

INDIANHEAD TRACK CLUB

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JANUARY — FEBRUARY 2010

Our Mission

The mission of the Indianhead Track Club is to promote running, fitness and healthy lifestyles by organizing competitive and non-competitive events, and promoting fellowship and companionship through the sport of running.

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Maybe someday, I can report:

Given the blizzard-like conditions and the Himalayan snowdrifts on race day, perhaps it's no surprise that 6 runners missed the turn at the bottom of the hill and wandered into the oblivion we call the Albertville Tavern, never to be seen again.

Or

It's time to rename them the Fiery 8 and the Torrid 3, as global warming blistered the Chippewa Valley on this December race day, dropping the runners like plump donuts into a fryer.

Instead, for the first time in years, the runners enjoyed a great day for a Frigid and Thermal race. Sunshine. Mild temperatures. Soft breezes. Dry pavement. The kind of day in December in Wisconsin that you can write home about if anybody wanted to hear from you. No surprises. Nobody got lost. Nobody got hurt and the dogs went hungry.

The only surprise was the turnout of 197 registered runners for the race's 40th anniversary.

Brady Anderson won the Frigid 8 for the 6th year in a row and was joined in the winners' circle by Heidi Jarecki (8), Jonathan Delf (3) and Haley Steig (3).

We congratulate all of the runners and walkers for finding their way to the finish line.

We thank the volunteers because, without them, no race is possible and they did a great job this year. Submitted by Mike Salm

President's Column—Dave Carothers

The year of first's

I have to say that 2009 was another year of firsts for me. This article will be my first president's article. This year I was nominated for the presidency of Indianhead Track club. This was a great honor for me and I have to give thanks to all the members and past presidents for all the hard work they have done. Your efforts have created many firsts for many people including me.

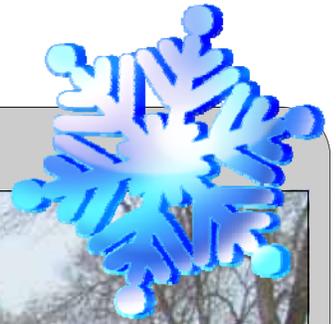
In 2009 I had the pleasure of running in two Indianhead Track Club's oldest runs for the first time. They were the Beer n M&M's and the Trot to Cadott fun runs. During these events I had the privilege of learning of the history of these events from some of the long time members. It was a great moment to hear about the history of these events and how they were started. I was even blessed with seeing pictures of some of our members when they were youngsters. If you have never ran in these fun runs, I strongly recommend running them.

I have also had the privilege of running a 5k event for the first time. During this large race which I will not mention its name gave me another first. I miraculously place second in my age group and to my surprise I received nothing for my efforts only the finishers t-shirt. That was a shock to me a considering the entry cost was 25.00 and another first.

In closing every moment I am awake or whatever activity I do I always have firsts. When I quit having firsts I need to open my eyes and mind because we have firsts every second of our lives. I hope to share some of my firsts with every one of you even if it is just meeting you for the first time or seeing something weird on a run with you.

Good Running

Dave Carothers

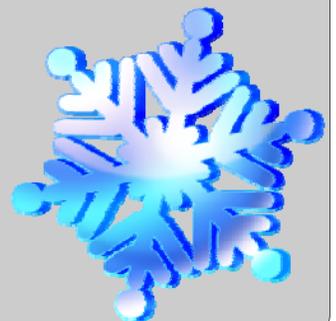


Lori Stephens, Doug Pearson, Don Gilbertson, Jeff Teeters, Bret Tangley, Paul Billmeyer, John Killey, Linda Gehring, Jeff Miller, Mike Salm, Wade Zweiner, Tom Stephens, Brent, Karen, Tim Haines, Jerry Sazama, Bob St. Louis Kneeling: Buddy the chocolate lab, Buddy's owner John Qualheim, Wendy Bengtson, Barbara McKinley



NEW YEARS DAY—2010

Don and Nancy Gilbertsons



Bill Meiser passed away on Sunday, September 20, after an extended illness. Condolences to his wife, Mary, and family.

Below is Dave Weiss' speech when Bill was inducted into the ITC Hall of Fame in 1999.

Induction of Bill Meiser to Indianhead Track Club Hall of Fame

Saturday, January 30, 1999

Introduction by Dave Weiss



It's a real pleasure and a special privilege to present our next Indianhead Track Club Hall of Fame recipient.

The first paragraph of the original Indianhead Track Club Constitution begins with these words: "The purpose of this club is for the promotion of track and field and running in all its different aspects." The paragraph ends with the statement, "This club is also organized for the purposes of fellowship and physical fitness through the sport of running." As you will see, our next member of the Hall of Fame exemplifies those words.

