



Summer 2013

WWW.INDIANHEADTC.ORG



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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Scheels Events Presents
TUESDAYS
MAY THRU OCT
5:30PM

SCHEELS BIKING CLUB
 Sponsored by UPS

SCHEELS Running Club
 Sponsored by UPS

RUNNING CLUB
WHEN: Every Tuesday Evening • May through October • Runs Depart at 5:30pm
 Running Club lead by an ITC member.
WHERE: Join us at Owen Park near the tennis courts.
All levels of Runners are Welcome!

BIKING CLUB
WHEN: Every Tuesday Evening • May through October • Rides Depart at 5:30pm
 Bike Rides lead by a Scheels Expert.
WHERE: Join us at Owen Park near the tennis courts.
 We offer rides to accommodate novice and advanced riders! Rides vary in length.
 (REMINDER: ALL RIDERS are required to have a road bike and wear a helmet.)
All Levels of Riders are Welcome! Snacks and Water provided for both clubs.

INDIANHEAD TRACK CLUB
 All Levels Running to West-Central Wisconsin
 www.IndianheadTC.org

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See Wade Zwiener's article "Back On Track" on page 3 for more information about this weekly club-sponsored event!



Our newsletter is back by popular demand!

**If you have suggestions for content or features to be added, please contact:
Traci Messner at rmessner7057@charter.net
or
Laura Veach at laurajoy79@yahoo.com**

HYDRATION HELPERS

Brave, hardy and enthusiastic ITC volunteers once again manned the Eau Claire Marathon's Water Stop at Mile 25. Despite a cool 34 degree start, the day bloomed into a perfect sunny, 64 degree day by marathon close.

We would once again like to thank our awesome, amazing, wonderful, marvelous, stupendous (you get the hint!) member volunteers who served water and Gatorade to parched runners with a flourish!!

Thank you to:

- Don Gilbertson
- Nancy Gilbertson
- Cindy Korbol
- Paul Woita
- Debbie Konkel
- Mike Weiser
- Laura Veach



Extra special "props" to our member volunteers who ran the marathon, half marathon or relay, then worked at our water stop!!!



- Heidi Dubberke
- Dave Carothers
- Jerri Moe
- Ann Phillips
- Jessica Kraker

We received many wonderful comments about our great music, enthusiastic workers and helpfulness to spectators. This is a wonderful reflection on these folks as members and on our club as a whole!!

We hope to see you next year; same time, same place...we'll bring the rockin' tunes and the doughnuts!!!

John Qualheim and Heidi Zielke, ITC Water Station Coordinators

WE NEED YOU!

Tortoise & Hare Race Co-Directors Fred Hable and Heidi Zielke are looking for dedicated ITC members and non-members alike to volunteer for our signature race: The 14th Annual Tortoise & Hare held Wednesday, July 24th @ 7 p.m. No experience is necessary!! We welcome anyone willing to help!! Registration will be held @ 5 p.m. in Owen Park near the bandshell, with the race being a point-to-point 5K run from Demmler Park to the finish near the Owen Park bandshell.



Assistance is needed in the following areas: the children's run, registration, set-up, clean-up, course marshals, and food/beverage service/prep at the finish. We also need folks to work with timing/data input. This is our only position that requires some previous experience with our system.

If your high school student needs certified volunteer hours to graduate, this is a great opportunity to earn a few hours before the hustle and bustle of homework and extra-curricular activities begin!! We will be happy to certify these hours!!

Volunteers are KEY to any race success!! Please consider helping your club and your community by volunteering for the T & H 5K!! If you are planning to run, we will be happy to find a volunteer spot for you that will continue to allow you to race. Please contact: Heidi Zielke @ 715-415-0162/ bikeswimrun12@yahoo.com OR Fred Hable 715-835-5897(days) Thank you for considering us!!

WADE'S WIT: THE PRESIDENT'S COLUMN

Wade Zwiener

Carson Park 5 & 10 race director/ITC president



Training Tips from Carson Clinics

The following are training tips that I picked up from attending the 8-week series of running/fitness clinics leading up to last October's Carson Park 5 & 10. They originally were written for an ITC newsletter that never quite got off the ground last fall but I think they are still worth sharing.

Motivation/staying on track—This was the topic of the first clinic presented by trainer James Reimer of Highland Fitness and one of the metaphors he used stuck with me. He said that sometimes pushing yourself through a workout feels like standing in a long checkout line at a store. It can feel frustrating and as if you're not getting anywhere. That's when it helps to focus on your goal such as how good it's going to feel when you lose those extra pounds, run that PR or achieve whatever else it is that you're trying to accomplish.

