



# The Arlington Runner

## Summer 2010 Newsletter

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



### 2010 Walk & Roll Run

Partly cloudy and cool temperatures made for some fast times. Greg Waters, bested his previous record with a time of 18:33. Ann Marie Gaudin was the fastest woman in the 5k with a time of 21:44. Michael Brisbois was the fastest man in the 10k with a time of 38:33 and Sara Murray was the fastest 10k woman with a time of 45:14. With the proceeds from a total of 123 finishers, plus additional donations, we provided a \$2250 check to Eagle Wings DisAbility Ministries. Thank you to the many Eagle Wings volunteers that helped out. We could not do it without you!



### 2010 River & Rails Run

This was our best turnout for the River and Rails Run ever with 117 total finishers. The unseasonably cool temperatures and barely perceptible drizzle did not dampen the spirit of these runners (the heavy drizzle came after the run). Some new course records were broken. Angelo Comeaux, with a time of 16:07.65 in the 5k and Matt Koenigs with a time of 34:57 in the 10k set new records on this course. Brynne Bodle was the top woman's finisher in the 5k and Ann Pedack in the 10k. Whether you finished in the front, middle or back of the pack, you were all winners. 100% of your registration fees, \$2060, was given to Cocoon House. Thank you to Cocoon House for the many volunteers they provided.

#### Words of Wisdom

Something inside of me just said 'Hey, wait a minute, I want to beat him', and I just took off. You have to wonder at times what you are doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it all started. It comes down to *self satisfaction and a sense of achievement*.

Steve Prefontaine

#### Club Mission Statement

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

#### 2010 Race Schedule

9/25 Run for Hope 5k/10k  
9am @ Arlington airport SAC

12/4 Toys 4 Tots 5k/10k  
11am @ Arlington airport SAC

#### Questions/Contact:

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I hope you've taken the time to look at our website. In the very beginning the founding members put together a short video entitled: **Why Do We Run?** If you haven't seen it, take a look. You can find it on the home page of our website at the very bottom.



My involvement with ARC confuses my friends. They look at me and say, "YOU'RE the president of the Arlington Runners Club? I've never seen you run before?" I'm not a runner. I wish I was, but I'm not. It's difficult to find a fat runner, they always seem to be skinny, healthy people and I'd like some of that! I've tried it, but it's just not my thing ... but I'll keep trying because I didn't used to like liver either and I developed an appetite for that and I hope one day to enjoy running.

Then my friends ask this great question, "if you don't run, why are you in the Arlington Runners Club?" Just like the video says, "there are a lot of reasons" why people volunteer to RUN the Arlington Runners Club events. I'll share a few of the reasons I like to RUN the Arlington Runners Club events:

- To set an expectation for my family. As a Dad I want to be an example to my kids. Being an involved citizen is very important to me and I hope for a little "monkey see, monkey do" action.
- To give back to my community. I don't want to just be a user, I want to be a contributor. It's easy to sit back and do nothing, but I get a lot from our community and I want to say THANKS.
- To give others an opportunity to reach their goals. Runners can't run if someone doesn't staff the race and this is a healthy activity for all ages. When I was a kid we were always outside playing. There weren't video games or cell phones and our TV only got 5 channels – we had to create our own entertainment and that usually meant being physically active. Our technology is creating a sedentary society and this gets people off their keister and out of the house.
- It makes me feel good. I get to be a part of making a difference in other people's lives. To help a teenager in trouble, to give a gift to a needy family, to assist someone in need – that really feels good.

Have you ever thought about becoming an active volunteer? This is a great place to start. We have 4 events every year and there's plenty of work to be done. Right now there's only a handful of people who make these events happen. We could use your help on any of these races or all of these races. I dedicate the race day to the ARC event and just a few additional hours on either side of the race, but the payback is enormous, I wish my 401k returns were as good.

At the very end of the ARC video you'll hear our founder Greg Woodman and some of the charter members say, "**Why do we run? Because we're making a difference in our lives and in others.**" It's that exact sentiment that causes me to be active with the Arlington Runners Club. So, why do I run the Arlington Runners Club events? Because I'm making a difference in my life and the lives of others! Won't you join me?





## A Funny Thing Happened on the Way to My Race by Will Miller

The title is a little deceiving. By funny, I do not mean humorous, more like strange but not exactly. The race I am referring to was my first 5k race and the training that began a change in me. Those of you who have been running for a while can understand and new runners will eventually.

This is a story for non-runners & beginners. I have always liked running as opposed to the majority of people that do not. I can not tell you how many times someone has told me they do not like to run. They often say, why run when you can take a car. Many do not like to run because they were required to run a mile at school. They did not have a choice and may have struggled just to finish. My time was nothing spectacular but I began to wonder how much faster and further I could go. I found out soon enough.

I signed up for High School cross country as a sophomore. The first two weeks of practice were brutal. I ran with the upper class men who had been training continuously all year. We ran the same long runs and intervals on the track as they did. I tried to keep up with them or keep them in sight. At night my legs ached but it was even worse the next day. My muscles were so tight that I thought they would rip. We did stretching and warm-ups to prevent that. I was making my muscles do things they had never done before. I was tearing them down and then building them back up. After a couple of weeks, most of the pain was gone. It is like the 'break in' period for a new car engine. Your legs go through this buffeting process to toughen them up to go farther and faster without damage.

