

FALL MARATHON ROUNDUP

BY ERIC BARRON

For whatever reason, and likely no reason at all, a large number of TCLA'ers chose to devote their racing energies to the marathon, forgoing the many 5 and 10K's in the area. Specifically, an amazing 37 members ran a marathon (see the accompanying table), and several troubled souls ran two. It can be good to finish these long races, but just as valuable to think back on what can be learned from the experience.

To start on a positive note, we learn that a **strong distance base** can lead to a strong race and recovery. The example here is Tyrone Black, who spent many summer Saturdays running 18-20 miles. At his marathon, he was able to avoid hitting the wall, and has had little problem running long and hard since the marathon. Aside from not running the opening miles of the marathon too fast, the best thing you can do to soften the wall is to be sure that you have gotten in at least 3-4 runs of approximately 20 miles. As unpleasant as that may sound, the good news is that you can take those runs at an easy pace (say 60-90 seconds slower per mile than your marathon goal pace).

In addition to the weekly long run, it helps tremendously to include a **weekly tempo run** during which you run for 20-40 minutes at a pace approximately 30-45 seconds faster than marathon goal pace. After running her last several marathons in the 3:40 range, Wenise Wong was able to better her marathon time by 12 minutes. One big change to her training this time was that several months prior to the marathon, she started running the 8-mile loop (up from the 5-miler) at Niketown at a good, strong pace. This not only added to her weekly mileage, but come race day, the marathon pace felt quite comfortable.

Having put in the training, it is then necessary to both develop a **specific race plan** and stick to it. This is a lot harder than it seems. Brian Panosian and Tim Petersen, both veteran marathoners, knew exactly how fast they wanted to run each mile at the Long Beach Marathon. Based on their past experience, the course, and their training, they knew just what their pace should be, and their plan was sound. However, in the midst of the marathon, they tried to push it earlier in the race than they had planned. Although they both ran good races, they both feel that had they stuck to their original plan, their results would have been better.

Although you generally should follow your race plan, it is important that you **listen to your body** and make appropriate adjustments during the race. Even if you have a time goal, recognize that you can always step to the line again months down the road, and that backing off in a race can be the difference between hitting that time goal in the next marathon, and not being able to train for a next marathon. At the Chicago Marathon, Joe Lohmar had knee pain in the middle part of the race build to the point where he considered stopping. He knew that his time goal was long gone, but he pressed on and finished the race. However, he was unable to train for several weeks afterward. He did not necessarily make a bad decision, but if you are faced with a choice like this, think about your goals, both short- and long-term, before you decide what to do.

Finally, keep in mind that the marathon is ultimately a crapshoot. The number of factors that will come into play over 26 miles and several hours is enormous, many of which are well out of your control. In light of this, train smart, but don't beat yourself up if you don't hit your time. Just evaluate, train, and try again.

FALL 2000 MARATHON RESULTS

<u>Runner</u>	<u>Time</u>	<u>Location</u>
Paul Anderson	3:16:04	St. George
Paul Anderson	3:24:31	Silicon Valley
Eric Barron	2:50:11	CIM
Jeff Bernstein	3:55:29	Silicon Valley
Jeff Bernstein	3:56:35	Long Beach
Tyrone Black	2:55:53	St. George
Jeff Brettler	3:31:15	St. George
Kim Brettler	4:13:54	St. George
Rab Brown	3:02:31	Sacramento
Angela Brunson	3:27:28	New York
Stephanie Cahn	3:38:16	Chicago
Todd Carey	4:03:10	Honolulu
Sharon Danley	4:39:02	Long Beach
Dave Dougherty	3:42:51	Chicago
Julie Espinosa	4:23:47	St. George
Ken Fancher	3:23:17	New York
Larry Friedman	3:58:21	Chicago
Tom Geha	2:55:41	Santa Clarita
Catherine Hackney	3:26:17	Chicago
Jerry Himmelberg	3:14:50	CIM
Andreas Kemkes	3:26:17	St. George
Dave Kent	3:10:48	Silicon Valley
Ellen Kukuchka	4:06:52	Chicago
Mike Kukuchka	3:30:24	Chicago
Joe Lohmar	3:47:19	Chicago
Brad Lusk	3:38:07	Long Beach
Brian Panosian	3:20:17	Long Beach
Todd Patterson	3:51:38	Honolulu
Tim Petersen	3:20:46	Long Beach
Jacinda Raiche	2:58:59	CIM
Graylin Rogers	3:38:50	St. George
Jennifer Sample	3:53:07	Chicago
Morena Sanchez	4:05:16	St. George
Morena Sanchez	4:39:02	Long Beach
Jim Spear	3:24:52	St. George
Jim Spear	3:43:38	Kiawah
Clarence Smith	3:25:25	Silicon Valley
Rikako Takei	3:17:20	Chicago
Rikako Takei	3:10:42	Tucson
Blair Tarr	3:20:49	Silicon Valley
Mike Whitemiller	3:46:28	Chicago
Wenise Wong	3:29:53	Chicago

Welcome New Members!

