July 16, 2018 Volume 3, Number 7

From the President's Desk

Thing are really heating up. I mean literally and also in regard to the Katy Back to School 5k. It's just 7 weeks until the starting gun goes off. Many of you will remember that we raised $10,000 for the Katy Students Run program in last year's race. Yes, we were all disappointed that the race was canceled due to Hurricane Harvey. But, one silver lining to that disaster was that the race did not have to pay for porta-potties or police for traffic control, both significant costs. As a result, the $10,000 represented a bigger amount that we ever expected to be able to give.

This year, fingers crossed, the race will go off without a hitch. We have a habit of taking stretch goals. So, we are hoping to give even more to KSR. That means we'll need more runners and more sponsors. (We fully intend to contract with and pay for porta-potties and police this time.) This is where you come in! Please register for the race (you can do that here) and get your family, friends, frenemies, neighbors, acquaintances and anybody else you can think of to join you. We're going to make this a fun event and it's on a great course. And, while you're at it please do reach out to any business or organization that you think might be willing to sponsor the race. Maybe your employer? We're a 501(c)3 non-profit. So, any financial contributions will be tax deductible to the full extent allowed by the IRS. Just let me know if you can help in this regard and I'll get you a copy of our sponsorship program if you don't already have one.

Now, with regard to the literal part… it is dang hot during our runs. It has been for a while and it makes me so thankful that we have cold water set out for our long runs on Saturday morning. I want to thank all of you who have done cooler duty at zero-dark-thirty over the last few months. Your efforts are deeply appreciated.

Over the coming months cooler duty is going to be taken up by Good Times Running Company as they have done in the past. Please remember that and thank Nick, Sarah, Andrea and Steve the next time you're in GTRC. Also looming in the future is the arrival of a cooler of sports drink at our fluid stations. It could be Gatorade or Poweraid or similar. Here again GTRC is helping us by looking into arranging a source for us. That's another reason to show them your appreciation.

I wish you happy and healthy running!

Mike Masse

Rick's Training Corner

This month we have a guest columnist. Joel Davis, who has spent some years coaching others and following training programs himself, tells us a bit about tempo runs. You'll see them listed on the training schedules and you might wonder exactly what they are. Or maybe you've been running tempos according to some other instruction or even according to just a vague idea of what they are. This ought to get us all on the same page!

Hey KARC!

Rick recently asked me to spend a little time talking to you guys about tempo runs, what exactly they are, and how to know if you're running them effectively. I spent 10 years as a high school cross country and track & field coach and I can tell you that there are a LOT of people out there that aren't running tempo workouts, they're just running their brains out!

A tempo run can be defined pretty openly, as many of us probably do in casual conversation, and that's fine! Broadly speaking, a tempo run is a medium-distance, sustained effort that is "comfortably hard" and is unbroken by any periods of rest or recovery jogging. As soon as you start using terminology like "4 times this distance" or "8 repeats of…" you are doing interval or fartlek work (no giggles! That word is Swedish for "speed play"). Jack Daniels, whose face is on our Mount Rushmore of coaching legends, defines a tempo run rather narrowly in his book *Daniels' Running Formula*. He calls a tempo run "nothing more than 20 minutes of

steady running at a comfortably hard pace." While I am not about to disagree with Coach Daniels, who has forgotten more than I will ever learn about distance running, I would say that perhaps this is a more technical definition than is necessary when we are talking with our friends, family, and teammates about tempo running. So, loosen up and let your friends call it what they will and just rest in the confidence that you now know more than them about training terminology!

What Daniels is referring to is the narrow range of paces between 5K and 10K pace effort that should not exceed 20 minutes in an effective training program (and good luck TRYING to run longer than that anyway!). But what this definition missing out on is my absolute favorite workout, *the lactate threshold run*. This workout also feels a lot like what many would call a tempo run, but it is right at the border of where our bodies can no longer only rely on oxygen for energy and has to begin breaking down glycogen, which gives off the dreaded lactic acid! Training our bodies to run in that window improves our body's effectiveness in processing energy and does wonders for our race day performances. And we haven't even gotten to talk about the marathon pace run! Also a GREAT workout for improving aerobic performance.

