

❖ RUNNERS' RAG ❖

Volume 20 Issue 5

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

October, 1999

WCRC Garners Honors at Winnepesaukee

Not as many teams as the WCRC has had in the past, but for those involved a great experience. The male masters team was 8th overall, but because of the aging of the runners it was just good for third in the masters division. I believe this is the highest finish ever by any WCRC team. The Tri-Guy a bunch of WCRC triathletes (Pete Dibiaso, Ed Rowe, Bruce Landers, and five others) finished a great 15th overall. With next year's optional swim, they should improve a lot. The male seniors team (Bob Randall, Don Brayban, Bob Aucoin, Byron Petrakis, Mike Fiene, John Archacki, Ted Jones, and Jack Cubbison) just finished out of the prizes with a 4th place division finish. Generally the best leg gets to keep the baton, but this year the seniors gave it to Ted Jones because of where he carried it during his leg. Jack Cubbison did a Michael Jackson one black glove for his leg – no way he was going to touch the baton. All the

seniors did a great job with a number of PR's but new member Don Brayban earned the baton because of the 30 or so people he passed on the second leg – if he wants it.

Vicki Miller came to the aid of another dehydrated runner, who said he was okay. Couldn't finish the second leg because he couldn't walk, but he kept telling everyone he was okay. Vicki took charge and until the ambulance finally came. People you have to drink plenty of fluid on the hot days!!

It a great experience to run on a relay. You are part of a team, which makes you try harder and it great just being with other really fit people. Just seeing the people running is great (Jack and Don wish I had been driving just a bit slower on the 7th leg to see a bit more of some CSU damsel rushing into the woods).



Bob (the animal) Randall doing the first leg and seems to be working hard. His first long run of the summer



Winnepesaukee Relay Masters Team and team mascot: Dave Boucher, Tom Miller, Dave Kelly, Team Captain Jim Cocozella, John Webber, Ed Liebfried, Jay Singleton, not pictured Jeff Goddard, and Jim Morisseau

WCRC Schedule of Events

CLUB RUNS Thursdays 4:00 PM, SHARP from the Circle. All Welcome!
MONTHLY MEETINGS: Second Thursday each month. 6:30, upstairs (smoke - free) at the Circle
EXETER SUNDAY RUNS: 8:30 AM at Synergy Fitness Center (at Exeter Hospital)
 All Distances, well attended, 7:45 -8 min. pace approx, We run at **4:45 PM Tuesdays** also.
WINNEKENNI PARK FUN RUNS, Tuesdays, 5:30PM run, see article elsewhere in RAG for directions
CHRISTMAS PARTY, December 18 at the Hungry Traveler in Salisbury

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Feel free to use E-Mail address above.

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Visit the WCRC Website, maintained by

Tom Miller, at:

<http://xenia.unh.edu/wcrc/>

WCRC Running & Racing Schedule

Baysate 5K/Half/Full Marathon, October 17, 8AM, Greater Lowell Regional High School, Tyngsboro, Mass

Butterfly Run, 5 mile, October 17, Noon, Pentucket High School, West Newbury

Trick or Treat Trot 5K, October 31, Noon, Newburyport high School, contact Jill Manning 462-1073

Exeter Bruce Ellis 5K, November 6, **10AM**, Exeter Hospital, contact Kevin O'Leary

Country Club Cross Country 5K, November 7, 9:15 AM, Merrimack Golf Course, Methuen

Turkey Trot 5K, November 25, 8:20AM, Mausley State Park, Newburyport, contact John Wile

Andover CC Cross Country 6K, November 28, Noon, Andover, MA, contact Dave Labrode

Mill Cities, sometime in early December, Nashua to Lawrence contact Mike McCormack

SANTA'S TOYS TROT, 2/4/6 Miles, Decmber 12, 1PM, Merrimac, Ma, contact Bob Randall

HANGOVER CLASSIC 5K and 10K, January 1, 2000, Noon, Beach Club, Salisbury, Ma contact Bob Manning

