The Road Runner

FEBRUARY 2010

The Monthly Newsletter of the Chattahoochee Road Runners

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CRR Cuts Loose!

Hoochies kick off the new year at Meehans in Sandy Springs

By: Henrik Malmberg and Kris Anderson

Neither rain nor snow can stop a true runner and that was also the case at CRR's first social of the year on Saturday, January 30th. Despite below freezing temperatures and the threat of snow, plenty showed up right when the party started to be able to take part in the early raffle. During the evening we saw many happy winners of great items from our sponsors including a $50 Meehans gift certificate, great Reebok running gear, free entry to the CRR 10-K, and a CRR and See Georgia gift basket which was packed with stuff including a polar fleece, cap, ear warmer, and more! It was hard to hear the winning numbers over the sheer number of people, but a whiteboard solved the problem and winners were found easily. A big thanks to our sponsors, Page Hester at Meehan's, Andy Keel at Reebok, and Gary Jenkins at Run and See Georgia, for donating our raffle prizes.

The turnout of 100 people far exceeded our expectations – what a great gathering! It became crowded and friendly early on and it stayed that way late into the night as more people came and mingled in our friendly crowd. At 9 the band started to play a mix of songs, and when we left at 11pm – an hour after our party officially ended - about 30 people were still there! Many were dancing in front of the band and all were still having a great time. We actually don't know what time the last person left but clearly everyone enjoyed themselves.

It was really nice to see not only familiar faces but also meet many new ones. We even met a few people new to the area who found out about our party on the web when looking for running clubs and showed up to check out our group. We've definitely kicked off the new year with a great mixer that not only helped us meet new club members, but let us meet some of your friends/family/significant others and even attracted some prospective members to the mix! Want more photos? There's a gallery up on Flickr, just follow this link: http://www.flickr.com/photos/17281204@N07/sets/72157623194798715/.

We had so much fun we're going to do it again at Marlow's in Vinings on March 13! There is a flyer in this newsletter and information will be posted to our website. Things will just keep getting better – this time we'll have more space and a light appetizer buffet in addition to all the great things we had at Meehans, so come back for round two and bring your friends!

From the President—Donna Garcia

4 weeks & counting - the CRR 2k, 5k & 10K are on March 6th. Your club needs you - please plan to volunteer!

This is the biggest event for the club, as it helps fund most of our Club Activities: Go the Distance, Monthly Meetings, and Socials. We need everyone to volunteer and help promote the race.

Race Highlights:

- FAST RACE COURSE & PEACHTREE QUALIFIER
- Certified 10K Distance and NEW FOR 2010.....Certified 5K & 2K Races
- DAG CHIP TIMING and NEW for 2010.....TIMING MATS AT START & FINISH!
- ONLINE REGISTRATION @ GEORGIARUNNER.COM (NOT Active.com)
- NEW TOP QUALITY TECHNICAL SHIRTS

Sandra Alford Secretary@CRRClub.com is coordinating volunteers. Please contact her if you can help out. The race application is on the next page so check it out.

The Social event was well attended and Fun for all. A Big "THANK YOU" to Kris for organizing the evening. Additional THANKS go to Andy for the REEBOK apparel and Gary for the GA RUNNER gift basket! The club is planning more social events in the coming months so stay tuned for details.

Did I mention that all social events are funded by the CRR RACES? I look forward to seeing everyone on March 6th!

Donna

Upcoming Events

Feb 14 **- Monthly Club Run by the River–** Cochrane Shoals Park entrance at the parking lot off Interstate North Pkwy near I285. Meet at **8:00 AM,** ready to run. Varying distances and paces. The coffee & goodies post run are wonderful!

Feb 15 **- Monthly Club Meeting at Mellow Mushroom, Powers Ferry.** 7-9PM. Pizza and soft drinks will be provided by the club. Come join us for food and fun!

Mar 6 **- CRR 10K 8:30AM / 5K 8:00AM / 2K–9:00AM, Sandy Springs** Come out and volunteer for our club's annual premier event! Contact Sandra @ secretary@crrclub.com for more information.

