



# The Arlington Runner

## SPRING 2011

[www.arlingtonrunnersclub.org](http://www.arlingtonrunnersclub.org)



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## 2011 Walk & Roll Run Don't miss it!

### 2011 Race Update By Jon Hatfield

We're off and running to another great year with the Arlington Runners Club and one of it's goals of raising monies for very good charities in the northern Snohomish county. 2010 was an excellent year for us as we set a new attendance record with the 2010 Toys for Tots Airport Run pulling in a whopping 279 participants crossing the finish line and we're gearing up to have a larger crowd next year.

Take note of the four (4) races we have scheduled for 2011 (just to the right) and put them on your calendar. The most exciting change this year centers around using the Centennial Trail heading north from Haller Park. The Walk 'n' Roll Run will still take the usual course; however, the River & Rails Run in August will go north on the Centennial Trail. Using the Centennial Trail will greatly improve the course as we would start and finish at the same location near Haller Park, but the course would turn north on the Centennial Trail and head over the bridge. The 5k turn-around would be located just south of Kackman Road (252nd Street) and the 10k turn-around would be just south of the Grandview Road (just south of the Centennial Trail parking near the Bryant store). We hope to see you at our events and let us know if you have any questions. Using the trail will cost over \$100 more to get the permits required and our sponsorships have been down recently ... still, here there's a will, there's a way. Check our website, we'll post updates there as they are available.

### Close Encounters of the Weird Kind By Will Miller



No, none of us have ever run into an Extra-terrestrial that we know of, but we have had some close encounters with other kinds of alien or animate beings. We have observed some foreign, strange or unnatural things that you do not normally see on a typical run. The following are true stories of actual events. It has been edited for content and to fit the screen. Only the names have been changed to protect my identity.

**Striped Being Encounter, 2001:** That summer, I worked in the forests of eastern Washington and stayed at a motel in Union Gap. One evening before sunset, I went for a run on a paved trail on a dike along the Yakima River. I came around a bend and there was this black creature with a white stripe from its nose to its tail facing me. I think it was as scared as

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### Words of Wisdom

*"Running is the greatest metaphor for life, because you get out of it what you put into it."*

**Oprah Winfrey**

*"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"*

**Peter Maher**, Canadian marathon runner

*"Whether you believe you can or believe you can't, you're probably right."* **Henry Ford**

*"Many of life's failures are people who did not realize how close they were to success when they gave up."* **Thomas A. Edison**

### **2011 ARC Race**

#### **Opportunities**

#### **EagleWings**

#### **Walk & Roll Run**

Haller Park in Arlington  
5k/10k - Sat. May 21st, 10AM

#### **Cocoon House**

#### **River & Rails Run**

Haller Park in Arlington  
5k/10k - Sat. August 6th, 9AM

#### **Housing Hope**

#### **Run for Hope**

Stillaguamish Athletic Club  
5k/10k - Sat. September 17th, 9AM

#### **Marines Toys for Tots**

#### **Airport Run**

Stillaguamish Athletic Club  
5k/10k - Sat. December 3rd, 11AM

### **Questions/ Contact:**

Jon Hatfield - (425) 359-0868  
[jon@ArlingtonRunnersClub.org](mailto:jon@ArlingtonRunnersClub.org)

### **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.



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me because it would not move. As we stared at each other, I considered my options. It was between me and my truck. It was a long way back the way I came and getting dark. The dike was only about 10 feet wide with steep rocky slopes and wet areas on each side. Because its weapon was not pointed at me, I cautiously crept to the far edge and moved by it as slowly as possible. I do not know why, but I talked to reassure it and communicate I meant it no harm. Fortunately it never moved as I went past and did not shoot me! Except for an extra sweaty moment, I came out of that not smelling too bad!

**Naked Hairless Ape-like Beings, 1976:** As a student at the U of W, we would do our forest survey field work at the Arboretum. The cross-country team often ran through there and we would have to drop or coil up our steel tapes until they passed. One time I dragged the tape back into some bushes where there were two, totally naked, hairless, ape-like beings engaging in some sort of mating ritual. This was during the first running boom when you could also see these hairless ape-like things streaking through the campus.