Welcome New Members

*Don Brabant
Exeter*

*Chris Brown
Amesbury*

*Julie Bruno
Rowley*

*Tom Fordham
Newbury*

*Steve McCray
Norwood*

WCRC Clothing Sell contact Dave Labrode

Supplex running shorts all sizes - \$15

Running singlets, all sizes -\$15

Warm-up pants, limited sizes -\$30

Sweat Shirts WCRC Royal Blue, limited sizes -\$15

NEW ITEM Short sleeve Royal Blue WCRC T-shirts -\$6

NEW ITEM Long sleeve White WCRC T-shirts -\$9

Editor's Intervals

1999 Grand Prix

Extreme Sports

I know a lot of people who to them running a marathon is incomprehensible. I feel the same way about full ironman triathalons and running 100K or 100 mile ultras. You people are nuts! At the USA Lake Placid Ironman on August 15th, Don Dwight (10 hours 14 min – first Clydesdale) led a WCRC contingent, followed by Steve Gangemi (10 hours 15 min), Gary Passler (10 hours 23 minutes), and Bruce Lander (10 hours 34 minutes). These guys all qualified to do it all over again at the sports Valhalla in Hawaii late in October. Good luck to you all. Kim Lyons also finished Lake Placid in 12 hours 34 minutes. And up in Montreal Jim "Gilly" Gilford ran his first and last ironman in ~ 13 hours. Peter Flink also finished the Montreal Ironman. Coach Ron Johnston finished 15th in the inaugural Boston 100K. I'm impressed with these feats, but what truly impressed me was that GARY ALEXANDER FINALLY GOT HIS BELT BUCKLE for finishing a 100 mile run in Arkansas. (received this info from another GACer Al Catalano who just completed the dreaded Leadville, Colorado 100 mile trail run)

Heros Wanted

Sue Mackie is willing to teach and certify a few WCRC members in CPR. It probably a great because the runners aren't getting any younger. contact Ted Jones if your interested

Friends

The running fraternity/sorority is like a any other group of people, but I would hope we could be more supportive of one another even if some of us don't have the same talent or time to train as others. Its a great sport and don't forget the members of others clubs are runners too.

Hood to Coast

Ed Liebfried is trying to drum up interest in this great Oregon relay, Contact Ed if your interested. Jay Singleton joined 11 others and finished 2nd overall in the first summit to Sea 200 mile relay - took 24 hours!

• Louise Rosetti is up to 126 races

Remaining Events

Nov. 6 Exeter Bruce Ellis 5K
Nov. 7 Methuen Country Club XC
Thanksgiving Maudsley 5K
Nov. 28 Andover Country Club 5K

Saunders 10K

Colin	Ingram	33:38:00
Jim	Morriseau	34:38:00
John	Molvar	35:30:00
David	Boucher	36:05:00
Jay	Singleton	36:42:00
John	Webber	37:08:00
David	Kelly	37:16:00
Tom	Roldon	37:19:00
William	Steele	38:24:00
Tom	Cross	38:40:00
Dennis	Krause	39:47:00
David	Vasta	40:34:00
Kevin	O'Leary	40:50:00
Peter	Roberts	40:50:00
David	Labrode	40:51:00
Neil	Levesque	41:10:00
Ted	Jones	41:36:00
Richard	Collins	41:56:00
Donald	Brabant	42:50:00
Bob	Aucoin	43:57:00
Gary	Rohr	44:41:00
Doug	Eastman	45:02:00
Allie	McGuinness	45:24:00
Sharon	Yu	45:55:00
Larry	Wilson	46:06:00
David	Pizon	46:11:00
Dave	McGuigan	46:18:00
Janet	Parkinson	46:22:00
Hank	Pangione	46:24:00
Leslie	Behan	46:44:00
Cindy	Byrne	47:48:00
Meredith	Wilson	47:53:00
Debby	Podsen	48:31:00
Carol	Zanni	48:56:00
Dennis	Keefe	49:56:00
Jim	Mclaughlin	50:33:00
Dennis	Hagelie	53:19:00
Dennis	Hagelie	53:19:00
Pamila	Houck	55:51:00
Nick	Anastasi	1:04:06
Louise	Rosetti	1:09:57

