

# STILL RUNNIN' ON EMPTY

## Steve Burton 1952-2006



Steve Burton, 54, of Medford, MA, passed away Sunday, June 4 from kidney cancer. A passionate and accomplished runner, Steve gave his time and talent to the running community. For several years he coached the Somerville Road Runners, the Children's Hospital Marathon Team, and enthusiastically volunteered at numerous events. He had time for every runner who sought his advice, and gave freely of his knowledge to anyone who enjoyed or sought to enjoy the sport. Under his tutelage and largely because of his talents and his grace, the club and team flourished.

Steve's volunteer contributions to the local community included being co-director of several annual races benefiting the Somerville Homeless Coalition, Project Soup, and providing college scholarships to Somerville High School Track team members. One of these races, the Gobble Gobble Gobble Race on Thanksgiving, became so popular in the community that the city had to place a cap on the number of participants. Through these races and their sponsors and the thousands of runners, from near and far, who participated in them for more than a decade, tens of thousands of dollars were raised annually for the sponsored causes. After Steve stepped down as coach of the Somerville Road Runners for health reasons earlier this year, the Somerville Board of Alderman honored his years of service to the Community. When acknowledged for his enormous contributions to the community, Steve said: "I am only a small part of the bigger picture and proud to be a part of it."

Steve was also an exceptional runner. He participated in all the events of the United States Track and Field New England Championship Series for a number of years, earning the distinction by doing so of "Ironman". Steve placed as high as first in his age division at the New England Championship marathon and second in the half marathon. As was his wont, after earning such distinctions, his only remarks were to mention the names of even better runners who would have finished higher than him had they participated, and to applaud the accomplishments of others who he coached. He was also a veteran of 7 Boston Marathons. In addition to running, Steve had a great love and appreciation for music and photography.

He leaves his parents, Gordon and Elaine Burton of Nashua, NH; his sister, Susan Burton Wright of Dunstable, MA and his loving companion, Nancy Given of Somerville, MA.

Memorial donations in his name may be sent to:  
"Miracles for Miles" at Children's Hospital  
1 Autumn Street, Box 731, Boston, MA 02215

*Fortitudine Vincimus*  
(By endurance we conquer)

**Somerville**  
ROAD RUNNERS



# Somerville ROAD RUNNERS

FORTITUDINE VINCIMUS (By endurance we conquer)

---

## IN THIS ISSUE

Steve Burton 1952-2006.....	1
WHO'S DOING WHAT?.....	Compiled by Audrey Perlow...2
My First Marathon: Points Along the Way.....	Adena Schutzberg...3
Steve Burton Recipient of 2006 Katie Lynch Award.....	Gretchen Wilson...4
2006 National Masters Championships.....	Charles Kelley...6
2006 SRR Energy Gel Taste Test.....	Kelley Kozloff...7
The 2006 Boston Marathon.....	Aaron Judge...8
2006 Boston Marathon SRR Water Stop.....	Photos by Alison Berglund...9
BOOK REVIEW   "Only one hill! A history of the Mt. Washington Road Race" by Dave Dunham.....	John Gorvin...10
ON TRAINING   Hansons' Marathon Training Program.....	Ken Kozloff...11
CALENDAR.....	12

---

Please email articles, section ideas, images and pictures, comments to [sharonlisabenedict@gmail.com](mailto:sharonlisabenedict@gmail.com).

## WHO'S DOING WHAT?

Date (2006)	Race	Distance	Location	Athlete
July 9 – June 30, 07	Hockomock Swamp Rat Grand Prix Series	4 to 26.2 Miles	New England	Peter Brook
August 27	Annapolis 10 Miler	10 Miles	Annapolis, MD	Jim Finucane
September 4	New Haven Road Race	20 K	New Haven, CT	Joe O'Leary
September 24	Clarence DeMar Marathon	26.2 Miles	Gilsum to Keene, NH	Dan Solomon
October 15	Bay State Marathon	26.2 Miles	Lowell, MA	Liz Lambert
October 22	Chicago Marathon	26.2 Miles	Chicago, IL	Jim Finucane Joe O'Leary
November 19	Philadelphia Marathon	26.2 Miles	Philadelphia, PA	Audrey Perlow Sharon Benedict

Are you doing a fall marathon? Big race you in your future that you're training for? What keeps you going? Need cheerleaders? A long-run partner? Tell us!

