

Slippin' and Slidin' On the Vineyard -- The 20 18 Miler

By Dave Brno

This winter has been a rough one for all of us runners. The persistent snowy and cold weather has been wearing on our spirits and our mileage. I always look forward to Derry as a tough race with cold weather, but always hope for better things at the Vineyard. I didn't think it would hit the mid-50's and be sunny like last year, but as we were in Southern New England, 40 degrees wouldn't be too much to hope for, would it? Being able to run 20 relatively flat miles with good course support has always appealed to me. The Vineyard fits that description, as long as the weather doesn't get too rough. The race day forecast started to take form mid-week, cloudy, in the mid-20's and some light snow. That was not what I was hoping for after having experienced a good dose of the cold and snow combo the previous weekend when Boston received up to 16 inches of snow with chilly temps.

My preparation for a spring marathon had gotten off to a good start with my mileage being very good and no injuries to speak of. I had run Derry at a decent clip and was just looking to do an 8:00 pace here. Like many others, I decided to go to the Vineyard the night before to avoid the long morning haul from Boston to Falmouth and the ferry ride before the race. I arrived on the 10 pm ferry and settled in for a nice, long sleep. I missed some of the wild partying in Vineyard Haven that several other SRR members participated in at Lola's on Friday night. As I awoke on race morning, it looked like the sun was trying to peak out, and it was not snowing! No sooner had I opened the door to my room, Joe O'Leary, fresh from a morning warm-up, was running through the halls yelling, "The course has changed, the course has changed. It's only 18 miles!" I felt like I was a colonist and the redcoats were on their way from Boston to Lexington and Concord. A few minutes later and Fred Barney came by saying the same thing. I had run this race the 4 previous years under various conditions, but, never had the course changed or been shortened. I figured I would run the race, and then add a 2 mile cool down. I just hoped that the first 7 miles would be the same; you get to go out to Oak Bluffs along the water and run around the harbor. Of course, that was the section that was taken out of the race.

We never ran along the shore, which is the most scenic part of the race. Several of us stayed at the Harbor Landing in Vineyard Haven. It was almost a dorm-like atmosphere with the Joan & John Lally playing quarters with Carol Lahiff and Ann Kavanaugh in the next room and Robin Shor chasing Jim Sullivan through the halls yelling one thing after another. The "Three Amigos," Terrance Savitzky, Fred Barney and Shane "the hunk" Sherwood, were caught by Coach Burton playing with a racecar set in their room, reminiscent of the movie Slapshot. Most of us got to bed at a decent hour, especially Steve Pepe, as his wife Kathy had him many miles away from the action at a Best Western on the mainland in Bourne.

Unlike previous years, nobody missed the last pre-race ferry ride to the start. Since I was not up in front when the gun went off, I did not catch the early battle between Chris Bunker, Fred Barney, Joe O'Leary and the old master, Coach Steve Burton. Joe tripped Steve in mile 2 as he did not want the worry of a repeat of last fall's Cape Cod Marathon where Coach passed him late in the race. Steve had

scratches on his legs after the race to prove it. That's the SRR motto, "Run hard and run dirty." Our fast four SRR runners soon spread apart as Fred and Joe pulled away. There was a chance that they might stage an epic battle, reminiscent of early Summer Steamer races between Dermot Fitzpatrick and Terry McNatt.

For me, trying to keep up with John Lally was enough of a challenge. We started off at a 7:45 pace, but, he soon ditched me to chase Tim Maul. Early on, the course looked fairly clear and I could not figure out why it had been shortened. I soon passed Jim Sweeney, who was babysitting the Mauls' kids, driving the Mystery Mobile around for course support, and guarding the most precious of post-race commodities..two cases of BEER. After about 10 miles, I lost sight of John Lally and was just trying to pace off of whoever was nearest to me. At this point, we were back on the "old" course. No, not St. Andrews of Scotland. We switched sides of the road and soon encountered some nasty stretches of ice and snow covered bike paths. Most of the next 6 miles were covered with little pavement to run on. Every step on blacktop was followed by two steps on snow, one on ice, and a slip or slide in between. We had been informed in the pre-race announcements not to run on the streets as the police had the right to pull us out of the race. There was some good and loud music out around mile 12, and several kids sleigh riding on what is normally a grassy field with horses running around on it. I was slipping every now and then, but, managed to go 18 miles without ever falling. I guess I was lucky, as I would hear some scarier stories of other runners after the race.

Dan Solomon took a bad spill around Mile 10 and had to be helped to a tired runner van by Steve Pepe who walked through knee-deep snow carrying Dan on his back while Alison Berglund directed traffic. She did a pretty good job at that, although two cars did drive off the road and into a snow bank during her watch. Dan and Steve were debating the merits of creating a brigade of SRR runners to go fight in Iraq when he fell. Unfortunately, Prez chipped a bone in his foot and may end up riding in the lead car of the Boston Marathon with Johnny Kelley instead of running it. Unable to continue with his injury, he even considered turning over his executive powers to Steve Pepe. Alison brought up the fact that Kathy Pepe would likely hunt him down and give him a severe tongue lashing along with some nifty kickboxing moves, so, he decided against it. In the meantime, three more fell, two got up, but one was taken away by an ambulance. He had whacked his head on the ground and was taken by ambulance to a hospital for a CAT scan. Terrance also took a spill and was quite dazed for about a mile as he continued the race and finished with a 7:01 overall pace.

