



State of the Circle

Early this year, the board elected long-time member Chris Kealey to take over as the president of the club.

Message from the President

Greetings my fellow runners!

This is a long time overdue but we finally have a new RAG out and with that I was asked to throw together a few words about being prez of the Circle. As with any election the road to the Beer House, I mean White House, I mean the room above the bar, was an arduous one. It began many years ago (like 20) with a run from these very hallowed grounds. Many of you know my brother Mike Kealey. Well Mike, having been an outstanding basketball and baseball player, took up the sport of running in his 20s. Mike managed the Circle for many years, actually residing above the Circle for several years. One day he suggested I go for a run with him. Bear in mind I was a dumb-bell jockey, spending my years on the grid-iron and in the weight room. I said "Sure", running in my hi-top sneakers. Well I was bit by bug instantly and began training for the Yankee Homecoming 10 miler.

Since then running has been an integral part of my life. It started out as way to augment my gym workouts and over the years the gym workouts became part of augmenting my running fitness. For many years I was a casual member of the club, mostly just participating as a team member. Then you finally get to the point where you realize you need to get involved. Conveniently that was about

the time that Ted Jones was ready to pass the torch for the High Street Mile. I could not resist the opportunity to take over the race (my second favorite race). I then realized after a few months the Circle had me! Kind of like the Sopranos, once in, never out! The next step was team coordinator (cat herder). God bless Vicki and Mike McCormick and all the rest of you that have filled this role over the years. After a year of team coordinator I suddenly found myself nominated as President. Ah the rise to top, I have heard that incompetence greases the wheels to the summit. Oh well!

Seriously though, I am honored to fill the role for the club. A club that I have for so many years benefited from. Runners are people of tradition. We mark our calendars by annual traditions. The cold dark drive to Nashua in early December, the hangover filled New Year Day's run, April Fools, the bus ride to Boston, Roses, Trav's, the Mountain, summer track workouts, Yankee Homecoming, Maudslay summer runs, High Street, GDA, Winnie, the Turkey Trot and so on. The races we run each year give us a gauge of our physical and mental fitness. At end of the day we are all just runners trying to improve or maintain our times. Without these annual races and all the work that goes into them we would not have these traditions. Many non-club members count on us to make these club events happen. We have fun doing it but it is certainly a lot of work. More than I ever imagined.

So what is on the docket for this year, now that we are over 6 months into it? I hate to say it but more of the same! The club contributes close to \$20,000 a year

in charitable donations and that will continue. Given the pressure on our area school systems we will surely be called upon to help our track & field and XC programs. Athletic fees will continue to rise for kids wanting to run. Did you know that it will cost, on average, over \$900 for a Newburyport High School student to participate in all 3 running seasons? That is just one area example. Our area produces some of the best runners in the state. Not that the WCRC is responsible for this but I can tell you that many area kids got their start by running in events and programs supported completed or partially by our club. We can continue to do our part by making contributions in time and money to these programs.

As for our races, my hope for this year is that we can get the numbers (and the good weather!) on race day. The trend is race day registration and we need all hands on deck for our races. In an attempt to boost numbers for the Mile I am opening up the kids race to all ages. It might make for a chaotic heat but after seeing how many kids ran the Millennium Mile I was inspired to make this change. The course has also been changed and is recertified. The finish will be in the mid section of the High School wall. This will give the race a more prominent finish area. My hope is to having some finish area staging as well.

A final topic is member recruitment. We really need to continue to add members to the club. Not just casual members. A core group of club members give up an incredible amount of their time to put on events and people get burnt out. It's great to see new faces and great to see people like Maureen Carroll taking on

role of race director. We live in area that is filled with runners and we need to attract runners where & when we can. Having a solid relationship with the area newspapers is great start. We can continue to offer coaching programs throughout the year to help attract new runners.

See you on the roads & trails!

New Rag Editor Needed

As you all know, it's been over 7 months since the last rag came out. So much has happened in that time, the Mill City Relay, Boston, a New Board, Mount Washington... Sadly, only a few of those topics will be covered in this issue. The reason is that I have not been able to dedicate any time to the Rag over the last 6 months. I had a few months earlier in the year and you will see that most of the material in here is either on the older side or is more general, i.e., not race related.

