2nd)
Scarpace, Diane	26:04 (F 55-59, 3rd)
Lia Stevens	27:07 (F 65-69, 1st)
Alan Tait	24:36 (M 60-64, 1st)

Crim 10 Mile Race Results - August 27, 2011

Jocelyn Anderson	1:14 (F 30-34)
Robin Anderson	2:15 (F 30-34)
Derek Baker	2:05 (M 20-24)
Greg Campbell	2:51 (M 55-59)
Jon Cioffi	1:13 (M 40-44)
Dave Clark	1:33 (M 55-59)
Jonwiane Collins	1:16 (M 50-54)
Eric Cooper	1:31 (M 45-49)
Lauren Dennisuk	1:10 (F 25-29)
Ren Farley	2:24 (M 70-74)
Jackie Farah	1:27 (F 50-54)
Jennifer Fike	1:19 (F 40-44)
Brenda Foster	1:35 (F 55-59)
Vanessa Frankowsk	1:19 (F 25-29)
Rob French	1:18 (M 45-49)
Mitchell Garner	1:19 (M 60-64)
Bill Garrity	1:28 (M 60-64)
Cindy Goodhue	1:38 (F 65-69, 4th)
Doug Goodhue	1:07 (M 65-69, 1st)
Carmen Green-Lee	1:19 (F 45-49)
Jean Hagen	1:38 (F 50-54)
William Hansen	1:44 (M 60-64)
Hayes, Wally	1:09 (M 55-59)
William Huszti	1:11 (M 45-49)
Young Hwangbo	1:13 (M 55-59)
Matthew Leduc	1:14 (M 1-19)
James Lee	1:27 (M 45-49)
Jumanne Lee	1:11 (M 20-24)
Mike Manz	1:08 (M 55-59)
Michael Mester	1:17 (M 55-59)
Michelle Miller	1:38 (F 25-29)
Aaron Pratt	1:09 (M 55-59)
Terry Reilly	1:16 (M 60-64)
Dave Riggs	1:10 (M 40-44)
Deb Smith	1:32 (F 55-59)
Jay Smith	1:06 (M 30-34)
Sutherland, Sue	1:23 (F 55-59, 3rd)
Julie Swanson	1:44 (F 50-54)
Reed Swanson	1:26 (M 50-54)
Jacob Wallace	1:33 (M 30-34)
Nelson Williams	1:16 (M 60-64)
Bradley Wilson	1:44 (M 14-19)
Brian Wilson	1:47 (M 35-39)

Crim 8K Race Results - August 27, 2011

Jo Darlington	42:50 (F 45-49, 4th)
Stewart Wood	41:49 (M 55-59, 4th)

Crim 5K Race Results - August 27, 2011

Kamaria Lee	28:14 (F 16 -19)
Andrew McCallum	36:39 (M 13 & Under)
Grace Swanson	35:24 (F 13 & Under)
Will Swanson	28,08 (M 13 & Under)



AATC at The Crim

Ann Arbor Track Club Mission

To promote fitness, friendship, and fun for all ages through running, walking, and track and field activities.

Benefits

- Improve your performance through club workouts, training events, and races
- Participate in improving the AATC
- Meet new people who share your passion for fitness and fun
- Serve the community through club event participation
- Get *The Streak* - our new bi-monthly club newsletter
- Receive discounts on club events and running/walking stuff at participating local retailers

How to Join

Join or renew online at: <http://www.aatrackclub.org/Join/>

Or print, fill-out, and mail-in the form on the Membership Application brochure. Annual fees: \$25 for adults, \$35 for families, \$15 for students (<23 yrs.old); multi-year discounts are available.

Ann Arbor Track Club Adult Weekly Workouts

Tuesday, 7:00 pm — Track Workout

Location: U of M Track, behind Intramural Bldg. **Distance:** Intervals.

Workouts posted on website. See summer dates for Gallup Park.

Contact: Stani Bohac sbohac@umich.edu

Wednesday, 7:00 am — Wednesday Morning Run

Location: Gallup Park entrance. **Distance:** 3-7 miles on Gallup Paths.

Contact: Bailey Winn baileymariewinn234@gmail.com

Thursday, 6:30pm — Thursday Run

Location: Michell Field, 1900 Fuller Road. **Distance:** 4-8 miles. Trails, hills, or Gallup Park.

Contact: Michael Linkevich michaellinkevich@hotmail.com

Friday, 6:00 am — Early Friday Run

Location: Gallup Park entrance. **Distance:** 3-7 miles on Gallup Paths.

Contact: Bailey Winn baileymariewinn234@gmail.com

Sunday, 8:30 am — Kerry Town Run

Location: Sweetwaters, 407 N. Fifth St. **Distance:** 6-9 miles. Routes vary.

Contact: Michael Linkevich michaellinkevich@hotmail.com

Sunday, 9:00 am — Crazy Runs

Location: Various - see Website for information. **Distance:** 5-8 miles. \$1 fee - refreshments. Third Sunday of month only. **Contact:** Ed Nadler nadler@alum.mit.edu



Scan with your
smartphone for the AATC
workout schedule

Next Issue...

“Green Running Trends”, Equipment - barefoot running, Dec. Mini-meet, “Why We Run”, USATF Officating, Youth Report and more!

Submission Policy: *The Streak* welcomes stories, race results, announcements, letters to the editor, pictures, whimsical musings on the running life from all AATC members. Please submit entries in Word, Excel or text files (no PDF files) to the editor at tcreilly@gmail.com. **Submission deadline for next issue: Dec. 20th.**