"Joel, Joel, stop it, good grief, what are all these paces?! How do I figure out my paces for all these different intensities?!" Totally reasonable question! I utilize several different pace calculators depending on what training plans I'm using or what distance I'm training for, but here are a few suggestions. Try them out and see which one makes the most sense for you!

Daniels (https://runsmartproject.com/calculator/)

TinMan Running Calculator (http://www.runfastcoach.com/calc2/)

Hanson's Pace Calculator

This is really only scratching the surface of the variety of workouts and paces that one can safely call it a "tempo run", but I hope it's helpful and perhaps it gives you some rabbit holes to burrow down to learn more about training terms and how best to chase that next PR!

Cheers!

Joel Davis

New Members

Please join me in extending a warm welcome to our new members: Valerie Hughes, Dinh Pham, Chris Wetherholt, Yaz Meridji, Kevin Smith, Farzana Sulemanji, Jamie Reesby, Murina Gandi, Patrick Carrigan, Ronald White Ashley Rolstad, Sagar Raste, Janet Fritz and Ellen Harris.

Member Profile

Lots of you know Paul van Helmond. But, did you know that his favorite recovery drink, at one time, was milk? Did you know that he once ran a 3k race dragging a Michelin tire behind him? Well, read on. You're in for a treat.

Here's Paul's story:

I have always loved running, and I have done it with short bursts and longer breaks. This is my third go at it and I am planning to make it a lasting thing, a choice for the rest of my life.

It all started in my native country, The Netherlands. Like most kids in Holland, I played soccer. I wasn't super skilled but had good endurance, and was a natural midfielder, the kind of guy that would keep running all game long. In high school I did a little distance running and participated in an annual cross-country race, but I had never been on a track. The last few years in high school I had quit soccer and played volleyball for my home town club. I loved volleyball, but when I went to college and wasn't able to play with my volleyball buddies any longer, it was time for something else. Some of my college friends ran track, so I gave it a try and joined the student track club, ESAV Asterix. The club was very close knit, totally goofy, and we had an absolutely fantastic time. Student sports clubs in The Netherlands in the eighties were an excuse for comradery and beer drinking. The student sports center had an excellent bar (i.e. cheap beer and good company) and student sports teams would spend as much time or more in the sports center bar as they did on the field. Student bar receipts supported the clubs, you were basically drinking for a good cause. Track and field however was different than all the other student sports clubs. Hardly any of us would ever touch a beer in the student sports center bar. We would compensate and drink

enormous amounts of milk. I remember going to the counter ordering 18 cups of whole milk and pushing my way from the bar through the beer drinking rugby teams to deliver the milk to 17 of my closest running friends.

The club organized an annual Michelin trophy, where you would drag a large (Michelin) tire behind you on a 3k road course. It was a winter event and I remember running it full blast, in freezing conditions, with my lungs wheezing and hurting from the cold air. There were the two farmer sons, utter mid distance animals, running in the event. While everyone was completely spent after the Michelin trophy race, they stated that it felt kind-a-lite to them, they had supposedly practiced for the race tilling a muddy farm field over the weekend, without the horse. The younger brother had clocked the second-best time, so he pleaded with the coach to give him another try to beat his brother. He actually clocked a better time in his second go around a half hour or so later when he ran the 3k a second time. With this kind of nonsense going on, I knew that it would be better to stay away from the middle and long-distance runners. They had this haze in their eyes and would just run and run and run. I was smarter or more accurately lazier than that and I joined the sprint and long jump team. It was more of a short jump, but that was completely secondary, no-one was paying attention to that. While I enjoyed the short-jumping, my best memories were when the sprint and jumping team would participate in the running events such as the Michelin trophy and the annual Batavieren race, a long-distance relay exclusively for students. Come to think of it, the Batavieren race was similar to the Texas Independence Relay, tired legs, smelly vans, complete exhaustion, all that good stuff. Most of the guys and gals in the sprint and jumping team never ran significant distance but we had seen the haze in the eyes of the middle and long-distance runners and once a year we would go all out and run till completely in the red. I remember running a 5.2 mile leg in the Batavieren race. A biker would accompany the runner for directions along the route. I still felt strong when the biker told me that I just made the last turn and that it was an 800 meter straight shot to the handover. When I closed in on the handover, it became clear that I actually had another 800 meters to go after the next turn. I don't know where I got it from, but I just stepped on it and willed myself through the last straightaway. I remember collapsing across the finish line and being carried into the smelly van. That's how we ran.