His name may not be familiar to some of you younger members, but his situation is similar to what happens in a pearl's development. You remember that a pearl is formed when something, such as a grain of sand, gets into the oyster shell. This substance then creates a reaction within the body of the oyster causing thin pearly sheets to be laid down in concentric layers, and thus a beautiful pearl is gradually formed. In time the particle which helped produce this lustrous gem is completely covered by all these pearly layers and cannot be seen. And so it has been with Bill Meiser. After being one of the forces which helped form this pearl we call the Indianhead Track Club, Bill has been covered by the fruits of his efforts and almost forgotten, unknown by some of our younger members. But tonight we remember. And we honor him and thank him as we recall his many contributions.

Bill Meiser was one of the original founders who helped create the Indianhead Track club and attended that first organizational meeting on February 26, 1969. Being an active jogger-runner keenly interested in fitness, he also became a member of Governor Warren Knowles' Regional Governor's Council on Sports and Physical Fitness. At the time Bill was the Elementary Public School Physical Education Coordinator. Soon after, he left the elementary school system and joined the physical education staff of the University of Wisconsin-Eau Claire.

Those of you who were ITC members during those formative first five or six years will remember the bi-monthly meetings held in the Sacred Heart Hospital Lab. Our membership was slim, but people such as Bill gave credibility to the club. Bill was an active participant at our meetings and was our resolute "conscience" when it came to enhancing and

protecting the well-being of children in sport. Bill also ran in some of the early ITC road races.

In 1970 Bill co-founded the second oldest ITC sponsored event: The annual ITC & Kiwanis Boys and Girls Track and Field Games. He provided the meet's basic format, served as co-chairman, and worked many years at the Games. Later he functioned as the University liaison for the event held annually at the University.

Because of his dedication to youth, running, and the sport of track and field, he initiated and practically single-handedly managed four All-Comers Track Meets each summer at the UW-EC. He did this for 13 years—a prodigious total of 52 meets! Participants included five age groups starting at age 8 and included high school and open divisions. Volunteers from the ITC also worked at these events, thus increasing public exposure to our club as well as the university.

The UW-EC Track and Field program was almost non-existent until Bill became the head track coach in 1971. By his thoughtful coaching, diligent work ethic, and excellent management skills, Bill transformed the once hapless sport into a prestigious program. Those of us who worked at some of those meets were always impressed: When Bill organized a track meet, it was done competently and carefully, and I personally don't know anyone who did it better. During that time he developed many fine athletes including Bill Langhouts who in 1981 won the NAIA National championship Marathon Run in Abilene, Texas. Bill Meiser stepped down from coaching in 1984, and now spends much of his time near Hayward, Wisconsin.

Bill, the club you helped create gratefully remembers you. For all your accomplishments and your inspiration to us, The Indianhead Track club is pleased to honor you tonight with membership to the Indianhead Track Club Hall of Fame. Congratulations and thanks from all of us!

FYI



Please send your favorite 2009 running photos to be included in the ITC Banquet slide show. This year we are also looking for the best running photo of 2009. If you have the best photo you will not only receive a great prize but your photo will be featured on the ITC website main page.

Send photos by January 25th to salm@centurytel.net

Hello ITC members,

New to the Eau Claire area, the *Transitions Aquatic Therapy* pool presents a training option that not only will enhance your running ability but will also allow you to train through overuse issues and/or facilitate your recovery after a demanding event.

The Transitions Aquatic Therapy pool helps keep athletes in top physical condition even when injured. An athlete can stay in top shape and reduce the amount of stress on their joints during the rehabilitation process by combining the technology of the pool and the buoyancy and resistance of water. Not only will you be able to continue to train but the expected increase in strength and mobility will improve your chances of being in better condition post injury than pre-injury! The pool is open to community use at a rate comparable to that of most personal services.

The unique features of the pool all work in conjunction with the natural properties of water to provide the ultimate workout experience.

Underwater treadmill that can attain a speed of 8.5 mph

Height adjustable floor up to six feet deep that controls water depth and buoyancy levels

Resistance jets that provide an additional level of intensity to your cardiovascular workout, or alternately used to provide deep tissue massage

Aquatic exercise is a perfect supplement to a land-based workout and is excellent for conditioning and improving stamina. Increasing the resistance of the therapy jets allows you to create an interval routine or exercise program sure to challenge the most conditioned athletes. Numerous Division 1 schools and professional sports teams have invested in this technology due to its ability to return or keep athletes on the field.

I would like to invite you for a group (or individual) tour to see what the excitement is about and/or to ask questions that I may not have addressed. You can also visit our website www.transitionsrehabilitation.com and view two videos that show the pool in action.

Call or email me with additional questions at 715.552.1036 or jsauter@dovehealthcare.com. We are located at 3656 Mall Drive in the new Dove Healthcare-South facility.

