



May/June 2007

The Moosletter

The Wisconsin Track Club monthly newsletter

Summer Track Series is in progress—Capitol Mile is coming up on July 29th!

Summer Training

WTC has access to the McClimon Track from 5:30-7:30 pm on Tuesdays throughout the summer, except during the construction work planned for July. Contact Jim Reardon (jcreardon@wisc.edu) for more details.

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

The May/June Moosletter was edited by Tina Khera and Joe Binder

Please send Moosletter contributions to Joe at joe_binder@gawab.com

Running in the Dri-Cities—*Joe Binder*

Earlier this year, former VP Justin wrote about his experiences running in Austin, TX. While spending the summer in eastern Washington, I thought I'd do the same (see John's race report on pg 3 for western Washington running).

The most striking thing for me about the Tri-Cities, Richland, Pasco, and Kennewick, is how much drier than Madison they are. It rarely rains, and the native vegetations is mostly sagebrush and parched grass. This also means that it is much more comfortable for running in the heat because your sweat actually evaporates! However, it also gets a lot hotter. The second weekend I was here it got over 100°F, so I stuck to running in the morning. Going outside was like walking in an oven, though.

The Columbia River runs just quarter mile from my house, and there are paved paths along both it and the Yakima that are really hot running spots. There are also a

number of nature preserves along the Yakima River within a few miles which are nice for doing some trail running. Due to the arid conditions, though, there are few trees, and they don't compare to the Arb. Most of the paths are better designed for ORVs or horses. I've recently discovered that the dirt service roads on the sides of irrigation canals make nice running paths.

Surprisingly, the Dri-Cities are at lower elevation than Madison because they are in the Columbia valley. The cities are really flat, too, because the area used to be a glacial lake. However, there are major hills about five miles from my house. Badger Mt. offers a climb from about 350 ft. to 1150 ft. as well as a beautiful view of the valley.

I haven't yet gotten into the local running scene or run into any rattlesnakes—maybe that will be a topic for an upcoming column!

May and June Birthdays

Lindsey Senn	May 4	Joel Kreuziger	Jun 10
Kathi Walkington	May 7	Melynn Long	Jun 12
Mitchell DeVriendt	May 10	Darcie Walston	Jun 13
MaryAnne Hinkes	May 10	John Bak	Jun 15
Nancy Winter	May 13	Peter Wadsack	Jun 17
Charise Mancheski	May 14	Matt Cyrtmus	Jun 18
Clay Kilber	May 14	Ben Schoener	Jun 19
Paul Metzger	May 16	Noreen O'Connor-Topel	Jun 19
Jack Long	May 16	Amy Jacobs	Jun 19
Lucas Turpin	May 19	Justin Wienke	Jun 20
Suresh Murty	May 24	Eric Schepp	Jun 21
Audrey Zaferos	May 25	Billy Kewer	Jun 21
Tim Hachmeister	May 29	Erick Monsen	Jun 21
Michael Scieszinki	May 31	Shea Topel	Jun 22
Fred Swanson	Jun 1	Adam Bechle	Jun 23
Peter Senzig	Jun 5	Ed McManus	Jun 24
Douglas Bucholtz	Jun 9	Rachel Tefft	Jun 25
Tiffany Gerovac	Jun 9	Nicole Kornder	Jun 25

Stuff U Should No About Yourself: How can I end that nagging calf/hamstring problem?

~James Hegeman

Many runners experience soreness or strains in their Achilles tendon/calf region or hamstrings due to the nature of the sport and the size and location of these muscles. Ultimately these injuries (micro or otherwise) are a result of the muscle-tendon unit experiencing stresses (usually eccentric) that are higher or longer in duration than it is capable of accepting.

While there may be a variety of factors that contribute to these problems (e.g. weak abdominals and inactive glutes are often behind hamstring issues), usually the muscle that becomes injured was too weak to begin with.

Therefore it is necessary to strengthen the muscle that was injured in the movement that injured it. Let's look at an example. Suppose I pulled my hamstring during the knee extension phase of running while competing in the 100 m dash. Note that it is important to differentiate between movements here - because they cross both joints, the hamstrings could become injured during either hip flexion (usually manifests as a high hamstring strain) or knee extension (usually a mid/low strain).

After an initial period of rest, I would want to complete my recovery by strengthening the hamstring using knee flexion movements, not hip extension. Sometimes leg curl machines are used for this purpose, but ideally one would use either free weights (e.g. ankle or foot weights) or elastic tubing. Also, it is important to duplicate as much as possible the body positions used during the phase of running in which the injury occurred. For a knee extension hamstring strain, this means that I would want to perform resisted leg curls while the hips are flexed, thus fully stretching the hamstrings at the end range of motion. If this subject interests you, get in touch with me and I can show you an exercise that fulfills these requirements.

