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From the President's Desk

As the temperature goes up, we slow down. Not only in running pace but in the number of races we run and certainly the distance of those races becomes shorter. Our newsletter will show that to be the case this month. We're entering the season of few and difficult 5ks! These short races are hard. You should know that experience has shown these shorter events to be most likely to cause overheating in runners. Combine that with the high temperatures we experience in Gulf coast summers and it can be a recipe for real suffering. So, as you continue your racing or training through the summer you'll just have to "embrace the suck". That's a term that I'm coming to appreciate more and more and you'll see why later in this newsletter.

If you've scheduled a fall or winter marathon then you'll need to make your plan for training now. Don't be that couch potato who looks at their calendar in October and goes "wait, what? I've got to run a half marathon tomorrow?" Get into a training program or routine now! Now's the time to start building your base. Do it now and you'll love yourself in four months.

One of the things I like about the running community is that while we have a common interest in running we bring a diverse set of motivations and histories. Running really is a big melting pot. That's the primary reason I like our Member Profile section of the newsletter. It reveals and maybe highlights our motivations, our journeys. It's something we don't normally get to fully know even when we run with each other for hours on end each week. This month Torrey Kramer tells his story. I've run with Torrey Kramer for three years now and I knew small bits of his

background. When I asked him to write his profile I knew it would be interesting. What he delivered is more than that. It's inspiring. I'm sure you'll agree. And be sure to check out our event calendar at the end of this newsletter. We hope that you'll find a lot of things there to mark on your own calendar.

I wish you happy and health running.

Training Corner

Most runners go through an evolution. When new to running, a goal is typically to conquer the distance, be it a 5K or a longer race, such as a marathon. Once this is achieved, the goal shifts to running the distance faster. One of my favorite quotes comes from one of my coaches, Mark Coleman, who once said "If you want to run fast, you have to run fast". By this he meant you need to add speedwork to your training mix.

Speedwork has several benefits, both physiologically and psychologically. Speedwork builds aerobic capacity, improves your lactate threshold and improves the efficiency of the fast-twitch muscle fibers, all contributing to better performance. Speedwork trains your body to know what different paces feel like. With experience on the track under controlled conditions, you should develop the knowledge to more accurately gauge your fitness level (and thus, your pace) going into a race.

There are four types of workouts that help you build speed: Intervals run on a track, fartlek (or speedplay) during longer runs, tempo runs and hill repeats. I'll focus on track intervals here and will discuss the other forms of speed workouts in subsequent months.

In its simplest form, track intervals consist of running a specified distance (say 400m or 800m) at an elevated pace followed by a recovery period (typically running half the distance at a much slower pace). This is repeated several times (the number of repetitions is determined by your goals and fitness level). Thus, there are four basic variables of any interval workout: Distance, quantity (number of repetitions), intensity (pace), and recovery (time or distance).

What distance should your speed intervals be? If you are relatively new to running and/or new to track workouts, a good way to ease into speedwork would be to run the straights and jog (or walk the curves). Try this for 4 - 6 laps and if you are comfortable with this level, increase the number of laps in your next session. If you are a more experienced runner (and new to track workouts), then try running repeat 200's or 400's. Start with 8 repeats of 200m (1/2 lap) or 5 or 6 repeats of 400m (one lap), each followed by a slow recovery run. Over time, you should be able to increase distance, quantity (number of reps) and intensity (pace) of your workout routine.

Time each repeat, and strive to run each in the same amount of time. After the workout, record your times. You can use this record to make any needed adjustments to pace or quantity in your next workout. This record is also useful in assessing your improvement in fitness.

Each repetition should be run at the same pace. What is an appropriate pace? If you are training for a half marathon or longer race, a place to start would be to run the reps at a pace somewhere between your 5K and 10K race pace. For example, a runner with a 5K time of 30:00 (roughly equivalent to a 10K of 1:03:00) should initially strive for a pace of 9:40 to 10:10/mile on the track (or 2:25 - 2:32 for each 400m). If you find that maintaining this pace is easy for the number of reps you complete, you can either pick up the pace or increase the number of reps in your next workout. If you are training for a shorter race (say a 5K or 10K), your reps should be run at a pace faster than your 5K pace (e.g., mile pace).