Chattahoochee Road Runners 10K

added for 2010 - 5K & 2K Races!

3.06.10 ~ 8AM

Fastest Qualifier for Peachtree Road Race Entry!

Schedule:

• 5K - 8:00AM • 10K - 8:30AM • 2K - 8:40AM • 5K Awards - 8:45AM • 10K Awards - 9:30AM

Registration:

- Online registration - $25 at www.georgiarunner.com thru 2/28/10, 11:00PM EST. $30 from 3/1/10 thru 3/4/10.
- $25 by mail postmarked by 2/28/10. $30 late registration applies to 3/1/10 thru 3/4/10.
- In local area running stores - $25 beginning 2/4/10 thru 2/28/10. $30 from 3/1/10 thru 3/4/10.
- $35 Final late last chance registration – Friday 3/5/10 from 10:00AM – 7:00PM at Heritage Sandy Springs.
- No race day registration. No refunds. Race runs rain or shine! No packets will be mailed!

Parking/Course Information:

- Parking will be available at the start at the Target Store on Johnson Ferry Road just west of Roswell Road in Sandy Springs. Please observe all parking signs!
- All post-race activities will take place at Heritage Sandy Springs Amphitheater after the race, including t-shirts and awards, food and fun. Located at Sandy Springs Place & Bluestone Road, it is just a short walk from the finish line.
- Improved premium short-sleeve technical (moisture-wicking) shirts to participants ($30 value)

Awards:

- Cash Prizes *for 10K Only*: Top 5 Male/Female Overall - $500, $300, $200, $100, $50. Top 3 Male/Female Masters Overall - $200, $100, $50. Top 2 Male/Female Grand-masters - $100, $50. Only one cash award per person.
- Other Awards: Age Group Awards: Top 3 Each Age Group: 10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-45, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & Over.
- Results will be on the club website, www.crrclub.com, for downloading and printing. Results will also be available at www.georgiarunner.com.
- DAG CHIP TIMING. Timing mats at start and finish to ensure acurate race time for all participants. *Both races will be certified for Peachtree Road Race seeding! Both races are among the fastest for their distance in Georgia!*
- Contact Gary Jenkins at 678-795-0115 or pacesetr@bellsouth.net.

Return this portion with your check payable to: Chattahoochee Road Runners, PO Box 724745, Atlanta, GA 31139

First Name: _____ Last Name: _____

Street Address: _____ City/State: _____ Zip: _____

Age: ____ Sex: (circle) M F Shirt Size: ___ (S) ___ (M) ___ (L) ___ (XL) ___ (XXL) (Add $2)

Email : _____ Phone: _____ Race: (circle) 10K 5K 2K

____$25.00 If Postmarked by 2/28/10 ____$30.00 Late Registration after 2/28/10

Waiver: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials, club members, volunteers, sponsors and any others associated with the organization and promotion of the 2010 Chattahoochee Road Runners 10K/5K/2K Road Race for illness, accident or injury, which may result directly or indirectly from my participation. I assume all risks associated with participation in this event. I further state that I am in proper physical condition to participate in this event.

_____ _____

Signature (Guardian if under 18 years) Date

Weekly Club Runs

"CRR Go The Distance" Weekly Training Runs on Saturdays. Check the website (crrclub.com) for run location and details. Varying paces and distances. Fully supported runs with maps and fluid stops. These are member only runs, but visitors are welcome to attend a run to check us out! For more information please contact: gothedistanceCRR@charter.net

Monday Night Runs in Wildwood — Meet in the parking lot in back of T.G.I.Friday's in the Wildwood Office Park on Powers Ferry Road at 6pm. In the fall and winter, before the time changes, we run 5 to 8 hilly miles on the roads in the Wildwood. In spring and summer, it is an 8 mile (hilly) trail run. There's never any traffic in the woods. Usually, we go out for pizza and beer afterwards to replace some of the calories we've burned up. Any questions, call Rob or Adri Herman at 770.980.9239.