Due to the fact that I can not keep up with the going-ons in the club, I've decided to step down as the Rag editor. I hope everyone enjoys this issue.

Most Improved Male Runner

After the February WCRC meeting, I had the opportunity to sit down and interview this year's Most Improved Runner of the Year: Mike Fiene.

Rag: Mike, first, let me congratulate you on being awarded the most improved runner of the year! It is clear to me that you won this award with your 3:08:18 at the California International Marathon in California. Can you describe the race for me?

MF: It's 26.2 miles long

Rag: Anything else, what the course was like, what you were thinking as you ran?

MF: It's 26.2 miles long. What else do you want from me!

Rag: Uh, OK. It was mentioned that you made a lot of sacrifices for this race. Can you tell me about them and was it worth it?

MF: Sacrifices, sure, I am sacrificing 2 minutes of my life and precious breath talking to you and NO! It's not worth it.

Rag: Well, then I'll try to get this done quick. A lot of people are impressed with your run. Can you give some training tips?

MF: Go straight, real fast, if something gets in your way, turn

Rag: That sounds more like advice for skiing than running?

MF: Didn't say what sport!

RAG: This has truly been a pleasure talking with you. To end, I'd like to congratulate you on running an extremely strong marathon, but still LOSING your age group by 5 seconds to Frank Ruona, who is older than you!! HA HA HA.



MF: #%@K you!

Pictured above is Frank Ruona, 61, easily winning his age group at the California International Marathon.

Editor's note: Methods have been established to age adjust race times. The method basically predicts the time you would have run, given your current age, when you were approximately 30. Based on these adjustments, Mike's 3:08 would be a 2:32.

Most Improved Female Runner

Kate Wheeler!



TRAINING SPECIFICITY

By Ron Johnston

Have you ever wondered why the world's best milers aren't the best 5000 meter runners? Or why the best marathoners aren't competing in the 1 mile Olympic trials? The reason for this is very simple. Training. Genetics certainly plays a part in our success in a running event, but more importantly, it is due to training for a specific distance.

So let's get to the bottom line. We can't run our fastest 1 mile, 5 km, 10 km, 10 mile, half marathon and marathon times from the same training program. Subtle changes must be made for each distance, especially for the 1 mile and marathon distances. I am not going to write specific training programs for each distance in this article, but I am going to outline general training concepts.

First and foremost, a runner must lay down a base regardless of race distance. Building a base increases our strength in muscles and connective tissue, improves our running efficiency (using less oxygen/energy at a given running speed), and increases our maxVO₂ (the ability to take in, deliver, and use oxygen). That being said, even Sebastian Coe and Steve Scott, former world class milers, had weekly mileage between 80 and 100 miles during the off season. Laying a base is quite simple. Just put one foot in front of the other...continuously and with consistency, at an easy pace-1 1/2 to 2 minutes slower than race pace (conversational pace). Research indicates that maxVO₂ increases as weekly mileage increases up to approximately 90 miles. If you are a 20 mile per week runner, try to gradually increase your weekly miles to 30, for

example. Certainly we need to have a larger base as our target race distance increases. Thirty miles per week, although not optimal, may be sufficient for the 5 km distance, but it will not be enough to produce a good marathon performance.

The long run is important too. But long is relative. For the 5 km distance, a 10 miler may be long enough. Stretch the long run to 12-14 miles for the 10 km, 15-18 miles for the half marathon, and 18 to 23 for the marathon. The long run is an important physiological and mental link to race performance.

We need to run some of our weekly mileage at anaerobic threshold pace. By doing this, it will delay the accumulation of lactic acid, allowing us to race faster. Excessive lactic acid can immediately slow you down...feeling like a cinder block was just placed on top of each of your thighs. Your anaerobic threshold pace depends on your running experience. Top runners' anaerobic threshold pace is just 10-15 seconds over 10 km pace (about 10 mile race pace). Less experienced runners' anaerobic threshold pace may be 20-30 seconds slower than 10 km pace or 30-40 seconds over 5 km race pace. Basically, it is the pace where conversation becomes increasingly difficult (forced conversation).