Fueling up for your run—The "Practical Nutrition Strategies for Running" clinic put on by Anke Sauer of Nestle/PowerBar was a timely topic for me because the weekend before I had my first experience with "runner's trots." It happened during the 20K (12.4 mile) Rutabaga Run in Cumberland, WI and Anke is pretty sure why I encountered the GI (gastrointestinal) issue that forced me to take two or three pit stops during a race for the first time in my 20-plus-year running career. I made the mistake of eating something new before the race—a peanut butter bagel.

It's something I've eaten for lunch for years but never before a morning run. And that's where Anke says that I went wrong. In general, she says, it's best to stick with eating what you're used to before a race and to fuel up with easier-to-digest carbohydrates rather than harder-to-digest proteins.

Get measured—When is the last time that you got your feet measured? More than likely it's probably been a while and that's why many of us wind up wearing running shoes that are too small for us, according to shoe expert Sunny Custer of Scheels. Our feet often lengthen and/or widen with age and from running, which is why Sunny says that it's especially important to have them measured both for length and width on a regular basis. One of the problems with wearing running shoes that are too short and/or too narrow is that your feet are not allowed to flex properly. This results in them not being able to absorb shock as well as they are designed to do, which can lead to a wide range of injuries. So, the next time that you're shopping for running shoes, do yourself a favor and get your feet measured for length and width.

Relax/take a deep breath—During her yoga clinic, Highland Fitness instructor/ Sacred Heart Hospital therapist Ellen Dovre demonstrated a number of helpful moves/stretchers for improved hip and hamstring strength and flexibility. She also pointed out how yoga can help to reduce stress by improving your breathing. I'm all for anything that can help to de-stress my life, so I've been doing yoga breathing exercises lately and have found them to be extremely beneficial.

Work on your whole core—I'd always thought of my core as my stomach. But actually there's more to it than that, as we were shown in the clinic on core strength presented by James Reimer and Hillary Sanwick of Highland Fitness. James likens the core to what's left after you're done eating an apple. It's the entire "stem" from just below your neck all the way down to your pelvic area, including your midsection. And he and Hillary demonstrated a number of exercises to strengthen your core, including the banana roll, the bear walk, and the caterpillar.

Keep the faith/never give up—This is the main message that I took out of "Unbroken," a book recommended to me by fellow Saturday morning running group partner and ITC Spring Fever race director Mike Olson. The book is based on the true story of Louis Zamperini, a champion miler and Olympic 5000-meter runner for the United States during the 1930s who went on to serve in the US Army during World War II. During his war experience he is faced with a mind-boggling series of hardships that he manages to overcome with an incredible display of strength, willpower, faith and resourcefulness. After reading about all of the pain and hardship that Louis Zamperini went through to survive, I'll definitely think twice before complaining about "hitting the wall" in a race or any other part of my life.

The power of running with others—One of my favorite parts of the last year's London Summer Olympics was seeing Mo Farah of Great Britain and Galen Rupp of the United States finish first and second for the gold and silver medals in the 10,000 meter final.

While they competed for different countries, Farah and Rupp are good friends who helped to pull each other along during the Olympic final and the long, hard weeks of training leading up to it. They train together as teammates under the guidance of Nike coach Alberto Salazar. Their 1-2 finish in London showed how helpful it can be to have a partner to run with both in training and in a race.



Back on Track

By Wade Zwiener
ITC President

I am happy to report that the ITC is back on track, both with a newsletter and a regular weekly fun run/track workout.

As you probably have noticed, it has been a while since the ITC has put out a newsletter. This has been something of a concern to me and other ITC officers, as it states clearly in our promotional materials that one of the benefits of membership is a bi-monthly newsletter.

I don't want to bore you with too many behind-the-scenes details so I'll leave it at this: thank you for your patience as we searched for a volunteer to take over as newsletter editor. And thank you to Traci Messner for first stepping up as the ITC's volunteer coordinator and then for recruiting Laura Veach to take over as newsletter editor.

It's great to have a newsletter back as a way to bring our running community together with photos and articles that hopefully are both fun and informative. If you have any photos, articles or ideas that you'd like to share, please pass them along to Laura at laurajoy79@yahoo.com.

Another way that the ITC is back on track is with a regular weekly fun-run/track workout. They are being held in cooperation with Scheels every Tuesday at 5:30 pm starting at the Owen Park tennis courts. The run is being led by ITC members and there also is a bike ride starting at the same time and place being led by Scheels bike experts.