At about this time, my hands were getting very wet from perspiration and pretty cold, so I pocketed my gloves and continued with just Gore-Tex mittens. Believe it or not, Coach Burton ran this race in just shorts, no tights! His valuables were so frozen after the race that he could not go to the bathroom on his own, but instead, had to go to the local health clinic to have his blood cleansed with a dialysis machine. I had not seen any other SRR runners since early in the race, when 1/2 of the Laval gang, Barry, came out of nowhere around mile 14 and passed me. I thought that my getting tired around mile 10 might be due to the fact that I had given 2 pints of blood the previous Saturday, but I was not sure. I kept thinking like Peter Brook, "the show must go on..run till you drop." Barry soon opened a 100 yard lead, then 150 at about Mile 15. I caught my second wind and was able to cut his lead to 100 yards after 16 miles. Despite being a wide road that could be accessed by plowing vehicles and road crews, mile 16 was totally covered in snow and ice. I was able to keep my balance and stay on Barry's tail. Towards the end of mile 16 I was greeted by two smiling

Prez Sez

By Dan Solomon

At our next monthly meeting we will be having our Annual General Meeting, which includes election of our Board of Directors for the next year. I am ending two years as club President, which I enjoyed immensely, and would gladly run and if elected serve another term except, as my Aunt Bertha used to say, “enough already!” This club has developed from some difficult times into a wonderful organization which offers both a good running experience and a fine social life. Credit goes to a number of people and although naming names is a process almost guaranteed to omit someone, I do want to mention our coach Steve Burton who has spearheaded our advance as a running group, Nancy Given for our highly-regarded website and her omnipotent knowledge and assistance, Beatrice Pulliam for this fine newsletter and 24 Hour race, Ed O’Connor for directing the big ones, and Steve Pepe for, well, everything else.

I feel that I am leaving the organization in very good shape, although I am not sure what I had to do with it other than making a few broad executive decisions and saying “howaya?” a lot, but I guess there is a need for that too. I am particularly proud of the extent to which we were able to initiate and continue with a program of donations, not necessarily event-related, to various charities in and around the City and hope very much that same continues. The only thing left unfinished is the aftermath of the unfortunate chicanery(and I am being very reserved in both adjective and predicate) which did us out of our locale for the An Ras Mor, and it will be up to the new Board to figure out how to deal with it—our options range from passive to nuclear, but things have a way of coming full circle so we shall see, we shall see. For some of you this club is a casual deal, and for some of you it is a center of your social life. It doesn’t matter which, but please be mindful of the very small amount of effort it takes to contribute something back to this organization, this nonprofit corporate entity which does so well by all of us. I have my own goals this year, including running all of the USATF events and scoring at least one point for the over 50 side. We shall see, we shall see. Thanks. [Ed.: Dan took it in the foot during the Martha’s Vineyard 20 Mile, an injury which could put a wrinkle in his USATF point strategy this season. Here’s to a speedy recovery as you begin your reign as Presidente Emeritus!--I still expect you to be omniEmeritus at this summer’s 24 Hour Dan!!]

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Robin Shor | John Gorvin

Race Directors

An Ras Mor.....Ed O’Connor
Khoury’s Summer Steamer.....Robin Shor &
Jim Sweeney
24-Hour Relay.....Beatrice Pulliam
Gobble Gobble Gobble.....Ed O’Connor
Winter Challenge.....Dan Solomon

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Slippin' And Slidin' On Martha's Vineyard

← Cover

female faces, Ann Murphy and Naomi Vishnupad (future SRR member). They were cheering me on, something very nice to see when you're cold and tired in a race. Ann asked if I had seen Jamie at all? I said I had not since the beginning of the race. For all I knew, Jamie might have bailed at Mile 5 to ride in the Mystery Mobile with Jim Sweeney and drink some beer for a few miles.

As I began Mile 17, I made my move on Barry, knowing we had almost a straight shot to the finish. He was running well and nobody was passing him. I was able to get within shouting distance by running a 7:45 in Mile 17. I was glad that Mile 18 was the final one. The cold and the very poor footing had worn most of us down for several miles. I picked up the pace to 6:53 in the final stretch and caught Barry with about a half mile to go. I told him it was downhill to the finish once you crossed the street. I love the fact that you can see the finish line for the final 200 yards so that you can sprint to the finish. My goal was now to break 2:21 so that I could average 7:50 per mile. I finished in 2:20:37, or a 7:49 pace. I then ran a 2 mile cool down with John Lally, who had finished just in front of me. My overall time was almost 3 minutes faster than last year, but I ran two miles less.

SRR was well represented on the Vineyard in the final standings. Four of our runners finished in the top 10: Joe O'Leary was 4th overall and 2nd in his age group, Fred Barney was 5th overall, and first in his division, Chris Bunker was 7th overall and the old master, Coach Burton, who seems to get only faster with age, was 8th overall and 1st in the Seniors division. Steve must be doing strides twice a day to be that fast. Maybe when I am 50 I'll beat him. He will be 66 then. Coincidentally, Steve also beat ALL Masters runners. The nearest one was our own Jim Sullivan who was over 6 minutes behind. Coach Burton commented a few days later that Barry had run a great race. After our cool downs, and the post race awards, we headed back to the Harbor Landing for hot showers and rest. We all planned to go out to dinner at 7 PM. I was able to get in a 1 hour nap, although it was quite difficult with the Lallys partying in the next room. Shane Sherwood and Fred Barney were too pumped up after their races, so, upon returning to the motel, went out for another 5 mile cool down. Fred never looks tired.