McKinley Muscles Maui Marathon—submitted by Barbara McKinley

The Hawaiian sunrise was still hours away when we boarded the bus at 3:30 a.m. to head to the start of the Maui Marathon on September 20, 2009. The decision on what to wear that early morning was rendered easily since the temperature was 73 degrees. I did don a double coat of deodorant. My daughter Alexis and her friend Laura seemed somnolent on the 40 minute cruise to Kahului. Their snoring was seemingly soothing to my buddy Cindy and me as we rode along the course.

We were still garnered in darkness when the countdown for the start began at 5:30 a.m. Cindy, Laura and Alex raced away while I whiled away the miles on the isle dwelling on the upcoming heat, humidity and hills. My sturdy legs sped along, wise in the way of their experience, with 56 previous marathons.

The first nine miles consisted of fairly mundane landscape by Maui standards, but stunning sights for mainlanders like us. We were greeted by silvery sugarcane fields and the sunrise over the 10,023 foot volcano Mt. Haleakala before catching sight of the azure Pacific Ocean. The surf pounded against the shore while my feet pounded the pavement. I caught sight of Alex at mile nine and we more or less ran together to the finish line.

The hills expired by the half-way point and so did Alex and I. The sun simply robbed our desire to proceed at a rapid pace. The temperature was in the mid 80s while the humidity ranked even higher. Even though the view was spectacular with the high cliffs on one side and the mountains on the other, the most disheartening aspect was the vehicular traffic.

Car one, car two, car red, car blue. It was unending. It was not suspending. It was not fun, running in the sun. We came undone. I was sad. Alexis was mad. We were not glad.

The trade winds offered little respite from the heat for the next ten miles. My support team, consisting of my husband Robert, met us at several locations to photograph our journey along the coast. The ice cold Diet Coke that he offered at mile 17 was a taste of paradise. In Maui-speak, it was "Aloha love".

Only nine more miles to the finish. I never doubted our ability to persevere. Alex and I communicated with simple gestures and primal grunts to indicate our basic desires. Cold water, diluted Gatorade, ice sponges, melted GU. I gave some thought to the previous marathons I had run, ever thankful for the support of my husband, in my quest to run a marathon in every state as well as D. C. "And so we beat on, boats against the current, borne back ceaselessly into the past." Quoting F. Scott Fitzgerald.

As we approached Whalers Village and the final miles, I noted a drivers license on the asphalt. In good Samaritan spirit, I leaned over to retrieve it only to find black dots dancing in my head once I was upright. Nonetheless, I re-joined Alex with undaunted courage and proceeded to the 26.2 mile marker, greeted by cheers from my daughter Shae Lee, her husband Brad and my three year-old grandson Braxton, as well as Robert, Cindy and Laura.

As I crossed the finish line in 4:50, I thought of the culmination of my goal, the end result of 13 years of traveling to 50 states to run marathons, the support of my training friends in the Chipewea Six Pack, the encouragement of the Indianhead Track Club, the avowed dedication of my family, in addition to chums like Cindy, Vytas, Kathie and Sonia who have accompanied me to diverse destinations, to effectuate my goal so I can **buy** a shirt that states that I have run a marathon in every state and D. C.

Okay, the aforesaid is a lie. All I could think of was, "Thank God, I'm done." I intend to eat, drink and be Maui.



2nd Annual Rails to Trails Marathon

Norwalk, Wisconsin

November 1, 2009

Submitted by Mike Salm

If you need large crowds commenting upon your good looks (I've grown so tired of that) or if you need people to lie about the distance to the finish line (I prefer my own lies), this marathon is not for you. I was looking for something less crowded this year. Something quieter. Something that would remind me of my youthful indiscretions like streaking through the library.

Last year, in its inaugural year, the Rails to Trails full and half marathons attracted a little over 300 runners to Norwalk, Wisconsin. For a city its size, that's a lot of attraction. This year it doubled its attractiveness to a little over 600 runners. If I didn't know better, I'd think this race had been sleeping around.

Norwalk is a little village of 600 people tucked in the hills south of Sparta and Tomah on the Sparta to Elroy bike trail. Or from the Elroyian point of view, the Elroy to Sparta bike trail. My wife and I drove to the Cranberry Lodge in Tomah to spend Saturday night, based on the recommendations of the marathon's website. Thumbs up on the Cranberry Lodge: the rooms were clean, quiet and comfy, free continental breakfast, and great marathoner room rate. We dropped off our luggage on the way to Norwalk to pick up my race bag and enjoy the spaghetti feed that came with the entry fee. TIP #1: don't plan on using a GPS to get you from Tomah to Norwalk. The GPS insists on taking the shortest route, using the town and county highways that snake up, down and around some rather imposing hills at an average speed of about 30 miles an hour to make the 22 mile trip. TIP # 2: Look at the map, and take Hwy 131 south then Hwy 71 west to Norwalk. It looks like you are going out of your way but the roads are relatively straight and you'll arrive with you lunch intact.