# My First Marathon: The Points Along the Way

By Adena Schutzberg

**M**ore than one person in our club has told me I should write an article about my first marathon. I have mixed feelings on that since I've read so few really good running articles about running a race. Instead of that, I thought I'd share some of the more important "points along the way" to the marathon. The day, well, the weekend of the race was just great, but frankly, the six or eight months before that were far more important than that brief moment-in-time on Cape Cod in October 2005.

**Double Die.** Spin back in time to September 2004. The Double Die was coming up at Khourys. It was a big deal for me since I'd never run 8 miles in my life! The Sunday before I went out and ran for an hour and a quarter figuring that was something like eight miles. (I didn't have a GPS then.) Wow, I could run eight miles! The night of the Double Die... pizza never tasted better.

**Track.** At one of the first indoor track workouts of the 2004/5 season, we did a time trial. The next week Coach Burton posted all the numbers for our goal paces. I got there late and asked what to do. "Run with Yili," he said. I didn't realize it at that moment, but I'd be doing that a lot over the next months.

**Long runs.** I heard about long runs, and for reasons I'm not 100% sure of, began doing them with the folks training for spring marathons. The first one I attended was the day after Christmas at Mike Quinn's in Arlington. It snowed and I think five of us tackled the hills for ten miles or so. My brand new Fuel Belt bottles froze up. I learned that plain water won't do in the winter.

**Derry.** Everyone was talking about Derry (NH, the Boston Marathon Prep race) and how all the marathoners used it as a training race. I went up the day of the "practice run" and found Aileen Mason who was "hosting" the long run that week, in the parking lot of the school. I told Aileen I thought I was ready to try the 16 mile

course since I'd run 14 the weekend before. She asked, quite pointedly, "14 flat or 14 hilly?" "Flat," I said. She gave me a wary look. When I finally raced Derry some weeks later, I recall feeling strong enough in the last four flat miles that I actually complemented a nice looking young man on his hair ... as I passed him.

**New Bedford.** My first half marathon was sort of a blur. I do remember how I loved that once I crossed the finish line, two nice people were holding tissue boxes. How did they know that was exactly what I needed?

**Boston.** Everyone was all geared up for Boston. I did my part driving a car full of women out to Hopkinton in the snow for their practice run on the course. For all but one, it was a shortened version, a 10 miler, due to the conditions. The Saturday before Boston I headed up to Andover to do a 10 mile trail race. I met a woman competing there who was running Boston on Monday. I'd learned enough to know that was not the right thing to do. I worked the water stop that Monday. Yep, that made me want to do that race someday.

**Summer.** With a training plan in hand for the Cape Cod Marathon, I had to contend with another challenge. I planned to ride in the Pan Mass Challenge, a two-day 180 mile charity bike ride in early August. I was a newbie cyclist who hadn't ridden more than 40 miles until that April. I decided I'd need to weave in two days of cycling per week around my running mileage. I got far more support than I had anticipated after learning that a good number of my fellow cyclists had done marathons in their pasts. (I rode with the mostly retired and generally older cyclists of the Charles River Wheelmen's Wednesday Wheelers. They, like just about all the master, senior and veteran runners I've ever met, are incredibly welcoming and supportive athletes.)

**Cape Ann.** I was trying to get my head around how it was possible to train at say 9:30 or 10:00 pace

and race 15.5 miles at something like marathon pace (under 9:00). I could not imagine running that far that fast. I convinced myself to aim for 8:30 miles for Cape Ann (a very hilly race on Labor Day). I ran 8:16 miles. So that slow training does work! For the first time I began to feel it was possible that I could actually race a marathon, not just run it.

**The last long run.** After much discussion with folks about the maximum weekly mileage I should do (I settled on 45 miles) and the longest runs I should do (I did 5 runs of 20 or more miles, topping out at 23, per Coach Burton's direction), I did that longest long run mostly by myself. On a rainy Saturday I planned a route that would have me completing 18 miles when I reached Fresh Pond in Cambridge. Then, I'd run the regular North Medford five mile race. To my surprise, Kathy showed up and we ran it together. When we finished, she declared me "ready" for my first marathon.