A little less than ten years later, in April of 1996, I found myself in Houston Texas. I had finished University, worked in The Netherlands for a few years, moved to New York State where I met my girlfriend and now wife, Barbara, we had lived in New Jersey under the smoke of Manhattan and had just moved to Texas. Barbara was a college swimmer and was in much better shape than I was. I needed a boot camp so Barb and I signed up for Houston FIT. I remember the trial run in Memorial Park, one loop, just under three miles in July of 1996. Despite the extra pounds, I felt pretty good the first 2 miles. The last mile was a struggle, walk and run and walk; I was in bad shape. In the next six months I went from couch potato to marathon runner. A complete blast, we had a fun training group with whom we shared long runs and breakfasts. Most of us were newbies and we amazed each other in our accomplishment. Dennis Calabrese of Houston FIT was a great motivator and I loved listening to his motivational stories after the long runs on Saturday morning. In January of 1997 we were ready for the test, the Houston marathon.

January 12, 1997
Men's Winner: Ake Eriksson (Sweden) 2:19:01
Women's Winner: Claudia Dreher (Germany) 2:36:13

The most miserable conditions in the history of the event turned the '97 race into a battle for survival, not speed. With the temperature never rising above 31 degrees, and sleet falling, a pair of Europeans picked up their first Houston wins. Claudia Dreher of Germany made her debut a memorable one, running the first few miles with a small group before assuming an insurmountable lead at seven miles on the way to a 2:36:13 win. In her wake, Betsey Kempter was runner-up more than three minutes back and 1995 champ Tetyana Pozdnyakova placed third. Those three were the only women under 2:40 on the day.

Eriksson, who notched a 2:10:53 PR to take fourth at Chicago in 1990, followed the early pace made by Sean Wade and Jon Warren until Wade dropped at 10 miles and Ethiopia's Bedaso Turbe joined Warren at the front. Turbe turned on the jets and opened up a big lead until mile 21, where the engines sputtered and he was passed by Eriksson and Australia's Shaun Creighton. Creighton

crumbled after 23 miles, leaving Eriksson alone to win by more than two minutes.

Suffice to say, this was not really a great year to run the Houston marathon. I remember waiting as long as possible in the George R. Brown. We didn't want to go out and stand in the freezing rain at the start. At one point the announcement was made in the George R Brown for runners to please stop taking the garbage bags out of the garbage containers. Runners were turning the garbage bags into make-shift rain/ice coats before going out in the cold. Never mind the weather, the marathon was a success. My goal had been to finish and not walk except for during water stops. I certainly wasn't breaking any world records during the last few miles, but I was so happy to finish and felt exhilarated.

Fast forward another twenty years. Life had gotten away, married, three sons, a move back to New Jersey, then eleven years in Pennsylvania. Occasionally I had picked up running for a month or two, but every time either a minor injury, too much business travel or another excuse would break the rhythm. My oldest two sons ran track and cross country in PA. Barb and I loved it. The kids were super-fast (they got that from their mom!) and we befriended the parents of all the other cross-country kids. Some of the moms and dads ran, but I only would sprint across the cross-country field to cheer the kids on at mile 1 and 2 and then again at the finish.

From 2012 till 2016 I travelled almost weekly from Pennsylvania to Houston for work. An exhausting time, with long work and travel days, lots of hotel stays and continuous restaurant food. Not the way to do any consistent running, at least, I wasn't able to do it. When we moved back to Texas in the summer of 2016 I needed to get back to routine, stop travelling and start to get physically active again. I signed up with Katy FIT in the 3-1 group, three minutes walk, one minute run. When I signed up with Katy FIT I wasn't sure whether I could run a half marathon, but a few months later and a few pounds lighter I was back at it and I ran my first Half Marathon in February of 2017. To keep my streak going I knew I needed a network, other runners to motivate me, other runners to interact with. We are social animals, and we just do so much better when we are in a group. KARC has been that group for me and my KARC running buddies keep me going. I have run two more half marathons since and am now signed up for my second marathon. Goal is the same as the first one in 1997, finish without

walking except the water stops. And secretly… I wouldn't mind a personal best. If I keep getting faster a BQ is within easy reach at age 61, 66, 71 or sometime soon thereafter ☺.