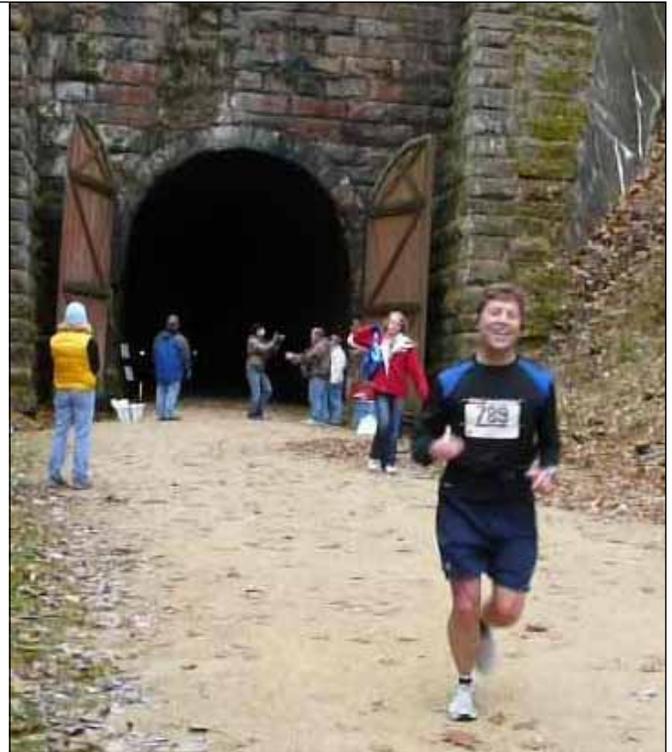
There were two things to do in Norwalk that Saturday night (it was Halloween after all). Either you took your kids trick or treating to an amazing number of haunted looking houses. Or you acted as a race volunteer at the community hall. The volunteers were very helpful and friendly in that small town Wisconsin way. A line of grandmothers manned the buffet tables. It was a complete bullpen of grandmothers. The starting grandmother stood in front of the home cooked spaghetti holding a spoon in one hand and the lid off a square, steaming, metal thingy in the other. The closer-grandmother stood at the other end of the buffet tables in front of mounds of grandmother baked cookies, frosted cakes and other assorted heaps of calories. The middle relievers stood in between serving up salad and rolls. Nothing against starters and relievers, but your closer-grandmother gets all the credit. To a grandmother in Norwalk, like many places in Wisconsin, your dessert is your claim to fame. It's your signature, culinary masterpiece.

Let's skid forward to the race.

The weather was good on the morning of the race. Temperature was in the mid-30s. It was overcast. The forecast was for a wind of 5-8 m.p.h., hardly noticeable. But reality blew harder than the forecast, and it was a headwind the second half of the race.

The race is run on what was once an old railroad bed, now a bike trail. It's a pea-gravel surface. For those of you who have run the Whistlestop full or half marathons, this surface was better. It was harder packed pea gravel although the trail seemed a bit narrower than Whistlestop.

The course follows bike trail out towards Elroy and back (3.2 miles), passing the finish line, and continues the other direction out towards Sparta and back (23 miles). This year's course was a distinct improvement over last year. Last year, I was told the runners passed the finish line at mile 23 and had to run an additional 3.2 miles out and back. They'd be seeing runners finish 20-40 minutes before they could stop. Hard to convince yourself that you still had a chance to win the marathon under those conditions. I am happy to report that I saw nobody finishing the race when I passed the finish line at mile 3.2.



At mile 6, having climbed 400 feet in about 3 miles, the trail starts sloping gently downhill. The downhill grade continues for about 5 miles and the runners descend 800 feet or so. At mile 6 point something, the runners enter a $\frac{3}{4}$ mile railroad tunnel. It's not that you don't know it's coming. They warn you on the website. They tell you to bring a flashlight. If you forgot a flashlight, they have volunteers at the tunnel entrance handing out flashlights. They don't warn you, though, that flashlights are almost useless inside the tunnel. You are coming from sunlight into pitch dark. Your arms are swinging so that the beam of the flashlight rests on the trail ahead for just a second at a time. You can see a line of small chemical glow lights marking what you assume is the center of the tunnel ahead. You see lamps periodically marking the outer edges of the tunnel along the floor, but the lamps don't illuminate more than four or five square feet. You quickly realize that you really can't see where you are going, and your first impulse is to stop. Then you reconsider. You are on a downhill slope. It's a sin for a runner to waste a downhill slope. For those keeping score, it's a mortal sin, not venial. Three quarters of a mile is a long way to walk in a marathon, and you know you would have to walk it once more on the way back. So you decide to keep running. The hard part becomes trusting your feet to land firmly on an uneven surface in the dark. Then you encounter the next hard part, avoiding the waterfalls. Nobody mentioned how much the tunnel leaks. You start hearing what sounds like a localized downpour in the dark. Then another. You never really see the water fall. You only hear it or feel it. For one of the first times in my life, I had a strong preference for auditory over tactile stimulation. Sometimes you spot the puddle in the beam of your flashlight. Sometimes it's a puddle with drops and ripples playing on its surface. Sometimes you find the puddle by stepping in it. You run to avoid the sounds and the puddles. You actually get better at it with practice.