Allison Cooper, Ken Fancher, J.F. Finn, Wayne King, Christine Kwok, John Mouser, Natalie Park, Anne Popadic, Nicole Scheunemann, and Colin Walker

◆●○◆ A NEW YEAR OF RUNNING WITH TCLA ◆●○◆

Our official "year-end" party will take place the evening of Sunday, January 21 at Berri's Playa Café in Playa del Rey. A buffet-style Italian dinner will be served. We'll be collecting dues for 2001, handing out awards, and passing out new TCLA t-shirts. Family and friends are also welcome.

ANNOUNCEMENTS:

- The Southern California Half-Marathon on Sat, Jan 13, in Irvine, has a team competition. The first five runners from TCLA will have their finish times scored, based on time and also on the finishing rank of the members in the different divisions. For more info, contact Michael Berger (mikeberger@aol.com), or check the website (www.schalfmarathon.com).
- We've arranged for TCLAers to place their orders individually with Black Dog Studios for embroidered hats, sweatshirts, etc. Check the website (www.bdstudios.com/orderinfo.html) for items, prices, and shipping info. You can order directly from the website, or email the company (topdog@bdstudios.com). When you place the order, ask for the TCLA logo which they have on file. The logo works best on dark-colored items (black or navy).
- The inaugural TCLA Volunteer Day was a success. Many TCLAers came out to assist with water stations and directing runners on the 5K and 10K Jet-to-Jetty course. Thanks to Stephanie Enriquez, Paul Scott, Peggy Sauve-Enriquez, Ken Fancher, Derek Schmidt, Ogie Espinosa, Angela Brunson, Sharon Yamato Danley, Morena Sanchez, Julie Kriger, J.F. Finn, Tyrone Black, Amy Aukstikalnis, and Steve Lopez. Hopefully we'll have as good a time next year...and a warmer November morning.
- Coach Eric will be out of town for the holidays; the substitute coaching staff has been alerted. Here are the upcoming workouts:
December 19 -- 1 x 4800m (first 1600m at slightly slower than 10K pace, and then quicken the pace by 10 seconds every 1600m).
December 26 -- "Whistle" workout with hard efforts of 2, 5, 2, 5, and 2 minutes alternating with 3-minute medium pace recoveries.
January 2 -- 1 x 4800m alternating each 400m between 5K pace and that speed plus 20 seconds.

2000 – YEAR OF PR'S – KUDOS TO ALL FOR PROVING THAT SPEEDWORK PAYS OFF

Paul Anderson St. George Marathon: 3:16 PR (3:18 previous)	Andreas Kemkes St. George Marathon: 3:26 PR (3:52)
Michael Berger Dolphin Run 10K: 47:32 PR (47:52)	Will Rogers 10K: 43:33 PR (46:28) Stop Cancer 5K: 19:39 PR (23:17)
Tyrone Black St. George Marathon: 2:55 PR (3:00)	Dave Kent Stop Cancer 5K: 17:59 PR (18:06)
Rab Brown Sacramento Marathon: 3:02 PR (3:10) Palos Verdes Half-Marathon: 1:22 PR (none) Palisades 10K: 36:40 PR (38:36) Brentwood 5K: 17:57 PR (none)	Brian Panosian Long Beach Marathon: 3:20 PR (3:22)
Angela Brunson NYC Marathon: 3:27 PR (3:29)	Jennifer Sample Chicago Marathon: 3:53 PR (3:56) Staples Half-Marathon: 1:45 PR (1:52)
Dave Dougherty Chicago Marathon: 3:42 PR (3:53)	Derek Schmidt Rock and Roll Marathon: 3:46 PR (3:55)
Ken Fancher NYC Marathon: 3:23 PR (3:57)	Clarence Smith Silicon Valley Marathon: 3:25 PR (3:29)
Elizabeth Farnan-Flynn Ironman Canada Triathlon: 13:11 PR (13:48)	Lawrence Spear Rock and Roll Marathon: 3:40 PR (3:44) Dolphin Run 10K: 44:00 PR (48:00) Wildflower (Olympic) Triathlon: 3:03 PR Vineman Half-Ironman Triathlon: 5:52 PR
Masami Fukuhara San Diego Marathon: 3:43 PR (3:52) Hansen Dam 30K: 2:37 PR (2:38) Dolphin Run 10K: 45:27 PR (46:28)	Rikako Takei Tucson Marathon: 3:10 PR (3:17) Santa Clarita Half-Marathon: 1:32 PR (1:35)
Tom Geha Santa Clarita Marathon: 2:55 PR (2:57)	Blair Tarr Silicon Valley Marathon: 3:20 PR (3:37)
Catherine Hackney Chicago Marathon: 3:26 PR (3:36)	Wenise Wong Chicago Marathon: 3:29 PR (3:41)



HAPPY BIRTHDAY !