Current Standings

thru Cape Ann

Female Open		Total
DEBRA	PODSEN	46
GINNY	STECKOWYCH	28
CINDY	BYRNE	28
MEREDITH	WILSON	21
MARYBETH	CHESLER	21
Female Masters		Total
JANET	PARKINSON	44
VICKI	MILLER	41
KATHLEEN	LONG	30
ELEANOR	WHITNEY	29
CAROL	ZANNI	29
Male Open		Total
JOHN	MOLVAR	77
TIMOTHY	SHORT	73
CHRIS	KEALY	60
JOE	GURCZAK	54
BILL	STEELE	53
Male Masters		Total
JOHN	WEBBER	106
KEVIN	O'LEARY	84
JIM	MORRISSEAU	79
DAVE	KELLY	73
DAVID	BOUCHER	58
TOM	MILLER	58
Male Seniors		Total
DENNIS	KRAUSE	78
DAVID	VASTA	78
ROBERT	AUCOIN	73
MIKE	FIENE	39
FRANK	SALVATORE	37
Merrimac 2 Mile		
Chris	Kealey	10:07
Jack	Molvar	10:36
Jim	Chute	10:41
Mike	McCormack	10:46
Tim	Short	10:48
Joe	Gurczak	11:02
John	Webber	11:14
Susan	Landreth	11:15
Peter	Dibiaso	11:41
Dave	Vasta	12:01
Geoff	Hull	12:29
Tom	Connelly	12:47
Bob	Aucoin	12:54
Kathy	Long	12:58
Kristin	Iworsky	13:11
David	Abusamra	13:25
Larry	Wilson	13:54
Leslie	Behan	14:05
Ned	DiDomenico	15:16
Jim	Farren	15:25
DAVID	Hoyt	15:26
Daviv	Podsen	15:32
Maureen	Farren	16:40
Pam	Houck	17:21
Elaine	Clocher	17:43
Gregg	Pearsall	20:28

SHEARER AND BAKER WIN HIGH STREET MILE

by Ted Jones

The ninth edition of the High Street Mile had a new wrinkle this year. It was the 6th stop on the NECFRF Championship Series. The HSM was run in five separate heats under cloudy and cool conditions for August. Darin Shearer won the main event, sponsored by Rolling Rock, for the second time in 4:06. Darin lead from wire to wire with only the press vehicle within striking distance. Two of New Balance's stable of runners came to Newburyport for some friendly competition. Running side by side for most of the race, Molly Watcke made one final push 50 meters from the finish. Laura Baker was able to hold off Molly's late charge to win by one second in 4:51.

Once again this year, the first heat was the largest with 86 boys and girls between the ages of 10 and 15. Michael Grant set a record in the 13-15 age group of 4:53 to beat Timothy Goulter. Sarah Grant equaled Nicole Dushesne's year old record of 6:05 in the 10-12 age group. In the hotly contested Clydesdale race Dan O'Connell 4:40 held off Matt Corcoran and Vince Kotowski, who both finished in 4:46. Kim LeSage ran away with the Filly's race, running 5:42.

In the masters race John Martin of Nahant won for the second straight year in 4:35, while Robert Gerrity 4:41 held off Don Salamone 4:43 and Cliff Staples 4:44. Sidney Letendre also came back to defend her 1998 master's record of 5:26. Sidney won the master's race this year in 5:29. Elizabeth Riordan of Beverly broke Wendy Burbank's seniors record by 22 seconds finishing in 6:07. Curtis Bryant beat Mike Fiene and John Babington to win the seniors men's race in 5:18.

However, the really big story of the day was when several runners brought Jack Nyhan back to life. After collapsing about half way through the mile with a severe cardiac event, Mr. Nyhan was very fortunate that two runners come along at the right time. Vince Kotowski and Gary Passler performed CPR on Jack and literally breathed new life into

him, as his skin tone went from deep blue to pink. Mr. Nyhan was also assisted by Police Officer Nora Duggan who used the defibrillator paddles to shock Nyhan's heart. Dr. Larry Olney gave medical advice to Gary and Vince throughout this process. After several weeks in Anna Jaques and Mass. General Hospitals Mr. Nyhan is now recovering nicely. That was certainly enough excitement for one year. The HSM was sponsored this year by Rolling Rock Beer, Yankee Runner and Salamone Toyota. Timing and race logistics were handled very nicely by Bob Manning and the WCRC crew, as a record number of runners (267) participated in this year's race.