Paul van Helmond

Group Runs

Remember to come out and join other Club members for our group runs. We meet three days each week. While none of the group runs are "mandatory" we think that as members of a running Club you'll appreciate the opportunity to join a group on the run. And, you can always use the Facebook group to arrange for running partners – similar pace, similar distance.

Tuesday – Groups meet at 5:00am and 6:30pm, McMeans JH track. This is where we normally do speedwork. If you're not familiar with track runs or are just not ready for quick running – no worries. Come on out anyway to take advantage of the soft surface. And you'll never be further away than 1/8 of a mile away from another runner!

Thursday – 6:30pm, Crosspoint Community Church parking lot. We run the Rick Rice park and the Mason Creek hike and bike trail. This is for any distance and pace, though, many are doing their "tempo" runs at this group run.

Saturday – Groups meet at the Sergeant Hatch Park (aka the CopShop) at various times from 5:00am to 7:00am for long runs of various paces and distances. Find your running partners on FB. And we always meet after the run at Corner Bakery Café on the south I-10 feeder road and Greenhouse for coffee and camaraderie.

For those of you who are looking for an alternate west-side run on Saturday mornings – we have one! If you want to get the latest route and run times be sure to check Facebook. Neil Ruocco and Lillian Wanjagi send out posts late in the week with all the info you'll need.

Getting Together

Several club members trekked out to Blue Willow Bookshop on the evening of June 21st to hear Alex Hutchinson talk about the ideas behind his new book, Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance. If you're a subscriber to Runner's World you will have seen Alex' column there. Our own Ginny Ebben conducted the evening as an interview with Alex followed by a book signing. The book is fascinating and is a very clear presentation of the latest thinking about the factors influencing our endurance and how we can address them to improve our performance.

Ginny Ebben introduces Alex Hutchinson at Blue Willow Bookshop

The Local Run happened in July on the evening of the Thursday the 12th. As always it was a great setting for a run followed by time with friends.

Remember that we always meet for coffee and camaraderie on Saturday mornings at Corner Bakery Café after our long runs. It's on Greenhouse on the south I-10 feeder road, just behind Chick-fil-A. Normally, we are there around 8am. So, please come out and join us after your run or even if you don't run. It's fun to catch up. And with the membership running from different locations, by different routes, and at different paces it's hard to see more than a couple people on the run. At coffee we can sit down and visit with the larger group.

Club Runners Review

Summer vacation season has started in earnest. Check out the following results to see what our members are doing on their running vacations and staycations. I'm sure you'll get some ideas about where you could run next!

June 17th – Estes Park Marathon / Half Marathon – Estes Park, CO

Jessie Rollow	2:54:04

June 23rd – Craft Classic Half Marathon – Seattle, WA

Tim Goedeker 2:03:06 (3rd in AG, PR)

June 23rd – Polish Pickle 5k – Bremond, TX

Pamela Willmon (1st in AG)

Pamela with her AG prize – you guessed it – a jar of polish pickles!

June 23rd – Fit Foodie 5k – Mueller Lake Park, Austin, TX

Susan Ibanez	53:21
Vince Ibanez	53:20

June 24th – Jeff & Brede's Triathlon – Katy, TX

Dana Cashman/Torrey Kramer	1:24:40
(Relay Team: Just the 3 of Us)	

June 30th – Independence 8k - Houston, TX

Jennifer Bernard	50:32
Lynn Furman	1:07:23 (1st in AG)
Bob Furman	51:18 (2nd in AG)
Tyson Hann	51:30
Dana Hill	1:16:48
Susan Ibanez	1:14:36
Vince Ibanez	1:14:36
Levent Karabulut	39:08 (3rd in AG)

Candace Massengill	1:02:12
Tina Seaman	1:29:02
Lillian Wanjagi	50:38
Jocelyn Williams	1:07:26

Levent at the finish of the Independence 8k

Susan and Vince Ibanez

July 4th – Texas Bud Heat Wave (5 miles/5k) – Mont Belvieu, TX

Lynn Furman	45:02 (5k, 3rd in AG)
Bob Furman	48:58 (5 mile, 2nd in AG)
Dana Hill	1:08:53 (5 mile)
Nancy Holcomb	46:16 (5k)
Pamela Willmon	58:06 (5 mile, 1st in AG)

