

Summer Mini Meet Fuels Fires by Tracey Cohen

Competition was fierce - while cordial.

Adversaries tough - yet modest.

Officials smooth, savvy - and sociable.

“The meet was very well organized, and the competitors were so friendly,” chronicled race participant, Stewart Wood, regarding the Ann Arbor Track Club Summer Mini Meet, Tuesday, June 14, 2011, held on the University of Michigan Outdoor Track, Ann Arbor - a historical landmark, like no other.

Race organizer, Stani Bohac, kick started the evening with a warm welcome to the crowd and praise to the heavens above, for ideal running conditions - sunny, calm, 70 degrees.

Bohac added that Jesse Owens, the first American track & field athlete to win four gold medals in a single Olympiad, also broke four world records in 1935, on the very track athletes stood, in anticipation of their impending competitions.

“We might not break any records tonight,” Bohac continued, “but I do hope you’ll be inspired and have a good time.”



Aaron Yoon and Doug Darden in 200m photo finish

Mission accomplished.

Alex Donaghy and Zach Raymer, recent graduates of Central Michigan University, completed all six events, despite earlier claims to forgo the

Continued on page two

In This Issue

Summer Mini Meet Fuels Fires.....	1
President’s Column.....	1
A Loss Like No Other.....	2
All About Socks!.....	4
2011 Huron River Cleanup.....	4
Youth Division Update	5
AATC Race Results.....	5
Readers’ Column.....	6
Michigan’s Rail Trails.....	7
Coach’s Corner.....	9
Editors’ Column.....	10
“Run Across America for Alzheimer’s” Goes Through Ann Arbor.....	11
Adult Weekly Workout Schedule.....	12

President’s Column: Striving for the Impossible – Olympic Gold Medalist Billy Mills

by Mitchell Garner, President

“Bid me run, and I will strive with things impossible.”

- William Shakespeare, *Julius Caesar*

Billy Mills is one of America’s running icons and my running hero. This past May, at the Road Runners Club of America Convention in Fredericksburg, Virginia, I was privileged to meet him in person and learn firsthand about his life journey as a Native American and a runner. Mills’ victory in the men’s 10,000 meters finals at the 1964 Summer Olympics in Tokyo is widely regarded as one of the greatest moments in the storied history of the Olympics. How he arrived at that moment in Olympic history is an even greater story. The story of his life teaches us that we can achieve what seems impossible if we believe in ourselves and dedicate ourselves to our goal.

The proverbial silver spoon was a no-show at the start of Billy’s life. He was born to Lakota Indian parents in Pine Ridge, South Dakota on June 30, 1938, and was raised on the impoverished Pine Ridge Indian Reservation. He was raised by his grandmother after being orphaned at age 12. While attending high school at the Haskell Indian Nations University

Continued on page three

Mini Meet continued from page one

800m. "It's the worst, hardest event!" Donaghy insisted.

Raymer, who had 'never run a track meet in his life,' was taking his friend's word for it.

After posting impressive times in the mile and 400m competitions, with 10 other worthy adversaries, including CMU Run Club buddy, Tarkington Newman, getting ready to 'make it happen' in the 800m, Alex and Zach could hardly resist but join in on the fun.

"I thought the meet went very well," Bohac asserted. "We had plenty of volunteers, and the events all ran smoothly."

"The organizing and recording staff did a wonderful job," Wood agreed.

Doug Darden, champion of the 200m, 25.47, a 'hair'

faster than second place finisher, Aaron Yoon, 25.48, enthused that 'the meet is a great idea,' and already looks forward to the next one, scheduled for December 13th at the University of Michigan's indoor track.

Lauren Dennisuk, overall winner in the women's mile, 6:24, 3200m, 13:03, and student at the University of Michigan Medical School, had 'been wanting to get involved with the AATC and hadn't run a track meet in a while.'

Best to watch out for Dennisuk come December.

"To test yourself at track distances," indoors, and enjoy the friendship and camaraderie of like minded athletes, during Michigan's cold winter months, check out the AATC Winter Mini Meet and Tuesday night Indoor Season workouts at <http://www.aatrackclub.org/>. Summer Mini Meet results and information on Outdoor Season workouts can also be found at <http://www.aatrackclub.org/>. 🏃

A Loss Like No Other by Tracey Cohen

The 'running' community has suffered a great loss.

Dolores P. Hensley, my friend and hero, died, Tuesday June 14th, 80 years young, despite valiant efforts to return to health, after suffering a stroke, nearly three years ago. Dolores was not an elite runner, nor a runner at all.

Devoted wife, grandmother, friend, super volunteer, angel in disguise - words cannot do her justice, though I will try.

Dolores accompanied her husband, Harrison, to nearly every race, first to arrive, last to leave. Registration, grunt work, finish line - whatever was needed, Dolores 'took care of business.'

Most famous she was for her smiling face, kind words, endless hugs and kisses - at the finish line no less, winter, spring, summer and fall.