We loaded everyone, 11 of us in all, into a van and headed to Oak Bluffs to eat at the Seasons. We had heard the food was good and Terrance wanted people to sing karaoke afterwards. The beer was soon flowing as John Evans (down from Maine), myself, and Naomi ordered the 24 ounce size. The conversation was great during dinner, with tales of Dan, Pepe, the cold and the ice. Karaoke was due to begin at 9 PM. As soon as we finished dinner, Terrance Savitzky started rifling through the songbook and filling out request after request.

We were sure he would sing at least 3 songs, but, as it turned out, did not sing any. "Fast Fred" Barney, on the other hand, sang two Johnny Cash tunes, "Folsom Prison Blues" and "Ring of Fire." The local singing talent on the Vineyard was darn good! The first two men did so well that nobody wanted to follow them. Another guy, who looked like a carbon copy of Woody Allen sang a good tune too. After Fred sang "Folsom Prison Blues," Shane "the Hunk" Sherwood, got up and sang "Babe" by Styx. When he started, the women at the club were even more into it than when Fred had sung. Alison pointed out that "all" the girls in the place had the hots for one of our own! They were practically drooling as they watched him sing. One girl who had had a little too much to drink, actually flashed him as he came off stage. Then, the DJ, an attractive blonde with Shirley Temple hair, was following him in an attempt to get a date as well.

Things quieted down once we returned to the motel, but calls kept coming in for Shane. Some women came by in person to see if he wanted to go out that night. I am not sure what Shane did that night after Fred and Terrance went to bed, but, he was so tired on Sunday morning, that they had to practically carry him to the 11 AM ferry. He

was not drunk, so he must have been up to something else. The old saying is "what happens on the trip, stays on the trip." I won't reveal details, but I am sure that the right cash payment could get Jamie Sarkesian to pass around the photos he took from Saturday night.

We did share some tales of the weekend in the living room of the motel before Shane was interrupted by all of his fans. On Friday night, Shane and Fred had dozed off. The room was dark, and there was a loud crash as the toilet seat slammed in the middle of the night! Fred woke Shane and said, "Hey guys, what was that noise?" Shane responded with, "It's nothing Fred, go back to sleep." Fred, being the curious one, got up to investigate with the lights off. He turned his cell phone into a flashlight and crawled towards the bathroom. He was shocked to find out that Terrance was the one who had made the noise. He had not turned the light on when using the bathroom. This was the first time I had stayed in Vineyard Haven for the weekend. The Harbor Landing was not the coziest or most romantic place, but the camaraderie of the SRR runners more than made up for any shortfall. We are all looking forward to returning there next year. The most memorable quote on this weekend came from Shane, "Cab ride and dinner: \$30, shot of whiskey: \$5, making a complete jackass of yourself singing karaoke: Priceless." **SRR**

**NEXT CLUB MEETING
MARCH 3, 2003
7PM @ THE ASGARD PUB IN
CENTRAL SQUARE**

The Asgard *is* the Balls!

By Jenn Coombs

It was a spectacular night for a run. Approximately 25 of us converged on the Asgard pub for a trial of the An Ras Mor 5K. The spirit of camaraderie pervaded the atmosphere as we lined up and waited for ONE last person. The entire group seemed to have a blatant disregard for everything I've read about warming up: Stretching. Strides. Jogging slowly for a mile or so. One minute everyone had their butts on a barstool, the next minute, they were doing 6:30's down Mass Ave.

The run was lovely. What more could one ask from a mid-week, rush-hour run in Central square? There was darkness, ice, mountains of frozen snow to run over, crowds of waddling pedestrians, and puzzled looks galore as groups of bystanders wondered aloud, "what the.." As we passed the Republik, the high pitched squeal of a woman spurred us on, "OHHHHHHHHH, the MARATHONERS!!! I LOOOOVE the marathoners!!!" And that was just the first of the quotes from the evening. When we all returned, I polled some of the mighty runners of this course, and here are the responses to the statement, "say something interesting:"

"I thought of something interesting to say. I forgot what it was." – Bob Ross

"Bob Ross the local lamb." –Alison closer-to-god-through-fruit-salad Berglund in response to Bob's shearling-style jacket

"I didn't run, I just drank." – Wendy

"Love is better than hate, peace is better than war." -Bob Gamere

"Be kind to us." - Whitney

"Didn't run, came to eat." - David Brno

"You look like a whole different person out of your running clothes." [NO, you're supposed to say something about the RUN!] "oh..great course. Cold night. Dan S. and Bob R. were trying to kill me." – Chris B.

"Tough after last track workout. I wanted to do two loops, but I only did one." – Carol Lahiff

"Ran early. More time to drink" –Kathy McDonald

"The Asgard's the perfect place for a Wednesday night run" –Jim Croke (with a silent Wendy)

This brings us to one of the most scandalous disclosures of the evening. At the end of the night, as we were all leaving, Steve Pepe whispered, "This course isn't the real course. They can't close Mass Ave, so we're on another road. It's the road that runs parallel to Mass Ave..BUT DON'T WRITE THAT!" – Steve Pepe

Actually, the run will be so much the better for this minor re-routing. The course will still be flat and fast, and the new road is in much better shape, so there will be less of an opportunity for twisted ankles. People like Aileen will be able to run EVEN faster! Aileen was present that night, but never slowed down long enough to comment on the evening.