Men (Overall): 1. Darin Shearer, 4:06; 2. Matthew Ely, 4:18; 3. Chris Kealey, 4:31; 4. John Martin, 4:35; 5. Kevin Alliette, 4:37; 5. Dan O'Connell, 4:40; 7. Michael Brouillette, 4:40; 8. Robert Gerrity, 4:41; 9. Rich Molloy, 4:41; 10. Matt Depari; 11. Don Salamone, 4:43; 12. Rob Gough, 4:43; 13. Jack Molvar, 4:43; 14. Cliff Staples, 4:44; 15. Matt Corcoran, 4:46.

Men (Masters): 1. John Martin, 4:35; 2. Robert Gerrity, 4:41; 3. Don Salamone, 4:43; 4. Cliff Staples, 4:44; 5. Jim Morisseau, 4:56.

Men (Seniors): 1. Curtis Bryant, 5:18; 2. Mike Fiene, 5:23; 3. John Babington, 5:27; 4. Bob Welch, 5:35.

Men Veterens (60-69) 1. Mike Mayr 5:49; 2. Don Murray, 6:13; 3. Gilbert Emery, 6:15.

Men Super Veterens (70+) 1. Louis Peters, 8:39; 2. David Allard, 8:39.

Clydesdales

Clydesdales Open (190-210lbs): 1. Dan O'Connell, 4:40; 2. Matt Corcoran, 4:46; 3. Vincent Kotowski, 4:46.

(211-225lbs) 1. David Long, 5:14; 2. Glenn O'Connor, 5:18; 3. Patrick Gosselin, 5:35.

(226+lbs) 1. Fred Kirk, 5:41; 2. Skip Donnelly, 5:50; 3. Jeff Durso-Finley, 5:57.

Clydesdale Master (190-210 lbs): 1. George Maston, 5:31; 2. Manny Arruda, 5:48; 3. Richard Knurek, 5:52. (211-225 lbs) 1. Paul Seddon, 5:41; 2. Andrew Sauer, 5:45; 3. Michael Petraraca, 6:03. (226+lbs) 1. Skip Donnelly, 5:50; 2. Kevin Garlick, 6:20; 3. Robert Cronin, 6:24.

Women (Overall): 1. Laura Baker, 4:51; 2. Molly Watcke, 4:52; 3. Margot Thistle, 5:22; 4. Tina Ramos, 5:23; 5. Kara Molloy, 5:24; 6. Sidney Letendre, 5:29; 7. Toby Warden, 5:30; 8. Kim Lesage, 5:42; 9. Mary Beth Chesler, 6:03; 10. Lisa Conti, 6:05. 11. Kathy Bradshaw-Long, 6:05; 12. Elizabeth Riordan, 6:07.

Women (Masters): 1. Sidney Letendre, 5:29; 2. Kathy Bradshaw-Long, 6:05; 3. Debra Johnson, 6:50. Women (Seniors): 1. Elizabeth Riordan, 6:07; 2. Wendy Burbank, 6:46; 3. Geraldine Porth, 8:18.

Fillys Open(140+): 1. Kim Lesage, 5:42; 2. Lisa Conti, 6:05; 3. Kate Naples, 6:11; 4. Patricia French, 6:19; 5. Barbara Moran, 6:22.

Fillys (Masters): 1. Caroline Radlow, 6:55; 2. Lisa Figliola, 7:12

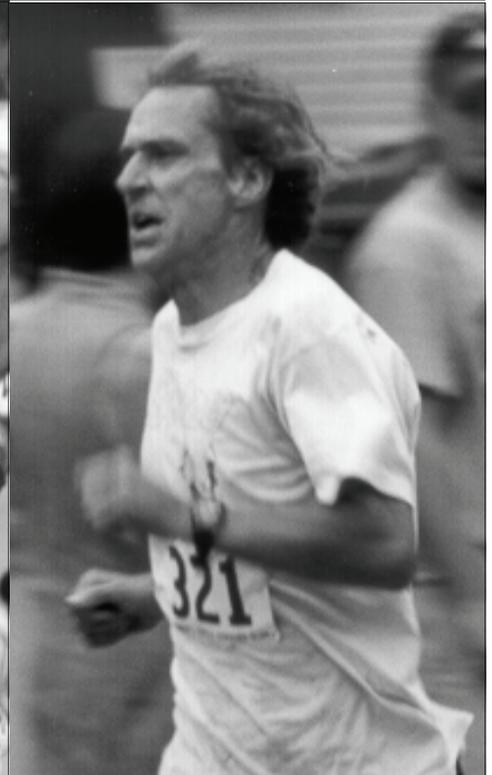
Girls (10-12): 1. Sara Grant, 6:05; 2. Nicole Duchesne, 6:13; 3. Brittany Frasier, 6:45.

