

FREE

THE STREAK





Ann Arbor Track Club Newsletter

Dec/Jan 2013

President's Column - Embracing Your Present Blessings by Mitchell Garner, President

Reflect upon your present tolessings of which every man has many - not on your past misfortunes, of which all men have some. Charles Dickens, English author

If you have a runner's mindset like mine, you sometimes find yourself falling into the trap of comparing your finish times from your races in prior years to your current finish times. For most of us in our advanced years, you see a disappointing progression (regression?), and you are saddened by what you perceive as a downward trend toward even slower finish times down the road. To alleviate this doom-and-gloom state of mind, you reflect upon the halcyon days of your youth when you were able to run like an antelope and were regularly finishing races in fast times and setting personal records every week. It all seemed so effortless at the time, and you never pondered the thought of slowing down someday.

Of course, as we age our race finish times tend to get slower, and recognizing this deterioration in our performances, we start fretting about the onset of old age. I tell my friends that now I am training twice as hard to run half as fast as I used to.

In truth, there is no fooling Mother Nature. The passage of years does indeed affect athletic performance. In 2009, the American College of Sports Medicine published a depressing litany of time's toll on runners: declining VO2 max, reduced strength, increased body fat, reduced lactic acid clearance, declining bone density and more. Beyond this litany of declining performance-related factors are physical ailments such as heart disease, diabetes, arthritis and declining mental acuity. Combine these ugly factors and, according to data compiled by World Master Athletics, runners slow about 7% per decade in their 40s, 50s, and 60s (and more quickly after that).

How do we combat the negative mindset that can accompany this physical decline? For me, the best way is to keep thinking positively.

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Tell yourself that the glass is still half full, and not that it is half empty and leaking fast. Maybe you cannot stop the gradual deterioration of your athletic performance, but you can slow the rate at which this deterioration occurs. What I find is that as you get older, you have to adjust your training to your body's limitations. You have to train smarter, not necessarily harder. What this means is that as you age, you may have to experiment with changing your workout pattern. There is the story of Carlos Lopez, the Portuguese distance runner who won the men's marathon at age 37 at the 1984 Los Angeles Summer Olympics in an Olympic record time of 2:09.21. Lopez later went on to win the Rotterdam Marathon at age 38, setting a new world record of 2:07:12. After the Rotterdam Marathon, the great American runner and coach Alberto Salazar asked Lopez what he had done differently to set a world record at age 38. Lopez told Salazar that his main adjustment had been to reduce the frequency of his hard workouts. These workouts, Lopez said, still needed to be as intense as ever. However, adjusting to his body's capacity to do these workouts, Lopez simply allowed more recovery time between them.

Embracing continued on page two



Photo credit: Stewart Wood

Since 2007, the Ann Arbor Track Club has been organizing Mini Meets twice a year, one in June on the University of Michigan Outdoor Track, and one in December on the University of Michigan Indoor Track. The meets give AATC adult members and the public (high school age and up) a chance to test their fitness in a casual, welcoming, supportive atmosphere. Some participants run the meet as a training workout, others run for a personal best or to win an event(s). Who wouldn't want to see what they can run a mile in, or the 60m dash, or some other favorite or fabled distance?

The AATC 2013 Summer Mini Meet on June 11th attracted 46 participants, who entered one or more of the 6 track and field events: Long Jump, 1 Mile, 400m, 800m, 100m, 3200m. This was the first Mini Meet to include a field event – the Long Jump! Volunteers did a fabulous job, helping the meet to run smoothly and creating a genuine and

enjoyable atmosphere for competitors, spectators and volunteers alike. We also witnessed some of the fastest times ever seen in a Mini Meet, and some very long jumps. For results, photos and more information, see http://www.aatrackclub.org/aatcmini-meets/

The next AATC Mini Meet will be held on the University of Michigan Indoor Track on Tuesday December 10th. It will feature the Long Jump, 1 Mile, 60m, 400m, co-ed 3200m relay, and 200m, and is open to high school age participants and up. Enter any or all 6 events! Ribbons will be presented to the top 3 male and female finishers in each event and top 3 relay teams. Registration opens at 6:30 pm, with the first event at 7:30 pm. Registration is at the door only, \$10 for nonmembers, \$7 for AATC members and \$5 for AATC members with a season pass. We hope you'll join us!

Embracing continued from page one

In the same way, masters runners need to do every type of workout that younger runners do, but they may need to tweak their training schedules to accommodate their body's reduced capacity to train at the same level. We are so engrained with the routine of speed workouts on Tuesday and Thursday and long runs on weekends. Masters runners need the courage to chuck their old routines and start experimenting with new training regimens that are aimed at what works for them. The adjustments in training will be different for every runner.