One of the last pieces of the training puzzle is interval training. Repetitions, intervals, fartlek, sprints, and pickups are all a part of this training, and each is very different. Pages could be devoted to this area of training. Speed can vary, as well as the time/length of the fast repeat or the time/length of the recovery. It is highly dependent on your goal race

distance and your training cycle. Be careful. Running too many repeats or running repeats too fast can lead to injury, staleness, or both. This is where a good coach comes in handy. Too many runners just "wing it." Here is a question to ponder. If your 5 km race pace is 7 minutes per mile or 1:45 per 400 meters on the track (21:45), and you can run an 8 x 400 meter track workout at 1:30 per 400

(6 minute pace) with an equal 400 meter recovery jog, why can't you run 6 minute pace for the 5 km distance? Lack of strength, low anaerobic threshold, low maxVO₂, or a combination of each? It might be smarter to run 12 x 400 meters (3 miles) at 1:40 per 400 with just a short, 200 meter or less recovery jog. Or run 6 x 800 meters at 3:20 pace with a 400 jog. Just food for thought.

We did say that interval training was **one of the last pieces** of the puzzle. We also need to ask ourselves, "What type of race is it?" Cross country? Track? Road? Hilly? Flat? It is important to do some of your training over terrain that is specific to your goal race. Now that we have all of the pieces out on the table, can we randomly put them together to complete the task? NO!!! And this is my point. So many of us have all of the information, but we train randomly or we have a plan and use this plan for any and all race distances. Not a good idea.

The typical training plan kind of goes like this, regardless of race distance. Build your base with lots of easy miles for as long as you can (2 to 6 months). Next, add a tempo (anaerobic threshold) run once a week for the next six weeks. After this, reduce your mileage and cut back on the tempo run to every other week, and add a weekly "speed"

(interval) run. This actually is a pretty good plan, but it may not be the best plan for a half marathon or marathon. I believe that you should work on the least important piece of the puzzle first and save the key ingredients of the race for last. For instance, the marathon is almost entirely an aerobic race. Speed matters the least. Strength and anaerobic threshold are most important, as is the long run. So why not try to improve your speed first along with lower mileage during the hot months of the summer. Next begin building up your mileage along with an occasional race or tempo run. Replace speed workouts with 1000 meters of strides at the end of an easy run (10 x 100 meters quick with plenty of rest between). Start building on the long run too. Those last four weeks before the two week taper should be your highest mileage weeks that contain two long runs of 20 to 23 miles. Marathon paced runs, along with shorter, quicker tempo runs need to be in there too. Remember that we are trying to focus on what is most important for that particular race distance. Naturally, this type of training would be less than ideal for milers or 5 km specialists. We would need to switch things around for sure.

Well, that is all for now. I am sure some of you would argue whether this information is accurate. Certainly we are all an "experiment of one." And I would be more than happy to discuss all of this and more over a few beers down at The Circle. You are buying, right?

See you on the roads,

TRAINING SPECIFICITY – Follow-up

So does Ron know what he is talking about? Should you follow these guidelines as you prepare for your fall marathon or other key races?

Though it's only a sample of 1, Derek Dorval followed a plan put together by Ron that followed the above principles and the results.... A 2:39:31 (19th overall; 5th in age group) marathon at the 2007 Vermont City Marathon.

Here is Derek's take on his training and the race:

Marathon PR at Vermont Cities Marathon

By Derek Dorval

I've had good marathons in the past, 2:46 at Marine Corps this past fall, but never quite ended up with the result I wanted. After running a great half marathon this spring (1:14:52 at Run to the Border), I felt that this was my opportunity to really have a great marathon. Changes to my training really helped both in body and mind.