For all rehabilitation exercise, repetitions should be performed for high repetitions with light weights (several sets of 20-30 is usually a good scheme) several times per week. Also, when recovering from muscle strains, the eccentric portion of the exercise should be slow and under control. This is important because it teaches the muscle to produce force while lengthening, which is crucial to avoiding future injury.

Next: Hip Coordination

Tartan and Tarmac

Blugold Open

Eau Claire, WI 4/14/07

Women-100m H

Nicole Korner 17.75 21st
Audrey Zaferos 18.49 26th
800m

Claire Lidester 2:31.0 32nd

Audrey Zaferos 2:33.86 33

400m H

Audrey Zaferos 73.26 17th

Nicole Korner 73.30 18th

200m

Claire Lidester 28.88 44th

Men-100m

James Hegeman 12.54

800m

Zach Bruns 2:05.09 30th

5000m

Joel Wood 15:44.00 9th

Joe Binder 16:05.78 10th

Dallas White 16:15.76 13th

TJ

Josh Carlson 12.34m 10th

LJ

Josh Carlson 5.99m 16th

HJ

Josh Carlson 1.85m 3rd

Shot

James Hegeman 8.61m 32

Hammer

James Hegeman 34.34m 27

Boston Marathon

Boston, MA 4/16/07

Chris Dresser 2:49:44 328th,

6th Wisconsin finisher

Keck Ecumenical

Bloomington, IL 4/21/07

Women-100m H

Nicole Korner 17.48 7th

Audrey Zaferos 18.36 11th

5000m

Natasha Lewis 20:22.57 3rd

800m

Claire Lidester 2:29.06 5th

400m H

Audrey Zaferos 70.57 2nd

Nicole Korner 71.98 3rd

200m

Darcie Walston 30.30 19th

400m

Darcie Walston 66.37 7th

Shot

Darcie Walston 7.55 8th

4x400m

Zaferos, Walston, Kornder,

Lidester 4:22.62 4th

Men-100m

Dan Bice 11.54 14th

200m

Dan Bice 24.61 16th

800m

Zach Bruns 2:00.24 4th

Sam Keepman 2:05.96 14th

Dallas White 2:10.27 19th

1500m

Zach Bruns 4:14.12 6th

Dallas White 4:15.73 10th

Joel Wood 4:19.12 14th

5000m

Joe Binder 16:01.00 1st

100m H

Josh Carlson 17.59 8th

4x400m

3:43.81 7th

TJ

Josh Carlson 12.33m 3rd

HJ

Josh Carlson 1.93 m 2nd

Shot

James Hegeman 9.77m 9th

Hammer

James Hegeman 35.06m 10

UW-Oshkosh Open

Oshkosh, WI 4/28/07

Women-100m H

Nicole Korner 17.10 10th

Audrey Zaferos 17.98 16th

5000m

Natasha Lewis 19:54.28 2nd

800m

Kaitlyn Buck 2:37.39 21st

400m H

Audrey Zaferos 72.34 11th

Nicole Korner 72.78 12th

Men-800m

Pat Cowlin 2:08.31 26th

Brandon Schultz 2:11.74 28

Suresh Murty 2:26.35 29th

1500m

Pat Cowlin 4:28.09 22nd

5000m

Joel Wood 15:51.22 2nd

Dallas White 16:39.63 11th

100m H

Josh Carlson 17.36 18th

3000m SC

Suresh Murty 12:35.31 12th

4x400m

3:51.02 6th

TJ

Josh Carlson 12.49m 16th

LJ

Josh Carlson 6.08m 18th

HJ

Josh Carlson 1.88 m 5th

PV !