Forget the finisher medals. Dolores offered more. Unlimited praise and affection for every runner, walker and wheeler to cross the finish line - sweat, body odor, weather conditions be darned.

Who does that?

Hensley baked too. For everyone. Birthdays, sure, but more just because. Harrison brought the race fliers, Dolores came with brownies, virtually right out of the oven.

Why? That is who she was.

Heart of gold, boundless energy, unlimited kindness.

Dolores was a true original.

It is the Dolores's of the world who bring greatness to our sport. 🏃



Photo credit: Carter Sherline

Corrections

Editor's note: I guess we have arrived, we now have a "corrections column". In the July-August edition, if you thought Tracey Cohen's article on the DX-AA race ended abruptly, you were right. We inadvertently left out the 2nd half of the article! Please see the club's website for the "rest of the story". The great article about running the San Francisco marathon was written by Roland "Rol" Kibler (not Ron!). And a belated credit for the DX-AA photos to Greg Sadler. Our sincere apologies to all.

2011 DX-AA & AATC Tech Shirts Available

DX-AA sizes: Men's - all except small; Women's - small & large only.

AATC sizes: Men's - all except medium; singlets available in all sizes. Women's - only singlets in medium & large

If interested contact Terry Reilly at tcreilly@gmail.com

President's Column continued from page one

Institute in Lawrence, Kansas, he took up running and drew the attention of college track and cross country coaches, receiving an athletic scholarship to attend the University of Kansas.

At Kansas he flourished as a distance runner, becoming a three-time NCAA All-American in cross country. Despite his prowess as a distance runner, Billy's Native American heritage made him the frequent victim of ethnic discrimination and social exclusion. He was an outcast on campus. Despondent, he came to the precipice of suicide in his senior year, and only the echo of his deceased father's advice, "Look beyond the hurt, the hate, the self-pity to see the good in others," dissuaded him from leaping off a chair and through a high window to his death.

Following that dark moment and his graduation from Kansas, Mills entered the United States Marine Corps and continued his training with passionate abandon, qualifying for the 1964 United States Olympic track and field team in both the 10,000 meters and the marathon. Billy never doubted himself. He truly believed that he could win the 10,000 meters, his strongest event, at the Olympics. In August 1964, six weeks before the Tokyo Olympics, he wrote in his training book, "In great shape. Must believe! Believe I can run with the best in the world now, and I can beat them in Tokyo!" To beat them, Mills knew he had to do something that the experts thought was virtually impossible: cut almost a minute off his best 10,000 meters time.

Billy reduced this daunting task to a simple formula: maintain constant focus during the race and in doing so, cut his time for each of the 25 laps by two seconds. On October 14th, the day of the men's 10,000 meters final in Tokyo, he sat next to a Polish athlete on the bus to the Olympic stadium. She did not know him and casually asked, "Who do you think is going win the 10,000 meters race today, Clarke [of Australia] or Gammoudi [of Tunisia]?" Without hesitation, Billy replied, "I'm going to win."

Coming into the Olympics, Mills was a virtual unknown. His time in the preliminaries was a full minute slower than Clarke's. The final saw Mills, Clarke, and Gammoudi exchanging the lead over the first 24 laps. On the final lap, Clarke elbowed Mills so hard that Mills was pushed from the first lane into the edge of the third lane, a good four feet. He staggered, barely maintaining his balance. Most runners would have mentally checked out after being so violently elbowed, but Billy kept his focus, just as he had done in his training, saying to himself, "I can win. I can win." With 30 yards to go, Billy was still five yards behind Clarke and Gammoudi, both world class runners with far greater experience at the international level, but in his subconscious mind he was visualizing the finish and saying to himself, "I won. I won."

Then something impossible happened. As Billy streaked toward



the finish line, he saw what he thought was an eagle on the singlet of a slower West German runner who was still on lap 24. The eagle reminded Billy of the advice his father, with his dying breath, had given to Billy, urging Billy to believe in himself and "fly on the wings of an eagle." The West German runner moved gently to the outside and opened an inside passing lane for Billy. In that fleeting moment, Billy, uplifted by his father's words, transcended all the pain and sacrifice and suffering in his life to surge past Clarke and Gammoudi in the final stretch and break the tape as the new Olympic champion. As he crossed the finish line, he triumphantly raised his arms like the wings of an eagle. Billy's time, 28:24.4, was 50 seconds faster than his prior 10,000 meters PR. He had achieved the impossible. It was so impossible that when Billy, after the race, went to thank the West German runner for giving him the room to pass on the inside, Billy did not see an eagle on the runner's singlet. In truth, there was no eagle on the singlet, but Billy saw the eagle before he passed the West German runner.

Billy Mills' story is an inspiration to all of us to believe in ourselves and follow our dream. One of Billy's famous quotes is, "Every dream has a passion. Every passion has its destiny." Our destiny is within us. We merely need to keep running and strive for things impossible. 🌲

All About Socks! by Rachel Ingle



Photo credit: Farra Rust

You finally did it. Today is the day you purchased your first pair of “real” running shoes from a “real” running store. You spent a good chunk of your day having your feet assessed and picking them out, you spent a bit of money on the right pair, and now you’ve taken them for their

first test ride. You take your shiny new shoes off and only to find a big fat blister! How could this possibly be?