**Insanity.** I watched, a bit bewildered, as those who were doing marathons before mine (Minneapolis, Chicago, Hartford, Columbus, Bay State) tapered. They spoke of going a bit crazy, about carefully doling out their miles across the week, about trying to keep busy. I couldn't imagine... until it was my turn. I went a bit stir crazy myself.

**The last track workout.** It turned out the last outdoor track workout before Cape Cod was the last track workout of the Fall. It rained and was cold and dark. I correctly figured there would be few people there and planned to do the "traditional" pre-marathon workout of "progressively faster 800s" for three miles myself. What a kick to find Brian and Kelly (he was training for New York in November and she'd just done the Columbus Marathon) who'd I'd been training with all summer there to accompany me. Frankly, that night sticks in my head and I remember it far more clearly than most of the marathon. If I had a picture of us running in the dark rain that night, I'd proudly hang it next to my finisher's medal.

## Steve Burton Recipient of Katie Lynch Award

All of us at SRR were saddened by the passing of Steve Burton. While we are all familiar with Steve's dedication to running and nurturing runners in SRR, many may not know about another side of Steve, one which is entirely consistent with his generous character of coaching runners and giving to others. Besides coaching and running for SRR, Steve, over the last three years, also coached and ran with the Boston Marathon team for Children's Hospital of Boston. During that time he established a special friendship with his patient partner, William Ward, for whom he dedicated his training and running.

Every year Children's Hospital bestows its highest award – the Katie Lynch Award – to a runner for the hospital who is the most influential and who characterizes Katie's spirit of giving to Children's. This year Steve was awarded the Katie Lynch Award for his leadership of the marathon team over several years. He received not one, but two nominations.

If you live around Boston and follow the Boston Marathon, you may recall the story of Katie Lynch. In 2001, at the Hopkinton start, Katie ran her marathon of 26.2 feet. Remarkable? Very much so, considering that Katie was only 28 inches tall, 35 pounds and wheelchair bound. Katie ran this marathon to test her physical limits (being born with a rare form of dwarfism referred to as Floppy Connective

Tissue) but more importantly, to raise money and awareness for Boston's Children's Hospital. Having been a life long patient, Katie truly understood the importance of the hospital and lived her life giving back to others.



In October 2002, Katie passed away, but her spirit and memory live on through the Katie Lynch Award. Started by her family, this award is presented to a member of the Children's Hospital Marathon Team who demonstrates a positive spirit, love for life and commitment to others. So it was no surprise to see Steve Burton presented with this honor in April. While those of us in SRR realize all that Steve has done for us, there's one story you may not be familiar with – Steve's friendship and connection with a young boy named William Ward.

This special connection is why Erin, Mark and William submitted this nomination for Steve:



*As a family who has participated in the Children's Hospital Boston's Marathon Patient Partner Program for the past three years, we would like to nominate the dedicated runner and former coach of the Children's Marathon Team, Steve Burton, for the Katie Lynch Award for 2006.*

*When our son William was paired with Steve in 2004 as a patient partner, immediately a true partnership of support was formed between Steve and William. In getting to know Steve over the past three years, it was always inspirational to see that not only was Steve a great marathon runner but a great person to the core. As a runner for the Children's Team, as well as the team's coach for many years, he generously shared doing what he loved for a higher purpose. What more can we all do with the time we are given!*

*Recently, Steve has embarked on a new medical "marathon" he is training for as he battles with illness himself. In so many ways Steve and William, along with all of us, are running this "race" of life together. In the face of adversity, the partner-*

*ship between Steve and William shows us how to be courageous, full of joy, and live every moment to the best of our abilities. Some days this race is like a stroll in the park, others days it may feel like running a never ending uphill battle. Through it all, we often look to coaches, leaders, or heroes like Steve to show us the way.*

*Steve Burton, in his numerous years of service to the Children's Marathon Team, has been and continues to be an inspiration to us, William, and many others. We so clearly remember at past family-runner gatherings, how numerous runners would come up to Steve to meet him. We were always impressed with how, even though Steve may have been meeting the runners for the first time in person, you could tell that he had shared in their preparation and training throughout the year over e-mail discussions, phone support, and practice runs. Steve graciously offered advice to the runners, old and new. He was in his element. This was his gift and talent, sharing what he loved with others and sharing it for a higher purpose.*

