

## President's Column

# WE ARE A COMMUNITY OF RUNNERS

by Mitchell Garner, President

We were born to unite with our fellow men, and to join in community with the human race.

Marcus Tullius Cicero



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In a recent article about travel tips for visitors who come to Ann Arbor, *USA Today* writer Sally Barber commented, "Ann Arbor reflects Michigan's passion for the outdoors and fitness providing more than 2,000 acres of city parkland laced with trails suitable for running."

The runners of Ann Arbor are a special breed. On any given day, even in the coldest months of winter or the hottest months of summer, Ann Arbor's sidewalks, trails, and streets are filled with runners and walkers who exhibit this passion for Michigan's outdoors and fitness. Ann Arbor is blessed to be a safe community that offers runners and walkers magnificent trail systems and parks that connect with numerous off-road and bike paths. Each year, road races that are held in Ann Arbor raise thousands of dollars for local charities.

On July 20, 2015, the Road Runners Club of America (RRCA) notified the Ann *Community of Runners continued on page two*

*Community of Runners continued from page one*

Arbor Track Club (AATC) that the RRCA has designated the City of Ann Arbor as a Runner Friendly Community. This designation is a great honor for the City of Ann Arbor, as only a handful of communities across the United States have been able to satisfy the RRCA's rigorous criteria for Runner Friendly Community designation.

The RRCA's Runner Friendly Community Program was established in 2012 to shine a national spotlight on communities that stand out as runner friendly and to provide incentive and ideas for communities to work towards becoming runner friendly communities. According to the RRCA's website, "Runner friendly communities can increase the quality of life, can improve physical activity for residents as outlined in the National Physical Activity Plan, and can provide for increased economic impact for the community."

To be designated as a Runner Friendly Community, a community must demonstrate that it supports the sport of running in three areas: community infrastructure, community support, and local government support for running. Over many years, the City of Ann Arbor and the AATC have worked together to create an environment that supports all phases of running activity, including the areas identified by the RRCA as conducive to the sport of running. After thoroughly reviewing the City of Ann Arbor's application, the RRCA determined that Ann Arbor satisfied all three of these criteria.

The AATC, which submitted the City of Ann Arbor's Runner Friendly Community application to the RRCA, is very proud to have spearheaded the effort in the attainment of this prestigious distinction for the City of Ann Arbor. AATC Board of Directors members Diane Scarpace and Nancy Yvanuskas are to be commended for their efforts in preparing the application. The application included enthusiastic letters of support from City of Ann Arbor Mayor Christopher Taylor, Dexter-Ann Arbor Run Race Director Doug Goodhue, Ann Arbor Running Co. owner Nicholas Stanko, AATC member John Farah, Burns Park Run Co-Director Jamie Phillips, Running Fit Marketing Manager Trevor Step, and AATC President Mitchell Garner.



Although the City of Ann Arbor's designation as a Runner Friendly Community is a significant achievement, the AATC is actively championing our celebrated city for an even higher distinction, designation as the RRCA's Runner Friendly Community of 2015. Winning this award involves a friendly competition with other communities throughout the United States that the RRCA has designated as Runner Friendly Communities in 2015. To this end, AATC member Bill Barker has generously donated his time and his talent to the production of a 5-minute video that aspires to capture the spirit of Ann Arbor and Ann Arbor's allure and majesty for runners and walkers. The video was submitted to the RRCA in December, and in early 2016 the RRCA will announce its choice for Runner Friendly Community of 2015, with the winning community to be honored at the RRCA's annual convention in Dallas in March 2016. Stay tuned. (Editor's note: see "Breaking News," page seven.)

All of the fanfare surrounding Ann Arbor's designation as a Runner Friendly Community supports the notion that runners and walkers are an integral part of our community. As part of the "human race" they transcend any "road race", and serve as a unifying force in our community." Marcus Tullius Cicero, the renowned Roman philosopher, politician, lawyer, orator, political theorist, consul and constitutionalist, held a strong belief in the value of community. Cicero lived most of his life in Rome, but had he lived in Ann Arbor, he would probably have been a runner, and a friendly one at that. 🏃

# Masters Grand Prix National Champion Series 2015 Calling all 40's & 50's AATC members!

by Wally Hayes



The 60's & 70's Ann Arbor Track Club teams wrapped up the 2015 team & individual season. We traveled and competed at many races around the USA this past year from February through December. The 60's team has twelve runners on their squad, and the 70's team has ten on their squad. We form teams of three to five to compete in USATF scheduled races. We have had great success winning 4 National Championships from 2011-2014. Teams from around the country are getting stronger as new runners age into these upper age groups. With the noticeably improved teams, pursuing the championship will be much more competitive for the AATC teams this year. Teams from around the country have improved their squads with younger (40's & 50's) runners moving into the upper age groups. These teams include: *multiple California teams, the Atlanta Track Club, Genesee Valley Harriers (New York), Shore Athletic Club (New Jersey), and Boulder Road Runners (Colorado).*

AATC has always had a goal to organize younger male & female runners to form 40's & 50's teams, which would improve our team's chances of continued success. As our team runners age up, our current 60's & 70's teams will become less competitive if we fail to recruit in new younger runners. Many of the teams around the country, who have recruited younger fast runners, have had increased success.