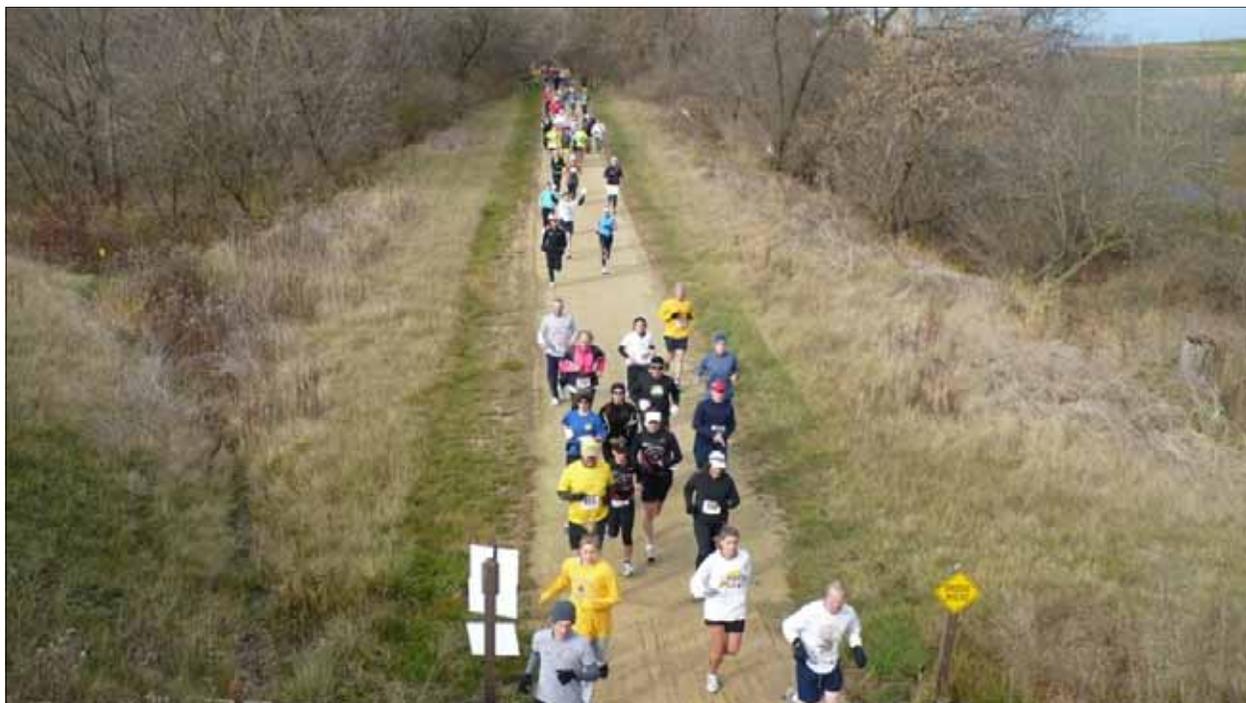
"Run to daylight", Vince Lombardi coached and that's what the full and half marathoners get to do at the Rail to Trails.

The course winds through a scenic landscape. You want to run through woods, you run through woods. You want to see farms and farmland in Wisconsin, you see farms and farmlands and winding streams and cows and red barns and hills in the distance. Because the trail is built on an old railroad bed, all of the slopes are gradual and all of the grades are reasonable. Old locomotives had their limits. Roads seemed to cut across the trail at intervals of a mile or two, giving fans and spectators easy access to watch the runners.

Out and back courses are all about karma. If you start by going downhill, you end going uphill. If you start with a tailwind, you end with a headwind. With every ying, you get yanged. There is no such thing as a free lunch. The 5 mile gradual downhill grade that I enjoyed from miles 6 through 11, returned as a 5 mile gradual uphill slope from mile 18 to 23. The downhill grade made me stup...brave. The uphill grade made me wiser.

Maybe the best part of the race was the last 3 miles downhill to the finish. No, I'm wrong. As usual, the best part of the race was stopping after crossing the finish line.

Afterward, someone asked me if I would run Rails to Trails again. I answered, yes. That may be the only test that really matters.