Before you take the shoes and throw them at the nearest “real” runner who suggested this whole process to you, take a look at your socks. They are the often neglected intermediary layer between your foot and the shoe that can make your feet feel like butter, or sandpaper. This article will help guide you on the path to sock snobbery, by telling you what to look for in the perfect pair.

There are some telltale signs of serious sock neglect one must first address before diving into the search for proper socks. Do you often confuse your socks with other family members’ socks, even if they are 5 sizes different than yours? Do you know where the heel in your sock is, or does it just look like one continuous tube of white cotton with a few holes in the toe? Do you wear the same pair of black dress socks to work, work out, and sleep in? If the answer is yes to all of these, you have a sock problem.

But there is a solution. Once you’ve discovered the world of good socks, there will be no turning back. What makes a good sock, you ask? There is a key phrase you must remember when purchasing socks and it is “Cotton is rotten.” The best way to determine whether or not a pair of socks is good to put in between your foot and your running shoe is to read the label. Ask for a “moisture wicking” sock from a local retailer. Once you have found a moisture wicking sock, the rest is up to you. Thick socks provide more of a buffer between the bottom of your shoe and the foot. Thin socks prevent your feet from

getting too hot, swelling, and taking up too much room in the shoe. Short socks prevent tan lines; longer socks don’t fall into your shoe and cause a blister on the back of the heel. Personal preference will guide these decisions.

If you don’t have a retailer who can help you make the “moisture wicking” decision, then read the labels, it will tell you a lot about the sock. Often a brand will come up with their own patented mix of polyesters that they will name. The most popular example is “Coolmax”. Nike uses “Dri-FIT” and Balega (a sock company from South Africa) calls their moisture wicking formula “Dry-namix”. Wool is the best moisture mover out there and has the longest history for being used in extreme conditions. It is also an environmentally sustainable option, because it is one of the few moisture wicking materials that are not a byproduct of petroleum. However, you will pay for the premium, wool socks will be more expensive than their “Cool Max” counterparts. The other popular materials you will find in the recipe of moisture wicking materials are polyester, acrylic, nylon and spandex.

There are a few other things to remember when buying a pair of “real” running socks. Try to match your shoe size when possible. The sock companies claim that the socks do not shrink, which would make sense because there is no cotton. But all socks shrink, so size up if you are in between sizes. The socks should be washed with your running clothes, and there is no problem drying them in the dryer. By washing them inside out you can avoid some of that residual smell, and remember, no bleach. White running socks will not stay white, and bleaching will only make them more grey, so try to find a grey, or colored sock to begin with.

Hopefully, by doing the research and trying some options, you will find the perfect sock, and soon you will find yourself collecting them diligently, replacing all of the shapeless cotton Sam’s Club specials. The result will be a “real” comfortable fit between sock, shoe and foot that will leave you happy and blister free. 🌲

2011 Huron River Cleanup by Ellen Nitz

It was a drippy, grey, chilling morning on May 21 when six dedicated AATC volunteers gathered at Barton Park. Our assignment...bring smiles to thousands of runners set to trod Huron River Drive on June 5. “Twas brillig, and the slithy toves did gyre and gimble in the wabe” came to mind as we surveyed the semi-bog like conditions along the Drive. We took our large trash bags, put on our galoshes and gloves, and soldiered forth. As we reached and waded into the culverts, the sought after

trash was aplenty. “Beware the Jabberwock, my son! The jaws that bite, the claws that catch” seemed to be good advice.

We shunned the “frumious Bandersnatch”, completed our mission in less than two hours, and went “galumphing back” to Barton Park for bagels, juice and coffee.



Continued on page five

Youth Division Update — AAU Junior Olympics: New Orleans

by Michael Newton, AATC Youth Coach

The 'Big Easy'. The very phrase conjures up images of Mardi Gras and Bourbon Street, a place made famous by immaturity and a lack of discipline. But for the first week of August, it was also the host of the 2011 AAU Junior Olympics.

Before going further, one thing that needs to be stressed, New Orleans in August is hot! It makes Michigan summers feel like spring. Given those conditions, I commend all eight AATC runners for even stepping out on that track to compete, knowing how bad it was going to hurt. There were times when the coaches and parents in the stands would contemplate whether they could even make it through watching the next race.

The coolest part of the trip for me, a first year coach, was that I felt like our team was not just representing the AATC Flyers. We were representing the entire state of Michigan. Throughout the track season, we competed against teams that included Detroit, Lansing, Albion, Farmington Hills, and Livonia. We were rivals. But once we arrived at this larger stage, we wanted them to do just as well as the kids from our team. The goal - send a message that Michigan is a force in the track & field community.