Wednesday Night Runs from Marietta Square — Meet at the Small Locomotive in the Children's Playground on the Marietta Square at 6pm for runs of varying distance. Then join the group for a post-run carbo reload at La Parrilla Mexican Restaurant. If you are interested in a run meet the group at the Small Locomotive in the Marietta Square Park at 6PM, otherwise, stop by LaParrilla around 7 PM for appetizers, good food and company. Call 770.427.4471 for more information.

Thursday Night Runs from Fleet Feet Sports-Sandy Springs — Meet at Fleet Feet Sports Johnson Ferry Rd at Roswell Rd. across from Target at 6pm for runs of 5-7 miles. Call 404.255.3338 for more info.

Welcome New Members!

Rebecca Latora

Fara Yarbrough

Steven Lang

Mark Fishman

Aaron Morrison

Sharon Kulesa

Michael Carscaddon

Kevin Burke

James Shelden

Annie Banks

Judd Banks

Gavin Banks

Kylie Banks

Darrell Spence

Allen Smith

Nicole Brandt

Janet Bryant

Ann Railsback

ENCORE!

Even Better than the Last!

Were you there on January 30, or did you just hear what a great time you missed from your friends?
Don't miss out again!

CRRs Second Party of 2010!!!

Saturday, March 13 from 7:00-10:00 pm

Marlow's Tavern Vinings
2355 Cumberland Parkway, Suite 10
Atlanta, GA 30339
(770) 432-2526
Free parking. Cash bar.
Light appetizers until 8:30.
Raffles at 7:30, 8, and 8:30.
Cash bar. Full menu available for purchase.

Live music starting at 9 pm!!

New and improved at Marlow's!!

- Everyone plays! Both members and non members entered in raffles.
- More space!
- More food – and served buffet style so you can find it!

Please bring your friends, significant others, etc. The more the merrier!
Not a member? Don't know anyone? Not a problem! Come meet us!

Questions?

Email Kris Anderson at vppr@crrclub.com

Coach's Corner—Sean Pfister

Shhh Want to Know a Training Secret?

I get asked a lot or overhear even more runners asking, "How do I get faster?" Well there is an easy answer to that, run faster. The trick is to know when to run faster, how long to run faster and how fast to actually run. I'll talk about the science behind "perceived effort", share a personal observation and provide a great workout that "cheats" the system.

Before I begin, I know not everyone wants to be a faster runner. Everyone runs for his or her own personal reasons and I don't fault anyone for not wanting to get faster nor should anyone that doesn't feel the "need for speed" (thanks Maverick) criticize those that do.

As I haven't attained a higher degree in exercise physiology I won't get too scientific into the demands of the body when it comes to stresses but I'll try not to dumb it down either. When talking speed the first thing to mention is intensity and just like endurance we mention volume. Most runners need to increase their intensity to gain speed and not volume alone and in some cases reduce volume in contrast to speedwork.

Now we've all heard John Bingham's (the penguin), waddle on approach to running, and again that's fine for a large amount of active runners. We've also heard of "the talk test" (run at a conversational pace…) but these are designed for running enjoyment and staying injury free, not for setting PR's. There is also target heart rate tests that are great for some, especially the *gadget* runners, and one that I like is the Rate of Perceived Effort (RPE). RPE is versatile because one can estimate their effort based on how they feel and upon their current fitness and intensity levels (on a scale of 1-10 from 1=rest and 10=maximum exertion and the goal is working out between levels of 6=somewhat hard, 7=hard, 8=extremely hard) what this equates to is nearing your maximum heart rate from 60-85% and dipping into the lactate threshold zone. I want to thank CRR member Lori Harris for sharing a timely article on the myths of lactic acid. The current understanding is that lactate *delays* fatigue in muscle contraction rather than causes fatigue like it's been believed in the past (I will dumb this down: lactate=good). This is important because during intense exercise, lactate accumulation stimulates more mitochondria (intercellular energy factories) for future workouts. With this new information (coach's knew this before scientist did) your workout should contain 10.5% at lactate threshold (80% maxhr, 7-8 RPE or about 144bpm for a 40 year old) and 8.5% at supra-threshold (85-90% maxhr, 9 RPE or 162bpm). If you're training 6 hours a week that would equate to 40 minutes at LT and 30 minutes at S-T and the remaining running at a moderate RPE.