*An example of how Children's Team members share in our admiration for Steve is how Kate Maul, a long time Children's Marathon Team runner, offered to run this year's marathon in honor of Steve and William's patient partner commitment. Her offer to represent the commitment of their partnership this year is also moving, inspirational, and represents the selfless acts of kindness and community compassion the Miles for Miracles Patient Partner Program represents.*

*Since the moment we met Steve we knew that his positive spirit and love for running carried over for his love of*



Kate Maul, Steve Burton, Gretchen Wilson, Tim Maul, Jim Sweeney, Nancy Given

*life. When having to make the decision to not run this year's marathon, he was concerned that he would let William down. Steve in no way has let William down by not being able to run the Boston Marathon, but he continues to be one of our "heroes" in giving us the opportunity to share this new "race" in life with him. His selflessness in this time of adversity makes Steve a winner not only on the marathon path but in this path of life.*

*"Adversity causes some men to break; others to break records." (William A. Ward)*

*Steve's desire to break records and commitment to not only the marathon race but our collective race for the Children's Hospital Boston community is inspirational. Let Steve's story be an inspiration to us all to continue breaking records, whether it be records on the Marathon road, records in the Children's Trust fund-*

*raising goals, records in the research labs discovering cures and medical miracles, or records in our personal races and journeys in this life.*

*Thank you Steve for sharing in this race with us!*

*Warmly,  
Mark, Erin, and William Ward*

**T**he Wards really couldn't have put it any better – let Steve's story be an inspiration to us all. Now, go out and break your own records in this journey through life.

*—Gretchen Wilson*

2006

NATIONAL MASTERS CHAMPIONSHIPS

Local runners took the Reggie Lewis Center by storm in this 2006 version of the National Masters Indoor Championships. After three days and 109 events, Mass Velocity Running Club alone stood up for an astounding fourth place (54 points) in the male club competition and twenty-sixth place (10 points) in the women's club competition. Our own Bob Pomeroy did the SRR proud as he blazed through the M40 800 meter race displaying the black and gold.

The event was orchestrated with the logistical perfection we have come to appreciate from Steve Vaitones and the USATF organization.

As a competitor, I was humbled by the incredible display of sheer ability that so many of the athletes possessed. Shows of acceleration, power and form, that appeared at times surrealistic, could be compared to a video on high speed, a special effect or dream-like notion of perfection. In stark contrast to the ego maniacal, poorly behaved sports icons so prevalent in our society, these performers of extraordinary feats demonstrated personas of softly spoken humility, and were quick to support and mentor.

One could not help but feel part of a larger community. As one well-known 400 meter senior sprint aficionado from the metro NY area professed with relaxed ease, "It's all good".

As a red-shirted freshmen student to the pursuit of Masters 400 meter running, this season capping trial was an invaluable lesson in perspective. One cannot with prescience fathom the outcome of such a competition. Pouring over lists derived from flawed rankings and dubious entry times serves no practical purpose.



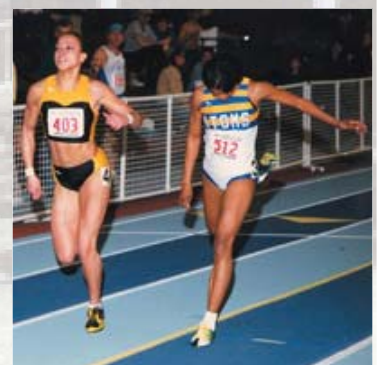
Still Runnin' on Empty | Summer 2006

The existence of many intangibles, variables both direct and indirect makes this a redundant exercise. "There are times and there are competitions, the two are distinctly different", rings true. Seasons in California, Mass, Minnesota,... mean very different things. We are so fortunate, here in Boston, to be able to train at Reggie, have access to clubs like SRR and Mass Velocity, to compete with rhythm at competitive events throughout the season, on world class tracks... I imagine for a moment that you live in the East... and you train by yourself, on the road and have maybe one competition in a season before you come to a place like Boston...

I could not help but notice how relaxed and simple the more elite runners in this mix of age-advanced athletes approached their competitions. Much to my surprise I witnessed a fairly colloquial group: walking, jogging, napping, hanging out, doing a few strides... and then blowing the competition away. Keep it simple – that seems to be a recurring theme.