Girls (13-15): 1. Erin Thompson, 5:40; 2. Leslie Clunie, 6:13; 3. Margaret Frash, 6:16.

Boys (10-12): 1. Conor Welch, 5:49; 2. Ty Tucker, 6:22; 3. Kevin Sullivan, 6:22.

Boys(13-15): 1. Michael Grant, 4:53 ; 2. Timothy Goulter, 5:03, 3. Tom Lane, 5:16.

High street Mile Race



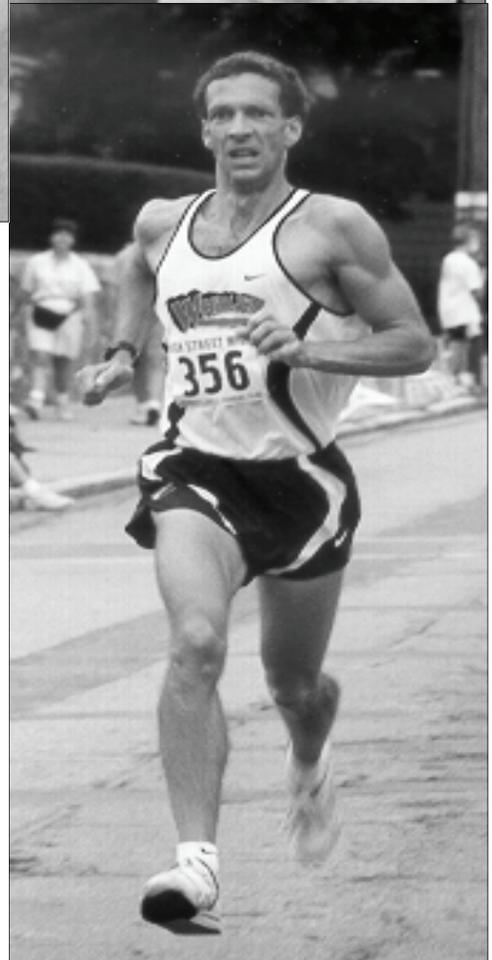
Photographs by Ric Bayko
Top Left - Chris Kealey giving every bit in final hundred yards

Bottom Left - Tom Connelly pushing the WCRC colors to a strong finish

Top Center - Eventual winner Darin Shearer early in his race when there were actually people pushing toward a sub 4 mile

Top Right - Jim Morisseau, giving chase in the Masters heat

Bottom Right - John Martin,



Flexibility is the Key
by Leslie Behan

Even though stretching is important, that's not what this column is about. Runners must maintain flexibility in their training programs, race strategies, and race goals. Otherwise, they'll end up being frustrated, sick or injured, or just annoying to others. We runners can make out schedules for long runs, races, and workouts, but it's seldom we can control all the variables. Asthma, sore Achilles or hamstrings, and other physical ailments can ruin the perfect race you had visualized. Maybe you had to drop out of that five-mile race or shoot for a slower time in a 5K. It's better to wait for a better breathing day and let a minor injury heal before it becomes a major one. Family obligations and work requirements can force us to modify our plans. Even though running and racing are worthy pursuits, over the years, some club members have instead chosen to take time off for pregnancy (Don't confuse a beer belly with the real thing.) Training also takes a back seat to work when it means getting that "new release" out or preparing for a refueling outage. Be flexible. Instead of running Boston, shoot for the Vermont City Marathon a month later. If your training isn't sufficient for the Baystate Marathon, perhaps you're in great shape for the half-marathon. Flexibility can entail accepting reality, having a backup plan, and not trying to "make up" for lost training. If you constantly make adjustments to your training program and goals, you'll be a much happier and more successful runner.

