



### The 3rd Annual Gleneagle Community Run

By Will Miller & Jon Hatfield

The Gleneagle Community Fun Run kicks off another race year. You're probably mumbling something like, "how can it be the first race of the year when the EagleWings Walk & Roll Run happened in April?" Well ... although our first race of the year was on April 26<sup>th</sup>, the race that started it all was held on May 31<sup>st</sup> and was the beginning of our 3<sup>rd</sup> year of putting on these events. It was another sunny day for the second race of the year. We moved the event forward a week this year to avoid conflicts with graduation. Unfortunately, the turnout was not on par with past years. However, this meant that everyone had a chance to win a placement ribbon except in a couple of age brackets. It also increased the odds of winning random prizes such as Costco & Blockbuster gift cards & the grand prize of 2 nights stay at Harrison Hot Springs Resort. We also had the debut of our own timing equipment. We wanted to bless our race beneficiaries more this year and one way to increase giving was to reduce the expenses for the events. So, we purchased the timing equipment (including backups) cones, kids run prizes and whatever else is needed to do it right. We would love to hear feedback about your experiences. The 5k race was won by Greg Waters with a time of 18:55 & the winner of the 10k race was Shawn Bussert with a time of 37:18. The female winner of the 5k was young Teresa Wadey with a time of 20:50 & the 10k female winner was Erin Park with a time of 54:17.



### Walk & Roll Run for Eagle Wings (By Will Miller & Jon Hatfield)



What a difference a month makes. We arrived at Haller Park on race day to find 2 to 3" of snow! We had no choice but to reschedule for safety reasons. The end of April was the complete opposite with some of us getting our first sunburn, I mean sunTAN, of the season. There was live music in the park. Lunch consisting of hotdogs, chips & a pop could be purchased for a reasonable price. Greg Waters (at left in orange shirt) was first to finish the 5k race with a time of 18:44. New ARC member Becky Berry won the women's 5k with a time of 24:40. ARC member, Shawn Bussert was first in the 10k with a time of 37:05 (hey didn't he win the Gleneagle overall too?) & Jessica Thomson was the fastest 10k woman.

#### Words of Wisdom

*Jogging is very beneficial. It's good for your legs and feet. It's also very good for the ground. It makes it feel needed.*

**Charles Schultz, Peanuts**

*Only think of two things - the gun and the tape. When you hear the one, just run like hell until you break the other.*

**Sam Mussabini, the athletics coach made famous as the coach of Harold Abrahams, the 1924 Olympic champion depicted in the movie Chariots of Fire.**

*Finland has produced so many brilliant distance runners because back home it costs \$2.50 a gallon for gas (it was about 86¢ per gallon in the US at that time).*

**Esa Tikkannen, 1979**

#### 2008 ARC Race

##### Opportunities

*Cocoon House*

*River & Rails Run*

Haller Park  
5k/10k - Sat. August 2, 9AM

*Housing Hope*

*Run for Hope*

Stillaguamish Athletic Club  
5k/10k - Sat. September 27, 9AM

*Marines Toys for Tots*

*Airport Run*

Stillaguamish Athletic Club  
5k/10k - Sat. December 13, 11AM

#### Questions/ Contact:

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#### Club Mission Statement

ARC is a non-profit group that exists to provide runners/walkers of all abilities a free forum to meet for the purpose of achieving personal fitness goals through charitable race events.



### SUMMER 3-Top Picks for Staying Cool By Greg Woodman



The weather is warming and most of us can't wait, but for the devoted distance runner it can pose a few added problems. Excessive heat during the day can limit (and probably should) when you can workout.

For the night owl, getting up at dawn in order to run doesn't fly so well. For the early bird, running at dusk after a long day at the office only leaves you wondering where all your energy went. Safety concerns come to mind here too, since running outside after dark can be a bit dangerous.