Running clubs, such as the mighty SRR, have served to enrich our collective experience as athletes within a larger community, providing us with a vehicle in which to share these hugely rewarding competitive experiences. The heartfelt support and mentorship, the team camaraderie, the group exaltation at the moment of perceived excellence, has all been evident throughout the season and at its culmination. It is truly a privilege to be part of such a dynamic community of master's athletes. Congratulations to all!

-Charles Kelley



Photos: www.usatf.org

# SRR Energy Gel Taste Test 2006

By Kelley Kozloff

In preparation for the Boston Marathon, a group of SRR members got together to determine which energy gels should be chosen to fuel their trip from Hopkinton to Copley Square. After a great carb-loading pasta dinner from Dave's Fresh Pasta, our reviewers tested a broad sampling of energy gels.

Unlike the Phantom Gourmet, these culinary reviewers were not afraid to reveal their identities. Larissa Bifano, Kevin Guarnotta, Brian Tinger, Ken Kozloff, and Justin Wiley accepted the challenge to find the best energy gel available. Each tester reviewed the products based on packaging (size and convenience), consistency, and most importantly, taste.

## Energel Orange

45 grams, 30 grams carbs ☹️☹️☹️☹️

This lesser known energy gel brand had a "pleasant" orange taste but received one "no" vote due to a slightly bitter aftertaste. Although reviewers liked the taste, they stated that the large packaging would prevent them from using it on a long run.

## CarbBOOM! Strawberry Kiwi

41 grams, 27 grams carbs 😊 😊😊😊😊

CarbBOOM! is one of the newer brands of energy gels on the market and was the official gel of several large marathons last year. The reviewers reported this gel's consistency "runny" and its taste "too sweet."

## ClifShot Razz Sorbet

32 grams, 25 grams carbs 😊😊😊😊😊

Among the energy gels reviewed, ClifShot has unique packaging featuring a "litter leash" allowing you to open the gel without complete removal of the tab. All the testers agreed that Razz Sorbet has excellent flavor. One reviewer liked it so much he spread it on bread for dinner. Razz Sorbet has raspberry puree as an ingredient, so there is no question how they made it taste so good.

## PowerBar Gel Green Apple

41 grams, 27 grams carbs 😊 😊😊😊😊

The reviewers liked the thick consistency of this gel. However, comments on the flavor included "too sour" and "just like a Green Apple Jolly Rancher." The large packaging of this gel can make it less convenient to carry on the run, however, the PowerBar website revealed recently updated packaging with less bulk.

## PowerBar Gel Tangerine

41 grams, 27 grams carbs 😊😊 😊😊😊

This gel features 50mg of caffeine. Reviewers were split on its taste. "Bitter with a chalky aftertaste" to one is "subtle with a little bite" to another.



## GU Espresso Love

32 grams, 25 grams carbs 😊😊😊😊😊

Like the PowerBar Gel Tangerine, this gel has caffeine (40 mg). For coffee lovers, this may be a match made in heaven. This gel elicited the strongest reaction of the night with "Damn, that's good!"

## GU Lemon Sublime

32 grams, 25 grams carbs 😊😊😊😊😊

Prior to the taste test, all reviewers reported using GU brand energy gel on previous long runs. All the reviewers liked GU's newest flavor, described as "light and crisp."

## GU Tri Berry

32 grams, 25 grams carbs 😊😊😊😊😊

With a "taste reminiscent of jam, but not as sugary," this GU also tested positively with the reviewers. In addition to good taste, the reviewers stated they use them most frequently when running because of their small size.

## ClifShot Bloks

30 grams, 24 grams carbs (3 blocks per serving)

Tired of sticky fingers 12 miles into a run? ClifShot thinks they may have the solution. These gelatin blocks are denser than jello and less chewy than a gummy bear and come in three flavors. One reviewer has used them pre-race, however, not while on the road. While opinions among the reviewers were mixed on the consistency of the Bloks, they do provide an alternative for runners who don't like energy gels.

Our reviewers had many other gels to sample, but found there is a limit to how much sugary gooey goodness you can try in one sitting. While GU Lemon Sublime was the overall favorite, all testers agreed that gels are best suited as a mid-run snack and their preferences may change while on the road.