Czech philanthropist Pietra Nencova once observed, "Learn from the past, look to the future, but live in the present." That is good advice. Some years ago, I had microfracture surgery performed on my right knee. The problem was that after many years and thousands of miles of running, my meniscus had worn through completely to the bone. For the uninitiated, microfracture surgery is an articular cartilage surgical repair technique that works by creating tiny fractures in the underlying bone. Through the use of an awl, the surgeon creates tiny fractures in the subchondral bone plate. This procedure causes new cartilage to develop from a so-called super-clot.

I was not sure whether the microfracture procedure would be successful in my case. Indeed, for three months after the surgery, I was confined to walking on crutches to allow my right knee to heal. By the end of the three months, I was so frustrated that one day, I threw the

crutches across my kitchen to vent my wrath at the running gods. How could this happen to me? In a fit of despair, I began to grapple with the grim prospect that I would never run again. Still, I persisted. Once I dispensed with the crutches, I began walking with pain. Slowly but surely, however, the pain began to dissipate, and a few months later my orthopedist gave me the green light to start running again. At the beginning, I experienced sharp pain every time I put weight on my right knee, but eventually, after several years and numerous ups and downs, I returned to painfree—well, almost pain-free—running. Sure, I am a lot slower today than I was before the surgery, but having gone through this protracted recovery process and fought the demons of despair, I now appreciate more than ever the joy of running. I can run, and I feel blessed for that. My past misfortunes pale in comparison to the present blessings that I feel in just being able to run. Maybe Charles Dickens was a runner.

Coach's Corner: "Winter Running" by Stani Bohac

Winter running, which is just around the corner now, can be an absolute delight. It may not be obvious to the uninitiated, but winter is in many ways the best time of year to run, and is my favorite season for trail running. Bugs and humidity are gone, trails aren't overgrown, views through the leaf-less forest are beautiful, and changing trail conditions make every run challenging and unique. And if you get out early enough after a fresh snowfall, putting down first footsteps on a forest trail is nothing short of magical.

To achieve that winter trail runner's high, however, requires some planning, knowing yourself and your environment, and developing a different kind of running fitness. Winter trails engage the body's stability muscles more than smoother running surfaces do. Winter conditions include icy surfaces, uneven



Photo credit: Stani Bohac

packed snow, hidden obstacles, wetness, or deep snow. Always take it one step at a time and play it safe.

One of the biggest things keeping many runners at home or on their treadmills is not knowing what to wear for a successful winter run. Overdressing will spoil your run by making you feel uncomfortable, restricting movement, causing you to overheat, and wet clothes from overdressing can later make you become seriously chilled. The cold from under-dressing will distract you from enjoying your run and can be dangerous on longer runs.

For me, the key to properly dressed winter runs is a little table that I developed over a couple of winter running seasons. Each time I ran in a different temperature I noted what I wore and how I felt immediately after returning home. Now, when I head out for a winter run, I just look at my chart. I might second guess my choice for the first few minutes, but once I find my rhythm I am almost never too hot or cold. "Trust in the chart!" I tell myself. My chart is resolved into 5 degree increments and works like a charm if I run reasonably hard. If my pace is casual, or if the wind is strong, I dress for 5 degree colder weather. If it is very sunny and calm, or I am running particularly hard, I dress for 5 degree warmer weather.

I don't suggest that anyone simply adopt my table, but rather generate one that works for you. Everyone is different. Once you have a table that works for you, head out into the cold with confidence and enjoy!!!

Temperature (°F)	What to Wear for Spirited Winter Trail Run
50+	Shorts, short sleeve shirt
45	Shorts, long sleeve shirt, thin gloves
40	Short tights and shorts, long sleeve shirt, thin gloves
35	Long tights and shorts, long sleeve shirt, thin gloves
30	Long tights and shorts, long sleeve shirt, thin gloves
25	Long tights and shorts, long sleeve shirt and short sleeve shirt, fleece head-band, medium warm gloves
20	Wind-block tights and shorts, two long sleeve shirts, fleece headband, medium warm gloves
15	Wind-block tights and shorts, two long sleeve shirts and sleeveless wind jacket, fleece headband, warm gloves
10	Wind-block tights and shorts, two long sleeve shirts and sleeveless wind jacket, balaclava, warm gloves
5	Wind-block tights and shorts, two long sleeve shirts, one short sleeve shirt and sleeveless wind jacket, balaclava, warm gloves
0	Wind-block tights and shorts, three long sleeve shirts and sleeveless wind jacket, balaclava and neoprene protection for chin, warm gloves

The Dangers of Running by Mike Manz

Past articles in *The Streak* got me thinking about the dangers of running. There was the article about Wally Hayes and his recovery after having his leg pinned by a car at his auto shop. Then there was the very notable Streak articles about Gary Morgan doing a ski jump down Mount Hood without skis and with the side of a mountain for his landing area. And another about Wally Herrala and his deer encounter while riding his bike. We're not sure who initiated the contact - did the Wally run into the deer or did the deer blind-side Wally? But one thing that struck me was what all of these incidents had in common (only two of the three involved a Wally so that's not it) - even though they all involved runners, none of them really were a direct result of running.