I would encourage all AATC members over 40 to consider joining the USATF Track Club members could run for the AATC as individuals or form club teams to compete in the USATF races.

Our 60's team members include: Graham Astley, Mitch Garner, Lloyd Hansen, Wally Hayes, Lee Mamola, Mike Manz, Eduardo Matsuo, Dave Minier, Terry McClusky, Jim O'Brian, Aaron Pratt, and John Tarkowski.

The 70's team members include: Malcolm Cohen, David Cohen, John Farah, Doug Goodhue, Wally Herrala, Phil Kroll, Monte Piliawsky, Dave Scarlin, Harlan VanBlarcuim and Tom Weddle.

Lloyd Hansen & Doug Goodhue have performed very well in 2015 USATF races. Both are highly ranked in the country in their respective age groups. 🌲

# AATC Mini Meets

by Stani Bohac



Many people participate in Track and Field when they are in high school or college, but for most people older than 25, ‘running’ means jogging on a treadmill, through their local neighborhood or park, or competing in road races. Very few people continue competing or running on a track. Throwers, jumpers, and hurdlers are even less likely to continue their sport after graduation.

There simply aren’t many opportunities to participate in Track and Field as an adult. This is a shame because the purity and intensity of Track and Field events are quite unique and bring special challenges and joys.

Fortunately, in Southeast Michigan, the AATC is working to change this by organizing a Summer Mini Meet and a Winter Mini Meet each year. Since 2007, AATC members and the public have been invited to test their fitness and compete in a welcoming, supportive environment, regardless of their fitness level or age, whether it’s for a personal best, to do a distance or event they

haven’t done in a long time, or to try something completely new.

Mini Meets take place on the University of Michigan indoor or outdoor tracks on a Tuesday evenings in June and December, at the same times as the AATC adult workouts normally meet. Meets usually include about 6 events, including sprints, middle distance, and events as long as the 3200m or 5k. They often also include a relay or field event like Shot Put or Long Jump.

Shown below are the top Mini Meet performances during the past 9 years. Some events have been held in nearly every Mini Meet, others have only been contested once or twice. Maybe these performances will inspire you to come and compete at a Mini Meet, but remember that Mini Meets are intended equally for every participant. They are about challenging YOU, whatever your current fitness or goal may be.

The next AATC Mini Meet will be Tuesday June 14th, 2016. More information can be found at:

<http://aatrackclub.org/view-event/aatc-mini-meets>

We hope you’ll join us! 🌲

# Mini Meet Record Board

## Men's Mini Meet Record Board

5000 meter	16:04	Dallas Shields	12/2012
3200 meter	9:28	Alex Russeau	6/2015
3000 meter	9:50	Thomas Noel	6/2012
1 Mile	4:20	Ian Hancke	6/2015
1000 meter	2:54.2	Cook Welch	12/2011
800 meter	2:00.6	Eric Walter	6/2013
400 meter	52.99	Ian Velasquez	12/2013
200 meter	23.20	Caleb Mims	12/2011
100 meter	11.34	Andrew Schofield	6/2015
60 meter	7.00	Caleb Mims	12/2011
Long Jump	19'9"	Matt Mackey	6/2013
Shot Put	609.3 points (44' ¼")	Gevon Foreman	12/2014

## Women's Mini Meet Record Board

5000 meter	23:01	Cassie Williams	12/2012
3200 meter	10:32	Emma Wilson	6/2015
3000 meter	12:42	Rachel Ingel	6/2012
1600 meter	5:20	Ersula Farrow	12/2009
1000 meter	3:18.8	Danielle Dahl	12/2011
800 meter	2:24.5	Alice Hill	12/2015
400 meter	61.60	Lauren Alpert	12/2014
200 meter	26.80	Alexandra Johnson	12/2009
100 meter	14.53	Heather Nappi	6/2012
60 meter	7.82	Britten Bowen	12/2015
Long Jump	15'1"	Ashley Shinske	12/2013
Shot Put	422.2 points (26' 5 ½")	Sydney Toth	12/2015

## Co-Ed Relay Mini Meet Record Board (men and/or women)

4 x 800 meter	9:35	James Edwards, Stani Bohac, Rob Raux, Pete Newton	12/2013
4 x 400 meter	3:40.6	Bennett Pudhomme, Tyler Kristoff, Justin Jaco. Andrew Le	6/2014
4 x 200 meter	1:36.8	Team Keith Marshall (Concordia University)	12/2011
800-400-800-400	6:14	Daryl Smith, Trevor Young, Ian Hancke. Sam Junge	6/2015
600-400-400-200	4:15	Team Britten Bowen	12/2015