Most local health clubs offer air-conditioned workouts. Several advantages can be gained here; a more modest approach to the timing of your workouts, iPod and TV friendly treadmills and elliptical trainers, cross-training in the swimming pool, strength-training for the upper body, meeting friendly faces, maybe even relaxing in the spa afterwards. Local runners can check out Stillaguamish Athletic Club in Arlington for membership info and their free-guest pass program. [www.sacfitlife.com](http://www.sacfitlife.com)



For the adventuresome weekend warrior, a short drive up to the high-country can make for an exhilarating trail run. One of my favorites is the Pacific Crest Trail on the North Cascades Scenic Highway—the scenery is hard to beat and the cool mountain air is refreshing. Check out the trail run series ending with the 11-mile Cutthroat Classic in August.

[www.mvsta.com/summer/cutthroat.html](http://www.mvsta.com/summer/cutthroat.html)



Still have an unmet need for something really cool and different? Perhaps you should join the 128 other runners who persevered through 26.2 miles over glaciers, frigid temps and severe wind gusts as part of the ninth annual Antarctica Marathon last March.

“It was almost as if I stepped into a completely different world”, explains Jeremy Bolt. “The scenery was amazing, penguins were everywhere, and since it was summer there, the temperatures were in the mid-30s.” To see a refreshing slide show and get more info, visit <http://www.icemarathon.com/>



### RUNNING & THE STILLAGUAMISH ATHLETIC CLUB (SAC) By Will Miller



It is easy to take for granted what a good thing we have here. I know of runners from far away places, like Stillicum, come to our airport races because they like running on the trail. Likewise, I prefer the forested trail to the noise and hazards of roads anytime. We are fortunate that the SAC allows us to use their facility free of charge. They are a sponsor of our races. I would encourage you to come inside to check out the facilities & the programs they offer.

Of course they have treadmills for those days when it is too cold, wet or dark to be running outside. They are programmable so you can add hill workouts to simulate a race. In addition they have all the other machines and classes to improve your running ability. When you're injured & can't run, workout on the elliptical or stationary bike to maintain fitness. Cycling can also lead to improved race times. To be most beneficial, the cycling needs to be intensive & of longer duration than your runs. Join a spinning class to get the most out of your workout. The elite runners stretch & strengthen the muscle groups around their core. Join a Yoga class or seek advice from a trainer. Many runners have thought about doing a triathlon but usually swimming is their weak link. Take swim lessons to improving your form for increased efficiency and speed. The fear of drowning does not translate into a fun triathlon.

### RUNNING 101 By Will Miller



There is a poignant scene in the movie, "The Spirit of the Marathon" where the husband of a woman training for her first marathon is asked why he does not run with her. His response, "Why run when you can take a car or bus?" We all know you have to "workout" to get in shape but there are simple steps we can take to make it easier.

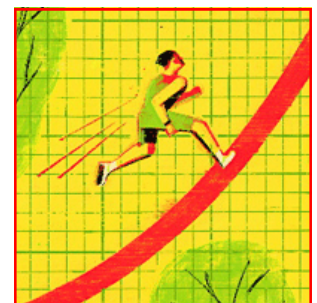
**SHOES:** You need to invest in the proper type of running shoe for good running form (motion control, stability or neutral-cushioned). Just like alignment problems on your car, the wrong shoe will cause problems in your feet, knees or hips.

**First determine if your arch is FLAT, normal or HIGH.** Then have your foot strike analyzed to **determine pronation**. If your arch is flat, chances are you over-pronate. In simple term, pronation is the flattening out of the arch when the foot strikes the ground. Normally, the foot will pronate to absorb shock when the heel hits the ground, and to assist in balance during mid-stance. *The ankle will 'tip' towards the inside - this is normal.* Excessive pronation can be a problem because it causes increased stress on the inside of the foot. It pulls on the stabilizing muscles in the lower leg and often causes the knee to shift to the inside. The excessive stress on the body can overcompensate for this pronation and shift the ankle towards the outside causing the ankle to roll over. **Supination** is the opposite motion of pronation. A foot is in supination when the ankle appears to be 'tipped' to the outside so you are standing on the outside border of the foot. Supination allows the foot to be a more stable, rigid structure for when we push off on our next step. The foot naturally supinates during the toe-off stage (when the heel first lift off the ground until the end of the step) to provide more leverage and to help 'roll' off the toes. Excessive supination predisposes the ankle to injury because the stabilizing muscles on the outside of the lower leg are in a stretched position. It does not take much force to cause the ankle to roll over, potentially causing ligament damage. This is difficult to see without slowing down the foot strike with video equipment. Even specialty running stores



without this process can put you in the wrong shoe. The Road Runner store near Green Lake has this equipment.