So I tried to think of dangerous incidents over my running past. Besides the rare fatigue injury or marathon meltdown, and maybe the occasional close call with a car where as we know, drivers seem to only look at other cars or their cell phones, I couldn't come up with much. I do a lot of trail running and have shared in that common experience of going airborne after tripping over a tree root while running down a hill, or the leg shredding that occurs for example at the Dances with Dirt race down in Gnawbone, Indiana, where Randy Step likes to make runners bushwhack through thorn patches. The resulting trail injuries are pretty quick heals though. I won't get into the topic of the lack of concern many people seem to have when their dogs go after runners - I was bit about a year ago in the UM Arboretum - but dogs are a whole different story (for a future edition of the Streak).

Two particularly noteworthy events did come to mind though. The first only related to potential injury. I was running the Detroit Free Press Marathon about a dozen years ago or so. The course included a loop around and partly through the middle of Belle Isle. I was running the stretch through the middle of the island and was in a gap between runners, the closest probably being thirty or forty yards away. But I heard a couple of the runners suddenly start talking back and forth loudly. At the same time I sensed some movement in the woods off the side of the road. I looked over and saw a pack of deer galloping through the woods next to me. They seemed to be agitated, and based on their movements it occurred to me - THEY WANT TO CROSS THE ROAD! Just as this thought hit me, they broke onto the road coming right at me. This pack of about twenty deer passed me on either side at full sprint, and in case anyone might not be aware, deer can run fast. Some whizzed past so close to me, I could have reached out and touched them. They splashed into a swampy area on the other side of the road, and I kept running my marathon, though in a different state of mind than I had been a minute before - see the word "dumbfounded" in your favorite dictionary. Interestingly though, after I had run another 50 yards or so, I detected more movement on the side of the road where the deer had come from. I looked over and saw that not all the deer had come across with the first pack. There were another ten or so still lurching along through the woods next to me, and yes, I concluded that they also wanted to cross the road. And again, I suddenly had another, though slightly smaller pack of deer sprinting straight at me, running on both sides of me, and then splashing into the swamp on the other side of the road. I kept running feeling, if possible, dumbfoundeder (I looked it up - it's a word), but I've certainly considered since then how easy it would have been for one of those deer to not



see me or get a little offline, and what would have happened to me. Maybe I'll ask Wally Herrala. At any rate, no physical injury occurred, though I'm not sure about PTSD - I've been a little odd since then - ask my friends.

Another more recent incident did result in injury, though it might be debatable whether it could actually be called a running injury. I had completed the AATC Tuesday night speed workout over at the UM track. I was cooling down and just walking around the track out in the 5th or 6th lane. The next thing I know, I'm flying face first toward the track. I think it might have been one of those life flashing before your eyes type moments, but I recall thinking as I was flying toward the track and knew that it was a result of some sort of impact from behind, that if one of my running buddies had come up and given me a slap on the back, it was entirely inappropriately TOO HARD. The next thing I know I'm lying on the track with the wind knocked out of me thinking, "What the **** just happened?" It turns out that a UM math grad student had come to the track to do a workout on his own, and thought that with all of the other people on the track, running backwards was a good idea. So without eyes in the back of his head (unlike other math grad students), he had not seen me and smashed into me from behind. The resulting cracked rib took about six weeks to heal up.

What is my conclusion from all of this? Of all these incidents of Gary, the Wallys, and me, none involved any kind of serious injury when any of us were actually running. So if you don't want to get hurt, keep on running. Chances are much better that you will get hurt when you're doing something else. And whatever you're doing, keep a close eye out for deer stampedes.



n August 4th, local track fans were treated to a great event on the Saline High School Track. The Running Institute Mile was staged in part to attempt to break the Michigan state mile record. Eleven racers from around the country lined up at the starting line, including Saline High School runner, John Dolson, who played the part of rabbit early in the race and didn't finish. The local favorite was Olympic 1,500 meter silver medalist for New Zealand and former UM runner Nick Willis. Willis won the event in 3:56.57, narrowly missing the Michigan mile record held by Kevin Sullivan (3:55.87), another former UM runner. He was not far ahead of the pack as, impressively, six other runners crossed the line in sub-4 minute times. Willis then led a pack of fans around the track in a victory lap and signed autographs afterward.