Our first fun run was held Tuesday, May 7th and they will continue every Tuesday evening through October. The Tuesday night track run is an outgrowth of the partnership we've built with Scheels the past few years in putting on runner clinics leading up to the Carson Park 5 & 10. They are intended to provide our members and the running community in general with a chance to enjoy the camaraderie of a group run and to push their running to new levels through group or solo workouts.

Starting from the Owen Park tennis courts, we run a roughly 20-minute warm-up to the UW-Eau Claire track. There, you're free to run whatever type of pace or workout that you're comfortable with. If you'd like to push yourself with a group, we have several members who will be bring a weekly workout for us to run. If you'd rather jog for fun or run an individual workout, that's perfectly fine as well.

As our ITC logo signifies, both "hares" and "tortoises" are welcome at the Tuesday night runs! The nice thing about running at a track is that it keeps everyone together regardless of pace and allows the opportunity to share tips about training, races, shoes, workouts, running routes and the like with other area runners.

I plan to make as many Tuesday night sessions as possible, as I always enjoy meeting new runners and can always use a little track work to keep some speed in my legs. And I'll be running a little easier these days now that we're back on track with a newsletter!

IT'S BACK!!

Tortoise & Hare: ITC's Signature Race!

Race Co-Directors Fred Hable and Heidi Zielke are pleased to announce the return of ITC's signature run, the 14th Annual Tortoise & Hare 5K to its Putnam Drive location!! Our USATF Certified Course (currently pending due to the lack of Mother Nature's cooperation) and chip-timed event is set on one of the most scenic courses in the City of Eau Claire. The 5K course runs through Putnam Drive, crosses the UWEC footbridge, turns left onto Water Street @ 3rd Avenue and ends with a left onto the bike trail finishing near the Owen Park Bandshell. The festivities will be held on Wednesday, July 24th, 2013 with the FREE children's ½ mile run to be held @ 6:30 p.m. and the 5K @ 7:00 p.m.

Our course is a point-to-point 5K with registration starting @ 5 p.m. until 6:30 p.m. near the Owen Park bandshell. Registration is approximately 1 mile to our start @ Demmler Park. To get to Demmler Park, you will cross the Water Street Bridge, take an immediate left on Thorp, then a right on Gilbert, followed by a left on Farwell with a last turn onto Putnam Drive. Bus/van service will be available for those participants not wishing to complete the 1 mile warm-up walk.

As is our tradition, our finishing celebration in Owen Park will feature delicious Bohemian Ovens bread and Sammy's amazing pizza. We have scheduled food to begin arriving so it is fresh and warm at 7:20 p.m. The awards ceremony will follow the completion of the 5K run. Awards will be given to the top overall male and female finishers. Medals will be awarded for 1st-3rd places in each male/female age category: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70 and over. Each child participating in the ½ mile run will receive a participation ribbon and a treat.

Our entry fee is \$20.00 if you are pre-registered before Friday, July 12th. Cost will increase to \$25.00 from July 13th through day of event. There is a \$5.00 discount given to all ITC members. All entries will receive a performance event t-shirt and refreshments that include water/Gatorade, pizza and bread. Shirts are only guaranteed on race day if you are preregistered.

Please plan on attending this enjoyable event!! Runners and walkers of all abilities are welcome!! We ask that walkers line up near the end of the start to allow our competitive runners to have a clear course. Please plan on joining us. See you on race day!! If you have any questions, please contact Fred @ 715-835-5897 (days) or Heidi @ 715-415-0162/ bikeswimrun12@yahoo.com.

You may print a registration form from our ITC website or register on-line @ www.active.com beginning May 24th, 2013. We hope that you are able to join us!!

MORE UPCOMING RACES...

JUNE

June 11
June 29

ITC Mini-Track Meet
RCU Charity Classic

JULY

July 13
July 24

Water Street Mile & 5K
Tortoise & Hare

AUGUST

August 6
August 27
August 31

ITC Mini-Track Meet
Tuesday at the Buckshot
Leader-Telegram Buckshot Run



SEE THE FULL RACE CALENDAR AT
WWW.INDIANHEADTC.ORG/RACE_CALENDAR.HTM

The Boston Marathon 2013

By Michael Olson

Much has already been written about this year's Boston Marathon and I can't add anything more about the tragedy. Fortunately, my wife and I, and our friends Darren and Lynn Standorf were far away from the blast, oblivious to the horror unfolding. We were safe, but left Boston very sad.