After a little over a month of training, we had our first test, an inter-squad 3 mile run. I did not know how fast to go. I stayed near the front of the pack & crossed the line right behind the front runners. I mistakenly stopped on the finish line and collapsed because I was not getting enough blood to my head. I was able to get up but I felt woozy and people told me that my words were all jumbled and did not make any sense. I slowly recovered without any permanent damage and I learned to run through the finish line. No matter how you do it or where you place, there is nothing more self-satisfying than finishing your first 5k.

Without even realizing it, I was changing. My body and mind were getting stronger. I do not think I ever caught a cold during all of high school even though we ran everyday, rain or shine. Talk about a weight loss program. I was a string bean in High School, running got rid of every ounce of fat. I discovered that my body could do so much more than I thought it could. I began to believe I could accomplish more. Being somewhat of an introvert, my teammates drew me out and we became great friends.

I also began to experience the runners high. Not during intensive training but on those long, slow weekend runs. My body and mind were in complete harmony. My running seemed effortless and I noticed new and beautiful things around me that I had never seen before. My mind was freed from distractions and open to creative thoughts. It was so uplifting. What sport can top that?

Running is an activity that just about anyone can do (+see note below). It does not require you to be coordinated like ball sports. It is not expensive, all you really need are some good shoes. It is a healthy activity that is good for you and it can be fun as I described above. As I write this story, I wonder why anyone would not want to experience all the benefits of running. I hope this story will motivate you to join with me because now you know what you have been missing. If you are interested in starting a running program, I encourage you contact ARC or view the "Couch to 5K" training plan at the following website. [www.coolrunning.com/engine/2/2\\_3/181.shtml](http://www.coolrunning.com/engine/2/2_3/181.shtml).



+ If you have ever had major knee surgery, osteoarthritis or other serious condition, consult a doctor before beginning a running program. Our founder, Greg Woodman had a torn meniscus repaired and it did not slow him down at all. I have a friend that had a heart attack during the Seattle marathon and after bypass surgery is running marathons again. Running has lowered my cholesterol from 246 to 188 without drugs. I know of 2 runners that have lost 100 pounds each from running and dieting. These are just a few of the testimonies I can cite of the benefits of running.

## HURT: Bad Four Letter Word by Will

**Warning:** I am not a doctor & the concepts for this story came to me during an oxygen starved moment.

It may seem odd to have a story about pain right after a story about how good running is for you. Pain is the natural result of getting into shape. When pain from overuse, misalignment, or other reason becomes a muscle or ligament tear, stress fracture or other injury, then it is a bad four letter word.

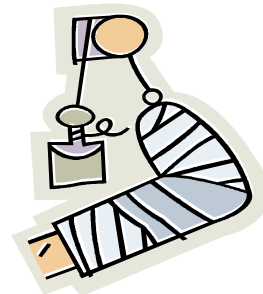
I recently remarked at a group run that I was riding my bike instead of running because I had a bad foot. Often guys have told me they can't run because they have 'bad knees' from football. When I hear that, I am tempted to tell them they were not very smart to play football. I refrain from saying that because they are usually bigger than me and I do not know who is faster, the guy with the bum knee or me with the sore foot. On my bike, I began to think I should not have called my foot, 'bad'. Webster's Dictionary defines the word, 'bad', as; not good or not as it should be, inadequate or unfit, unfavorable, rotten or spoiled, wicked, immoral, misbehaving, mischievous, and etc. My foot did not seem capable of being these things. Maybe it was me that was bad or to blame. It was not my foot's fault that I chose to run an excessive amount of intervals or miles each week. If it could get angry, then it had every reason to rebel or lash out at me.

I had been having a little of that first step pain when I began training to qualify for the Boston marathon 4 years ago but nothing like what came next. I had run 20 miles a couple days before and on my speed day, I was on my sixth and last interval when I stepped on the curb and felt a sudden, sharp pain near the heel. I could barely walk so I went to a Podiatrist to have it checked out. He explained that I had injured my Plantar Fascia (PF), the ligament under your arch. He suggested I buy orthotics, not run for 2 weeks to let it heal and slowly ramp back up on my taper weeks. Everything healed up fine, it was dehydration that caused me to walk 3 of the last 4 miles of the marathon.

After that marathon, PF flared up twice again. I bought an expensive pair of orthotics that I wear in my work boots but do not feel comfortable in my running shoes. I have new shoes. I changed my form so I no longer am a heel striker. I do the icing, taping & toe exercises but nothing seems to work. I have rested it but whenever I try running, the pain comes back after the run. I have searched on-line and read testimonies of many people. Some say never go bare-foot, others say to train in bare-feet. I am confused. When I got back from the bike ride mentioned above, the first step pain was back and I had not run at all! I am now convinced my foot is very bad. My foot must be over-pronating, under-pronating, out of alignment or whatever. Reread the definition of bad above. All the terms fit. My foot is the one being bad, it is doing something wrong. I am not to blame, I am doing everything right. Putting it into time out does not seem to be working. It needs to stop hurting me and start being good!