Stephanie Cahn, Dec 2
Terence Young, Dec 2
Erica Nemmers, Dec 20
Karim Ndiaye, Dec 25
Nicole Scheunemann, Jan 1
Jennifer Sample, Jan 5
Wenise Wong, Jan 10
Joe Lohmar, Jan 14
David Kent, Feb 11
Alison Miller, Feb 16
Michael Berger, Mar 28

HEART RATE MONITOR TRAINING

BY TONY COFFEY, ASST. COACH, IMPALA RACING TEAM

In my younger days, oh so many years ago, I trained the way most of my friends did. On any given day, I assessed how I felt in the first mile or two, and then accelerated until I found a pace that felt challenging, but not overwhelming. It didn't matter whether I had a race or track workout the next day or the day before. I just ran like I felt. My only "easy" days were the ones when I felt like absolute crud, and had no choice but to run slow. As I got older, I began to realize two things. First, my body began to break down more often and, second, my results were starting to slip. I was training as hard as ever, but my old ways no longer produced the desired results.

At the suggestion of a friend, I purchased a heart rate monitor (HRM) and started following a training program based on target heart rates. The feedback I got startled me. I found I was going way too hard on my easy days. As a result, I wasn't fresh enough to get the most out of my hard days. It was a difficult adjustment at first. Much of my training now seemed way too easy. How could I possibly get faster going this slow? But I stuck with the program and, before I knew it, I was racing faster than I had in years. Last December I ran my fastest marathon since 1989.

Having convinced myself that HRM's worked, I began using them to coach my athletes in their training programs. The results were similar. One woman ran a 21-minute PR in the marathon and qualified for Boston, a goal of hers for years. So, as I begin working with the Impalas, I would like to encourage everyone to incorporate HRM training into their program. Below is some basic information on HRM's and how to use them.

Before using your HRM for workouts, you'll need two vital pieces of data. First, you need to determine your resting heart rate (RHR).

(continued on next page)

Simply, check your pulse upon waking (without an alarm) for five straight days and take the average. Second, determine your maximum heart rate (MHR). This is a little trickier. The easiest, but least accurate, way is 220 minus your age. This works for the population average, but there is so much variability from person to person to make it unreliable. I coached one 50-ish couple, where the husband had a max of 150, while the wife had a max of 200. A better method is through a “field test.” You might try three repeats up a 800m hill at 90%, 95%, and 100% efforts, jogging down after the first two, and then checking your heart rate immediately after finishing the third effort.

Once you know RHR and MHR, you can calculate heart rate reserve (HRR). This is simply the difference ($HRR = MHR - RHR$). All workouts are done as a percentage of HRR. To help with calculations, my examples refer to an athlete with a MHR of 180 and a RHR of 60. This athlete has a HRR of $180 - 60 = 120$. After determining the number that is the appropriate percentage of HRR, then add the RHR to that number to arrive at the athlete's training heart rate. For example, if this athlete is training at 60%, the calculation is $(.6 \times 120) + 60 = 132$.

❖60-70%: Easy days, recovery workouts, warm-ups, cool-downs, and rest intervals during track sessions. You'll be surprised how difficult it is to stay in this range at first. It just seems too slow. But it allows your body to properly recover for hard sessions and races. During a track session, if your heart rate has not returned to your 65% level between repeats, it means you need more rest. Example: 132 – 144.

❖65-75%: Long runs. Generally, you should start at your 65% level and maintain that pace. As you tire, your heart rate will drift upwards. If it goes above 75% at that pace, you need to slow down to avoid over-stressing your body for its current fitness level. Example: 138 – 150.

❖75-80%: Almost never. This is “no man's land”, where you're either not running hard enough to get any real benefit, or you're running too hard to allow adequate recovery. The one exception is the marathon pace run, which should be done at 80%. But, if you're not training for a marathon, there's no need to do it. Example: 150 – 156.

❖85%: Tempo runs, a.k.a. lactate threshold runs, and cruise intervals. Tempo runs are 20-30 minute runs performed on a relatively flat surface. Cruise intervals are simply tempo runs done on a track with short rest breaks. Example: 162.

❖90-95%: Long track intervals, a.k.a. max VO2 workouts. Repeats of 800 or longer should generally be done in this range. Going above 95% constitutes “racing” the workout, and should be avoided. Often, this results in an inability to finish the workout and can lead to illness or injury. Example: 168 – 174.