What if you've never run a race before or it's been a really long time? Since the speedwork training paces are determined from race paces, how would you know how fast to run your 400m reps? In this case, you can simply set a goal like running a 5k in 30:00. Then you can use that "race" pace to determine your training pace. You'll be training for that 30:00 5k goal and if you can complete the reps like I've discussed above then you'll be on track. Otherwise you'll need to modify by making them quicker or slower. Either way, you'll have a starting point for your speedwork. In your recovery, slow down to a slow run (or walk). The distance of the recovery is typically half the distance run during the speed interval. For example, if your speed interval is 400m (one lap), then your recovery run should be 200m (one-half lap). The goal of the recovery interval is to slow down your heart rate before starting the

next speed interval. The process of elevating your heart rate during the speed intervals and slowing it down during the recovery intervals improves your aerobic capacity and strengthens your cardiovascular system. After just a few workouts, you should see the benefits with faster race times.

When doing track intervals, it is very important that you take the time to properly warm-up and stretch prior to hitting the intervals. A good warm-up consists of an easy run of at least 1- $\frac{1}{2}$ miles, followed by static and active stretching (pylometrics). Attempting to run fast without proper warm-up risks injury. In a similar vein, it is important to properly cool down (a slow run of 1 - 2 miles followed by stretching) after completing the intervals.

If you haven't tried them before, track workouts can seem intimidating. However, we have resources to help you. Our club meets at the Cinco Ranch Junior High track on Tuesdays at 5 am and 6:30 pm. At each, we have runners that can guide you through the workouts. So, if you would like to add track workouts to your training mix, be sure to join us. If you have any questions or would like more information, please send an email to training@KatyAreaRunningClub.com.

Rick Bozanich

New Members

Please join me in extending a warm welcome to our new members:

Stephen Brassette,
Marjorie Broussard
Jason Ondruch

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, Cinco Ranch 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 6:00am for slow runs of various paces and distances. Find your running partners on FB. And for those who have the time and inclination, meet after the run at Corner Bakery and Café on the south I-10 feeder road and Greenhouse.

Member Profile



Hi I'm Torrey and I am an ironman.

So how did I get to be an ironman...

I didn't grow up as a runner. In high school I rodeoed and the extent of my running was running away from the bull when I was thrown off. That's some motivation for speed work. I continued to ride bulls professionally until my late 20's when 9/11 happened. I felt the need to defend my country and I joined the Army. At 28, I was the old man going into basic.

The Army was my introduction to long distance running, and it was often used as punishment, done with a lack of sleep and heavy gear. Therefore I was not a huge

fan. There are many sayings in the Army, but one I like a lot is "embrace the suck" and man sometimes those long runs do suck.

I really enjoy physical challenges and the Army was full of them. During my 2nd tour my patrol decided one day to get in a fight with an IED. Unfortunately we didn't win that fight and I was medically retired from the Army.

So after healing from my injuries and years of being forced to run, running was not at the top of my to do list.

Fast forward a few years and I had settled into a fairly sedentary life but I was missing the physical challenges of the Army. I met my girlfriend around this time who was training for her first half marathon. I started running with her from time to time, and was starting to get the itch. She was extremely motivating. I watched her, at the Houston Marathon, and wow was I blown away. I will never forget the moment when my "marathon ignorance" came out. I had watched the elites fly by and turned to the guy next to me and said "I can't believe they will keep that pace up for 26 miles ". The guy looked at me and with a stern voice replied "26 POINT TWO". He must have been a runner.

Watching the elites was amazing, but it was watching the back of packers who really inspired me and that's when I decided I was going to run a marathon; disabled veteran my a\$\$.

So the next year I ran the Houston marathon. Everything you're not supposed to do I did. I thought running was a no brainer. You just have to run right...wrong. You have to learn race nutrition, hydration, and all kinds of other stuff. My girlfriend was smart enough to make me join a running group which helped with my learning curve. I enjoyed the physical challenge, but man it sucked. Embrace the Suck, right! Afterwards I wanted something more. I wanted to run the marathon again and run in honor of my fellow warriors who can't. Therefore, the following year I ran the Houston marathon wearing my bullet proof vest, which weighs about 25 pounds, in honor of them.

Last year I felt that it was time for a new physical challenge. My girlfriend mentioned Triathlons. We watched the Ironman in the Woodlands and that's when I decided I was going to do a full ironman. Pretty crazy as I didn't really know how to swim and I hadn't actually done a triathlon before... But hey embrace the suck and so my ironman journey began.