The day after the marathon, I picked up a copy of the Boston Globe for the plane ride home and as you can imagine the paper was full of stories, as it should be, about the bombings, the sorrow and the heroics. But I could find only two articles about the other side of the race, which is the spectacle and splendor of the world's greatest marathon. I thought it might be fun to share a little of that experience.



My training partner Darren Standorf and I argued about how to handle Boston since early January. We both agreed we wouldn't race it. His plan was to get into 3:00 shape and run it in 3:15. I, being the older and wiser, (he would say lazier) suggested we get into 3:30 shape and run it in 3:30. Thanks to Darren being hampered by an ankle injury and a maximum 15 mile long run, I got my wish.

As everyone knows, preparation is the key to any marathon success. We knew we were off to a bad start when Darren realized he forgot his GPS, GU and nip guards in the hotel. (Not to mention he also left his official Boston race bib in a restaurant a couple of nights before). I eased his fears and suggested he take one of my GUs and then pick up one on the course. Unfortunately, I also left all four of mine in the bag that I just deposited on a school bus already on its way back to Boston.

On to the starting line. This being my third Boston, I was the expert on logistics, helping Darren with the minor details. Darren asked a number of times if we should start heading to the starting corral, but I assured him we had plenty of time. That decision required us to run at 6:50 pace, far faster than any split we had during the marathon. The gun went off before we made it to the corral.

Once we were up and running, only four porta potty stops separated us from the 10 mile mark (free McDonalds coffee will do it every time). But those stops allowed us to find ITC member Andy Pankratz, and we were able to run side by side most of the race.

Many of you know Andy as a private and somewhat reserved guy. But on marathon day, he was sporting eight inch orange letters on his singlet that spelled out ANDY. We ran for about 16 miles to the rhythmic sounds of thousands of fans yelling ANDY as we passed. With every foot fall there was an ANDY. They found him both on the left and right side of the course. It was inescapable. After the first hour, he did decide to blame his wife Lori for the idea, but this accusation is yet unconfirmed. All three of us finished, at different times, on our own, not our fastest, but who cares? It was Boston.

Prior to 2:50 PM EST on Monday April 15, it was a perfect day and it was another amazing Boston Marathon experience. I have never lived in Boston, but when I go back for the marathon it feels like home. Before I boarded the plane in Minneapolis, I spotted the BAA unicorn logo and exchanged knowing smiles and nods with other runners heading to the same destination. There is a strong sense of community associated with the event and everyone feels like family. Like any family, we get through the good and the bad, we hit the wall and run on. We persevere together, one mile at a time. I can't wait to see the family again next year.

Spring Fever!

By Michael Olson

When Mark Wise stepped down as Spring Fever race director after many years of service to the Indianhead Track Club, I thought, "Why not become a race director, how hard can it be?" The race is only 1.52 miles from my house, the course is an easy out and back from Hobbs mostly on the bike trail, and the weather the past few years has been outstanding. Then came my year and the unending Winter of 2013.

This was a year of firsts. My first time directing a race, the first time in my era (club historians clear up the record) that the race was a 10k, and the first year runners stood facing an ominous 15 feet high and 20 feet wide pile of snow separating them from the course they had run the past few years. In addition to the snow in the parking lot, 60% of the trail was still ice covered and unsafe for racing. Adding to the stress, the city of Altoona plowed the baseball field and deposited the snow in the middle of the parking lot covering the start and finish area.

Along with these obstacles, the local meteorologist forecasted a 125% chance of rain for race day (love it when they are wrong). I came prepared with long johns and ice melt for a couple of rough patches, but neither was needed as the rain held, the temperatures rose and we had a great day to race.

A total of 173 runners braved the conditions. Cody Buckli and Steph Lau were two mile champions while Jared Holden took his second gold in the 10k after also winning the Chilly Chippewa. Anke Sauer defended her women's 10k championship.

The other heroes were all the great club members and volunteers who helped design the course and make the day go smoothly, many thanks to all of you. Mike Salm was my sounding board starting in January and Dave Carothers was only a phone call and text away, advising and organizing the timing. Tom Langley provided plenty of input along with course measurement on a cold spring day. Finally, Stan Pietrick made a huge save with a Thursday night text informing me I needed to run the course in the reverse direction to avoid runners crossing in front of each other.

It was a pleasure and honor to serve as race director and I hope to take what I learned this year and make next year's event bigger, better and more spring like than ever.



HERE COMES RACE SEASON!