During the final phase of my training before my taper, the most important two types of runs were my long run which was done weekly (no difference from my usual training program) and my marathon pace run (every other week, alternated with a tempo run). I contribute most of the success of this marathon to the marathon pace run because it is really the only difference in my training from other marathons. Ten miles at my goal pace really helped with my confidence to be able to run that pace over the entire marathon course. During

the race I also felt that my muscles never tightened up as they usually did during the last few miles. To be more precise I did 80 miles per week in single sessions with a long run, a tempo or marathon pace run (alternating weekly) and a progressive split run that was controlled. Monday - 8 easy, Tues - 12 split (6 easy, 6 progressive, last mile at MP), Wed - 10 easy, Thurs - 8 easy, Fri - 10 at marathon pace or 6 at tempo pace for 12 total, Sat - 8 easy, Sunday - 20-22 easy.

The other thing that changed during my training period is that I did not race during the 9 weeks between the half marathon and the marathon. This allowed for 6 solid weeks of training before the taper. Not only did this keep my legs fresh and ready for each effort, but helped my mind sharpen in order to concentrate throughout the entire marathon course.

The one variable I could not account for in my training was the weather. I lucked out and got an ideal day (overcast and in the 50's). I've had days before that were not brutally hot, but with a sunny sky even the low 70's is too warm for the ideal marathon.

The Vermont City Marathon went extremely well. With the recent heat up in the weather I was very nervous coming up to that day but the sun never came out and the clouds came in earlier than they were forecast to. It was very well organized and didn't have the typical traffic/parking/organization problems that really get you nervous before getting to the line. For a small marathon the crowds were very good, probably on par with Marine Corps (which brags 30,000 runners). They weren't as dense at some places but were

spread out over the entire course instead of having areas where you felt completely alone.

The course was gently rolling except for miles 1 and 15. Mile 1 was a good climb that could have been bad, but in the first mile I felt it saved me from going out too quickly. The mile 15 hill was different and definitely changed my rhythm, but even that was soon over and I easily got back to the pace I was running. I ran very even except for the last three where I slowed, but even then only by about 15 seconds per mile.

My new PR is 2:39:31...an improvement of 7 minutes over my time at Marine Corps last fall. I have to credit Ron Johnston for helping me with my training; he helped a lot in designing my training program and convinced me that racing too often would definitely hurt my marathon performance. Before this I had been frustrated with my marathons because they really didn't coincide with my times in shorter races, but I think I've finally learned what my body needs in order to be prepared for the marathon distance.

I also owe a debt of gratitude to my wife Beth. She was always supportive during the training and taper period and sacrificed with me during that period. She was also race support on her bike during the marathon as well as company during the lonely periods of the course.

Marathon du Medoc Road Trip

By Curt Lintvedt

This is an excerpt for the journal of Curt Lintvedt. If you'd like to read more, my guess is that Curt would gladly share it with you.

Saturday 9/9 - BORDEAUX

We rose early for breakfast and boarding the bus for the drive north to Pauillac for the 22nd running of the Marathon du Medoc. Runners were encouraged to wear costumes so we went as Les Homards (the lobsters) from New England. We wore our red shorts, red singlets, red mittens, red tails, and red lobster hats. We saw every costume imaginable on the way to the start: Egyptians, smurfs, men on stilts, floats with bottles of wine, French maids with bare butts (men), Chinese rickshaws and Statues of Liberty. It seemed that all the folks had cameras. Everyone was taking photos of everyone else and they were taking pictures of us! In the starting area, there was entertainment with music and young women dancing to French folk songs with a nautical theme from the Bordeaux region.

It was hot when the race started at 9:30 AM (so much for the earlier, more favorable forecast!). We lined up at the back of nearly 8,000 runners to be sure we would run slow and enjoy the marathon. Well, it took us over seven minutes to reach the start line! We experienced a lot of accordion, stop & go action on the first 5K over narrow roads between the vineyards to the first scheduled aid station. The station was completely dry! Wiped out! We were already feeling the heat and were concerned about staying hydrated. At approximately 7K, we arrived at another empty aid station. We were starting to panic! However, a local resident had turned on a hose, and we filled up "used" plastic cups from the curb to get some water. We all carried our cups through many water stops after that. Les Homards stayed together as a group

through about the 10K mark. My watch showed 1hr. 34 min. at that point!