❖95-100%: Short track intervals, a.k.a. anaerobic training. Repeats between 200 and 600 meters fall into this category. This is pure speedwork. In most cases, your heart rate will only briefly reach this range at the end of each repeat. Normally, you will have longer rest intervals between each repeat to allow complete recovery. Example: 174 – 180.

I hope this has helped de-mystify HRM's for many of you. I am confident that, if you are willing to give them a try, the results will be well worth it.

(Editor's note: When they are not coaching their respective clubs, Tony Coffey and Eric Barron Coach each other.)

MARATHON DRAGON

BY SHARON YAMATO DANLEY

This month, Rikako Takei fulfilled her dream to qualify for the Tokyo International Women's Marathon, a prestigious run that is limited to 300 top female runners in the world, and to celebrate a proud return to her family and native Japan after a decade of living in the U.S. She did it with a PR of 3:10:43 at the Tucson Marathon. In her words, “God gave me wings in Tucson...Everything was smiling on me with sunshine.”



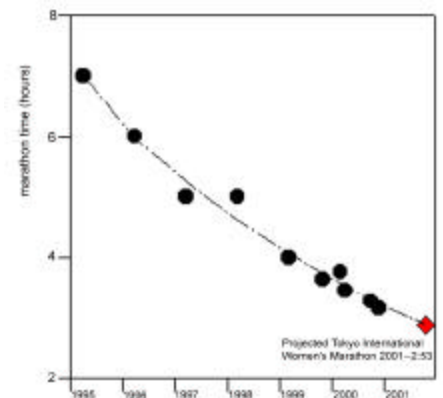
Rikako (with Masami Fukuhara) not “running scared” at CBS studios.

Lest her sweet words fool you, let it be known that Rikako is a fire-breathing dragon with a sense of purpose and streak of insanity that would make any sensible runner shudder. Take her training, for example. Just two months ago, she ran the Chicago Marathon after a high fever three weeks before the race landed her in a hospital emergency room. Her inner runner demon would not allow sickness to interfere with her training, and she continued to run 8 miles a day, good enough for a 3:17:20 marathon, but 2 minutes short of the Tokyo qualifying time. Heartbroken, she returned from Chicago to run two half marathons (Santa Clarita and Long Beach) in consecutive weeks in the following month, seeking to qualify for Tokyo with a 1 hour 30 minute half. Failing that, the Tucson Marathon ultimately fed her hope. This was the second-fastest PR course in the country, and she knew that she had a better chance to run a 7:20 marathon pace than a 6:50 half. Against all better judgment to take time to recover from three back-to-back races, she “gumbled”, and won.

Competition comes naturally to Rikako. In her native Sapporo, Japan, she got her start wrestling with her sister. In high school, she skied and competed in the high jump. A swimmer at age 7, she became a swim coach for two years while in her 20s. This led to a job as an aerobics instructor, an unlikely profession that served as her ticket out of Japan via Australia to satisfy her dream of coming to the United States to train among the best in aerobics. Eventually, unable to make a living in aerobics, she got a job with Sanwa Bank, Ltd. where she currently works as an assistant to the VP.

She developed a theory that running a marathon is “95% mental and 5% physical” when she completed her first marathon in LA in 1995 in 7 hours with not so much as a minute of raining. Her real preparation did not begin until only a year ago when she joined the Niketown Running Club (August), LA Roadrunners (September), and TCLA (October). Now, she devotes her life to improving her running. Some of her secrets are “rice power” (she eats rice at every meal), attending a grueling 2 ½-hour weight cross training session once a week, and ignoring all distractions (like her favorite karaoke nite out and an occasional beer).

Rikako sets her sights on specific goals and does not give up until she meets them. First it was Boston, then Tokyo. As for her next goal, well, rumor has it that she is looking to upset her idol, Olympic gold medalist Naoko Takahashi, in the 2004 Olympics.



Marathon times have decreased linearly since her first LA Marathon, in 1995. Projected for points beyond, she'll be racing with the best by 2004.



Finishers and tow-trucks at the Long Beach Marathon:
Clarence Smith, Tyrone Black, Tim Petersen, Eric Barron,
Brian Panosian, Jim Spear, Brian Bartholomew, Olga Korobova

**On the twelfth day of Christmas my true love gave to me ...
twelve jelly babies, eleven squeeze gels, ten silver medals, nine water
bottles, eight pairs of socks, seven Tyvek jackets, six long-sleeved T-
shirts, five Coolmax vests, four smelly hellies, three lycra tights, two
trail shoes, and a brand new multi-function watch.**

From "The Twelve Running Days of Christmas"
(www.perratt.f9.co.uk/12days/12days.htm)

HAPPY HOLIDAYS EVERYONE. SEE YOU IN 2001.