Word had been spread through the community prior to the race to encourage track fans to come out, but the turnout seemed to surprise all involved as an estimated crowd of 3,000 packed the stands, the grass embankment next to the stands, and sur- Thanks to the Ann Arbor News and reader comments for some left the track that night thrilled by the experience. I know I was. results.



Photo credits: Stewart Wood

Saline Mile Results:

- 1. Nick Willis 3:56.57
- 2. Dan Clark 3:57.40
- 3. Miles Batty 3:58.06
- 4. Macklin Chaffee 3:58.97
- 5. Tony Jordanek 3:58.99
- 6. Dan Lowry 3:59.30
- 7. Liam Boylan-Pett 3:59.50
- 8. Josh McAlary 4:00.49
- 9. Kenyon Neuman 4:05.73
- 10. Ian Boyle 4:05.88
- 11. Tony Filipek 4:16.15
- DNF Luke Pawlaczyk
- DNF John Dolsen

rounded the track as well. Safe to say, runners and fans alike of the information in this article and RunMichigan.com for the

2014 AATC Race Calendar Be sure to attend the Ann Arbor Track Club's fine events!

AATC Open Mile - Feb. 22 Milan Jail Break - March 1 Twinkie Run - April 1 Burns Park Run - May 4

Dexter Ann-Arbor Run - June 1 **Gallup Gallop** - July 13 Dansville 5K - June 8 **AATC Summer**

Mini Meet - June 10

Electric Bolt 8K - July 27 Run for CHUM - Sept. 1 Kensington Challenge - Sept. 13 For Women Only - TBA

Cross Country Classic - Oct. 25 **AATC Winter** Mini Meet - Dec. 9

Ann Arbor Track Club Information

Officers: President - Mitchell Garner, Treasurer - James Edwards, Secretary - Ellen Nitz

Board of Directors: Wally Hayes, Brian Harreld, Mike Manz, Jonathan Miller, Reed Swanson, Nancy Yvanauskas

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www.aatrackclub.org

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We are winding down the 2013 season with one race remaining. We look forward to our last master's running event in Bend, Oregon on December 14th. This is the most exciting race in the series because of the large number of teams from across the country that will be competing. The USATF organization expects 100 teams and 1200 master competitors at this event. The winning age group teams win \$1500.00 for their clubs.

Doug Goodhue, also known as the *Silver Bullet*, was the mastermind behind forming the USATF master teams for the AATC. He has done a great job recruiting for the teams. Doug, now recovered from a nagging foot injury, is almost back in top form looking to break some national age group records and who knows, maybe some world records!

This year, AATC has teams competing in two age group categories, the 60's and 70's. This is the third year for AATC to compete nationally in the Master's USATF Grand Prix Championship series. The series includes eight or nine races each year scattered around the country. We enjoy seeing new places as it rotates to different cities every couple of years. We are hopeful to form additional teams, male and female teams in the 40's and 50's, and female teams in the 60's and 70's. If we have enough interested runners to join this adventure, two teams could compete in the same age group. Requirements include membership in AATC and USATF, and of course,

some running ability.

The 60's team has had great success by winning the Grand Prix National Championship Series in 2011 and 2012. During the current season, we have had some stiff competition from other teams around the country. After a victory in Tulsa for the 60's & 70's teams, the Atlanta Track Club and the AATC are running "head to head" to claim the 60's team championship with just one race remaining. We are committed to giving our best efforts. The 60's team members are: Paul Deladurantaye, Mitch Garner, Lloyd Hanson, Wally Hayes, Wally Herrala, Doug Kurtis, Lee Mamola, Terry McCluskey, Dave Minier, James O'Brien, John Tarkowski and soon to be added, Mike Manz and Aaron Pratt.

Both the 60's and 70's teams have attended USATF races in Boston, Ann Arbor, Buffalo, Syracuse, Lexington, Pittsburgh, San Diego, St. Louis, Williamsburg and Tulsa. Members of the 70's team include: Malcolm Cohen (team captain), John Farah, Doug Goodhue, Phillip Kroll, David Scarlin, Harlan Van Blaricum and Thom Weddle. Thom recently competed in the "Fifth Avenue Mile" in New York City and placed First overall in the 70's age group with a time of 6:31! The team has a good chance at winning first place in the Grand Prix series for 2013. Malcolm, our designated travel agent, finds good deals on flights (when needed), hotels and restaurants.