# The 2006 Boston Marathon

By Aaron Judge

Photos by Alison Berglund

I have been a SRR member since 2003 when I joined just before moving to Amherst to transfer to UMass. I hope to move back to the Boston area when I finish my master's degree. I have always enjoyed running because all of its benefits outweigh the time spent put into it. Since joining the club I couldn't even imagine quitting running because I would lose all that I have learned and all of the positive experiences I have had, both on my own and with the club.

I ran the Marine Corps Marathon in the fall of 2005 after a summer of hard training. I finished in 3 hours and 7 minutes which qualified me for Boston, what I was trying to do. I never had any kind of injury going into it but my patellar tendon hurt for months after. I began taking glucosamine, wearing a knee strap, and going to the gym to use the elliptical to strengthen my quads. It slowly healed, but my IT band began to hurt after a speed workout. This was only a few months before Boston, but I bought better shoes, did stretches, iced it, and continued cross training on the elliptical and it slowly got better. I only did tempo speed workouts, adhering to the coach's good advice. I was glad to be able to do those workouts because I believe that they are very beneficial. I did all the workouts outside on my own in the cold because I don't have access to an indoor gym. I think that it is important to rotate direction when possible. I recently found a long straight bike path that precedes a hill and I plan to figure out its distance with Google Earth and do repeats along it so that I don't have to turn.

I have never had a problem with running out of energy during a race. Granola and oatmeal with bananas is perfect for race morning. Multi-vitamins with antioxidants help but they don't usually have enough magnesium and calcium, so I take those also. I eat lots of pasta, lima beans, rice, and yams with lots of vegetables and meat. I have a recipe that I call 'Potatoes and Pasta' which is the perfect food to make, a week's worth of tasty running food. I have selected foods with a lot of potassium and protein. You can download that recipe and other recipes like protein cookies from my webpage here:

<http://myweb.northshore.edu/users/ajudge01/Cooking%20Recipes/>

On the beautiful race day I ran a sub 7 minute pace until 16 miles when my hamstrings and groins got very tight. They got better when I ran up heartbreak hill, but they locked up for about 10 seconds at a time at least 40 times from mile 22 to mile 26. Jim Sullivan lost his hamstrings around the same time as me. Luckily I didn't get hurt and I didn't have to stop running. I think that it happened because I did less speed workouts and the most I ran since my first marathon was 21 miles. I am looking forward to running next year with all of the knowledge and experience I gained this year!



Who's cool, yo?



I don't know...



Yeah we are!

# The SRR Water Stop

Courtesy of Bill Bryant and numerous volunteers...



And there he is...



No bumper stickers against President Kathleen Hynes



OK, tell me where they are now...



Karin Turner...

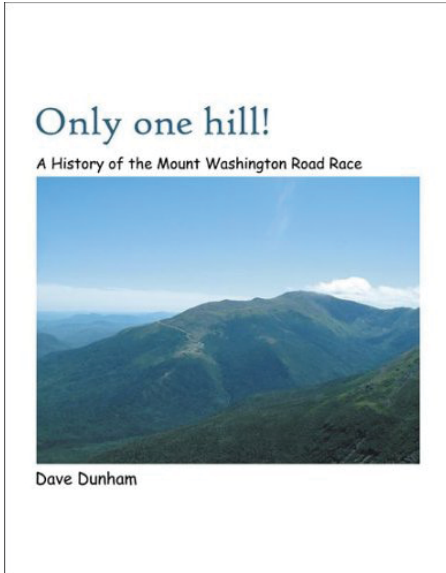


26 miles? Bah! That's nothin'

# SRR BOOK REVIEW

## “Only One hill! A history of the Mt. Washington Road Race” by Dave Dunham

By John Gorvin



*From the conversation one year between Dave Dunham (the third place finisher), and 5<sup>th</sup> place finisher Eddy Hellebuyck after reaching the treeline and encountering the headwind:*

*Eddy: “This sucks.”*

*Dave: “No, actually this blows.”*

Dave Dunham, a longtime Mt. Washington competitor, past winner, and record-holder in various categories, has compiled the first history of the race which he loves. As a six-time runner at Mt. Washington, I share Dunham’s fascination with the Mt. Washington Auto Road Race. A few other intrepid SRR members (Mike Quinn, Emer O’Donoghue) also share my fascination for this event. Most others do not, I have a feeling.