Indianhead Track Club Runners Team



Kneeling (left to right) Ann Phillips, Judy Ring, Tina Killey, Shelby Heuer, Claudia Cooper-Salm, Christiane Stagg, Jerri and Mike Weiser In Santa hat: John Killey, Heidi Jarecki, Judy Mirr, Jerri Jo Moe, Karen Storlie, Jeanie Lubinsky, Ugliest Christmas Sweater runner: Pam Ogden, Danielle Noland, Back row: Joe Mirr Mike Salm, Steve Kinderman, Cindy Korbol and Denise Pedersen.

Thanks to all that participated, this our 3rd year, having an ITC team. Our theme this year was ugly Christmas sweaters. Cold temps but hot chili following the fun run. Stay tuned for next year's team there was talk of having a red dress run theme (red dress optional).



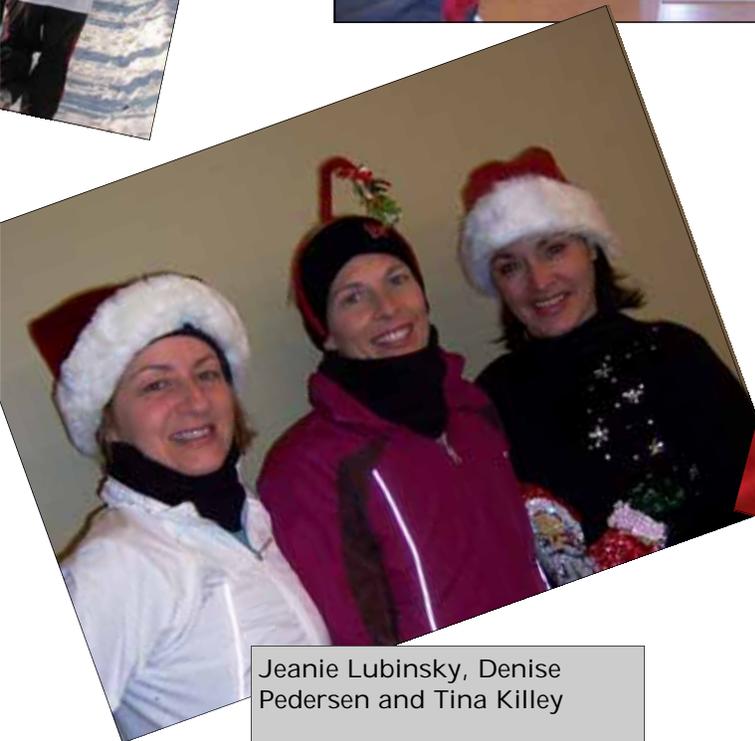
Mine's bigger than yours!



Judy Ring and Shelby Heuer



Cutest couple of the year!
Claudia and Mike Salm

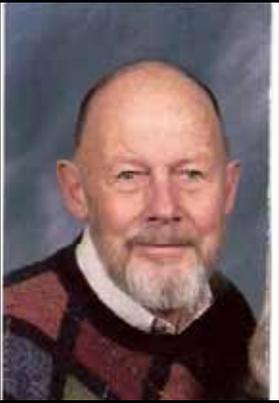


Jeanie Lubinsky, Denise Pedersen and Tina Killey



Jerri Jo Moe, Ann Phillips and Cindy Korbol

Running Yesterday by *Don Gilbertson*



*Don is a long
time ITC and
Hall of Fame
member*

The 1960's, especially the latter part of the decade, found Americans awakening to the fact that as a population we were generally in poor physical condition. A single event that was most responsible for making us aware of our level of fitness was the release in 1968 of Kenneth Cooper's book entitled Aerobics. The book, Cooper's first in a line of several titles, was an immediate success. Cooper, an Air Force Colonel, showed us how to measure our fitness and how to become more fit. He emphasized cardiovascular fitness for which running was the prescribed activity.

Locally, jogging became more popular and jogging clubs for young people became organized as more and more young people became interested in the sport. Dr. Dave Angell, a local physician, worked in cooperation with Eau Claire elementary schools in getting young people involved in these efforts.

Nothing can inspire a person or persons more than have an acquaintance, a neighbor, or a relative undertaking a sport at its most challenging level. Such was the case when Dr. David Weiss, a local dentist, announced that he had been training to run in the 1968 Boston Marathon. He would be the first local participant, and he received lots of publicity and likely inspired numerous dreams----what would it be like to run a marathon? Could I run a marathon? Little did it matter that a cramp forced Dr. Weiss to cut short his run, but he came back the following year to run the entire distance and place in the top one-fourth of all finishers. The year was 1969 and the Eau Claire area had its first marathon finisher.

Formation of jogging clubs and small, local races ultimately led to bigger things, specifically the formation of a track and field club in March of 1969. Ron Buckli, in reporting this event, stated that "some seeds planted by a few fitness runners..., which grew into one of the nation's most active and best organized running programs, has now expanded into a full-fledged track and field club." Officers were elected and an application was submitted to the Amateur Athletic Union of the U. S. Officers included Dr. Dave Angell, Executive secretary and AAU representative, Dr. David E. Weiss, president, and Bill Meiser, head coach. Paul Dale and Jim Leonard were named assistant coaches. The club was affiliated with the Minnesota AAU and with western counties of Wisconsin.