Fast forward to May 15th 2016, race day With hours and hours of training, a sprint, Olympic and half ironman race under my belt, I was ready to tackle this race, and become an ironman.

So how did my race go? Well I want to say that it was the best I have ever felt during a race. Even though it was a comedy of errors I had a blast the whole time.

Don't ask me how, but half way through the swim I ran into land!!!! I didn't walk but somehow I managed to get a splinter in my foot on the swim course. It had to be removed by a medic. Yes, seriously I got a splinter during the swim. The swim was my biggest unknown and by far the biggest hurdle. I was stoked with how I did and that is probably what set the tone for the rest of the race.

I beat myself up on the bike. I went down, ran over a cone and dropped 2 water bottles. I might need some more practice on the bike (warning if you ever go riding with me) But I survived the heat, humidity, 18 wheelers and 80 odd turns and I got off the bike feeling great.

Then came the run....and the rain...and the wind... and the flooding.... and the hail... and that was 2 miles into my marathon. I was stopped under a tree, with 200 plus runners, in ankle deep water, during a lightning storm. Not sure that was the smartest place to be. For 45 minutes we stood still, while the officials debated if the race would go on or not.... Luckily they proceeded with the race and I made my body start running again. Embrace the suck.

Every finish line is emotional for me because of the many fallen warriors who can't race. I race in memory of my fellow soldiers. I will not quit on them and I knew this would be by far my greatest accomplishment in their memory. I had to finish. And after 14 hours and 30 mins I became an ironman.

Embrace The Suck

Torrey

Getting Together

What's better to do on a hot afternoon than drink locally brewed beer? A bunch of KARCers spent a few hours together on Saturday, July 9th at the Baa Baa Brewhouse in Brookshire. Homebrewer turned commercial brewmaster Marcus Wunderle and his wife Kinga have recently and courageously embarked on their

journey as a commercial microbrewery. We enjoyed the shade and the mister while we sipped their three offerings of the day: an IPA, a Belgian witte inspired ale, and a stout.



Club Runners Review

Who's afraid of a little heat and humidity? Our Club members continue to pin on a bib number, lace up their shoes and toe the starting line.

Marie Rappa ran the Wounded Warrior Military Miles Half Marathon in Irving, Texas on June 12th. She finished the race in 2:51:56. Well done Marie!

On June 18th the Club descended en masse for our Club focus race at the 1st Street 5k at the No Label Brewery in Katy. Our members all ran a great race. Here are the results I could find (my apologies to anyone I missed!):

	<u>Time</u>	<u>place in division</u>
Doris Bozanich	41:47	6
Rick Bozanich	25:31	2
June Castronovo	33:45	37
Tony Castronovo	26:20	29
Paul Chapman	18:58	5
Devon Coy	35:16	79
Jana Daniels	24:58	7
Adam Daniels	18:00	3 (4 th overall)
Cindy Davis	43:37	45
Walter Davis	42:58	64

Susan Freeman	24:17	1
Eric Freeman	27:54	35
Delton Friedman	22:13	4
Lynn Furman	50:34	9
Robert Furman	30:06	7
Mike Healey	22:30	5
Matthew Hess	23:41	7
Rebecca Masse	32:44	2
Andrew Masse	22:42	4
Michael McCormick	23:08	6
Mike Masse	47:54	71
John McKinzie	44:42	66
Jacob Thymann Nielsen	23:13	7
Lisa Ozsdolay	29:55	8
Arpad Ozsdolay	27:28	20
Natalie Perry	27:52	22 (pushing racing chair)
Ed Ritchie	40:37	58
Jan Rupe	43:32	44
John Saunders	26:56	15
Jill Seltzer	43:36	7
Anna Siemers	24:28	in racing chair
Shawn Siemers	24:28	pushing racing chair
Toni Smith	29:55	9
Pam Sullivan	33:25	18
Gary Sullivan	24:59	9
Robert Trout	31:54	9
Jane Wallace	43:48	46
Lillian Wanjagi	31:43	25

You'll see from our finish times that we are a body of widely varied paces. We like that. This club is for everybody who wants to strap on a pair of running shoes and hit the roads or trails! Of note, we were also joined by Club guests Andrew Masse, Michael McCormick, Eric Freeman, Lynn Furman, and Adam Daniels.



Maryann Ramirez ran the Towpath Ten-Ten 10k on June 19th in Cleveland, OH. She ran a 1:04:32 for 3rd in her division.