# Running Rants: Running on TV and at the Theater

by Mike Manz, Editor

My rant subject for this edition of the Streak is the coverage and portrayal of running on TV and in the movies. We, as runners are naturally drawn to any media offerings on running. Over the years I have had the opportunity to develop well refined opinions on the general media angle on running, and as a seasoned veteran of life, i.e. grumpy old man, I would love to share some of these opinions. However, not wanting to devote the entire issue to this one article, I will limit myself to two more specific topic areas on running in the media - TV coverage of running events, and dramatic portrayals of running stories in the movies, focusing on the recent movie, McFarland, USA.

Olympic television coverage of track and field events are a viewing top priority, but of course we also love to watch coverage of other big track and field events, road runs, and world class marathons. It is always worth the time for the enjoyment of watching top athletes compete, but I must also say, that I am often left frustrated by the coverage. Let's go backwards and start with finish line coverage.

My take on finish line coverage of a televised distance event goes like this. The camera follows the finisher down the home stretch and crossing the finish line. Then we see the finisher walk a few steps behind the finish line. Then a hand held camera moves in to get a close-up of the winner bending over and putting his hands on his knees. We get to watch this for a while. The accompanying coverage dialogue could easily go something like, "Boy, he looks tired. Don't you think he looks tired? He must have run hard in this race to get tired like that. Does he look nauseous? No, I don't think we'll see his breakfast, but he just looks really tired. Do you think he should look nauseous? Maybe he could have run a little harder so he'd look nauseous. I wonder how long he's going to hold on to his knees like that." Meanwhile, we're missing a great finish in the race for second place that we television viewers only become aware of when we see the posted top times on the television screen and see that the runners in 2nd and 3rd were only tenths of a second apart.

Mid-race coverage can understandably be a little tougher. These races often don't really get going until the last mile or the last lap. But maybe commentators could do a little more homework and talk about the runners backgrounds, rather than getting excited about who is in the front of a very large lead pack, or a runner who temporarily opens a 10 yard lead six miles into a marathon. Though commentators often make statements about these runners taking control of the race, they often are not even in the mix by the end.

Moving on to dramatic portrayals of running in movies, I'll comment specifically on the movie, McFarland, USA. Gen-

erally I enjoyed this film. What runner wouldn't enjoy a feel good story about hard luck kids turned competitive runners, turned state champions. But two things in this movie struck me about the media's, in the case the movie industry's, perspective on running.

The first is how (I assume non-runner) directors and others involved in creating the film think running is supposed to look. I think runners are generally aware that good distance runners generally run like they are gliding along effortlessly. When we ourselves run on the clock, we are amazed how top runners can be running so fast, but look like they are just out for an easy cruise.

The movies on the other hand, want to portray fast distance running like people running away from a maniac with a chainsaw, full sprint with arms flailing wildly for the 20-30 yard running clips of the protagonists in the movie. We know that these McFarland actors would be collapsing after 100 yards running at the pace that they are filmed.

The second aspect of the movie that troubled me was the mean-spiritedness of the opposing runners and coaches. I suppose that I could be naive or in denial about "my" sport, but I've been a distance runner since junior high school and I've never witnessed any of that sort of behavior among runners and coaches. Yes, some runners are very competitive, but establishing who is the fastest is virtually always done with the feet rather than the mouth. In high school, I had many running friends from other high schools. Meets and invitationals were often like a reunion - a time to catch up with friends you didn't see very often. What race/ethnicity you were, or what community you came from was never an issue because it always ultimately came down to how fast you got to the finish line. And in my experience nobody looked down at slower runners because everyone was trying, and we knew that running pretty much comes down to improvement and going after personal goals.

Maybe runners in other states are different or maybe I'm naive or maybe I've just had different experiences than others, but I've generally found that runners are good, friendly, open, hard working people. So seeing prejudiced coaches and mean insulting runners didn't ring true for me. I'm hoping that this portrayal of opposing coaches and runners was done in the movie for dramatic effect, akin to many of the football movies I've seen. But ultimately I think running remains misunderstood and misrepresented by the media. Unfortunately, after observing for decades, I don't have high hopes for improvement in the future. But I'm still going to see how they do with Jesse Owens in Race - hope springs eternal. 🏠

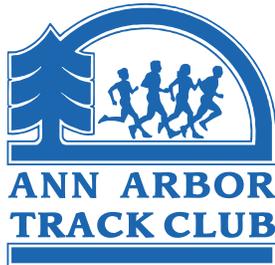
[www.aatrackclub.org](http://www.aatrackclub.org)

**2016**

**Be sure to attend the Ann Arbor Track Club's fine fitness events!**

- February 6: UofM MRun Mile
- April 1: Twinkie Run
- May 1: Burns Park Run
- June 5: Dexter-Ann Arbor Run
- June 12: Dansville 5K
- June 14: AATC Summer Mini Meet
- July 9: Gallup Gallop
- July 31: Electric Bolt 8K
- Sept. 5: Run for CHUM
- Sept. 17: Kensington Challenge
- Dec. 13: AATC Winter Mini Meet
- TBA: Cross Country Classic

At the AATC we promote fitness, friendship and fun for all ages through running, walking and track & field activities.