Some officers of the new ITC (circa 1970). Left to right are: Paul Dale (assistant coach), Dr. Dave Weiss (president), Bill Linse (prominent runner), and Dr. Dave Angell (executive secretary and AAU represen-

The new running club, known as the Indianhead Track Club, had its first race on May 3, 1969. The race was a 10-mile race which required running 5+ laps around Carson Park. There were 37 participants, all male. The race was won by Ron Daws of the U. S. Olympic Team (time of 52:39). Daws was sanctioned by the Twin Cities Track Club (TCTC) and recently had been the top American finisher in the Boston Marathon. Other winners were Dr. Alex Ratelle (over 40) and Dr. Bill Andberg (later known as the Grey Ghost of Anoka) over 50. Paul Dale, who worked for Eau Claire Parks and Recreation, but was a member of the Kegonsa (Madison) Running Club was sixth. The top runner affiliated with the new ITC

was Dr. Dave Weiss. Other ITC finishers were Jim Leonard, Dr. Dave Angell, George Jevne, and Jim Brookshaw.

A full-fledged track and field club was now in place in Eau Claire and a race featuring some of the region's most talented runners had gone down as a major running event. A look at the results, however, was the source of some apprehension. Of the 37 participants, eight were members of the Twin Cities Track Club, 11 were from the Kegonsa (Madison) Club, seven were from the Albany (Milwaukee area) Club, five were from the Indianhead Track Club, and three were unattached. Where were all of the runners from Region 6 (local and area runners)? How can these runners be brought into the road races? After all, many of these runners did participate in the earlier jogathon. Clearly, the new Indianhead Track Club already had a major challenge on its hands.

Sadness fell on the new track club when, in 1971, members learned of the death of Earl Mathes. Mathes, a superbly conditioned athlete, succumbed to cancer at age 48. Ron Buckli remembered Mathes as an "example of clean living, health, vigor, and courage". The Earl Mathes Award, made to the first Carson 10 finisher over 40, was established after Mathes' death and is, to this day, awarded annually.



One of my New Year's resolutions is to try to do more to help out the ITC and other runners.

I consider myself lucky to have been given the opportunity to do so in both areas. First, new ITC president Dave Carothers asked me to serve as VP. Then a few weeks ago, friend and co-worker Mona Grimm asked me to coach her for the upcoming Eau Claire Half-Marathon in May.

In both cases, I feel honored. I'm determined to help both the ITC and Mona run their best.

In Mona's case, that involved writing up a training schedule. That's something I'd never before, not even for myself. But I'm confident that the schedule I came up with is a good one.

Mona also asked for any other running tips, motivation, etc. that I might have. So here are a few of the things that I've learned during 20+ years of running.

*Start slow—Not only with a new training program, but also on your training runs and even in your races, it's usually best to ease into it. This is a general rule of thumb that really hit home with me a few years ago when former UW-Eau Claire cross-country coach Sean Hartnett was putting on marathon training informational meetings at the Eau Claire YMCA. During one of the meetings Sean told us about some of the things that he learned during a one-week visit with his friend Paul Tergat of Kenya, who at the time was the world record holder in the marathon.

Sean told us that Paul often runs the first few miles of his training runs at about a 10-minute per mile pace. That's pretty darn slow for a guy who set his world record by running 26.2 miles at a pace of 4:47 per mile.

Sean said that Tergat told him the reason he starts his training runs out slowly is that "it takes the body a while to realize that it's no longer sitting on the couch."

Since then I've always wondered: If a former world record holder starts out his training runs at 10-minute pace, what pace should I be starting mine out at?

*Get a good pair of running shoes...This is especially important if you're a beginner or a casual runner. I learned this one from Kris Hartner, one of my co-workers at a Twin Cities running store back in the late 1980s. This one kind of threw me for a loop at first because like a lot of people I always thought that it made sense for a beginner or a casual runner to go with the "cheaper" models of shoes.

But Kris thought that beginners and casual runners are the ones who especially need quality running shoes. It's the more experienced, higher-mileage runners who've built up their foot and leg muscles and developed an efficient, economical stride who can get away with wearing a lighter, "cheaper" shoe.

Looking back, I think that Kris has a good point. It doesn't surprise me that he went on to become an exercise physiologist.

*But maybe not too good of a pair of running shoes....If you're a reader of "Runner's World" and "Running Times," you probably know that a popular school of thought these days regarding running shoes is that less is more. As far as I can tell, much of this comes from the book "Born to Run." In it, author Christopher McDougall makes a pretty convincing case that today's high-tech running shoes may actually cause more injuries than they prevent by not allowing your foot to do what it's designed to do—flex and absorb shock. It's an interesting book for that and a number of other running-related subjects.