I'm proud to say that AATC delivered that message loud and clear to not just Michigan but to the entire nation. Eleven year old Alexa Spaanstra won the 1500 and placed third in the 800. The best part of watching her race, was watching those same coaches that usually strategize on how to beat her, cheering her on and being just as excited as the AATC coaches.

It finally makes sense why New Orleans was such an appropriate place to host these Junior Olympics - Hurricane Katrina. In a time of turmoil, the people of New Orleans unified and persevered through the worst of times, knowing brighter skies were on the other side.

To a runner, there is nothing like competing for a team and feeling that pride each time you step out on the track. The feeling alone can make you push aside the heat; push



Photo credit: Laurretta Codrington

aside the humidity, and just race to make your teammates proud that they wear the same jersey as you. These runners have sacrificed time with friends and family to work towards getting better. Those kids sent a message down in New Orleans: 'Michigan is a force in track & field, and this team from Ann Arbor is leading the charge'. 🌲

Race Results

Electric Bolt 5K – June 31st, 2011

Vimal Alokam	33:16 (M < 8, 1st)
Jocelyn Anderson	20:50 (F 30-34, 1st)
Thomas Brantmeyer	32:07 (M 9-10, 2nd)
Jon Cioffi	21:10 (M 40-44, 2nd)
John Desenberg	30:44 (M75-79, 1st)
Elke Dozauer	28:04 (F 60-64, 1st)
Wolfgang Dozauer	36:21 (M 75-79, 2nd)
Jennifer, Fike	22:55 (F 40-44, 1st)
David Fisher	25:23 (M 60-64, 2nd)
Vanessa Frankowski	23:27 (F 25-29, 1st)
Mitch Garner	22:41 (M 60-64, 1st)
Carmen Green-Lee	22:30 (F 45-49, M winner)
Brian Harreld	19:11 (M 40-44, 1st)
James Lee	24:14
Jumane Lee	19:38 (M 18-24, 3rd)
Ellen Nitz	27:54 (F 70-74, 1st)
S. Rachid Raza	25:08
Gary Rizzo	19:55 (M 55-59, 1st)
Shrujay Rompicherla	41:12 (M 9-10, 4th)
Lia Stevens	27:37 (F 65-69, 1st)

Cleanup continued from page four

“O frabjous day! Callooh! Callay! “we sang out as we surveyed our impressive collection of full trash bags. A very big thank you to our adventure organizer Hal Wolfe and the band of merry AATC volunteers: Nancy Yvanauskas, Ellen Nitz, Ren Farley, Ken Castle and Kenn Oldham.

Plan to join us in 2012 for another morning of joy, camaraderie and getting down and dirty in a good way!

Quotes from Lewis Carroll's 'Jabberwocky'. 🌲

Readers' Column – Why We Run Anyway...By Dorit Hammerling

You probably read this newsletter because you are interested in running or getting started and think it is a great thing to do. And it sure is; being a runner is good for your health, you meet interesting people, it is exciting and fun ... well, except for when it isn't. Most long-term runners have had those moments, and sometimes they seem to last a while, when running feels anything but great. Moments when running can be so frustrating that you swear that you will never run another step again in your life.

Mile 20 in a marathon -- the one that you spent the whole summer training for and totally blow by going out too fast -- might be one such moment. Or when you struggle with injuries that seem to drag on endlessly, and once you have finally recovered to get back to running, your former easy run pace feels like a sprint; and all your damn running buddies can talk about is their latest PR.

When you go through one of these phases, it can be good to know that you are not the only one who struggles from time to time. Maybe hearing other runners' stories can help give some perspective to your own situation ... because, after all, getting through these phases and having running be part of your life really is great!

Your stories: This is an anonymous column dedicated to YOUR stories. Choosing to make running a significant part of your life can be tough. This is one fellow runner's story:

“Back on March 15 my heart decided to misbehave.

While I was sitting at my desk at work I passed out briefly and then woke up sweating, with my heart racing like mad and finding myself short of breath. I didn't know it at the time but my heart was in what they call v-tach. Soon I was in an ambulance and then the emergency room. There my heart went into v-fib. It was racing at over 300 beats per minute and I passed out again. I was given a shock to get my heart back in line and was moved to the cardiac ICU. The next morning I was told that I suffered a heart attack, almost died and that my heart was very weak.

Almost immediately I wanted to be active again. I was given the go ahead to walk around the unit and did so a few times each day. When I got home a week later, I found myself walking around every day, sometimes for a few miles. I kept asking the cardiologist when I would be able to run again. I was told no running for

now. I asked to go to cardiac rehab so that they could help get my heart strong again. Upon arriving, I kept asking them if I could run and after a few days they gave in.

My first few runs were really tough. I figured I would start slow, so I set the treadmill at a 10 minute pace and started. Before I knew it, I was out of breath and had to slow down. Normally a 10 minute pace is very easy for me - a “conversational pace”. Instead, it felt like I was running at an 8 minute pace. One of the nurses walked over to see what was going on. My heart rate was higher than they wanted for me. At that point I had already slowed to an 11 minute pace... Slow down a little more... Catch my breath!