### BREAKING NEWS - WE WIN!!!!!!

Ann Arbor is awarded the Outstanding Runner Friendly Community of 2015 at the Road Runners Club of America convention in Dallas, Texas. And we have pictures to prove it!! Thanks to Diane Scarpace leading the application effort, with assists from Nancy Yvanauskas and Bill Barker (video producer).



### MORE BIG NEWS FROM RRCA - MITCH GARNER ELECTED RRCA PRESIDENT



Mitch Garner was elected and officially accepted the presidency of the Road Runners Club of America at the convention in Dallas. With the presidencies of AATC and RRCA, Mitch has officially passed Barack Obama for the number of presidencies. Congratulations Mitch!!! He was assisted in accepting his post by good friend, Frank Shorter.

### USATF NEWS - DOUG GOODHUE A HALL OF FAMER

Doug Goodhue was inducted into the USATF Long Distance Running Masters Hall of Fame class of 2015 at the USATF awards breakfast in Houston Texas in December. Doug far exceeded the eligibility requirements, having nine number one age division rankings after age 60, including twenty seven national championships, five American age group records, and one world age group record. And most importantly for the Ann Arbor Track Club, he looks mighty good with a plaque.



## Ann Arbor Track Club Information

**Officers:** President – Mitchell Garner, Vice President – Reed Swanson, Treasurer – James Edwards, Secretary – Ellen Nitz

**Board of Directors:** Wally Hayes, Brian Harreld, Mike Manz, Jonathan Miller, Robert Newman, Craig Ringbloom, Diane Scarpace, Nancy Yvanauskas

**Newsletter Team:** Design and Layout – Jocelyn Anderson, Managing Editor – Mike Manz, Associate Editor/Photographer – Stewart Wood, Writers for this issue: see bylines.

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# Ann Arbor Track Club Mission

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

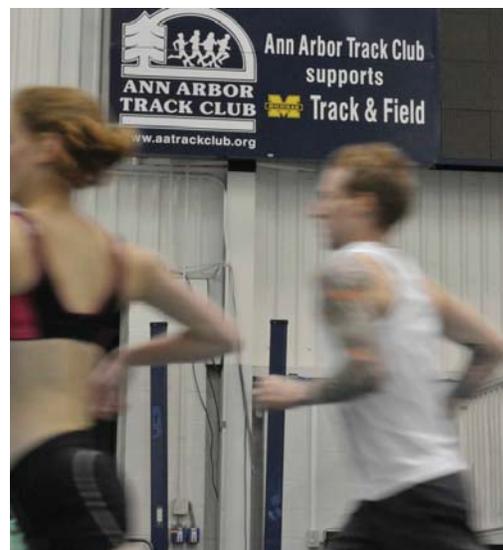
## Benefits

- 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-now>

Or print, fill-out, and mail-in the form on the Membership Application brochure. Annual fees: \$30 for adults, \$40 for families, \$20 for students (<23 yrs.old); multi-year discounts are available.



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## Ann Arbor Track Club Adult Weekly Workouts

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### 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](mailto:sbohac@umich.edu)

### Thursday, 6:30 pm — Thursday Run

**Location:** Michell Field, 1900 Fuller Road. **Distance:** 6-8 miles. Trails, hills, or Gallup Park.

**Contact:** Corin [clbowen@umich.edu](mailto:clbowen@umich.edu)

### Saturday, 8:00 am — PR Fitness Run

**Location:** 255 E. Liberty Street

**Contact:** Rob Morgan [rob@PRFitnessA2.com](mailto:rob@PRFitnessA2.com)

### Sunday, 8:30 am — Kerry Town Run

**Location:** Sweetwaters, 407 N. Fifth St. **Distance:** 6-10 miles. Routes vary.

**Contact:** Renee [nilanr@aol.com](mailto:nilanr@aol.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.

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**Submission Policy:** *The Streak* welcomes stories, race results, announcements, letters to the editor, pictures and whimsical musings on the running life from all AATC members. Please submit entries in Word, PDF or text files to the editor at [mmanz.aatc@gmail.com](mailto:mmanz.aatc@gmail.com).