July 4th – Run Wild 5k – Saint Arnold's Brewery, Houston, TX

Ginny Ebben	29:24
Matthew Hess	24:49
Natalie Shelton	49:30
Chris Strohman	20:10 (2nd in AG)

July 7th – Christmas in July 5k – Houston, TX

Mark Darnell	28:05 (3rd in AG)
Lynn Furman	48:06 (2nd in AG)
Bob Furman	30:55 (1st in AG)
Nancy Holcomb	49:35
Chris Wetherholt	27:05 (PR)

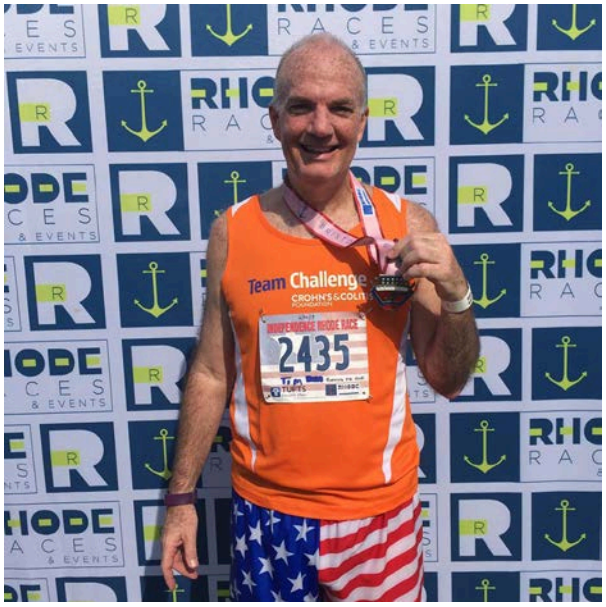
Chris Wetherholt (on right) at the finish of the Christmas in July 5k

July 4th – Freedom 5k – Sugar Land, TX

Denise Voyles 40:49

July – Independence Rhode Race Half Marathon – Bristol, RI

Tim Goedeker 2:21:09



July 14th – Lunar Rendevous 5k – Houston, TX

Dana Hill 41:09

July 14th – Magnolia HillTrail Run – Navasota, TX

Natalie Shelton

Chris Strohman

July 15th – Shadow Creek Triathlon – Pearland, TX

David Thurman 1:50:11

July 15th – Napa to Sonoma Half Marathon – Sonoma, CA

Larisa Ferguson	3:15:48
Tim Goedeker	2:10:34
Mohamed Thowfeek	2:07:10
Phil Trumbly	46:19 (5k)
Gwen Wheeler	3:15:47

Tim Goedeker and Mohamed Thowfeek assemble at the start of the Napa to Sonomo Half Marathon.

Upcoming Event Calendar

The following running events are upcoming club sponsored social events or club focus races. For more information, including hyperlinks to race websites, see our calendar on www.KatyAreaRunningClub.com.

July 22nd - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

August 18-19th – Habenero Hundred (100M, 100k, 50k, 30k, 10k and relay) – Cat Spring, TX – race and registration info here.

August 26th - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

September 3rd – Katy Back to School 5k – The Villagio, Katy, TX – race and registration info here.

September 23rd - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

October 27th – Run with the Saints 5k – Katy, TX – race and registration info here.

October 28th – Houston Half Marathon and 10k – Houston, TX – race and registration info here.

October 28th - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

November 3rd – Run 4 the Children – The Fellowship, Katy, TX – race and registration info here.

November 22nd – Monty Ballard YMCA Turkey Dash – Katy, TX – race and registration info coming in future newsletters.

November 25th – HMSA Classical 25k – Houston, TX – race and registration info here.

November 25th - Run for Wellness Free 5k – FFPS Fields, George Bush Park, Katy, TX – race and registration info here.

December 8th – 9th – Brazos Bend 100 (100M, 50M, 26.2M, 13.1M) – Brazos Bend State Park, Needville, TX – race and registration info here.

December 9th - KIA 30k – Sugar Land, TX – race and registration info coming in future newsletters.

January 20th 2019 – Chevron Houston Marathon/Aramco Half Marathon – Houston, TX – race info and registration here.