The next time I ran it was a little better. I decided to start very slow and see if I could work my way up to a 10 minute pace. Didn't make it but got down to around 10:40. A little better, but still slow. I had to listen to my heart and ignore my ego. I was told that I needed to be patient. My heart had just endured a major trauma. They promised me, that if I stuck with it, things would get better.

And they have. I can run at a 10 minute pace after warming up. A few times I have even been able to run at a 9:40 pace for the last 5 to 7 minutes.

I go to cardiac rehab 3 times each week. Currently running is still a bit of a struggle. The medications and my low EF make running difficult. Plus the cardiac specialists want me to keep my heart rate below 120 bpm. I am much slower than I used to be. I still find myself running at a 10 minute mile pace while it feels like I am running much faster. But every week I get stronger. My heart is getting more efficient at the lower heart rate. A few weeks ago I ran for 2 hours. I just wanted to see if I could do it. It felt great!

My plan is to run another marathon at some point; hopefully before the end of the year. I don't want to let the heart attack stop me from doing something that has brought me so much pleasure and has introduced me to some dear friends. I have been given clearance by my cardiologist to run all that I want to. That's a dangerous thing to tell a former ultra-runner. :-)

Send us your stories and insights (whatever length you wish, all are appreciated) to Dorit Hammerling at doritus@yahoo.com.

Michigan's Rail Trails – Seeing the Wolverine State Up

Close at 15 mph by Ren Farley

By the 1850s, Michigan's malarial swamps were being drained, the population was starting to grow rapidly, and for the first time in the nation's history, there was hope that Michigan might become prosperous. The Civil War created a great demand for Michigan's industrial products, and, shortly after that conflict, investors realized that the Lower Peninsula was covered with white pine forests. If the wood could be planed into timber, manufacturers would use it in tremendous quantities to produce goods that would be shipped across the nation. As a result of these forces, there was a tremendous railroad boom in Michigan from the 1850s until the financial panic of 1892. In the mid-1850s, the state had fewer than 500 miles of railroad track; by the mid-1890s, 7,400 miles. This continued to increase and peaked at 8,800 miles of railroad track in 1915.

After World War I, trucks replaced trains as the way to ship many goods short distances. By the end of the 1920s, the state – with federal support – built thousands of miles of roads. Branch line passenger trains were discontinued. Railroads held on to much business during World War II, but then struggled. The National Defense Highway system helped to make trucks competitive with rail lines. The Penn Central bankruptcy in 1970 symbolized the tremendous financial problems of most eastern railroads including those in Michigan. Congress realized that railroads were needed for commerce so they bailed out the Penn Central and several other major eastern railroads. Congress also made it much easier for railroads to abandon lines that were unprofitable. Just as the late 19th century was a great era of rail building in this state, the late 20th century was an era of tremendous rail abandonment. By 2000, more than half of Michigan's

rail mileage had been abandoned and the state was down to 3,700 miles of track.



Congress, to improve the financial security of railroads and to serve the interests of local communities, enacted a "Rail Banking" or "Rails to Trails" Law in the early 1980s. Railroads could sell or give their abandoned lines to a local government or to a non-profit organization. This freed them from paying taxes on their property, from maintaining it and from any liability for what happened on it. Most local officials and business groups very strongly protested the abandoning of rail service since they dreamed, most often unrealistically, of attracting a factory that might employ 1,000 or more workers and ship hundreds of cars of freight each week. The Rail Banking Law gives railroads the right to reestablish their rail lines should there be a need to do so. That has happened very, very infrequently. Subsequently, Congress appropriated a miniscule share of petroleum tax revenue to support the creation and maintenance of trails on abandoned rail lines. At present, I think \$370 million is available from Washington every year for this purpose. Michigan, thank goodness, now has an extensive network of former rail lines that may be used for hiking, biking or just walking. These are supported by 501(c)(3) organizations, local governments and private donations.

Our first governor, Steven Mason strongly supported internal improvements and used state funding to finance a railroad across Michigan from Detroit to Lake Michigan. Building started in 1838 and, by 1846 the line stretched to Kalamazoo in 1846. The state ran out of money and

Continued on page eight

Ann Arbor Track Club Information

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

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Rail Trails *continued from page seven*

sold the line to Boston financiers who completed a line to Chicago by 1852. From Jackson to Niles, the road bed followed a curving route that we now use when we travel west by Amtrak. If a crow were to fly west from Jackson to Chicago, he or she might cross over Niles but would not go over Battle Creek and Kalamazoo. Jackson, by 1870, was a major rail junction with lines protruding in six directions. A group of investors decided to build a short cut line toward Chicago called the Michigan Air Line. They began constructing their road in the summer of 1870 and by the next February they reached Niles. This rail-road was then purchased by the state's dominant railroad, the Michigan Central. In 1982, this line was abandoned.