P.S. Four months after this latest Plantar Fascia injury, my foot is now beginning to feel better and I am slowly building up mileage to prepare for the Seattle Rock & Roll Half Marathon. It is trial and error on the recovery program. I have attempted to start up too soon several times before it was completely healed and it set me back each time. "The spirit is willing but the flesh is weak". As mentioned above, there is a lot of information on the web about running injuries. There are claims that anywhere from 30-70% of runners are injured in a year. Not to worry, there are on-going studies that should prove non-runners have higher injury rates than runners. A body of evidence indicates there is a distance or intensity threshold for all of us. This threshold can be pushed out further as you get stronger but go much beyond it, and you will be injured. That would be me! Looking back at my log book, I observed that I was susceptible to injuries for the following reasons:

1. Overuse. From high mileage or intensive workouts.
2. Inconsistent training. Running hard after a lapse of time (you lose conditioning after 3 days).
3. Worn or wrong type of shoes. Buy new shoes based for your arch type every 400 miles.
4. Under developed muscle groups. Stretch & cross-train to strengthen weak muscle groups.



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## Seattle Rock and Roll Half Marathon by Will



I registered in late January, a week before my plantar fascia injury (see proceeding 'Hurt' story). Thank God I did not sign up for the full! I feel obligated to at least finish a race I sign up for to get my 'monies worth' even though I am injured and not completely healed. I indicated on the form a 1:45 finish time. My brother signed up a month later. I told him to write in the same time so we could start together. I figure some people put down overly optimistic times and would slow us down at the start but under the circumstances, it was not a problem. Jim has a busy schedule so his longest training run was 6 miles. I did not run from early February to the end of May to let my foot heal. My longest run was 10 miles but I only had 35 total miles training for the race. Due to our lack of training, Jim wanted to take it easy and run 9 minute miles. He suggested we start with slower runners so we moved back 2 corrals.

You know how it is at the start, you get caught up in the excitement of the moment and it is hard not to start out too fast. A 9 minute pace is slower than my training runs and seems slow to me. Going over the freeway, near mile 2, I ran next to a Marathon Maniac who had to be in his 60's. I asked him how many he has run and he said it was number 80. I could not let an older guy running a full marathon get ahead of me so I imagine my pace quickened a little bit. We averaged an 8:30 pace until the first hill at 4 miles and Jim was continually complaining about it. Coming down the first hill, I ran next to a Marine carrying a big American Flag for the wounded soldier fund. I told him, 'Go USA'. At Seward park there was a line of spectators holding American Flags and I high 5ed almost all of them. Several times, I thought I was talking to Jim and realized he was about 20 feet behind me so I would slow down to let him catch up. Approaching the second hill at the 9 mile, I was talking to a guy running next to me about it and he said, "lets flatten that hill". I said, "you first". The first part of the hill is a ramp to I-90 and is fairly short but steep. There were people walking up it but it was not so steep that walkers could move as fast as me running. There was an Elvis impersonator there to encourage people and inform us of the course split ahead. The hill into the I-90 tunnel was gradual and not that difficult. Not far into the tunnel, you could hear the booming sounds of a DJ coming from the other end of the tunnel. The bands music was great and gets your mind off your pain but I purposely avoided running next to the speakers because they were sometimes very loud. There is a nice downhill grade after you come out of the tunnel at about mile 11. I was talking to a personal trainer that was running with her students and told her my brother was just behind me. Jim must not have liked being identified as the slower twin because he picked up the pace and passed me. I also speeded up and now he was staying about 20 feet ahead of me and would not slow down to let me catch up. Rounding the corner at Columbia Street, I rolled my ankle and was worried for a second but it was ok. The steep downhill gave me momentum to power up the hill to the viaduct. Coming down the viaduct, I caught up to Jim and told him the finish should be just around the corner. I was mistaken because it was around 2 corners and up the block away but Jim thought it was time for the final kick and speeded up to what seemed a sprint to me. I fell back 20 feet behind him but was slowly closing the gap. The straightaway to the finish was kind of narrow & congested or I would have caught him. I wanted to finish along side him but had to settle for finishing behind him by 2 seconds. We did get the photographer to take a picture of us together.

What a sandbagger! Given all the messages he sent me until the end, I thought it would be the other way with him struggling to finish with me. It is hardwired into twins to always compete against each other. It does help to have someone to push you when it gets tough. We had not run together in a race over 10k since the Seattle marathon in 1979 (see 1st qtr 2010 newsletter). We stood around at the end to see my son's girlfriend finish. My foot stiffened up and was quite sore for awhile. Jim has arthritis in his toe but he did not complain or limp like me back to the parking lot.

The hills on the half marathon course were not that bad and the bands, spectators, fellow participants and scenery were great. I heard from a few that ran the full course and they also did not complain about the hills although I do not think it would be my first choice for a Boston Qualifier. This is a very well organized, fun event.



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