Dan Smith entertained us with an interesting anecdote about preparing for this evening. Dan was at work, and went downstairs to change into his running tights. A co-worker from the department office came down to use the bathroom. He saw Dan in his tights and exclaimed, "It's a good thing I'm heterosexual because I'd be getting aroused right now."

When asked, "Is that true, Dan? His response was, "Yes, and I also think Dave LaValle is cute!" - Dan Smith

Speaking of Dave Lavallo, The mock twins were seen lurking in the corner together throughout much of the evening. When asked for a statement, they replied:

"Sometimes dreams can be a deep representation of a hidden emotion." – Barry LaValle in response to a dream someone had about him vomiting.

"My leg hurts." – Dave LaValle, who perhaps should have sought some type of relief through Dan Smith

And finally, Paul summarized the evening quite nicely and succinctly:

"The Asgard is the balls." – Paul Clark

Can he say that?

The Asgard *is* the balls, though. It was interesting to watch otherwise normal people carrying out otherwise normal drinking-related activities in a bar, with one notable exception: stretching. The stretching that was absent from the beginning of the evening came out in full force after the run. Everywhere you looked there were groups of people drinking their beers and contorting their bodies into the most peculiar positions. Kicking and swinging their legs like donkeys. And no one was batting an eyelash.

This was in stark contrast to an experience some of us had the morning after. Kathy M., Steve P., and I met at Alison B.'s house, and she put us through a punishing 19 miler. (Punishing not due to the distance, but because Steve brought a stack of SRR business cards and passed them out to EVERY runner we passed. Just kidding Steve, you're amazing and I'd run with you any day!). When we ran by Dan Solomon's law practice, Steve decided we should go in and say hi. We were thwarted in our attempt at conviviality, as Dan was out, but we were able to fill up our water bottles. As I stood in the doorway stretching my IT band, Dan's secretary looked at me quizzically for a while, then cautiously asked, "Honey..do you..have to go to the BATHROOM??"

You don't get asked things like that at the Asgard.**SRR**

Las Vegas Marathon -- A Marathoner Against The Wind

By Jennifer Talon

Sleep wasn't a word I knew very well by the time I arrived at the starting line of the Las Vegas Marathon. You all know the feeling of excitement and anxiety that can leave you sleepless for days before the race. It was finally here. My race bag was packed, my number pinned to my shirt, and my chip attached to my sneaker. The day was just starting for the marathoners but as we walked to our buses, at four in the morning, we were greeted by the excitement of Vegas. Crowds of people gambling, drinking, and wondering who these people in running shorts were and where they could possibly be going. Leaving my hotel I felt confident that I was ready for this race. I had trained hard, month after month, in the worse of winter conditions. I could battle anything including snow, rain storms, and the cold of the New England weather. My reward would be running a marathon in a location with comfortable and mild weather. With a smile I left my gloves, hat, and long johns at home in Boston.

My confidence was blown away as my hotel doors opened and gusts of wind almost blew me away! I'm not talking about a gentle breeze that would mess up my hair. It was the kind of wind that you would have to use all your strength just to walk in and stay upright. How could I possibly run in it? In all my training I had never experienced conditions like this. Could I actually keep a decent pace not to mention finish the race? It was still dark when we passed the start line. We had all hoped that the wind would be at our back. It didn't take very long for reality to hit me. I was faced with a strong headwind and it wasn't going anywhere. The newspapers would later report wind gusts that were up to 50 miles per hour! Yes, I said 50 mph! I had never run a race before where every single step was a battle against the wind and yourself. I managed to have a handful of wonderful moments during that 26.2 miles.

The start was inspirational, surrounded by 3000 other runners who had faith in themselves despite the conditions. The sun rising over the desert mountains and shouts from all around because the sun would provide us warmth on a cold morning. A few miles before the finish I was cheered on by a few friends. There is nothing like a smile to keep you going. I was approaching the last corner before the finish and was greeted by my father-in-law running beside me, giving me that last push I needed. Twenty-five family and friends were there to cheer me on as I crossed the finish line with a time of 4:22. Brian ran a successful half-marathon with a time of 1:22. After a hot shower, a Vegas buffet lunch, and a powernap of 45 minutes I managed to party like a rock star into the early morning hours. Though I wouldn't suggest taking vodka shots after running a marathon to any of you. Thank yous go out to my husband, Brian, and everyone in the club who joined me on long runs and supported me throughout my training. **SRR**

**{INSERT YOUR
ISMS HERE}**

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Inquiries: pullibe@rcn.com**

ODE TO MCGRATH HIGHWAY to the tune of "Desperado" by the Eagles

As crooned by Dan Smith

McGrath Highway

I'm going out of my senses
I've been standing beside you for so long now
Oh you're a hard one but I know that you've got your reasons
My standing here's pleasing you but it hurts me somehow.

Peter Brook will get across and beat me if he's able
And Stevie P will try to keep him back
Up ahead is Winter Hill staring down upon me
But the problem is it's somewhere I can't get.

McGrath Highway

Oh you ain't getting no narrower
Your Fords and your Chevys are driving for home
And freedom oh freedom someday the light will turn green
My prison is standing on the side of this road.

My feet get cold in the wintertime
The sky's all snow so the sun don't shine
The orange vests tell the nighttime from the day
I didn't think I'd get this low but there I see my PR go away.

McGrath Highway

You've got to come to your senses
Start the traffic light changing and open the gate
I may be standing but so are all the other runners
You'd better let somebody cross you
You'd better let somebody cross you
Before it's too late.