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John Rogucki Memorial Kensington Challenge Celebrates 30 Years Strong by Tracey Cohen

degrees, brilliant blue skies, bright sunshine, wind...not

USATF certified courses, Road Runners Club of America State Championship.

"The coolest and prettiest place to run in southeast Michigan," Gary Morgan, Ann Arbor Track Club Board Member/Michigan Runner Correspondent.

The memory of a dear friend.

Stars aligned for the Ann Arbor Track Club's 30th John Rogucki Memorial Kensington Challenge 15K, 5K as more than 500 runners took on Kensington Metro Park's 'beautiful rolling paved bike-hike trails', preserving the memory of John Rogucki, "a diehard runner" (Morgan) and "kind, humorous man, always the life of the party" (5K senior grand masters winner, Maggy Zidar, 26:53).



Photo credit: Tracey Cohen

"It's my favorite part of being race director," allows Doug Goodhue and continues, "It's important to me to protect the integrity and memorial part of this race."

And no one does it better than Goodhue.

"Doug's organization couldn't be better," praised 5K grand masters winner and Kensington Challenge founding member, Wally Hayes, a sentiment authenticated by the sheer volume of returning runners including repeat overall 15K and 5K champions, Alex Townsend, 50:58 and Matt Newman, 16:29.

"Kensington is like home, always a fun time with good competition," Townsend extolled after narrowly beating former Wayne

Masters continued from page six

Team camaraderie and friendships that have developed at the events, and give incentive for teammates to be accountable and perform their best. In addition, friendships develop with competitors representing other running clubs from across the nation.

Masters Grand Prix National Championship prize money is \$1000 for the first place team, \$500 for second place, and \$250 for third place for each age group. Points are scored at each race during the season based on your teams finishing place. The points are then totaled at the end of the season to determine the National Championship in each age division. Along with the winning cash prize, a large banner is awarded to the top Team in each of the 10 year age groups. Prize money awarded for AATC teams is placed in the general fund of the AATC to support running and local charities.

For interested runners, male or female over 40, you're welcome to join in! 🛊

State teammate and roommate, Kevin De Bear, 51:03.

On the women's side of things, newly turned 50 year old, Krys Brish, dominated the women's 15K, 1:06:43 with a minute and change to spare ahead of Jennifer Harden, 1:08:00 and Stefanie Perri, 1:08:23.

Jesse Jarrad, 22:00 battled it out in the 5K narrowly escaping fast on her heels, Rachel Jones, 22:20 and Emily Jones, 22:31.

"This race is a longtime favorite," Brish endorsed. "Kudos to Doug and his crew for putting on a great race in a great venue."

A truth not lost on returnee and first-time participants alike.

Jennie McCafferty, associate publisher of Michigan Runner publications says, "This course is special because of its rolling hills, beautiful lake and great fall scenery. It brings out a lot of local, fast runners trying to beat up on each other allowing for great competition!"

Morgan further notes, "I've seen a lot of races come and go here at Kensington, but this race is special; it keeps coming back, 30 consecutive years. Doug gives his heart and soul, and a lot of dedicated AATC members love the park and love supporting the Kensington Challenge."

And not to be lost Newman reminds, "This race endorses good charities, and everyone is super friendly."

To learn more about this year's race benefactors, Wounded Warrior Project, Stiggy's Dogs, Youth Running Projects and for complete results and information on the 31st John Rogucki Memorial Kensington Challenge, please visit - http://www.woundedwarriorproject.org/, http://stiggysdogs.org, http://aatrackclub.org/

Ann Arbor Track Club Mission

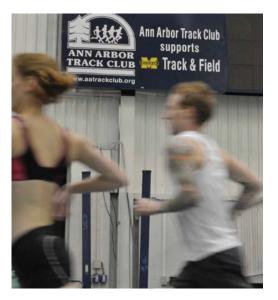
To promote fitness, friendship, and fun for all ages through running, walking, and track and field activities.

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

Thursday, 6:30pm — Thursday Run

Location: Michell Field, 1900 Fuller Road. Distance: 4-8 miles. Trails,

hills, or Gallup Park.

Contact: KT kteamail@gmail.com

Sunday, 8:30 am — Kerry Town Run

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

Contact: KT kteamail@gmail.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

Where's Gary?

(The shirt might be a hint.)
Answer in the next *The Streak*!

Next Issue...

Indoor mini-meet results, Youth Program report, USATF Masters Grand Prix Championship, the AATC annual dinner and more!

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@umich.edu. Submission deadline for next issue: February 20th.

