



THE STREAK

ANN ARBOR TRACK CLUB NEWSLETTER
“RUNNING, FITNESS, FRIENDSHIP AND FUN”
AUGUST-SEPTEMBER 2018

After spending every minute of every day together for 70 days we got to know each other pretty well! I definitely made a lot of lifelong friends.

“IF YOU WANT TO GO FAST, GO ALONE. IF YOU WANT TO FAR, GO TOGETHER”. AATC CLUB MEMBER MARTHA SIEGMUND **BIKES ACROSS THE COUNTRY.**



Ann Arbor Track Club member Martha Siegmund led a group of 25 young adults on a 70 day, 4,300 mile cross-country bike ride in summer 2017. The ride was a fundraiser for the Ulman Cancer Fund for Young Adults, a non-profit that provides services to young adults with cancer. The riders left from Baltimore, crossing 13 states, 4 national parks, the Appalachian, Rocky, Cascade, and Olympic Mountain Ranges, and the Mississippi, Missouri, and Columbia Rivers. On average, they biked about 70-80 miles per day, but the longest day was 117 miles from Lame Deer, Montana to Billings, Montana! Some highlights included biking the Going-to-the-Sun Road in Glacier National Park, biking into Chicago along Lake Michigan, and biking the Badlands in South Dakota. Some lowlights included chafing, wind, and heat. The unofficial team motto for the trip became "If you want to go fast, go alone. If you want to go far, go together."

Riders were from all over the country, with very different backgrounds and varying degrees of fitness. Many, but not all, had some connection to the cancer community. A few were cancer survivors; some had lost family or friends to cancer. Each rider raised \$4,500 dollars before the ride and all did community service on the rest days during the trip. They slept on floors in church basements, YMCAs, schools, American Legions, and a few private homes. They camped in a few national parks. A support van carried the gear and food.



The Magic of Night Trail Runs

BY Ella August



JOIN US FOR
RUNNING
TRAILS AFTER
DARK! IT IS A
UNIQUE RIDE.

A sea of fireflies twinkle over dark corn fields as our group of 12 runners heads through Barton Hills toward Barton Dam. We hear our breath, the rhythm of our footsteps, and a few green frogs trying to strike up a romance: “thunk... thunk... .. thunk.” This is the June 2018 HOWL! Night Run, on just about the longest day of the year.

The first HOWL! Night Run was nearly ten years ago, organized by former Ann Arborite Tim Looney. As an ultra runner, he knew the quiet glory of running at night: the dramatic change in landscape, the sweeping starry sky and the magical symphony performed by an orchestra of night-time creatures.

Since Tim’s first night run all those years ago, runners have come together in various configurations through different seasons for 4-6-mile night runs. We typically meet at Argo Canoe Livery, head through Argo Nature Trail toward Barton Hills, across the Barton Dam, through Bird Hills and across Kuebler Langford Nature Area. We stick close together, with a leader setting the pace (that would be me) and a volunteer “sweeper” in back to ensure that nobody gets lost. (So far we haven’t lost anyone... except Ed once. But we found him again.) Runners are required to bring headlamps and /or flashlights.

Part of the fun is immersing yourself into nighttime sights and sounds at different times of the year. On a winter night with a full moon, the reflection of the snow makes it incredibly bright. On a cloudy summer night it’s so dark that finding our way would be hopeless without headlamps and flashlights. Regardless, night running is a truly rich experience, and one worth sharing.



ELLA AUGUST

U. OF M.
PROFESSOR. SHE
ORGANIZES THE
NIGHT RUNS AND
THE TRAIL
VOLUNTARY
CLEANUPS.
INTERESTED?
eaugust@umich.edu

GALLUP GALLOP IS AN ENTIRELY NEW AND FIERCE RACE. JOIN US SEPTEMBER 7

TOP FIVE REASONS TO JOIN THE NEW GALLUP GALLOP!!! BY BRETT MC DERMOTT

5. IT'S ON A FRIDAY NIGHT!

Why? We want to give Ann Arbor's amazing running community an excuse to all come together on a Friday night. The relay starts @6:30, followed by the 5K @7:00.

4. IT'S FOR A GREAT CAUSE

Proceeds are going to Food Gatherers, the Desi Linden of non-profit food banks. Food Gatherers works tirelessly for families in need, donating over 6.5 MILLION pounds of food every year, including 2.4 MILLION pounds of fresh produce, figures unrivaled by their peers.

3. FREE PHOTOS & AWESOME SHIRT

Registration includes free photos 24-48 hours after the race, provided by Enmotive's professional photographers. What makes our shirt unique? A super soft tri-blend tee, it has a fashionably vintage look, and is free of any sponsor logos. We guarantee that it will become your favorite t-shirt.

2. RELAY ENTRY INCLUDED WITH 5K REGISTRATION

By popular demand, runners can participate in relay if they are running the 5K, and at no additional charge! The 3-person relay kicks things off @6:30PM. Hustle back to the start line by 7:00PM, and run the 5K. Because the course is a double loop route, every relay participant will finish their leg within a mile of the start line.

1. THIS RACE WILL SELL OUT!



GALLUP GALLOP WEBSITE:

<https://www.gallupgallop5k.org/>

Registration: <https://aatrackclub.enmotive.com/>

Facebook: <https://www.facebook.com/gallupgallop5k>



AATC CONTACT INFORMATION P.O. Box 7551 Ann Arbor, MI 48107

<https://www.aatrackclub.org> STREAK editors: Javier Pescador

(juanjavierpescador@gmail.com) and Dina Shtull (dinashtull@gmail.com)

A2 Run & Tour. September 29th, 9 AM 6K RUN

BURTON MEMORIAL TOWER

SOURCE:<https://upload.wikimedia.org/wikipedia/commons/thumb/d/d0/BurtonTowerUofM.jpg/128px-BurtonTowerUofM.jpg>



Sponsored by the Ann Arbor Track Club, the A2Run&Tour provides a unique opportunity for casual and committed runners to exercise their favorite sport and learn about the historical and cultural significance of the city public spaces. Distances vary (3 to 5 miles) and routes are designed to make stops (3-4) at urban landmarks. In each stop a mini-presentation (3-4 min) is provided to the runners by knowledgeable speakers. Two groups will be composed according to pace. Space is limited. A2Run&Tour runs are free to all Ann Arbor Track Club members. Non-members can participate with a \$5 donation. Snacks and beverages are provided after the race. Our first outing is on 9/29/2018 at 9AM. It is a 6K run starting at the University of Michigan DIAG, heading out to the MICHIGAN STADIUM Gate 9, running around the Big House and making a stop at the LAW SCHOOL NEOGOTHIC building. The Finish Line is at the TOP of the BURTON MEMORIAL TOWER. In each stop runners will join a brief presentation on the landmark provided by experts in the topic. SPACE IS LIMITED TO 20 RUNNERS:Reserve your spot at A2RUN&TOUR@aatrackclub.org

**RUN, LEARN, RUN, CLIMB,
SEE, LEARN...**

