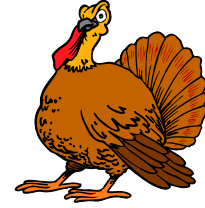


THE PACER



P.O. Box 282 Anderson, Indiana 46015

www.andersonroadrunners.org

Upcoming Events

Greetings to all of you Walkers and Runners.

Monday December 7th we will have our annual Christmas Party. The party will take place at Mounds State Park Pavilion. The club will prepare the main entrée and baked sweet potatoes. Please bring a side dish and/or dessert to share along with your own beverage. The doors will open at 6:00 pm for fellowship followed by dinner at 6:30. We will again have door prizes to give away including two Indiana state park passes.

We will have a brief business meeting to review any old business and discuss any new business along with preparation for the annual awards banquet. Again at the Awards Banquet we will present special awards for 1st through 3 places in the Road series and Thursday night series races. In some age groups that had more participants additional awards may be given. Perfect attendance for Thursday nights will also be handed out. We will continue to have special awards for Volunteer, Service, Rookie, Comeback, Youth and Marathoner of the year. We welcome all members to add input and nominations for any of the special awards. We are currently looking to finalize the time and place for the awards Banquet, please continue to check the website for information.

We again have rented a tent for the Indy Mini and will provide additional information regarding the day's events later. Sign up soon the race sold out in November last year.

We welcome any suggestions to provide a better club and running experience for the 2010 season.

INSIDE THIS ISSUE

Less is Often Better	2
Race Calendar	3
Race Results	4

Editor's Notes

editor@andersonroadrunners.org. Please have information to me by the 25th of the month for the next issue. Please notify me of any omissions, errors or changes in your email. In the future, the Pacer

Indiana Running Clubs & Associations Links

- RunIndiana.com
- IndianaRunner.com
- [Greater Evansville Runners/ Walkers Club](http://GreaterEvansvilleRunners/WalkersClub)
- [Wabash River Runners Club](http://WabashRiverRunnersClub)
- [Calumet Region Striders](http://CalumetRegionStriders)
- [Indy Runners](http://IndyRunners)
- [Fort Wayne Track Club](http://FortWayneTrackClub)
- [Wabash Valley Roadrunners](http://WabashValleyRoadrunners)
- [Road Runners Club of America](http://RoadRunnersClubofAmerica)
- [American Running Association](http://AmericanRunningAssociation)
- [Columbus Running Club](http://ColumbusRunningClub)
- RunBloomington.com

Less is Often Better

by Kirt West

In the Winter issue of FootNotes, I laid out the case for why most runners will benefit from doing most of their runs at an easy pace in the range of 60-75% of maximum heart rate (MHR). This time, I want to pass on my thoughts regarding other benefits of a moderate training approach. Many runners are frustrated at their inability to meet what seem to be reasonable goals, such as qualifying for the Boston Marathon, breaking 4 hours in the marathon, or running an 8:00/mi 10K race. They find they cannot match their training pace at race time. I got into coaching because for years I could never figure out why my race times were so slow in comparison to my training times. After I ran into Coach Roy Benson at an RRCA Convention and learned about his principles of effort-based training (easier is often better), I began to train smart, with the result that I then, in my late 40s, achieved all my personal race record times. The runners who come to me for coaching assistance are often committing at least one of the following three training errors: 1) failure to take enough time off; 2) working out too hard and too fast; and 3) participating in too many marathons. I know these mistakes all too well because I once made them myself.

Fear of Taking Time Off

Many runners operate under the assumption that the harder they work, the faster they will get. This is true up to a point. As I pointed out in my last column, running all your workouts above 75% of MHR actually has diminishing returns and may lead to your getting slower, not faster. Many runners don't want to back off or even miss a day, fearing they will lose their fitness level. This mindset even leads some to try to train through injuries, often resulting in an aggravation of the injury and, in the end, a much longer layoff. Two suggestions may improve your overall training. First, take at least 1 day off a week from running and all forms of cross training. As I get older (50+), I find that I need to take a couple of days off each week. Those days off will give your body a chance to recover from training and will reduce the likelihood of injury.

Second, at least once a year, cut back on your training for a couple of weeks or even take the entire 2 weeks off. With only minimal loss in conditioning, this layoff will not only aid in physical recovery, but perhaps more importantly, it will provide a mental break from rigorous training. You can do this even during marathon training. A couple of years ago, a longtime client ran a marathon in which he achieved a 10-minute PR in his middle fifties, and qualified for Boston for the first time. After suffering a minor foot injury in the summer, he had taken 2 weeks off only 2 ½ months before the marathon. In all previous marathon training, he had trained religiously for months with no time off. We both believe that this forced break in the middle of training was the major reason for his PR.

Run Your Hard Workouts with Moderation

A common misconception is that interval workouts should be really stressful. In the same way that many run too hard on their easy days, many runners also make their speed-work sessions too hard and too long. Many runners believe that a speed session is not successful unless you are literally ready to throw up on the track. The truth is, a more moderate approach lessens a runner's likelihood of injury.

A typical speed session consists of 3x1 mile at 80-85% effort (slightly faster than 10-mile race pace) with a 400-meter recovery. This means a 40-minute 10K runner (6:26/mi) would be running a 6:40 mile while a 50-minute 10K runner (8:00) would be running an 8:25 mile. The 20-minute anaerobic threshold run is also undertaken at 80-85% effort. I limit speed work to approximately 15% of weekly mileage. This relatively conservative approach means that the runner is likely to come to the starting line of a race refreshed and recovered.