Whether you love running up a mountain or not, Dave Dunham’s history of this race has something for everyone. I thought I had a general understanding of the race and a pretty good knowledge of the course after running it many times. I also felt a definite admiration for the sheer difficulty (and thrill) of competing (well, participat-

ing) in this race. In reading Dave Dunham’s book, however, I developed a better appreciation of the lure of Mt. Washington for the runner, both elite and amateur, past and present. I had read other books about Mt. Washington, had hiked Tuckerman Ravine trail a few times, and even skied over the Tuckerman head wall once (yes, intentionally) – I did that **ONCE**. I have no plan on ceasing to run this race, however, and my fascination has only been further fueled by running it again, and by reading the history Dunham has recorded.

Dunham had little to go on in beginning his research, and he has completed what must have been laborious task in documenting a year-by-year history of the event. He chronicles the history of the carriage road (before cars, folks), and located old photographs of the summit. Dave also has meticulously compiled the race statistics every which way you can imagine. While the book is heavy on results and statistics (which I loved pouring over, being a data geek), Dave also writes an informative and entertaining narrative to accompany these results, telling the tale of the race in an interesting and often funny manner. I have only met and spoke to Dave Dunham a few times, but I quickly discovered his sense of humor, reflected in the runners’ quotes he includes. Dave is a better runner than I had realized – he acknowledges many of the greatest feats of this race, and without self-promotion or fanfare, his own accomplishments at Mt. Washington and other races are

revealed. He is also the founder of the USATF Mountain circuit.

The reader will recognize many famous names from the running community – of local and national fame, such as Joan Benoit, Jacqueline Gareau, and Bill Rodgers. Dunham also pays tribute to local heroes, such as Carlton Mendell and Louise Rossetti. So go buy it and read it – and stay tuned, as Dave has agreed to come speak to the club in the fall about running, the mountain series, the Mt. Washington race, and whatever else he thinks of.

---

*For more information about the Mt. Washington Road Race:*

<http://www.mountwashington-roadrace.com/index.html>

\*The club will have Dave Dunham speak on Monday October 23, 7 PM, at Dilboy VFW Post Davis Square. He will talk about the Mt. Washington Road Race, the Mountain Series, and more. We will serve light snacks and coffee; water, soda, beer will be available at the bar.



*Yili Yao – Running a PR of 21:51 at the Rhody 5k, part of the USATF Grand Prix Series*



# ON TRAINING

## Hansons' Marathon Training Program

By Ken Kozloff

When coaches Kevin and Keith Hanson returned home to Michigan after this year's Boston Marathon, they brought with them the best performance by a U.S. training group in recent memory. The Hansons-Brooks Distance Project placed seven men in the top 22 and was prominently featured in the press and at the expo throughout marathon weekend. But back in Michigan, they are known just as well for their continuing efforts to promote running at the grass roots level through events organized at their four Metro Detroit Hansons Running Shops. While their elite athletes work in the stores between practices, the Hansons host speed workouts and tempo runs for the local community throughout the week, and have developed marathon training clinics for runners interested in learning more about the Hanson training philosophy.

The details of the Hansons' marathon program were described in the March 2005 issue of *Running Times*, and training schedules are posted on their website, [www.hansons-running.com](http://www.hansons-running.com). The cornerstones of their training program are similar to what the average SRR member might undertake in preparation for their own marathon. Speed sessions are done on Tuesdays, focusing on workouts near 5K pace for the first half of the marathon buildup, and transitioning to strength workouts (roughly 10 seconds under marathon pace) as the marathon approaches. Thursdays are tempo runs, ranging from 6 to 10 miles at marathon pace, to get the body accustomed to the effort required on race day. What sets the Hansons' marathon philosophy apart from more traditional training programs is the length of the long run. Rather than focusing on building up to the traditional 20 mile distance, the

Hansons' program peaks at 16 miles. But don't think this is just another "Faster Marathon with Less Training!" headline. The long run may be shortened, but the remaining miles are distributed through the rest of the week, so that by the time you get to the Sunday long run, your body is already tired. This is the key to the Hansons' program – the philosophy that the "accumulated fatigue" building in your legs during the week makes the 16 mile distance mimic the last 16 of your marathon, not the first.