On June 26th three Club members ran the Wellness Project 5k. Paul Chapman (2nd overall!), Stephen Brassette and Robert Furman finished in 19:29, 28:34 and 32:06, respectively. A really big thanks goes out to Club members Kim McClintic and Rick Bozanich for volunteering at the water station. This is what the club is all about - participation in local events by both runners and volunteers. Y'all make us proud!

On the Fourth of July club member Bob Trout celebrated our nation's independence by running the Pecan Grove Volunteer Fire Department 5 Miles My Way race. This is truly a "peoples' race", with categories for runners, walkers, cyclists, skaters and wheelchairs - none of which is timed by gun or chip. I understand Bob had a good race and came home with an attractive new tee shirt. (We all need more of these, don't we?!)

Dana Cashman and Torrey Kramer competed in the Shadow Creek Ranch Sprint Triathlon on July 10th in Pearland. Dana continues to shine. She took first place in

her division with a time of 1:34:54. Torrey waited after the swim and paced Dana through the run where she moved up from 5th to 1st place. Torrey finished his swim/bike/run in 1:59:24.

And remember to send us notice of your race/event participation. We'd love to include your accomplishments in future newsletters.

Area Running News

The long awaited Willowfork Park is... well, still not complete. The good news is that progress continues to be made. The pavilion appears to be complete with an attractive limestone finish to the restroom enclosures and lots of trees have been planted throughout the grounds. Besides the pavilion and restrooms, the 32 acre park will have solar powered lighting along the trails, a 1.2 mile paved walkway, an 18 hole disc golf course, a 4 acre lake complete with waterfalls and 275 parking spaces. Interestingly, the plan also includes a non-paved 5k cross-country trail which will be used for KISD high school competitions. This will be a great feature for us runners. Tentatively, the WFDD has scheduled an opening ceremony for Labor Day.



Upcoming Event Calendar

The following running events are suggested for club participation. Each month we'll have a "focus race" where we expect a group of club runners will compete. Coming up in August, the focus race is the Wellness Project 5k in George Bush Park. For more information, including hyperlinks to race websites, see our calendar on www.KatyAreaRunningClub.com.

August 17th (Wednesday) - Brews and Shoes - 7pm - Luke's Locker. We're excited to have Brant Kotch, race director of the Chevron Houston Marathon, as speaker for this evening. You won't want to miss this!

August 28th - Wellness Project 5k - 7am - Freedom Park - registration [here](#).

September 17th - Just Run for a Just Cause 5k & 10k - 7am - Kingsland Baptist Church - check [here](#) for registration information.

September TBD - Tornados Cross-Country Relay - 5pm - Spotts Park, Houston - check [here](#) later for registration information. Current listing is for 2015 race.

October 22nd - Mustache Dash - Villagio in Cinco Ranch, Katy. More info coming later.

October 29th - Corner Store Run 5k - 7:30am - Great Southwest Equestrian Center, Katy - Race information [here](#).

October 30th - Houston Half Marathon & 10k - 7:00am - Sam Houston Park, Houston - race registration info [here](#).

November 13th - HMSA Classical 25k, 10m & 5k - Wortham Center, Houston. Race registration info [here](#).

November 19th - Shiner Beer Run - Half Marathon & 5k - Shiner, TX. Race registration is now closed.

November 24th - Katy Family YMCA 10k, 5k and kids 1mile - 7am, Cinco Ranch. Race registration and info [here](#).

December 4th - Texas 10 Katy - 10 miles - 7am, Morton Ranch HS - Race registration and info [here](#).

December 10th - Rudolph 10k, 5k & kids 1k - City Centre, Houston - race info [here](#).

December 11th - Fort Bend KIA 30k - 6:30, Sugarland City Center. Race registration info [here](#).

December 14th (Wednesday) - KARC HOLIDAY PARTY - 6:30pm, El Jarrito Mexican Restaurant, Katy, map [here](#). (Details to follow.)

January 14th - ABB 5k - George R. Brown Convention Center, Houston. Race registration and info [here](#).

January 15th - Chevron Houston Marathon and Aramco Half Marathon - 7am, George R. Brown Convention Center, Houston. Race info [here](#).

January 29th - Memorial Hermann USA Fit Marathon & Half Marathon - 7am, University of Houston, Sugarland Campus, race registration information [here](#).