*Watch your weight—I wish this one wasn't true, but it is. I was reminded of it last summer, when I became frustrated after finishing a handful of races with the slowest times of my life. Sure, I'm getting older, so it's inevitable that I'm going to slow down. But I'd been training hard and it just didn't make sense that my times were so much slower than the ones I'd posted less than a year earlier.

The mystery was solved when I finally took the advice of Jerry Worley, one of the members of our Saturday morning running group. When I mentioned to Jerry that I hadn't weighed myself in two years, Jerry—a former high-school cross-country coach in Montana—was shocked.

You have to keep a close eye on your weight, he told me, because it has a big impact on running performance. To illustrate he used a car analogy, which worked for me because I like to use car analogies for running as well.

You can run all you want to develop a strong engine, Jerry said. But if you put that engine in a car with a huge body, it's not going to go very fast.

So early last August I finally stepped on the scale. What I saw was both a relief and a disappointment. A relief in that I was 12 pounds over my racing weight. No wonder my times were so slow. A disappointment in that I had 12 pounds to lose if I wanted to get back into racing shape.

That's not to say that trying to run fast times is the only thing that I get out of running. Far from it. But having a goal does help me to keep my motivation up.

Which is partly why Mona and I have a friendly little wager for the Eau Claire half-marathon. Since her time goal would be a 9 percent improvement over her current PR, we decided that it's only fair for my time goal to be a 9 percent improvement over my master's PR as well. I'd say that we both have our work cut out for us. But it's sure going to be fun trying.



ITC Events Calendar

	Freeze for Food, 5K run/walk, 10K, 11:15AM, Noon, Vilas Park Shelter, Madison, Peter Joyce, 608-554-0384,
16	Freeze yer Gizzard Blizzard Run, 5K, 10K, 9:45AM, 10:30AM, International Falls, MN, Betsy Jensen 800/325-5766 Perkinstown Snowshoe Race, 3M, 6M, Kid's race, 3-legged race, 11AM, Medford, Paula Liske 715-748-3872
23	Decide. Commit. Succeed!, Racing Series, 5K, 9AM, 428 S Starr Ave, New Richmond, Kristen Latzig 715/246-2252 Securian Frozen 5K & Half Marathon, 5K, 13.1M, 9:15AM, 9AM, St. Paul, MN, Mary Anderson 651/688-9143,
30	Rumble in the Jungle snowshoe race , Children's race, 5M run/walk, 11AM, Expo Center, Eau Claire, Paula Dusick 829-4190, Emily Blaskey 829-3617
30 & 31	Great Lakes Multisport and Running Expo, 9AM-3PM, Wis State Fair Park Exposition Center, Milwaukee, Mike O'Connor 414-916-4686

February

1	ITC Meeting , 6:30PM, Dooley's, Water Street
6	ITC Annual Banquet , 6PM, Westgate Sportsman Club , 4909 Sportsman Dr., Eau Claire Hudson Hot Air Affair 5K, 5K, E.P. Rock Elem School, Hudson, Katie Jones 715/386-1729
7	Frigid 5, 5K, 10K, 10AM, Warner Coliseum, MN State Fairgrounds, St. Paul, MN Badger State Quadrathlon, 5K run, 5K mtn bike, 5K XC ski, 5K snowshoe, , Rib Mountain, Jeanne Alexe- Badger State Games, Snowshoe races, 5K, 10K, , Rib Mountain
13	I Care Run, 5K, 10M, 9AM, Chip. Falls Middle School, Chippewa Falls, Kristin Bowe 715/404-5913 Valentine Heartthrob Run, 5K, 5M, 8AM, YMCA, 400 Mason St, Onalaska, YMCA-North 608/783-9622
14	Lace Up Against Breast Cancer, 5K, 13.1M, 8:30AM, YMCA, Rochester, MN, 507/287-2260
20	Decide. Commit. Succeed!, Racing Series, 5K, 9AM, 428 S Starr Ave, New Richmond, Kristen Latzig

March

6	Chilly Chippewa, 5K, 10K, 10AM, Chippewa Falls H.S., Roger Skifstad , 715/726-2406 x1120 Run on the Water, 5M, 11AM, Bayfield, Bayfield Chamber of Commerce, 800/447-4094 Point Bock Run, 5M, Noon, Stevens Point, info@pointbockrun.com
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- ◆ Discount on ITC race entry fees
- ◆ Bimonthly newsletters
- ◆ Discounts at area stores

Join the Fun!

ITC Membership Form

Name: _____

(If family membership, also list family members)

Address: _____

City/State/Zip: _____

Phone # _____ Email _____

___ **Annual Single \$15**

___ **Annual Family \$25**

___ **ITC Benefactor \$__**

Mail this form to:

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3638 Cummings Avenue