The 10.4 miles of the former Michigan Air Line reaching from southwest Jackson to Concord is now the paved Fallings Waters Trail. It goes through a rural area where you can see extensive flora and animals. I saw sand hill cranes and deer the last time I rode this well marked trail. Indeed, the organization supporting the trail, Friends of Falling Water Trail, has posted about a dozen historical markers describing the history of the railroad, the industrial activities and mining that supported the rail line and the names the Indians used for the many lakes in the area. It is great to ride these trails in Michigan. The most rewarding feature is that you get to fields, forests, lakes, marshes and streams and the animals that live in them while traveling at 10 to 15 miles per hour. You can stop when you wish or speed up. You also get to see some aspects of Michigan's thriving agricultural economy and say hello to farmers on their tractors.

There is another great asset to riding on bicycle trails. The civil engineers and surveyors who laid out rail lines in the Nineteenth Century knew that no steam engine of that era could pull a train up a gradient more than 1 percent. Indeed, they tried to avoid any grade nearing 1 percent. This means that when you ride on a rail trail you will never coast down a long grade. But you will never have to pump your bicycle up a grade. If you have not ridden on a bicycle trail, the Falling Water is nearby and interesting and provides a short round trip of about 21 miles.

If you are interested, the Jackson Inner City bicycle trail – also laid on the Michigan Air Line rail bed and maintained by that city - extends for about 3.3 miles from the northern terminus of the Falling Waters trail into downtown Jackson and its magnificent Italianate railroad depot that opened in 1872. There is no older railroad depot in the United States that has been in continuous use. It is an impressive building.

If you are going to ride a bicycle on a rail trail, the most important thing to learn is the surface. Some



trails such as the Falling Waters Trail and the Musketawa Trail from Grand Rapids to Muskegon are paved so they are suitable for road bicycles. Many of Michigan's fine rail trails are tightly packed gravel surfaces including the Kal-Haven trail from Kalamazoo to South Haven and the new trail from Gaylord to Mackinac City. Hybrid bicycles are appropriate for them. Others are little more than mud trails that have not been maintained at all or were once in acceptable condition shape but have been used by many horse riders. I suppose you could traverse those trails on a mountain bicycle but I avoid them.

Make sure you know where the trail starts and how long it is. Not all the information you will find about rail trails on line is accurate. Promoters often hope to pave sections or make other changes but fail to do so. And, some rail trails start or end in unexpected locations, perhaps because the railroad is using some stretch of track. The trail into Greenville ends about 10k from that town and the trail into Muskegon ends about 8k from the center of that city. Google maps provide some information about rail trails but I have found that website is not always extremely informative. Most trails begin at a trail head that includes a parking lot. Some trails have out houses and water pumps every few miles but many do not. Most trails are sunny during the summer since railroads cut down all the trees along their right of way to prevent them from falling on to the tracks.

Please do not assume that every village whose name appears on a map has a restaurant or bar to provide refreshments. Rural Michigan has been losing population steadily since World War I. Census 2010 counted fewer people in the northern Lower Peninsula and the Upper Peninsula than did Census 1910. The Falling Waters trail ends in Concord, Michigan; a very small town that offers few amenities. Quite a few times, I have peddled 30 to 50 miles, spent the night in a motel and then returned the

Continued on page nine

AATC Social Events

October 2nd

Pizza night social at Dominck's after workout.

November 13th

Annual Club Dinner at Cottage Inn.



Rail Trails continued from page eight

next day. You need to check about the availability of a motel if you intend to spend the night in a rural Michigan hamlet. It is extremely enjoyable to see the sylvan pastures of this state from five feet off the ground while moving along at 10 to 15 mph. Most of the rail trails are suitable for running or walking. Indeed, the organization funding the Falling Waters trail sponsors a marathon, half-marathon and 5 K on their trail. This is the Wild Life Marathon scheduled this year for Sunday, October 9. If it is a rail trail, you are sure of a very level surface for the entire course. More information is available at their website: <http://www.fallingwatertrail.org/>. 🌲

2011 Directed and Hosted Upcoming Races

Kensington Challenge Sept. 17, 2011

Doug Goodhue douggoodhue@comcast.net

Cross Country Classic Oct. 29, 2011

Ron Beasley ronjasmine@aol.com

Winter Track Mini-Meet Dec. 13, 2011

Stani Bohac sbohac@umich.edu

Coach's Corner: Why We Run Intervals? by Stani Bohac

Most of the workouts we do on Tuesday nights are interval workouts. If you take a step back you might ask why that is. What do intervals do for you? Do they help you run a faster 5k? Do they help you run faster long-distance races? Do they motivate you? Do they keep you fit? I am convinced the answer is yes to all of these questions.

The interval workouts we do were pioneered by Franz Stampfl (1913-1995), an Austrian who immigrated to the UK and used interval training to coach Roger Bannister to the world's first sub four-minute mile in 1954. You can read about this quest in a recent book called *The Perfect Mile*. Since then, interval workouts have become an important part of most running programs and are used in many other sports as well.