**TRAINING PLAN:** We are an impatient bunch. If you are doing intensive workouts or increased mileage for a marathon, you are at risk for an injury. You should **not** run hard every day nor should you run only one or two days a week. Intersperse in rest days to give your body a chance to rebuild. Cross train different muscles groups on your rest days between hard workouts. To prevent injuries, warm up slowly. After your run, do a cool down & some stretching. Increase mileage gradually, roughly no more than a couple of miles a week. Gradually build up on hill work also. Keep your heart rate at a comfortable level & let your improving fitness increase intensity. Speed work on the track can cause misalignment issues so alternate direction periodically. Training plans for different levels & distances are available online or in books.



**FLUIDS & NUTRITION:** Your body sweats to keep cool. You should replenish what you lose or your body will suffer & it can be a serious problem. Everyone sweats at different rates but it is a good policy to hydrate with water or sport drinks at least every 10k on long runs & more frequently if you sweat a lot. Also everyone is different in the amount of calories they need. Runners need a proper balance of carbohydrates, proteins & healthy fats. Running books cover healthy meals in much greater detail. **A general rule of thumb is to wait 2 hours after a meal before you go for a run.** It is also a good idea to keep a journal of the foods that disagree with you when you run.



(Continued from Page 3) **RACE DAY:** Don't workout the day before a race, let me say it again - there is no need to workout the day before. Conserve your energy & relax. Most runners load up on carbohydrates with a pasta dinner. Have everything ready to go the night before & bring different clothes in case the weather changes. Eat a light, easily digestible breakfast at least 2 hours prior to the race. Race day is not the day to try something different. A typical breakfast is a bagel, banana & energy bar.

Plan to arrive at the race early so you have time to stretch & warm up. Don't forget to double knot your shoelaces and have a great race!

### Tales from the Trail By Will Miller

**Whidbey Island half & full marathon:** Warren Chase ran the half marathon in preparation for a full marathon later this year. The weather was good & the scenery fantastic.

**Boston marathon:** It was the first time any ARC members have run this prestigious race. For Will's full report, go to <http://mysite.verizon.net/resw6efal>. Greg's interview with Runners World at the finish appears below: *Three years ago, Woodman was barely a runner, let alone a marathoner. But convinced to try the sport, he entered four marathons in 2006 & 2007, each time inching closer to qualifying for Boston. He finally hit the magic mark last December in Sacramento. "I surprised myself, to be honest with you," said Woodman, 47. "I'm a diabetic with a lot of genetic challenges". In many ways running has helped minimize some of those difficulties. "I could go without my daily medications if I run 24/7," he said with a chuckle, just minutes after finishing his first Boston in 3:57. "I haven't had to take meds all day. I wish I could do that every day." Woodman did admit the Boston course presented its own set of hurdles, & he was slowed by a calf injury. He put the pain aside as he enjoyed the sights & sounds of the race – "Wellesley was fantastic. I'm married so I didn't kiss anyone, but I high-fived every kid I could" - & finished the race taking home something more than a medal. "I'm a Boston finisher. It's like a badge of honor."*

**Capital City half & full marathon:** ARC's running sensation, Shawn Bussert, is Boston Bound! He came in 6th overall & 1st in his age group with a time of 3:02:56. Tina Miller Zika, who ran the half commented that was an impressive time given the hills & the heat.

**State High School track:** Congratulations to ARC member, Luke Passalacqua, for his first place finish in the 800 meters at the District meet with a time of 1:59. He went on to run in the State Championship.

# Thanks to our sponsors!



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