**Unidentified Flying Object, 1973:** We had some strange things happen during my senior year on the high school cross country team. I will never forget the time we were running along a cow pasture when a jeep-shaped object, left the roadway and chased us through the field. It was literally flying over bumps and doing donuts around us. These strange, crazy beings harassed us until we leaped over a barbed wire fence.

**Conclusion:** Like the advise for Safety on the Trail in the last newsletter, there is safety in numbers running in the pack. These ET's are like animals and seek out the old, weak, or sick. Stay in the herd or you better be faster than the person next to you. I am no longer the youngest or fastest, so I am in big trouble!



## 10 Tips to Happy Feet by Jon Hatfield

You don't have to search the web too long to find top 10 tips for running and unfortunately there isn't universal list we can cling to with certainty, but here's some tips I think make great sense whether they are on your top 10 list or just mine. These tips are in no particular order ...

1. **Don't do too much too soon!** Follow the 10% rule. Never increase your mileage or time by more than 10% per WEEK. Pay attention to how much an additional day can add to your week's total. Consistent training over the long haul is what's important, not how quick you reach your goal. A runners lifestyle is the goal. Anyone can run for a week or maybe even two weeks, but how many people get out there and run every week? Not many. Make it your goal to make running a part of your life so you'll stay happy and healthy.
2. **Warm up your muscles.** I relate this to driving my car, especially in the winter. I never head out to my car, hop in and race down the interstate without warming it up, the same is true with your muscles. Don't walk out of your house and start kicking it, take it easy until your body has warmed up and then you can start pushing yourself.
3. **Stretch tight muscles after you've warmed up, and after your run.** It's far more important to stretch AFTER you've run that BEFORE you've run. Start with the achilles and move upward. Stretch slowly, holding it for 10 to 15 seconds. **Don't bounce.** A very tight muscle may hurt when you stretch it. Back off a little, take a breath, relax and stretch some more. Stretch achilles, calves, hamstrings, quadriceps, inner thighs, outer thighs, hip flexors and gluteals.
4. **If you run on the street, spend equal time on each side of the road.** Roads are crowned so you'll need to change sides every now and then to give your legs a break and even things out.
5. **Change your running shoes more often than you think.** A leading contributor to running injuries are traced to shoes. I've heard everything from 300 miles to 750 miles. Even if they still look good, they lose their shock



absorption earlier than they lose their beauty. Pay attention to your body, it will tell you when it's time for new shoes. A new pair of shoes feel wonderful. Pay for your new running shoes by cutting back on your trips to Starbucks - it benefits you in two ways (less calories and more money).

6. **Don't run two days in a row.** Cross train on alternate days to work your muscles in a different way. This really makes sense to me: I love lasagna but I don't want it every day and quite frankly my body doesn't want it every day. Your body loves variety too so give it some running one day, walk, ride a bike, play some racquetball, basketball or whatever to throw in some variety. Variety really is the spice of life and that's true for your exercising regimen.
7. **Know when to rest and avoid overtraining.** Pay attention to pain rather than running through an injury. Pay attention to fatigue signals your body gives you when you're tired. That old adage, "all work and now play makes Jack a dull boy" is true. Give it a rest some times.
8. **Vary your training** depending on what you want to accomplish. You train for a marathon differently than you train for a sprint. Think in minutes not in miles. No matter what shape you're in you can work on increasing your time on the track even if that doesn't mean increasing your distance.
9. **Hydrate, hydrate, hydrate.** A while back I bought a hydration pack for riding my bike. I use it all the time now because it keeps me hydrated and it breaks up the time. It's amazing how just a tiny little sip from my platypus makes a huge difference in my mindset and my body.
10. **Don't listen to your head,** listen to your heart (or legs or other body part). Your mind wants to quit way before your body is exhausted. You need to listen to your body to know when you need to take a break, but your mind is usually screaming at you long before your body really needs to stop. This may seem a contradiction to my tip #7 but it really isn't. Everyone's heard about running through walls, these are mental walls not physical walls. Mental walls are usually what keep us from accomplishing our goals. Our mind tells us we can't do it, give up. Military training often focuses on this aspect to help it's members realize they can do far more than they think they can do.