My personal experience of getting away from speedwork and tempo runs while training for an Ironman (i.e. ultra-endurance) last fall is that I've lost all of my speed. Recently I could not even run half mile repeats at a pace faster than a half marathon I ran last year at this time. Ouch! But like any seasoned runner I know not to get discouraged and that in 3-4 weeks of up-tempo training I should have most of my speed back.

And that brings me to a workout that I'm doing to get my speed back and I guarantee* will get you to PR at the CRR 10k on March 6th too (plug for Donna). The "30-30" workout created by French scientist Veronique Billat. I love it for many reasons but mostly because it allows me to run fast and feel the sense of speed that's lost on monotonous long runs. It also builds leg strength and improves running economy all within a workout lasting under 45 minutes! Here's how it works: run 30 seconds at maximum effort and then jog (half as fast) for 30 seconds, having a watch that beeps every :30 is great or calculating distance covered if not, for example; covering 150m in :30, then jog 75m for :30. Try to do 8-12 intervals your first time, with a 15-minute warm-up/cool-down and increase by 2 intervals for each subsequent week. Do 2 sessions per week for 6-8 weeks in addition to your other weekly runs. The reason they are so effective is the reason why it feels like cheating, our bodies perceive the lag or jogging as it is still running at maximum effort even when we're not. So 12 intervals that consist of 6 minutes (100%) and 6 minutes (50%) equates to 12 minutes at maximum effort! And studies have shown that after 8-10 weeks VO2 improves by up to 10%, which is a great gauge for fitness. A 44.5 VO2 predicts a 51:18 10k, while 49.7=45:54. So start off your New Year training with these workouts and let me know how you do at the CRR 10k.

Full article on lactic acid http://running.competitor.com/2010/01/training/the-lactic-acid-myths_7938

Full article on the 30-30's http://www.pponline.co.uk/encyc/0896.htm

Coach Sean

* Not counting your PR you ran when you were 19… or if you're in the best shape of your life currently.

February Birthdays

Debbie Franklin	Feb 1st
Becky Bitsko	Feb 1st
Tony Braniff	Feb 2nd
Brian Dunn	Feb 2nd
Karen Machan	Feb 3rd
Judd Banks	Feb 4th
Richard Yarbrough	Feb 8th
Patrick Franklin	Feb 9th
Bill Nichols	Feb 10th
Karl Meihoffer	Feb 12th
Michelle Keel	Feb 13th
Linda Stone	Feb 14th
Williams Fritsch	Feb 14th
Kim Rockwell	Feb 15th

Joe Poole	Feb 16th
Kate Lowd	Feb 16th
Ellen Ressel	Feb 18th
Beth Studley	Feb 22nd
John Schwarz	Feb 23rd
Ralph Herrera	Feb 24th
Cathy Bowie	Feb 25th
Evan Glueck	Feb 25th
Christine Fritsch	Feb 26th
Amy Weeks	Feb 26th
Courtney Wood	Feb 26th
Jenny Tegelvik	Feb 26th
Jen Waters	Feb 27th
Matthew Neargarth	Feb 28th

The Relay, Northern California, May 1 & 2—Raymond Ross

Have you ever wanted to be part of a crusade to find the golden challis or quest for the Holy Grail? Be in a van for over 24 hours with 11 other sweaty, smelly cohorts trying to traverse 200 miles of desert topography? Well this will probably be something in between. How about 2 vans of 6 runners each racing 200 miles through the California wine country, among tourist towns like Napa and Sausalito, over the Golden Gate Bridge, around San Francisco, and finally arriving in Santa Cruz at the water's edge? If this sounds like fun I would ask that you check out "The Relay" (www.therelay.com). The race is in Northern California, May 1 & 2 and I'm hoping some Hoochies would like to join us. We already have a team represented by last Septembers Bourbon Chase Team and feel the more the merrier. These are non-competitive co-ed teams of 12 runners each that will be divided into 2 vans of six (one van runs, while one van relaxes). Each teammate runs three times (approx. 3x10K) for an average distance of 17 miles. The average team takes 32 hours to finish (9:30/mile pace) so don't worry about being left behind. Unless we have interest in a competitive team all teams will be evenly matched from the pool of people who com-

mit. Nothing more fun than racing head to head with a glass of Cabernet on the side.