The Pitfalls of Too Many Marathons

To my fellow marathoners who run many marathons and want to get faster: I observe a recurring pattern among folks running two or three marathons a year combined with many 15- to 20-mile runs between marathons. Their marathon times do not get faster; on the contrary they often are slower because they never give their bodies a chance to recover from one marathon before running the next one. Moreover, they don't set aside speed-training time because their legs are too weary from running so many marathons and long runs. All they accomplish is to teach their bodies to run long and slow.

Experience shows that marathoners actually benefit from taking one or two seasons off from running marathons in order to concentrate on anaerobic threshold training and 10K racing to improve their speed. There is a direct correlation between bringing down your 10K time and improving your marathon time. I also recommend limiting the long weekly run to 12-13 miles to avoid the risk of injury from being leg-weary. Running a 10K requires developing a completely different mindset from running a marathon. This new mindset helps marathoners to run their next marathon at a higher level.

Kirt West began as a club coach for the Montgomery County Road Runners Club (MCRRC) in Maryland, where he served as Vice President, and is now a private coach for motivated adult runners. Questions for him can be sent to kirtwest@erols.com.

Race Calendar

Thursday Nov. 26

ARRC Thanksgiving Day Run 8:00 A.M.
2 Lap race around Shadyside
(approximately 5.3 miles)

\$3 entry fee

Various awards for Overall and age
group winners.

Shadyside Recreation Area, 829
Alexandria Pike, Anderson, IN.

Thursday Nov. 26

Drumstick Dash
4.5 Mile Run and 2.6 Mile Run/Walk
Broadripple

Friday Nov. 27

Burn It Off
3 Mile Run/Walk 8:00 A.M.
7 Mile Run/Walk 9:00 A.M.
Shelbyville
www.energy2action.com

Sat Dec. 19

Huff 50k
Huntington Reservoir
Huntington
<http://www.huff50k.com>

Thursday Dec. 24

Rudolph Run 5k Run/Walk 9:00 A.M.
Kids Run 8:30 A.M.
Shelbyville
www.energy2action.com

Upcoming ARRC ROAD SERIES

Sun. Dec. 6 2:00 P.M.

Kris Kringle 4 mile Run
New Castle, IN
Contacts: Tom Hiner, Chm or Dennis
Adams (KP) 765-533-4287
dennvoiceofandersonspeedway@msn.com
or download entry form at
www.knightsofpythiasofnewcastle.com

VASQUE DINO TRAIL RUN Fall SERIES



Sat Dec 05 Nashville IN
Tecumseh Trail Marathon and 5.5 Fun Run

Vasque DINO Trail Run Series 2010

3/13 Indianapolis: Eagle Creek Park
3/27 Anderson: Mounds State Park
4/10 Avon: Washington Township Park
6/5 Nashville: Brown County State Park
8/28 Indianapolis: Town Run Trail Park
10/9 Indianapolis: Southwestway Park
11/13 Indianapolis: Fort Harrison State Park

Additional Race Calendar

<http://www.tuxbro.com/2008%20Calendar.htm>

www.indyrunners.org/race-calendar.cfm

Race Results

Old Salem Fun Days 10k Sept. 7

Sherry Robertson 47:22

Erie Marathon Presque Isle Sept. 13

Tony Martin 3:47:31
Terry Spoo 4:14:58
Jack Stepp 4:21:39
Tom Corda 4:50:43

Akron Ohio Marathon Sept. 26

Michelle Eskew 3:56:41
Carolyn McKinney 4:10:06

Crossroads of America 30k Sept. 27

Danny Spears 2:21:06 2nd A.G.
Brian Rayl 2:21:39 3rd A.G.

Indianapolis Marathon Oct. 17

Ann Morris 4:18:19
Walter Evans 4:46:48

Indianapolis Half Marathon Oct. 17

Chucky Bennett 1:25:24 4th A.G.
Danny Spears 1:37:39 3rd A.G.
Amanda Holzhausen 1:43:18 4th A.G.
Tom Corda 1:45:20
Tammy Bennett 2:07:40
Chuck Bennett 2:12:00
Bud Stiffler 2:14:08 2nd A.G.
Pat Miller 2:26:14 2nd A.G.

Steve Fulp 2:41:01 Walk
Greg Smith 2:55:32 Walk

Columbus OH Marathon Oct. 18

Brian Rayl 3:34:12

Louisville Marathon Oct. 18

Tommy Goodson 4:00:51
Ron Harmening 4:48:40

Ridge to Bridge Marathon NC Oct. 24

Carolyn McKinney 4:10:00

River Rat 10k Ft. Wayne Oct. 25

Sherry Robertson 45:33 2nd A.G.
Ann Morris 50:56 1st A.G.
Bud Stiffler 58:56 2nd A.G.

Marshall University Marathon WV. Nov. 1

Walter Evans 4:49:35

Indianapolis Monumental Marathon Nov 8

Walter Evans 4:40:46

OBX Marathon NC Nov. 8

Tom Corda 4:19:24

Veteran's Marathon Nov 14

Walter Evans 5:08:43
Bud Stiffler 5:14:48 1st A.G.

Websites for additional race results

<http://www.irunmuncie.com/>

<http://www.indianarunner.com/>

<http://www.runindiana.com/>

<http://www.onlineraceresults.com/>

