

THE STREAK

ANN ARBOR TRACK CLUB NEWSLETTER/ FEBRUARY 2018



THANK YOU E.M.U.!



With the gutting and repurposing of the University of Michigan indoor track, the Ann Arbor Track Club was forced to seek a new venue for its Tuesday night indoor winter workouts. While the University of Michigan has a new track and field center, it is not yet open to the public.

No worries. EMU has offered a wonderful alternative. Workouts at EMU indoor track are gaining momentum and welcoming more runners every Tuesday night! The Ann Arbor Track Club Tuesday night workout continues to bring together athletes who love to run!

IN THEIR OWN WORDS

"EMU is a welcome reprieve from being bored with and stuck on an inside treadmill. After a running injury, it is nice not having to fight the ice - just come and run." Megan Reiter.

"The EMU building has grandeur to it. It also has good karma – maybe from the pictures of athletes and the celebratory event flags that surround the entire track. Tonight there were multi-generations running with us." Ian Hubert



"We are training for the Boston Marathon and are so appreciative of being able to run indoors. It's also hard to get good speed workouts, and our workout tonight was great training." Marsha Byrd

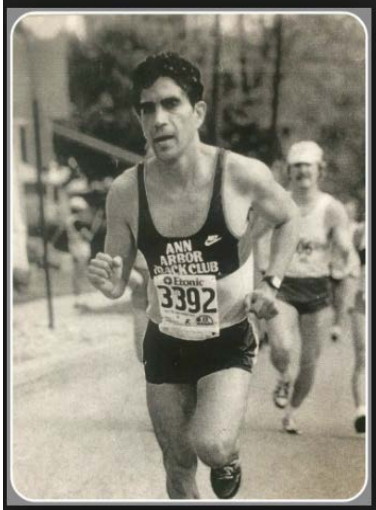


"When I was a student in the early 70s, I took a conditioning class which took place right on this track. Running here is like coming back home. The track is also softer and firmer than the old U of M indoor track." Wally Hayes

Join us on Tuesday nights at EMU's Bowen Field House – whether you are training, aspiring to train, or just wanting some recreational fun. Track opens at 7 pm; workouts begin at 7:30. Check out <http://aatrackclub.org/tuesday-night-workouts/> There is a small fee of \$5 at the door for members or \$7 for non-members. Members have the option of paying \$40 for the season. Annual membership is only \$30; go to <http://aatrackclub.org/join/> to sign up.

A FIFTY-YEAR-OLD CLUB

ELMO MORALES AND THE AATC BEGINNINGS



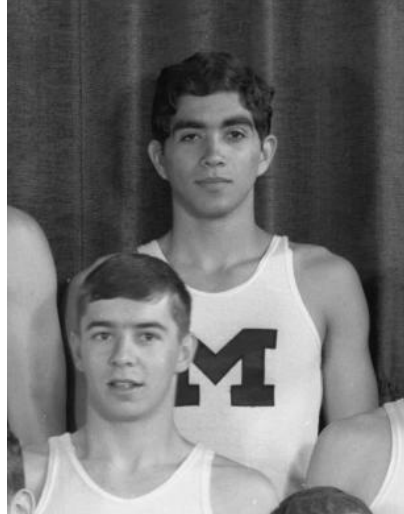
1968 marks the beginning of the Ann Arbor Track Club, a voluntary organization that has provided opportunities

to all runners for recreational, training and competitive activities. While organizations evolved across time and sometimes drastically changed their scope and activities, our club has consolidated a prominent position as one of the preeminent track clubs in the Great Lakes.

More important, across decades the Ann Arbor Track Club has become a big family for athletes of all ages and levels who love running, training, racing and socializing.

One of the club founders is Elmo Morales, who in 1964 joined the University of Michigan Track and Field team under the legendary coach Don Canham. A New Yorker Boricua from Washington Heights, Morales competed in the Olympic trials for the 1968 Games in Mexico City. The birth of the association is closely connected to coach Canham and varsity runners from the Michigan team.