### To Run Better, Start by Ditching Your Nikes by Jon Hatfield

I have a fascination with the new "five fingered" shoes. They look real funky, but I keep hearing good things about them, especially from my nerdy, research addicted son Josh. It's to the point that I want to get a pair of these things for myself and wear them on my hike across the Cascade mountains to Stehikin in September 2011. My birthday is coming up in June and my kids are always complaining that they don't know what to get me. Perhaps this year I have an answer - 5 fingered shoes. So I started doing some research and stole the title of this article from Dylan Tweeny's article by the same title, this isn't his article but it started me down the rabbit-hole and I give him credit where credit is due.

There are three main suppliers of barefoot running shoes: Nike Free, Newton All-weather Trainer and Vibram FiveFingers (pictured to the left). I first saw the Vibram FiveFingers while visiting REI about a year ago and just can't seem to get them out of my head. I recently discovered that Tobie Hatfield is a senior engineer for advance products at Nike and with a name like Hatfield ... what can I say ... but the Nike Free still looks like a regular shoe and so does the Newton, whereas the FiveFingers look very different.



These shoes are not going to work for everyone so be careful before you shell out the \$85-\$175 for a pair of these shoes. For example, if you wear orthotics, have webbed feet, over-pronate or similar foot problems you will want to check with the supplier before purchasing a pair. Thought I'd share a few comments from runners who have tried barefoot running shoes:

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**John Coons** Milwaukee, WI - February 11, 2011  
600+ training running miles on my first pair of Vibram FiveFinger KSO's led me to my first marathon. These shoes were the single best purchase I have made in my running career. Glove-like fit, environmental feel and allowing the foot to work as mother nature has designed it to is priceless. Running has never been so enjoyable. I love these shoes!



Vibram FiveFingers Shoes



Nike Free Shoes



Newton Running Shoes



Vivo Barefoot Shoes

**David** February 19, 2011  
Just got back from a long run in the Nike Free 3.0v2 sneaks. Loved them. No pain anywhere. Felt very light. Excellent grip on some icy sections too. I think I've found my running shoe :)



New Balance



Inov-8 Shoes



Kigo Shoes

**Martin Potter** February 8, 2011  
I've been a long distance runner for a few years now with the experience of running in numerous types of running shoes. I was initially “diagnosed” as an over-pronator with flat feet so my first few marathons were completed in various forms of stability shoes including the Nike Triax and Saucony Hurricane 10's. A recurring dose of plantar fasciitis and shin splints, that could no longer be ignored, resulted in me limping home during the 2010 Boston Marathon with a vow to revisit my running mechanics and associated footwear styles. For the first few weeks after purchasing I heeded the advice and rotated them gently into my running schedule. Longer runs with the Mizuno's and 2-3 miles with the Gravity's, slowly increasing this amount during each subsequent run. Within 3 weeks I was wearing them all the time including a very hilly 41 minute 10k race. It's been four months now and my running style has changed somewhat for the better; I feel stronger after each workout and my recovery time has improved. I use them for indoor track workouts and 18 milers logging up to 50 miles a week during my Boston Marathon 2011 training.

Is barefoot running for you? I don't know if I can answer that question, it's definitely something I plan on trying in 2011. It is definitely intriguing and there is a lot of support for using these shoes ... but I'd have to say the jury is still out. Since I started writing this article I ordered a pair of Vibram Five Fingers for myself and I'll report back in the next newsletter what I think.

If you have an experience you would like to share about your experiences running barefoot or your experience with one of these shoes, please drop me an email at [jon@ArlingtonRunnersClub.org](mailto:jon@ArlingtonRunnersClub.org)

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