[11 second PR wiped out by a 25-second stop at the light. When are we going to learn how to time the race start so we get across with the green light?--Dan]

{or HERE}

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Inquiries: pullibe@rcn.com**

The Fast Track: Let's Give Them Something To Talk About

By Coach Steve Burton

What's left to talk about? All you need to know is to run long, runs lots, run hills and run fast every once in awhile, right? True, it really boils down to those simple things if you want to improve your race times. But let's talk about some of the subtle nuances that might give you even a bit more of an "edge". Let's talk about running fast every once in awhile. There are many different ways to approach this aspect of running, all with their own unique benefit. Previous columns have detailed some of the approaches. The one thing that is key to remember is to have a BASE built up before you start doing too much speedwork. The base of miles will give you the strength, both aerobically and in your muscles and joints, to be able to handle speedwork better. Otherwise you run the risk of injury. So let's touch upon all of the different types of speedwork, and the definition of speedwork here will be any run faster than your casual everyday easy pace. Most of your running should be done easy, both for recovery after a harder run and for basic aerobic conditioning. On other days you can try these:

Tempo Runs

Still the best type of speedwork in my opinion (and people much more experienced than me), it's also called anaerobic threshold running or lactate threshold running. The general definition is the pace you could race a 15K or 10 mile race at. These runs are generally done continuously for 3-5 miles (after a warm up) at that pace. They can also be broken up into smaller segments with a very short recovery period between the segments. This is about the closest you get to racing without actually racing, so it is both good for you at a mental and physical level and can begin to prepare you for the rigors of race day. Essential for long-distance runners (and by long-distance I mean anything 3K or longer..).

Steady State Runs

There is no real agreed upon definition for this but one definition I've seen that makes sense to me is a run at about 15-20 seconds per mile slower than a tempo run, but for a longer distance than a tempo run. These type of runs might be incorporated into a long run, say the middle section of a 16 miler. It would break down into 4 miles easy warm-up, 9 miles at steady-state pace, then a 3 mile cool down. These are also mentally challenging as you are holding a pretty fast pace for a long time.

VO2 MAX Runs

These are generally done on the track and consist of intervals of about 400 meters to 1200 meters at a pace that is equivalent to the pace you can run a 3K-5K race at. The recovery time between them is fairly short, about 50%-100% of the time it took you to run the interval. A typical VO2 MAX workout would be 4 x 1200 meters with a 2 minute recovery between intervals. If you don't have access to a track you can just do something on the road where you run 4-5 minutes hard (you should be breathing pretty hard 2-3 minutes into one of these intervals) and then run 2 minutes easy and then repeat 4 times.

Anaerobic Capacity Runs

These are done at about the pace you could race one mile at. They are fast! But they shouldn't be so fast that you lose your form as you run them. Too many runners run these too fast, looking for a fast time when they should be concentrating on good, economical form and faster leg turnover. Generally they are 200-400 meters long, sometimes a little longer, in the 600-800 meter range.

Strides

ALWAYS do some strides before attempting other speedwork or a race! So many people neglect this and wonder why they get injured or why they don't hit their goal race times. Strides are approximately 100 meters long, with a buildup of speed for 20-30 meters, holding that pace for another 50-60 meters and then GRADUALLY slowing down the last 20-30 meters. Again the idea is to not run these at a sprint, but to concentrate on quick, strong leg turnover and good running form (body and head erect, no excess side-to-side motion, quick, short arm turnover), the strides should build intensity from the first to the last. Do about 6-10 of them before any speed session or race. Doing them guarantees your muscles will be warmed up and your heart rate slightly elevated when you start running fast. It's also a good practice to throw strides into a daily easy run, either in the middle or at the end of the run. They don't have to be scientific, 10 x approx. 20 seconds is fine, doing this reminds your neurons and muscles how to work together to run fast!

Unstructured Speedwork

Fartlek (Swedish term for "speed play"), "burners", "pickups"...the idea here is to run fast when you feel good. If you are out for an easy run and you feel like it, pick up the pace for awhile, you choose how fast and how far, make it up as you go. Whatever you do, don't make it a chore, if you start feeling tired, stop doing them or just slow down and recover and pick it back up again when you feel like it. Try it alone, try it with some running partners, have fun with it, that's what it's all about, right? Any questions or comments "mailto:steveburton@mindspring.com" **SBR**

The Inaugural Toyota Prius Miami Tropical Marathon

By Dave Andersen

It was about 80°F when I strolled over to the awards ceremony. The sun was burning hot on my flesh. Thankfully, earlier in the day when I began the 26.2 mile trek through Miami it was in the mid 50's and dark. The race started at 6:00am and sunrise wasn't until 7:00am. This was the inaugural Miami Tropical Marathon and the organizers hard work was evident in all aspects of the pre-race planning. They had \$50,000 in prize money and a flat course. Prize money went 10 deep so they had a world class field. The "elites" started 2-minutes before the rest of us which I found odd. Based on my 2:59:19 from last May I was given a seeded number (#66). There were over 2,000 runners and another 3,000 in the accompanying half marathon...we would all start together.