Ipswich Triathlon
by Ted Jones

For the fifteenth year in a row, Rick Silverman did an excellent job putting on one of the best Triathlons in the area. Rick's only problem is his success. Too many people are starting to hear about this quaint little race. This year 108 triathletes finished the race. The swim is held at Cranes Beach, the run goes along the beach, over cross country trails and up the lawn at The Castle. The last event, the bike, is an out and back course on Argilla Road. This year the swimmers had the good fortune of catching a glider. The half-mile swim, which last year was a struggle the entire way, due to heavy surf and a tough current, was a pleasant surprise. Swimming with an outbound tide can really improve your time. Wallah, swim time half of last years. The only problem is when the swim goes in the other direction, this adds one-half mile to the beach run. This was too good to be true, we thought he is going to make up for this and put glass and nails on the bike course. Nope, never happened, as reflected by the following ties. WCRC heavyweight, Don Dwight won easily in 50 flat. Other WCRC members who participated, finished as follows:

Gary Passler 52:46
Pete DiBiasco 53:59
Bruce Lander 54:09
Peter Flink 54:14
Peter Sullivan 54:47
Edwardo Rowe 57:27
Ted Jones 62:07
Kim Lyons 62:10
Don Staruk 64:55
Allie McGuinness 65:56

Huge WCRC Turnout at Cape Ann Results in Three Big Wins

Both the male and female masters won there divisions at the tough Cape Ann 25K road race on Labor Day. Male team also tok 2nd in the Open while the Women placed 4th. Bill Steele took first place overall in the Clydesdale division and proudly showed his evidence of pushing to the limit – ugh! Maybe we should send a pucking picture for Adidas's new ad campaign. One other thing, there were a number of WCRC runners that did not indicate they were associated with the WCRC on the application. Always put WCRC or Winner's Circle on the application if there is a place for it. Its much easier to find all WCRC results and it almost cost us the 1st place in the male master's division.

WCRC Participants

- Jim Morriseau 1:38:23
- Dave Kelly 1:43:15
- Claude Sequeria 1:45:06
- John Webber 1:45:35
- Bill Steele 1:47:03
- Dennis Krause 1:49:13
- Jay Singleton 1:49:16
- Tom Miller 1:50:20
- Marc Sopher 1:53:28
- Kevin O'Leary 1:54:38
- Bill McCarthy 2:01:55
- Ginny Steckowych 2:02:22
- Mike Fiene 2:05:07
- Vicki Miller 2:09:30
- Janet Parkinson 2:12:42
- Carol Zanni 2:13:58
- Debby Podsen 2:14:42
- Lisa Pappas 2:17:50
- Tom Cross 2:17:54
- (~18 miles)
- Mauren Gage 2:21:09
- Larry Fisher 2:25:25

Male Seniors Triumph in Lynn Woods on 8/25/99
by Dave Abusamra

An indomitable team of WCRC seniors journeyed to the Lynn Woods for the annual team relay. Due to a miscommunication, only 3 runners showed. The rules, however, allow for multiple legs by an individual runner. So, "Ironman John Archacki", who had chosen to run the 1st leg, was the logical choice to run the 4th leg as well. Of course, Bob Aucoin didn't ask him to run again until AFTER John had completed his leg, in the team's fastest time, 17:30. Capt. David Abusamra ran 17:35, followed by multiple August racer Aucoin, in 17:43. John ran his SECOND leg in 18:02. The Shark's heroic effort nimbly placed the Seniors in 1st, in 70:50, and overall 26th of 55 teams.

Good Luck to all the people running marathons on October 17th.

An Interview with Ron Johnston by Don Allison

Used by Permission. An article as it appeared in Cool Running. If you haven't check out www.coolrunning.com your missing the best running web site.

CR: How important is it for the average runner to understand his or her running physiology? Is using a heart rate monitor a good idea for most runners? What should they look for if they do?