Morales graduated and became a physical educator in Ann Arbor, with a long trajectory at Community High School. His memories of the association's first years are vivid and reflect his passionate involvement as the club's first president.



"The Club started as a competitive group to train and participate in various events, but soon became a community-oriented organization that welcomed runners of all types. We trained every Wednesdays for free at the University of Michigan track.

...We helped people learn how to run and how to train. In those days nobody ran in the streets, so having access to a track made a huge difference for people. Soon we had more than 300 members...

For Elmo, the club emerged right in the middle of the fitness revolution when many Americans learned for the first time to exercise beyond the constraints of formal competitions and elite performance training. Baby-boomers rediscovered the benefits of participatory sports beyond train-to-compete and compete-to-win. As a not-for-profit organization, the club participated in various events to finance its activities and provide support to runners of all types:

...“That is how we came up with the idea of organizing a race between Dexter and Ann Arbor, which was originally a 15 mile race. We did it for the first time in partnership with another Michigan running association. I was also the first Dexter-Ann Arbor race director in 1974”...

While the Ann Arbor Track Club has had other presidents, race directors, and board members who have expanded activities and programming in many different ways, the association continues to live up to the original promise of being a club that welcomes everybody. Fifty years later, Morales’ vision to create a “community-based running club” continues to shape the character and spirit of the club. First club president Elmo Morales will speak at the 50th anniversary event on May 31st, 2018.

YPSI BEER & FOOD AFTER TRACK



**Run hard!
Tuesday night at
EMU’s Bowen
Fieldhouse.
Track opens at 7PM.
Workout begins at
7:30PM.**



**Grab a bite.
Come have a beer right
after the workout.
Ypsi’s Corner Brewery
720 Norris**

RUNNING MOMS & THREE GENERATIONS OF AATC MEMBER



Becky Krick has been running with the Ann Arbor Track Club since 1983. NON STOP! Now she runs with her daughter, Tammy, and her grandchildren, Kaitlyn and Daniel, regularly attend the workout!



After Becky had her second child, it occurred to her that running outside would be a good excuse to get out of the house. In 1983 she enrolled in a running class for women offered at the YMCA. Soon she was hooked. Running outside was followed by races.

“Every so often, I needed some motivation to keep going. One strategy was deciding to run half-marathons in half the states. It worked for a while. I completed 13.”

“Tuesday night was always Track Club night, and Sunday mornings were for longer runs.”

The consistent training resulted in completing five marathons, including one in Berlin. Becky has twice completed the Detroit Free Press marathon, ten years apart. Becky is most proud that both of her daughters are also runners. Together they have completed a number of races.

“I still have another half-marathon in me. Running is my moving meditation. It helped me during life’s transitions, and I’ll hang on to it as long as I can.”



Ann Arbor Track Club Weekly Workouts

Tuesday: Track is open at 7:00 pm.
Workout begins at 7:30 pm

Location: EMU Track

Distance: Workouts posted on website.

Contact: Stani Bohac sbohac@umich.edu

Thursday: 6:30 pm

Location: Mitchell Field parking lot, 1900 Fuller Road.

Distance: 6-8 miles. Trails, hills, or Gallup Park.

Contact: Corin clbowen@umich.edu

Saturday: 8:00 am — AATC / PR Fitness

Location: Meet at 326 W. Liberty St.

Distance: 10 miles or more / out and back routes.

Contact: Colleen Stone
colleenmarystone@gmail.com

Sunday: 8:40 am

Location: Sweetwaters, 407 N. Fifth St.

Distance: 6-8 miles

Vice President – Brian Harreld,
Treasurer – James Edwards,
Secretary – Ellen Nitz.

Board of Directors: Andrew Schofield,
Aaron Pratt, Dina Shtull, Javier
Pescador, Diane Scarpace, Dina Shtull,
Nancy Yvanuskas.

CONTACT INFORMATION

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rights reserved. All current members of AATC
receive the club newsletter email
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Ann Arbor Track Club Information

Officers: President – Mitchell Garner,