My goal was to run 6:45/mile pace. I was hoping I could manage that and deal with a minimal slowdown at the end, although I was mentally ready for some of those last miles to be around 7:00/mile. That was my goal but I was prepared for worse given how I was feeling and how hot it got. Thankfully, the race went pretty much how I anticipated. Here are the facts: Miles 1-5 in 34:14 (6:51 pace); 5-10 in 33:37 (6:43 pace); 10-15 in 33:14 (6:39 pace); 15-20 in 33:41 (6:44 pace); 20-25 in 35:48 (7:09). I was the 29th male to finish (perhaps the 15th American?), 5 women beat me so I was 34th overall, 4th in my age group. My time of 2:59:15 (net) was a 4-second (over-age-40) PR. My gun time was 2:59:18. It never got uncomfortably hot, and was probably in the mid 60's by the time I finished.

At 8 miles I caught up with a guy that knew (recognized) me from the internet. We chatted and ran together for a few minutes before he had to make a pit stop. I was moving along comfortably, passing people every so often, not knowing if they were entered in the half or the full marathon. By the time I reached the halfway point it was light out but the sun wasn't shining directly on us. I was feeling good and focusing on

⇒p.9

RACE CALENDAR

Below is a listing of random events we like. For a comprehensive listing of races, please check events on Cool Running (<http://www.coolrunning.com>) and on New England Runner (<http://www.nerunner.com>)

SRR's Races of the Month

Sun. March 23rd, Charbo's Run 5M.

Sun. April 13th, Doyle's Emerald Necklace Road Race 5M.

EVERY Monday Night 6K Fun Run – 7:00PM Monday, Bedford, Ramada Inn Hotel, Exit 31B off Rt. 95/128 - Rt's 4 & 225 (Free Run & Red Sox Ticket Give Away at 9PM) Contact: Steve Pepe - Somerville Road Runners, 340 Great Road, Bedford, MA 01730 781-275-1584 StevieP6@hotmail.com

March 2, 2003 (Sunday)

Stu's 30K 11:00AM Clinton, MA Contact: Lisa Mentzer. (508) 791-2565; Website: <http://www.cmsrun.org/>

March 8, 2003 (Saturday)

Feed the Need Hingham 11:00AM Wompatuck State Park, Union St (5K/10K Walk/Run - 100% Charity Event) Contact: Jennifer Ashley, Hull, MA, USA, 02045. jennashley@earthlink.net

1/2 Way There, River Dogs Half Marathon Woods Hole 10:00AM Old Fire Station, next to Community Hall, 68 Water Street Contact: Brenda Behling, P.O. Box 31, Marblehead, MA, USA, 01945. 781-639-6433

March 9, 2003 (Sunday)

Irish Feet Are Runnin' Lowell 1:00PM The Old Court, 29/31 Central Street Contact: Sean Donnelly, 30 Stewart Street, Lowell, MA, USA, 01851. 978-453-5827 sdonnelly@fenn.org

Massachusetts Law Enforcement Half Marathon and 5K Wakefield 10:00AM Lake Quannapowitt, North Ave (Half Marathon and 5K – Certified Courses) Contact: Runner's Edge, Inc., 401 Main Street, Melrose, MA, USA, 02176. 781.662.0091 info@runedge.com; USATF Grand Prix Race 3rd Annual Rebhayim Romp USTF Certified -10K/5K Newton Sunday, March 16, 10:30AM Temple Beth Avodah, 45 Puddingstone Lane (Also, Kids 1M FR/W) Contact: Race Director, Rebhayim Romp, PO Box 590301, Newton, MA 02459. 617-527-0045 rebhayimromp@yahoo.com

March 16, 2003 (Sunday)

An Ras Mor, Asgaard Irish Pub 10:00 AM, 350 Mass Avenue, Central Square, Cambridge. Contact Ed O'Connor at AnRasMor@srr.org.

March 23, 2003 (Sunday)

Charbo's Run 5M Dorchester 11:00AM Florian Hall, Hallet Street (Free Children's Race at 10am) Contact: Charbo's Run, 30 Orms Street, Pawtucket, RI, USA, 02861. 877-953-2427

March 29, 2003 (Saturday)

Merrimack River 10 Mile Trail Race Andover 9:00AM Wyndham Hotel, 123 Old River Rd. Contact: Stephen Peterson, 134 Robin Hill Rd, Chelmsford, MA, USA, 01824. 508-486-4519 speterson@concord.com

March 30, 2003 (Sunday)

Winners Circle April Fools 4M Road Race Salisbury 11:00AM Winner's Circle Sports Bar, 371 Elm St. (Rt. 110) (Walkers welcome) Contact: Rob Robertson, 18 Market Square #3, Newburyport, MA, USA, 01950. Aprilfoolsrace@aol.com

Eastern States 20M. Kittery, ME to Salisbury, MA Contact: Don Allison. Website: <http://www.coolrunning.com/major/03/es20/>

April 5, 2003 (Saturday)

Journey for Sight - 5-Mile - Reading Lions Road Race Reading 10:00AM Reading Memorial High School Track, 62 Oakland Street (5M Road Race) Contact: The Reading Lions Club, P.O. Box 66, Reading, MA, USA, 01867. ReadingLionsRace@aol.com

TriValley Front Runners 23rd Boston Tune-Up 15km Upton 10:00AM Nipmuc Regional High School, Pleasant Street Contact: Frank Nealon, 66 Taft Street, Milford, MA, USA, 01757. 508-473-4260 rjlussier@webtv.net

April 6, 2003 (Sunday)

Beacon Dash 5K Run/Walk, benefiting the UMass Boston Early Learning Center Boston 10:00AM University of Massachusetts Boston, Clark Athletic Center, 100 Morrissey Blvd. (5K Run/Walk, Kids' 1/4M Fun Run) Contact: Chris Fitzgerald, UMass Boston Athletic Department, 100 Morrissey Blvd., Boston, MA, USA, 02125. 617-287-6788 chris.fitzgerald@umb.edu