Tim Feyereisen 3.99m, 10th

Hammer

James Hegeman 33.96m 31

Wisconsin Twilight

Madison, WI 5/5/07

Women-400m

Darcie Walston 64.12 23rd

100m H

Nicole Korner 17.43 17th

Audrey Zaferos 18.00 23rd

3000m

Natasha Lewis 11:17.37 8th

800m

Claire Lidester 2:29.78 12th

Audrey Zaferos 2:31.32 17

Kaitlyn Buck 2:36.72 22nd

400m H

Audrey Zaferos 70.83 13th

Nicole Korner 72.63 16th

4x400m

Kornder, Zaferos, Buck,

Lidester 4:25.83 10th

Men-100m

Dan Bice 11.92 23rd

200m

Dan Bice 24.58 37th

Dean Thompson 27.47 45th

800m

Zach Bruns 1:59.63 21st

Sam Keepman 2:05.61 32nd

Bill Feyereisen 2:05.95 35th

Brandon Schultz 2:08.79 40

Suresh Murty 2:13.47 46th

1500m

Dallas White 4:11.85 20th

Scott Olberding 4:23.44 28

Bill Feyereisen 4:27:17 29th

5000m

Joel Wood 15:36.47 7th

Joe Binder 15:47.02 8th

Dallas White 16:01.61 10th

4x400m

3:40.08 11th

LJ

Josh Carlson 6.07m 16th

HJ

Josh Carlson 1.85m 9th

Syttende Mai 20 Mi

Stoughton, WI 5/19/07

Jim Reardon 2:08:40 6th

Ann Heaslett 2:22:17 20th

Dean Thompson 2:38 74th

Peter Wadsack 2:49:42 124

Maryanne Hinkes 2:52:40

Kristine Guderyon-Goetz

2:55:48

Greg Kesling 2:57:20

Lake Monoma 20k

Monoma, WI 5/5/07

Tom Kaufman 1:20:46 16th

Scott Topel 1:22:45 48th

Peter Wadsack 1:38:37 131

Chelsea Mannebach 1:52:23

Meriter Nurse's Run 10k

Madison, WI 5/10/2007

Joe Binder 33:58 1st

Dallas White 34:02 2nd

Tom Kaufman 39:27 10th

June STS results coming in

July—Please send to Joe at

joe_binder@gawab.com.

Antelope Man ~ Jim Reardon



Upcoming Races

USA Outdoor Championships.

June 20-24. On TV: 6/22, 7 pm, ESPN2; 6/23, 1 pm, NBC and 6 pm, ESPN2; 6/24, NBC, 12 pm.

Summer Track Series, Madison.

June 21st, June 28th, 5:30 pm at McClimon Track.

July 12th, Stoughton HS.

MARS 3k is on June 28th.*

Monona Firecracker, Monona.

July 7th, 5 mi/1.5 mi

Firecracker 5K/10K, Madison.

July 7th, Elver Park.

Cheesehead Chase, Plymouth.

July 21st, 8:30 am. 5 mi run, 2 mi run/walk.

Capitol Mile*

Madison, July 29th, 3 pm.

www.witrackclub.org/events/capmile.htm

*MARS Event

Reports from John Lowrey

May: I have just returned from the Whidby Island (State of Washington) half-marathon and marathon. This is about where to stay and some of the places I went to. The Fidalgo Island Inn in Anacortes, Washington is probably the easiest place to get into and is a nice inn with a continental breakfast every morning (and a early breakfast the day of the race). It is about 3-4 miles from Anacortes. Anacortes is a quaint town with lots of nice shops and a nice historical district. The Penguin Coffee House (of course there are lots of stuffed penguins around) is a nice place and serves wonderful coffee and the staff is very nice. The Rockfish Grill serves excellent burgers and fish (our server LIZ did a wonderful job). The views are stunning and it is a fishing village. It is about a half-hour drive to the race. Next report will be on the race itself.

June: I did the Whidby Island Half-marathon in the state of Washington in March. I did 2:51. The race was well organized-although oranges and salted pretzels could have been at the aid stations. This course is very scenic. (2) I did Syttende-Mai in May on a very hot day. I did a personal worst of 5:00. Some of the aid stations were closed by the time I went through. Hwy 151 and Stoughton itself was not closed at all. I felt very unsafe running with traffic on hwy. 151.

As of two weeks ago, I seem to be cured of cancer. Hooray. Research with individuals (check out www.coolrunning.com) have noticed a trend that once a person is on blood thinning medications (warafarin) that an individual's running speed goes downhill. Does anyone have any comments on why?

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@yahoo.com. To remove your email address from the list, send a blank email to wisco-tcunsubscribe@yahoo.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 Wisconsin Track Club

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

The Back Page ~ by John Lowrey

New Product 1: Gleukos is a electrolyte powder that comes in three flavors. I tried the lemon. It has a nice tart flavor. One of the primary ingredients is glucose. It is gluten free and contains no fructose or sucrose (which means no rapid drop in blood sugar levels). It has a good amount of potassium (175 mg) and 17 grams of sugar. The sodium is 40 mg. The company is based out of Portland, Oregon. The web site is www.gleukos.com.

New Product 2: The next product is the Tiger Tail Rolling Muscle Massager which is made by Polar Fusion. It is similar to "the stick." However the company also makes a round massage ball called the Tiger Tail Baby. It found it nice to massage my neck shoulders, calves, and sore areas of my feet. The web site is www.polarfusion.com and you can buy it from the company.

New Amphipod Offerings: Amphipod has come out with a couple new products. (1) A Full Tilt 20-20 hydration belt that fits in the back and has 2 bottles. It has 2-20oz bottles, air-flow mesh for a back panel and ample space with large zippered quick access pockets. This is really good for long trail runs with no water access. (2) The Run Lite Breeze has two 8 ounce bottles and a rapid access pouch. This should be all you need for medium runs (12 miles or less). It comes in 3 different waist sizes. I have used this and found it nice to carry keys, cell phones and whatever. (3) A Race-Lite belt and tab. You do not need to put holes in your t-shirts with safety pins with these. The race number tabs slide onto your number belt. There is also a Race-Lite Go belt that also has a easy-access pouch to carry minor items during a long race (electrolyte pills, etc.) All of these can be found at Fleet Feet or by going to www.amphipod.com. This company is on the cutting edge of new products and the customer service is always outstanding.