Consider week 16 from their advanced training schedule. Monday calls for 8 miles, and Tuesday is a strength workout on the track. Wednesday is the rest day for the program – also somewhat unique among other marathon training programs, falling mid-week. Thursday calls for 10 miles at marathon pace, followed by runs of 7 miles, 8 miles and 16 miles on Friday, Saturday and Sunday. No minitapers before the long run in this program! In the Hansons' program, less emphasis is placed on the long run itself, with greater attention spent on building overall volume throughout the week. Placement of the rest day on Wednesday also forces the body to run tired through speedwork the following week.

Critics of the program may point out that the Hansons' elite runners certainly reach beyond the 20 mile long run in the build-up to a major marathon, but when you are running 100-150 miles per week, that 20 miler makes up a considerably smaller proportion of your total miles than someone maxing out at 50.

The Hansons' program may not be for everyone. First, if your marathon training already approaches 60 to 70 miles per week, then a 20 mile long

run becomes a smaller percentage of that total than a 16 mile run would account for during a 50 mile week, and is probably justified. Second, by shifting the rest day away from the long run and focusing on running on tired legs, you may become more susceptible to injuries. The direct physiological benefits would be interesting to compare. Is marathon training more productive when focusing on increasing total volume at the expense of shortening the long run by a few miles? Or, is a distance of 20 miles necessary to effectively train the body to metabolize energy appropriately for the marathon distance? Lastly, the psychological benefits of running a 16 miler on tired legs may be different than running 20 miles or more on fresh legs. Feeling lethargic through 16 may be less of a confidence builder than feeling fresh and fast through 20.

While questions remain about this training program, one thing is clear – the Hansons know how to develop runners. Consider the high school PR's of two of their most recognizable runners: Trent Briney was a 4:49 miler, yet developed post-collegiately to place 4<sup>th</sup> at the U.S. Men's Marathon Olympic Trials in 2004. And based on his 10:10 2-mile best, who would have predicted that Brian Sell would place 4<sup>th</sup> at Boston and currently be tied with Khalid Khannouchi in the World Marathon Majors after two events? While the marathon training regime outlined by the Hansons may not get you to such elite status, perhaps it is worth a second look when preparing for your next marathon.

*For more information on the Hansons' marathon training program or the Hansons-Brooks Distance Project, visit [www.hansons-running.com](http://www.hansons-running.com).*

*To read the *Running Times* article, go to [www.runningtimes.com](http://www.runningtimes.com) and search for "Marathoning the Hanson's Way."*

# Somerville ROAD RUNNERS

FORTITUDINE VINCIMUS (By endurance we conquer)

## | August 2006 |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 Group long run @ Jason Robert's	28	29 <a href="#">Track</a> Tufts Outdoors, Medford 6:30 PM	30	31 <a href="#">Khoury's</a> 4.13 miles 7:00 PM		

## | September 2006 |

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 <a href="#">Covered Bridges Half Marathon</a>	4 <a href="#">Cape Ann 25K/7K</a>	5 <a href="#">Track</a> Tufts Outdoors, Medford 6:30 PM	6	7 <a href="#">Khoury's</a> 4.13 miles 7:00 PM	8	9 <a href="#">USATF Ollie 5M Thomas Cham- beras XC Race</a>
10	11	12 <a href="#">Track</a> Tufts Outdoors, Medford 6:30 PM	13	14 <a href="#">Khoury's</a> 4.13 miles 7:00 PM	15 <a href="#">Reach the Beach</a>	16
17	18	19 <a href="#">Track</a> Tufts Outdoors, Medford 6:30 PM	20	21 <a href="#">Khoury's</a> 4.13 miles 7:00 PM	22	23 <a href="#">Lake Winnie Relay</a>
24 <a href="#">Clarence DeMar Marathon</a>	25	26 <a href="#">Track</a> Tufts Outdoors, Medford 6:30 PM	27	28 <a href="#">Khoury's</a> 4.13 miles 7:00 PM	29	30 <a href="#">Applefest Half Marathon</a>