17th City Run 5M Cambridge 10:30AM Fresh Pond Clubhouse, 695 Huron Avenue Contact: DHSP Road Race Committee, 51 Inman St., Cambridge, MA 02139. 617-349-6230 pryder@ci.cambridge.ma.us

Miles C. Page Memorial Scholarship 5K & 10K and One-Mile Fun Run/Walk Wellesley 11:00AM Wellesley High School, Rice Street (Starting location: Wellesley High School) Contact: Mrs. Miles C. Page, 45 Marshall Road, Wellesley, MA, USA, 02482. 781 235-6062 mpage6175@aol.com

RACE CALENDAR— continued

April 12, 2003 (Saturday)

Blue Ribbon 5K Boston 11:00AM Lederman Field, Along the Boston side of the Charles River across the street from the Mass. Eye and Ear Hospital (5K Run/Walk) Contact: Westyn Hinchey, MSPCC, 399 Boylston Street, Boston, MA, USA, 02116. 617.587.1529 whinchey@mspcc.org

April 13, 2003 (Sunday)

Doyle's Emerald Necklace Five Mile Road Race Jamaica Plain 11:00AM Doyle's Cafe, 3484 Washington Street Contact: Doyle's Cafe, 3484 Washington Street, Jamaica Plain, MA, USA, 02130. 617-524-2345

April 21, 2003 (Monday)

89th Lexington Lions Patriots Day 5 Mile Road Race Lexington 10:00AM Lexington Battlegreen - Next to Minuteman Statue, 1 Bedford St. (5M Run) Contact: Doug Lucente, 8 Great Rock Road, Lexington, MA, USA, 02421. 781-652-8799 DLucente@aol.com

Boston Marathon 26.2M Noon. Hopkinton, MA www.baa.org

April 26, 2003 (Saturday)

Quincy Lions Run/Walk for Sight Quincy 10:30AM Pageant Field, Southern Artery (5K Run/Walk - Kids 1K) Contact: Youssef Abdouh / Quincy Lions Club, PO Box 27, Quincy, MA, USA, 02170. 6176891723 y.abdouh@easternbk.com

April 27, 2003 (Sunday)

20th Edition James Joyce Ramble 10K Dedham 11:00AM The Endicott Estate, 656 East Street (USATF-NE Grand Prix Championship) Contact: Ramble/Request, PO Box 2, Dedham, MA, USA, 02026. 781-686-1500 staff@ramble.org

Somerville City Run 3M Somerville 10:00AM Somerville High School, 81 Highland Avenue ((Kid's Run also)) Contact: Somerville Recreation Department, 19 Walnut Street, Somerville, MA, USA, 02143. 617-666-0296 JHAlloran@ci.somerville.ma.us

May 3, 2003 (Saturday)

Mystic River Herring Run 5K Medford 2:00 PM Riverbend Park, Off Rte 16, near Hormel Field (5K road race along the shores of the Mystic River, Medford. Festival follows event! Registration 1pm) Contact: Mystic River Watershed Assoc., Arlington, MA 800-520-0818x1115. herringrun2003@yahoo.com

Breakheart Classic 6K Wakefield, Mass 10:00AM Wakefield High School, Farm St to Hemlock Rd , Wakefield Mass (Also 1K & 2K kids race) Contact: Dan Berry, USA. 781 944 9622 dberry@YMCAboston.org

May 4, 2003 (Sunday)

John O'Brien Memorial 5M/3M Road Race Woburn 11:00AM Towanda Club , 19 Abbott St (5M. Road Race 11am 3M Health Walk 10am) Contact: Joe Maltacea, 13 Leonard St, Woburn, MA, USA, 01801. 7819354675 bishop@mitre.org

May 10, 2003 (Saturday)

2nd Helen Driscoll Mother's Day Weekend 4M Alzheimer's Road Race Medford 12:30PM Medford V.F.W. Post 1012, 114 Mystic Avenue (Also, 4M Walk) Contact: Ed Nolan, 4 Terrier Road, Medford, MA, USA, 02155. 781-395-3031 edn3031@aol.com

May 11, 2003 (Sunday)

Melrose Run For Women 3.5M Melrose 9:00AM Pine Banks Park, Sylvan/Main Street (Melrose Alliance Against Violence) Contact: Melrose Running Club, PO Box 1022, Melrose, MA 02176. runforwomen@melroserunningclub.com

May 17, 2003 (Saturday)

29th Bedford Rotary Memorial Road Races 12K/5K Bedford 9:00AM McKelvie School, Liberty Hill Rd (12K/9:00AM, 5K/11:00AM) Contact: Bill Gere/Brian Moyer, 23 Hawk Drive, Bedford, NH, USA, 03110. brmrr2000@yahoo.com

Cape Cod Irish Village Road Race 5M West Yarmouth 11:00AM Cape Cod Irish Village, 512 route 28 (5M Run/Walk) Contact: Kevin Enright/Yarmouth Fire Department, 96 Old Main street, South Yarmouth, MA, USA, 02664. 508-958-8110 Racedirector@yarmouthfire.com

May 18, 2003 (Sunday)

Lexington Fire Department Ambulance Chase 5K Road Race Lexington 10:00AM Lexington High School Field House, Worthen Rd. @ Waltham St. Contact: Peter Ricci or Mark Schofield, 45 Bedford St., Lexington, MA, USA, 02420. 781 862-1080 lfdambulancechase@hotmail.com