Despite being used for more than 60 years, coaches, athletes and scientists continue to debate the benefits of interval training and how to optimally apply intervals to an athlete's training. I sampled what people are saying in running magazines, books on running, and scientific journals, and was reminded how limited is our understanding of human physiology and how much uncertainty coaches and athletes deal with.

So without any universal instructions on how interval workouts should be run, I turned to my own experiences with interval training and tried to integrate these experiences with the main themes presented by professional coaches and researchers to answer the question, "What do intervals do for you?"

Intervals Improve Race Performance

Let's say you are targeting a 5K. One approach would be to run lots and lots of miles. Surely your endurance would improve, but the body would be unprepared for the intensity and speed of the 5K.

Another approach would be to do many 5K training runs. But this would probably become boring and there would be little opportunity to prepare for race pace. To run a full 5K at race pace, you would need to taper before the run and recover after the run, and therefore lose training miles. It would also be mentally difficult to run at race pace without race competitors and away from the race environment.



A better approach is to vary your workouts to include some runs longer than 5K, some runs near 5K, and 1-2 interval workouts per week. The intervals should be shorter than race distance, which allows you to run at or slightly above race pace to build speed, improve strength, and develop the ability to cope with and quickly recover from a hard effort. If your body is used to dealing with an elevated heart rate, higher rate of oxygen uptake and increased lactate levels - above what you'll experience during much of your race - then it can perform better under race conditions.

For example, with a little training you should be able to run 6x800m at faster than race pace with 400m rest intervals. Your body will learn to deal with the rigors of race pace without doing the damage that an all-out 5K training run would inflict, and without the mental challenge of running the full race distance all at once. The idea is to combine speed from the interval workout, endurance from longer runs, freshness from a good taper, and race-day adrenaline to build a successful race.

I believe that intervals that target a 5K (like the ones we

Continued on page ten

Coach's Corner continued from page ten

do on Tuesday evenings) also benefit performance in longer race distances if they are combined with training runs of the appropriate length. I run a half or full marathon much slower than I do intervals, but intervals train my body to cope with fatigue without running long distances every day. They enable me to recover more quickly from a hill or a temporary surge in pace. Long runs are essential, but intervals put a spring into my step that wouldn't otherwise be there.

Intervals Provide Motivation

One of the best things about intervals is the motivation they provide. By definition intervals are short and intense. If they are going well you are sure to feel the adrenaline and the added mental drive and the intensity of intervals multiplies these effects. Each interval presents its own immediate goal. The finish is close, and with just a little more drive you can reach your goal.

The motivation of running intervals with a training partner or a group is greater than doing them alone. I'm convinced that we are programmed to run faster if we chase, are chased, or run as a group, and intervals readily bring out this instinct. More than in longer runs, intervals elevate the heart rate and work the muscles, and it feels good

to do so. A good interval workout not only makes me feel fresh and strong; it also but makes me look forward to my next workout.

Intervals Improve Fitness

If intervals make us faster and motivate us to continue training, then they improve our short-term and long-term fitness. We must be mindful to warm up properly, listen to our bodies, and back off if something out of the ordinary starts to hurt, but as long as you do these things, I'm convinced most runners will be stronger, faster, more motivated and fitter if they incorporate 1-2 interval workouts into their weekly exercise routine.

To view the AATC's Tuesday evening workout schedule, visit <http://www.aatrackclub.org/> and go to Events-Workouts. Then come out and join us for our next interval workout! 🏃

Editors' Column: Hangin' with the Best – Frank Shorter

by Terry Reilly, Managing Editor

In this edition of *The Streak*, Mitch Garner writes about his encounter with Billy Mills at the RRCA convention. Having the chance to interact with running legends is rare, so I wanted to describe my recent meeting with Frank Shorter during the DX-AA weekend. I had the unexpected benefit of joining him for dinner.

Years ago as a high school runner in NYC, I had the chance to meet Jesse Owens. I was too intimidated to ask questions but just listened in awe. Unfortunately I can't remember a thing he said but I still have a picture in my mind's eye of us sitting together (the actual photo is long lost).

This time I wanted to make the most of meeting another Olympic champion. Maneuvering to a seat across from Frank at a gathering of 15 people I was in prime position. Frank is one of the most intelligent, engaging and gracious people I have met. His sincerity and patience allowed me to fire away with endless questions. Here are some highlights from our conversation ...

What's it like the night before a big race – nervous, sleepless? Early in his career, Frank did have trouble falling asleep until he convinced himself that as long as he was resting he was getting the same benefit as sleep. This conviction helped him relax and invariably fall asleep.

Ok, now for the race itself - what was Frank's strategy? He describes himself as a front runner who wanted to control the pace. One of his secrets was surging to maintain the lead. Through surging, Frank maintains, "whoever recovers the quickest after a surge pulls away."