Logistically our team head quarters will be the Radisson – SFO. Which makes getting to and from the airport easy, van rentals a breeze, and it also happens to be the midpoint of the race which allows for a place to keep extra gear, shower, and sleep between legs. If we have an early start time we may have the first van for each team lodge in Calistoga Friday evening. Overall the cost should be $350.00 per runner which includes lodging Friday thru Monday, van rentals, gas, and race entry. It does not include your flight to SFO or food / entertainment. If you are interested and would like to join in the quest please E-mail me at raymond.ross@hotmail.com. Please include your age, birth date, address, T-shirt size, phone, E-mail address, and 10K running time by **February 28** otherwise you snooze you lose. Once teams have been determined I will give more specific information.

Lastly but more importantly is what should the teams name be? Since "Stomp the weak. Hurdle the dead" is taken I'm up for ideas. Do we base it off of team composition like "Alpha Men / Better Women", or by team initials like Team CRRR or Team C-ya RRR. How about word play like "Run YES, Pinot"? By theme like Boeing Burners and b-team Boeing Afterburners. Or "Anyone's Guess". As in "Whats your teams name"? Obviously I can use some help here.

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The Objectives of the Chattahoochee Road Runners:

- Promote good health and fitness through running
- Provide a medium for meeting other runners and sharing a club camaraderie
- Participate as a club in at least one race per month
- Host the annual Chattahoochee Road Runners 10K in the spring of each year

CONTRIBUTIONS?

THE ROAD RUNNER is the monthly newsletter of Chattahoochee Road Runners, founded in 1981 by Ron Creasy, Ron Varner, and Dick Biggs. Deadline for submissions is *the 19th of the month*. Send articles and/or advertisements to Mike Gerber, Newsletter Editor, 951 Glenwood Avenue #1403, Atlanta, GA 30316.

Phone: 404.384.9130

Email Address: editor@crrclub.com

Contribute your articles, photos, recipes, and anything else of interest today!

Interested in becoming a member? Check out the Membership Application on the next page.

CHATTAHOOCHEE ROAD RUNNERS
MEMBERSHIP APPLICATION

Thank you for joining one of metro Atlanta's largest and most active running clubs. We hope you will take advantage of all of the member benefits: monthly social meetings, weekly 'Go The Distance" runs, team races, social activities, etc. Complete information about the club can be found at www.CRRClub.com

Membership Dues: (September 1 – August 31 NO PRORATED DUES)

(Place a check mark in front of selection)

	1 Year	2 Years	3 Years
Individual	☐ $25	☐ $40	☐ $60
Family	☐ $35	☐ $60	☐ $85

☐ **New Member** ☐ **Previous Member** ☐ **Renewal**

Make Checks Payable to the Chattahoochee Road Runners & mail to:
Chattahoochee Road Runners/ Attention Secretary / PO Box 724745 / Atlanta / GA / 31139
Please print all information requested below:

Last Name: _____ **First:** _____ **Sex:** ☐ **M** ☐ **F**

Address: _____ **City:** _____ **ST:** ____ **Zip:** _____

Cell Phone: _____ **Home/Work:** _____

Email Address: _____ **Birth Month & Day:** _____

Spouse/Partner Name: _____

Email Address: _____ **Birth Month & Day:** _____

Child Name(s): _____ **Birth Month & Day:** _____

Child Name(s): _____ **Birth Month & Day:** _____

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree and abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership or renewal, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the Chattahoochee Road Runners, Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of persons named in this waiver.

Signature _____

Parent's Signature (if under 18) _____

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