Marino Lookout Farm 5k Road Race to Benefit the Doug Flutie Jr. Foundation for Autism Natick 10:30AM Marino Lookout Farm, 89 Pleasant Street Contact: Marino Lookout Farm Race Committee, 600 Memorial Drive, Cambridge, MA 02139. 617-503-5539 info@marino5k.org

May 24, 2003 (Saturday)

11th Annual Wachusett Mountain Road Race Princeton 9:30AM Wachusett Mountain Ski Lodge, Mile Hill Rd and Bolton Rd ((see race app at www.cms.org for details)) Contact: Bill Haskell, USA. bhaskell@aol.com

Miami Tropical Marathon

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my body signals. I wasn't noticing the tour of the different sections of Miami we ran through (downtown Miami, Miami Beach, and Coconut Groove). I either had my eyes on the road or the runners in front of me. I reached the halfway point in 1:28:44 and 20 miles in 2:14:46 (which would result in a 2:56:41 marathon if I could keep pace). The first negative body signal I received was from my quads. I was nervous about my calves and hamstrings but they never became a problem. However the distance was wearing on my quads and by 19 miles the sub 6:50 miles were turning into 6:56, 6:53, 6:58. I was still moving along okay but my legs were losing strength and I was now putting forth a much greater effort yet going slower. I passed the occasional straggler, including some "elites". They must have decided it was quicker to jog back to the finish than wait to be picked up. I caught one guy who appeared to be my age, but he wouldn't fade away. He fought to stay with me (or vice-a-versa) for 2 miles.

I thought I might crack first but going up a "hill" (bridge overpass) I dropped him like a bad habit. Those miles were the toughest (and slowest) of my race..7:17, 7:25, 7:12. With the end in sight some youngster came cruising by. Nobody had passed me since the 6-mile mark! I tried to go with him but there was no way. I was giving it all I had. For the last 1.2 miles I averaged 7:09 pace.

And so it was, I crossed the line and came to a hobbling stop on hurting quads. I was thrilled to be back on the sunny side of 3-hours! I greeted my wife and started re-hydrating. I was back at my hotel room by 9:30am and eventually found my way back to Boston and my keyboard. It was an awesome race and a great weekend getaway. Up front, three guys ran 2:12 and two women ran 2:40. Upon reflection of my race I'm completely and totally satisfied with it, but can't help but wonder if I had just started a little quicker and not slowed so much at the end..well, it gives me incentive that I may someday run 2:55 or better.**SRR**



Dave Andersen.

RACE CALENDAR— continued

May 25, 2003 (Sunday)

23rd Johnny Kelley Road Race 10M/5M Hyannis 9:00AM
Barnstable High School, W. Main Street (Also, 2.5M W) Contact:
Johnny Kelley Road Race, PO Box 2184, Hyannis, MA 02601.
508-775-2093 info@johnnykelleyroadrace.com

The 2nd Annual "Arterial Challenge" 4.5M Run/1.5M W For
Brain Aneurysm Awareness Marshfield 9:45AM walk 10:00AM
run Fieldston Restaurant, 882 Ocean Street Contact: Brain
Aneurysm Foundation, 12 Clarendon Street, Boston, MA 02116.
617-723-3870 information@bafound.org

Trav's Trail Run Newburyport 10:30AM Maudslay State Park,
Ferry Rd (Cross Country) Contact: Don Hennigar, USA. 978-463-
2876

May 26, 2003

25th Annual Arlington Memorial Day Races/Walk, Arlington,
Ma., 10K/5K, 9 a.m., Arlington Recreation Sports Center,
Arlington Recreation, (781) 316-3880, Fax:(781)641-5495,
Email:jjalbert@town.arlington.ma.us,
Web Site: <http://www.town.arlington.ma.us/recnws.htm>

AN RAS MOR

Sunday March 16th

The Asgard Pub
Central Square
Cambridge

PHOTO GALLERY OF HORROR--Winter Frolicking



Heavenly scenery at the Hyannis Marathon.



A different kind of winter frolicking at the recent USATF-New England Indoor T&F Championships



Cold? Another runner at the Bradford Valentine 6K.

PHOTO GALLERY OF HORROR-- Winter Frolicking



Tyrone Tse doing his own stunts on vacay in Austria.



Now isn't this taking it a little too far? The tiny tike probably begged to do this Bradford Valentine.

**Snowboard photo courtesy of Tyrone Tse
Winter chariot photo courtesy of Jim Rhoades, Cool Running**

Inside:

**20 18 Miles + a Vineyard + Runners + Kareoke + Sark
+ an unlikely Au Pair = Slippin' and Slidin' at the MV 20 Miler by Dave Brno**

Dan Smith is one hot footed Desperado! Ode to McGrath sing-a-long on page 5

Viva Las Vegas - - Jennifer Talon at the Las Vegas Marathon

Prez Sez

**Fast Track: Burton channels John Hiatt Bonnie Raitt
in "Give Them Something To Talk About"**

**The Asgard *is* the Balls!
Jenn Coombs on the scene at the site of the 2003 An Ras Mor**

Dave Andersen at the inaugural Miami Tropical Marathon

**PHOTO GALLERY OF HORROR
Race Calendar**

**THE SOMERVILLE ROAD RUNNERS
58 DAY STREET
P.O. BOX 2048
WEST SOMERVILLE, MA 02144**