Did he have a special workout to train for surging during races? Well, here it is if you want to give it a try: 6 to 8 800s; the first 200m in 35 seconds, the next 400m in 60 seconds, and the last 200m in 35 seconds for a 2:10 800, jogging 200m between each interval. Frank added that it is not a good idea to do intervals year-round as you need to recover periodically.

When does a world-class runner really start to hurt during a marathon? For Frank it was Mile 22. He explained that this is when muscle glucose is depleted and the body converts to burning fat. Because of this, he described the Marathon as the "perfect race". At this point in the race, Frank described feeling a sense of slowing down while still maintaining the pace. In reality, everyone IS really slowing down except for him.

I wondered what Frank thought of the technological advances now on the running scene like high altitude beds, anti-gravity treadmills and all kinds of nutritional supplements. His take on all of this was simple and straightforward – "You still have to do the

Continued on page eleven

“Run Across America for Alzheimer’s” Goes Through Ann Arbor

by Terry Reilly

On a dark mountainous road in western Montana, coyotes howling on both sides, a lone runner pushed on. Car lights suddenly blinded the runner obscuring the large rattlesnake a few feet ahead. At the last second, his vision adjusted and he avoided the bite.

That was the scariest moment for 49 yr. old Glenn Caffery during his run across the U.S. Glenn is running to raise money and awareness for Alzheimer’s disease. His father was diagnosed with early onset Alzheimer’s at age 55 and died in 2002.

Glenn literally floated into Michigan on a ferry from Wisconsin. Both the ferry’s engines died in route and a tugboat was needed to finish the trip. Just one more minor obstacle that Glenn overcame.

The night before arriving in Ann Arbor, he was sleeping in a tent behind a gas station west of Dexter. His daughter, Emily, organized a picnic for local supporters where I met Glenn to talk about his adventure that began on May 19th in Seaside, Oregon.

Glenn is running to honor his dad with the “biggest tool I have – myself and running.” He described how the run also helps him process all the pain that his family went through during his father’s illness. “Most people are just not aware of the impact of the disease on the person and their family and friends. Victims and families feel very isolated. My run provides me the opportunity to talk and share my experience that will hopefully help others.” The recreational runner and experienced marathoner overcame 2009 arthroscopic hip surgery in preparation for his 3,400 mile run.

Apparently, his message is getting through as the Cure Alzheimer’s Fund is reporting a record amount of money raised for activities of this type. And that money is desperately needed. Glenn provides the following staggering numbers on his website: 5.3 million Americans with Alzheimer’s disease; 11 million unpaid caregivers; and costs estimated at \$172 billion per year.

And what about the run itself? Glenn pushes a baby stroller with about 60 lbs. of supplies including a tent, clothes, water and snacks.



His daily runs average 50 miles per day with only 5 days off since the start 3 months ago. Most days, he takes many breaks to talk with people and runs as late as midnight to avoid the day’s heat. His most severe injury was shin splints incurred while running down paths on Mt. Hood in Oregon.

He meticulously prepared by getting physical therapy for his hip. He even researched his oxygen uptake relative to his foot strike. He thought a heel strike was best but was proven wrong. He also learned that he needed to consume over 5000 calories per day to avoid weight loss. To date, he’s only lost 10 lbs. which is not bad after 2,500 miles. More on his prep at <http://www.alzrun.org/running.html#MidfootStrike>.

Has the run been harder than anticipated? Without hesitation, Glenn responded “easier, because of the people that I have met.”

Glenn has been humbled and surprised by the “incredible kindness of strangers.” Countless people have taken him into their homes, offered meals, or driven him back to his starting point. “People have been so kind and generous. They treat me like my own mother cared for me.” Glenn’s demeanor and outlook has made his journey a success. He is a quiet, unassuming man who is, in his words, “is open to all people, because he depends on all people.”

Some people have misunderstood the purpose of Glenn’s stroller. Running on the gravel alongside a busy road with his stroller on the edge of the road, people would scream at him to get the “baby” out of harm’s way. A sign now adorns the stroller to avoid a repeat of such incidents.

As you read this article, Glenn will have completed his trek in mid-August at the Rhode Island seashore. Although his run is over, consider contributing by visiting www.alzrun.org. & go to “Coast to Coast CureAlz Run - Glenn Caffery”.

See the next issue for “part 2”, for the conclusion of Glenn’s epic run. 🌲

Editor’s Column continued from page ten

miles and you always want to be training harder than the other guy”. He further noted that elite runners who pursue these technologies are showing a weak mental attitude in search of an easier way to success.

And finally, being an older runner, I had to ask if he had any advice for Masters and senior runners. He suggested that “the goal is to slow down as little as possible while acknowledging that slowing is inevitable”. 🌲

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

Wednesday, 5:15 pm — Arb Run

Location: Gallup Park at wooden bridge. **Distance:** Hill Repeats at Arb.

Workouts on most Wednesdays. Contact: Steve Hinzmann shinzmann@aol.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...

- "Kensington Challenge Report" - "Youth Update" - "The Crim - AATC Report" - "Run Across America - Part 2"

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: October 15th.**