



April 2007

The Moosletter

The Wisconsin Track Club monthly newsletter

Tina Khara and Joe Binder edited the March Moosletter.

Upcoming Races

Black Earth 10 Mile, Black Augustana Early Spring Opener
March 24. Register through WTC.

USATF National Championship Road 100k/Mad City 100k, Madison, April 7. 10 laps of Lake Wingra RD
Timo Yanacheck is a WTC member and is looking for volunteers: e-mail John Selbo at burnie1436@sbcglobal.net.
www.madcity100k.com

Black Earth 10 Mi, Black Earth.
April 7. Registration 8 am, race 10 am. *MARS Event

UW-Eau Claire Blugold Outdoor Open, April 14.
Register through WTC.

Phil Esten Challenge, La Crosse.
April 20. Register through WTC.

Keck Ecumenical, Bloomington, IL, April 21. Register w/ WTC.

UW-Oshkosh Invite
April 28. Register through WTC.

Crazylegs Classic, Madison. April 28, 10 am. www.crazylegs.com

Wisconsin Twilight, Madison.
May 5. Register through WTC.

Lake Monona 20k, May 5.
Reg. 7:30 am, race 9 am. *MARS Event*
<http://www.runmadison.org/lm20km/>

Fitness Together Sponsors 2007 Capitol Mile

~ Paul Turpin

The Madison area has a new way to get in shape, and the Capitol Mile has a new major sponsor in Fitness Together. According to Fitness Together owners Brian and Sherry Austin, the goal of their operations in Fitchburg and Middleton is to provide their clients with "quality, private, one-on-one, personal fitness training."

The two local Fitness Together facilities have 10 personal trainers who will tailor workouts for their clients based on their fitness level and goals. In 2006, I was offered the opportunity to participate in their initial session so that I could become familiar with how they operate. It was impressive how they assessed my fitness level, and where I wanted to be. It was obvious to me that Fitness Together can provide the motivation, facilities, and instruction to give clients the ability to run faster, jump higher, or just get in shape.

Platteville natives Brian and his wife Sherry graduated from UWP in 2003, with degrees in physical/health education and business, and quickly established themselves in the area by opening their first store in 2005. Jessica Anderson, co-owner of Fleet Feet Sports Madison, another key Capitol Mile sponsor, introduced Brian to me prior to the 2006 Capitol Mile. They jumped in and provided door prizes, including

several valuable trial memberships to Fitness Together. Brian and Sherry also are runners, and participated in Fleet Feet's miler-in-training program last year.

In 2007, Fitness Together's financial support will provide us with the backing to fully fund the WTC's Capitol Mile School Participation Award where we award \$500 and \$250 to the top two schools with the highest level of participation.

In June, Brian is opening the first Elements Therapeutic Massage shop next door to the Middleton Fitness Together operation. Even if you don't need a personal trainer right now, after a hard workout try one of the six varieties of massage services that will be available, including hot stone; Swedish; deep tissue; neuromuscular trigger point; sports massage; and pregnancy massage. Brian plans to have staff available to offer sore runners a free massage after the Capitol Mile.

Thank Brian and Sherry when you see them, and support Fitness Together and Elements. Check them out at www.ftmiddleton.com or www.ftfitchburg.com.

Stuff U Should Know About Yourself: How are muscle fibers organized?

~James Hegeman

Muscles are organized into bundles of muscle fibers called fascicles, separated by connective tissue. The fibers themselves are long cells containing protein strands called myofibrils. It is the myofibrils that are the force-producing parts of a muscle cell. Each myofibril is a string of units called sarcomeres. Sarcomeres are essentially the smallest contractile units, and it is their shortening that produces movement.

When a muscle is intensely stressed (either due to a hard workout or an event causing injury), some of the weaker sarcomeres get pulled apart and torn. In response to this, the body will replace a damaged sarcomere by two or more new sarcomeres. The reason for replacing one sarcomere by two is that two sarcomeres have potentially greater length than one, so the muscle is now protected better against future injury. So with appropriate training, you can actually increase the physical length of your muscles, which will result in fewer pulls.

Note: An actual injury event like overstretching or a pull signifies damage to portions of the muscle other than the myofibrils, such as cell membranes and connective tissue. This is not a productive stimulus and should be avoided.

Next: How can I end that nagging calf/hamstring problem?

SPRING TRAINING

Distance Women

Workouts M

5:30/W 5:15 pm at the UW Shell. Also Saturday workouts as needed. Coach Kelly Aschbrenner (kaschbrenner@wisc.edu)

Men

Workouts M/W 5:30 pm at the UW Shell. Runs (6-9 mi) T/R 5:15 pm from the Mem. Union. Coach Jim Reardon (jcreardon@wisc.edu).

Sprinters/Jumpers/Throwers

Contact James Hegeman (hegeman@wisc.edu) Speed/Strength Drills 6 pm R at the Shell. Coached by Dean Thompson. (dthompson@wisc.edu)

Pole Vault

WTC is looking into organizing vaulting for spring 2007. Contact Joe Binder if interested. (joe_binder@gawab.com)

Receive your Moosletter via email! Contact Pat Cowlin @ cowlin@wisc.edu.