The temperature was climbing as the sun rose higher on the horizon, and the beautiful vineyards weren't providing much shade! The water situation improved as the race progressed, and even though there were no sports drinks available, a regional yellow cake with dried fruits (which was tasty!), bananas, oranges, raisins, and dried apricots were provided. Along the course, there were several bands, and 23 wine tasting stands in the courtyards of the chateaux! Most of us saved the wine tasting for the next day! We saw hot air balloons, beautiful vineyards and the great buildings of the wine region. The views of the chateaux along the course were spectacular, and the running costumes kept our interest up and laughing for many miles. As a side note, most of the spectators thought we were "Les Crabes," but we received much encouragement and many "bravos" along the way. On a very hot day with temps peaking at 93, we were all pleased with our SAME DAY FINISH! We each got loot for finishing: a medal, a bottle of wine, a nice backpack, and a pair of flip flops.

After the bus ride back to the hotel, we all got cleaned up and rested a bit. In spite of a bad review from our van driver, we went for our first and last bad meal across the street from the Hotel Sofitel. The service was terrible, and the food was marginal, but by the time we got out of there we had replaced some of the calories we burned while completing the Marathon du Medoc.

This was a most excellent adventure! For me, the marathon was a blast! The French countryside was spectacular with

its vineyards, farms, rolling hills, rivers, chateaux, and castles! In Paris, the landmarks were amazing, and the museums were awesome! And of course, the food was incredible! The best part of the trip, though, was to experience all of this with friends from the Winner's Circle! Think Italy in 2008!

Trav's Trail Run – 2007

By Don Henniger

As the WCRC has evolved and grown, there are many members who never had the good fortune to have met Travis Landreth. Travis was a Newburyport native and a 1994 graduate of NHS where he captained the Track and XC teams. An All-Scholastic runner at NHS, Travis went on to an outstanding career at the University of Connecticut where he captained the track and cross country teams. Travis was the Junior National 5000 meter Champion in 1995, a member of the 1995 USA Junior Cross Country Team, 1997 Big East and NCAA Champion, and an All-American.

After college, Travis moved to California to train with the elite NIKE Farm Team in order to pursue his dreams of representing his country in the Olympics. In January of 2001, at the age of 24, Travis passed away while on a training run with his Farm Team teammates in Palo Alto, CA.

Trav's Trail Run is both a celebration of Trav's life and a fundraiser for the scholarship fund that supports numerous scholar/athletes who are pursuing their dreams as Travis was when he passed away.

As a long time member of the club, I know that there is not a more supportive club of a good cause than the WCRC. We hope you continue to honor the memory of one of our own.

Are you YH10 ready

As you already know, YH10 is generally the hottest day of the year. Here is some questions to ask yourself before you try to go out and race:

From Runnersworld.com

According to William Roberts, M.D., medical director of the Twin Cities Marathon in Minneapolis-St. Paul, ambient temperature is only a small factor in predicting heat stress. "At Twin Cities, we've had cases of heatstroke at 50 degrees," he says. "And there have been marathons in Rio de Janeiro without any problems. So much depends on your acclimatization levels." Dr. Roberts has researched cases of fatal heatstroke among athletes and found that the runner's general health and use of medications were contributing factors, just as important as dehydration and weather conditions. He offers this checklist to determine if you're ready to run in the heat. If you answer "no" to any of questions 1 through 6 or "yes" to question 7, Dr. Roberts advises either exercising indoors or keeping your run very short and very easy.

1. Are you acclimatized--have you been in similar temperatures during the last two weeks?

2. Are you well rested (having gotten at least seven hours of sleep last night), and have you been in cooled/air-conditioned

environments for some part of the last 24 hours?

3. Are you hydrated? (If you are hydrated, your urine will be pale yellow in color. If it is dark like apple juice, you're dehydrated.)

4. Are you healthy--no recent illnesses?

5. Are you well nourished?

6. Have you avoided alcohol in the last 24 hours?

7. Are you taking medications with ephedrine or other prescription medicines that might interfere with your thermal regulation (information you can find in the literature that comes with the medication or get from a pharmacist)?