RJ: It is not necessary to have an understanding of physiology for the average runner who has a coach. You are paying the coach for that. However, for the self-coached runner, having knowledge of physiology will enable that runner to design a periodized schedule that is both safe and effective in promoting positive physiological adaptations that will hopefully translate into faster race times. Heart rate monitors can be an excellent tool for the coach and the self-coached runner in order to monitor workouts, stress levels, and progress. In order to use the monitor properly, however, the coach and/or runner must have an understanding of basic physiology. When using a heart rate monitor, the runner is working at specific percentages of maximal heart rate. Often the formula of $220 - \text{age}$ is used to estimate max heart rate. Unfortunately the estimates can be over or underestimated by as much as 20 beats per minute. For instance, at 47 years of age, my max heart rate per formula is 173 beats per minute. My actual max heart rate obtained while performing a maximal stress test at the University of New Hampshire lab is still 200 beats per minute. Training at 70% of 173 bpm will be quite different than training at 70% of 200 bpm. This can result in over or undertraining. The runner or coach also must have a good understanding of how percentages of max heart rate correlate with recovery, easy, anaerobic threshold, and max aerobic capacity training days.

CR: What are the most common mistakes you see in self-coached "recreational runners."

RJ: Usually a runner trains too hard. The runner does not run easy enough during the days between harder workouts. I use a heart rate monitor primarily during my easy days

to ensure that I run slow enough. A second common mistake made by runners is to run either the same mileage and/or with the same intensity on a daily and weekly basis. With either of these two mistakes, a runner will either get injured, or at the very least plateau during training where race times will begin to slow.

CR: Can a recreational runner really significantly improve his or her performance? What is the best way to do so?

RJ: Most definitely! The safest and most effective way of improving times is to gradually increase weekly mileage. There have been research studies that have taken trained runners, and increased their mileage from 20 to 30 to 40, up to 140 miles per week. Interestingly, improvement occurred for all runners at every mileage increase until roughly 70 miles per week. Some people further improved at 80 and 90 miles per week. Beyond 90 miles, aerobic capacity began to decline. Just remember the 10% rule. Increase mileage by no more than 10% weekly.

CR: Many runners say, "I'm slow." How can they improve their speed?

RJ: A beginning runner will improve speed just by becoming stronger and more efficient. This can be accomplished just by running consistent, easy mileage at first. Once a runner's performance begins to plateau, and that runner has been "laying a base" for six months, then he/she can begin to add hill training, anaerobic threshold training, or interval training to the program. This should not be done randomly or haphazardly. The runner should be well educated in training methods. A safer method for improving speed initially, after laying a base, would be to have the runner add six to eight-100 meter pick-ups or accelerations to a run, two or three times per week. These accelerations need to be run in control, with good form, and with plenty of recovery between each repetition.

CR: Can runners make changes to their basic running form that might help them improve performance? What are most

common deficiencies you see in running form?

RJ: Without a doubt! Some of the more common mistakes that one might see in an inexperienced runner are a stride that is too long, a foot plant that is well ahead of the runner's hips, a stride rate that is too slow, and running in a bent over (head and chest down) position. A particularly common mistake made by a novice runner is to deliberately try to lengthen the stride by reaching out with his lead leg, which will cause a braking motion on impact, rather than letting the stride increase more naturally by increasing the strength or force of the rear leg push-off. We can practice good running form during pick-ups or accelerations. Focus on one aspect of your running form during each pick-up. Running tall (chest up, head up), quicker leg turnover, foot plant under your hips, relaxed shoulders, loosely cupped hands, stronger push-off, etc.

CR: What benefits can a recreational runner accrue from having a coach? Should all runners have a coach?

RJ: The runner will get an objective view from a coach rather than a subjective one from self. Also the runner will not have to waste energy and time second-guessing or thinking about a training program. Leave the thinking up to the coach and have the runner focus on just running! However, unless the runner has definite and challenging goals to work toward, a coach may not be necessary. Anyone can pick up a book and begin jogging for fitness.

CR: Do you agree that a proper mental approach will help improve performance?

RJ: I am not a sport psychologist, but I firmly believe that a proper mental approach is what separates 2 individuals who physiologically are equal. Thinking positive, learning how to relax, staying focused on the task at hand are all very important for performance.



Molly Watke (225) and eventual winner Laura Baker (322) were in this position all the way up high street. Never knew who was going to win until the finish. Great race!

**BE SURE TO JOIN IN THE WEEKLY CLUB RUNS FROM THE WINNER'S CIRCLE
EVERY THURSDAY - 4:00 PM -**

THE RUNNERS' RAG

**WINNERS CIRCLE RUNNING CLUB
211 ELM STREET (Rte. 110)
SALISBURY, MA 01952**

First Class Mail