Race Results

Augustana Early Spring Opener

Women: 8th out of 8 teams
with 7 points

400m Hurdles

4 Zaferos, Audrey 1:11.20

100m Hurdles

9 Zaferos, Audrey 18.46

Men: 7th out of 10 teams
with 27 points

1500m

5 Cowlin, Patrick 2:02.83

800m

15 Cowlin, Patrick 4:24.03

3000m

5 Bruns, Zach 9:15.20

9 White, Dallas 9:27.58

High Jump

3 Carlson, Josh 1.82m 5-11.50

Triple Jump

6 Carlson, Josh 12.10m 39-08.50

4x400m Relay

8 Carlson, Josh
Cowlin, Patrick
Bruns, Zach
White, Dallas 3:42.80

Bay Area Senior Games

100 meter

Kaufman, Margaret 17.89

200 meter

Kaufman, Margaret 37.72



Antelope Man ~ Jim Reardon



Dear Runner's World

(an article written to *Runner's World Magazine*)

For eight years, I have been an on-again-off-again subscriber to Runner's World Magazine. I enjoy the inspiring articles, dramatic photography of races, helpful training advice, and the knowledge that yes, indeed, there is a community of people out there who get up an hour and half early like me just to run in the below zero weather on icy sidewalks.

However, I have recently cancelled my subscription because I have been increasingly disturbed by the turn RW has taken towards popular culture and away from what I believe to be the true sport of running.

Lately, more and more RW covers boldly advertise WEIGHT LOSS, WASHBOARD ABS, or SHED THOSE EXTRA POUNDS. This is offensive to a person who uses running to keep a healthy self-image through rewarding workouts, endorphins, and meeting personal goals. Is weight loss a positive effect of running? No doubt, it is, and I don't begrudge RW for writing a story or two about it. But it is only one of a multitude of more important aspects of running - which I am positive I don't need to tell Runner's World staff about - and think that RW emphasizes weight loss to an extreme.

Perhaps most offensive to me has been the cover photography which Runner's World has taken to using. Each month when the issue arrives, I am sad to see the model-slash-runner who is blue screened onto the cover, with perfect hair and a glistening of the skin that does not at all resemble sweat. My opinion was reinforced several months ago when RW came out with an issue which contained highlights of the last 40 years of covers. In the early years, the covers were creative, authentic, and to me truly captured the essence of the sport. But there is an obvious trend in the last 10 years to find a good looking person who happens to run instead of finding a real person whose photo can tell a meaningful story.

I don't run because I want to be thin or look like any Hollywood beauty. I run because I love the challenge, I love the sweat dripping down my face, the icicles building up on my nose. I run because I am competitive. I run because I want to be healthy. I am willing to bet that many other RW subscribers feel the same.

I hope that my thoughts can shed some light on what to me is an obvious negative trend in your magazine. I will miss the journalism and training advice that RW has to offer, but I am certain that if I want a magazine which will strike me down with guilt and negative self-image, I can grab any of a number of such magazines from the magazine racks at the grocery store. Until RW begins to again reflect the world which I see as the true World of the Runner, I will have to leave it on the shelf.

Sincerely,
Ana Considine

April Birthdays

| | |
|-------------------------|--------|
| William Feyereisen | Apr 1 |
| Stan Mathes | Apr 1 |
| Laurence Truett | Apr 4 |
| Kristine Guderyon-Goetz | Apr 4 |
| Zach Bruns | Apr 5 |
| Tim McManus | Apr 5 |
| Scott Allen | Apr 9 |
| Paul Monsen | Apr 10 |
| Lynn Wimer | Apr 12 |
| Tom Kaufman | Apr 14 |
| Andrea Samz-Pustol | Apr 21 |
| Ryan Griessmeyer | Apr 23 |
| Paul Turpin | Apr 25 |

The Wisconsin Track Club

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www.witrackclub.org
Visit our Web site for
updates.

Keeping Pace with WTC

There are two mailing lists the WTC uses to communicate with members. You are encouraged to subscribe to the lists to keep informed about news and events in the WTC and running community.

General Mailing List

This mailing list is used for general communications to WTC membership. Messages are sent to this group regarding social events, track events, general announcements, etc. To add your email to this group, send a blank email to wisco-tcsubscribe@yahoogroups.com. To remove your email address from the list, send a blank email to wisco-tc-unsubscribe@yahoogroups.com.

Distance Mailing List

This mailing list is used for individuals interested in distance running. Messages are sent to this group regarding cross country events, the Women's Sunday Run, information on road races and marathons, etc. To add your email to this group, send a blank email to wtc-cross-subscribe. To remove your email address from the list, send a blank email to wtc-cross-unsubscribe. Please note if you add your email to wtc-cross it will be automatically added to the wisco-tc group. Likewise, if you remove yourself from the wisco-tc group, you'll automatically be removed from wtc-cross.

The Back Page ~ by John Lowrey

New Product Report

Have you ever had sweat pouring down into your eyes and have that burning feeling? Now, you can lose that burning feeling. Sweat GUTR has come out with a non-absorbent headband that catches the sweat and runs it down your temples. It has vented sides and a sloped micro lip channel.

After use, you just rinse and it is ready for another use. A choice of several straps make for a custom fit. The logo on front comes in a blue or red color. I tried it on a hour, and a hour and a half in the gym on the glider and a 8 and 10 mile run and it did quite well. Though not catching 100% of the sweat, it did catch 90-95% and did reduce the amount going into my eyes. I sweat a lot. This product is catching on in the national scene and is being sold by Colorado cyclist for one. It is designed for use in bicycle helmets.

Talking to Erick Flatt, the President and CEO of Tunnel Vision (the parent company), he noted that he was a runner in Dallas, Texas, and was looking for a product to help in the Texas heat. This product works both in the cycling and running arena. It is worth looking into to. The web site is: www.sweatGUTR.com.