

ON THE RUN

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GOING HALF CRAZY • PREP FOR THE C.O.R.

There are only a few weeks left to train and get ready for the City of Roses Half Marathon and 5K. We hope your training is going smoothly and injury free. On The Run reached out to event organizer Mike Higgins and get to know a little more about the race, how to get involved either as a participant or volunteer. As any experienced runner knows, a good organizer and a team of volunteers can really make a big difference in a race, from navigation points to water stations and safety patrols. City of Roses has all that, but the volunteer part depends on people like you. For those who think they know all there is to know about the COR Half, there are some new things in store this year, but you'll have to read the interview to find out what.



ON THE RUN: The City of Roses is the biggest event that the running club puts on, correct? Can you tell us about when the race is, the corresponding 5K, and what runners need to know about registration?

HIGGINS: Yes, this is the biggest event we put on each year. Last year was the first time we put the 5k and Half Marathon on different days. This year the 5K

will be held on Saturday September 15th at 8 a.m., and the half will be on Sunday September 16th at 7 a.m.. Registration will be online and mail in, both links are available on the club website, www.caperoadrunners.org

For those who have never run the race before, what can they expect? Tell us about the course.

MH: The course starts out fairly

“Running is nothing more than a war between the part of your brain that wants to stop and the part of your brain that wants to keep going.” — unknown



“Only those who risk going too far, can possibly find out how far one can go.” — T.S. Elliot



flat from miles 1 thru 4 and is downhill to flat from miles 8 thru the finish. Those 3 miles from 5 to 8 have some challenging Hills, but they do provide some great views...if you are able to keep your head up :)

If club members aren't running the race, what can they do to help out? What are the volunteer opportunities?

MH: We are always looking for people to help out on race day as course Marshalls and to help with registration, packet pickup, or work the finish line area passing out food, drinks, and finisher medals.

Obviously a half marathon is some 10 miles longer than a 5K. But what are the biggest differences in organizing a half versus a 5K or even a 10K?

MH: The biggest difference when putting on a half is runner safety out on the road. We will have runners out there for about 3 hours and we need to do everything we can to keep them safe.

For those out there who are training for their first half marathon, what advice would you give them?

MH: Don't spend all your time on the trail or treadmill, get out and find some hills to run. Also, don't just run at 5AM, get out and do some shorter hot runs to help get your body acclimated to the heat. While we don't expect hot

temps in mid September, we all know that anything is possible.

For the veterans out there who run this race annually, is there anything new or different this year?

MH: We are putting out a race purse for overall and masters male and female runners! So if you are quick enough you can get some cash!

What plans are you making to ensure it's not as hot as last year? :)

MH: We are currently in negotiations with Mother Nature to provide us with 55 degrees and overcast for the entire race. We will see how that pans out.

FAST RESULTS!

Early returns on the summer beginner track workouts were very positive. The workouts were organized by experienced CGRR members Doug Ambler and Joe Windeknecht with assistance from several others who showed support, from helping with pre- and post-workout stretches to offering moral support.

A post-program survey was filled out by 11 of the participants, and all said they came away faster and more knowledgeable.

Here were some of the quotes from the survey:

“Challenged me and gave me good workouts I could do by myself.”

“Laid back. Community!”

“All of it helped get me back on track.” (Pun intended?)

“The group was great! Good warmup/cooldown workouts were perfect!”

“Encouragement from the coaches, learned how to do speed-work.”

“It helped push me. That's what I need.”

All 11 participants who filled out the survey said they would attend a fall session if it was held, and more workouts are planned this fall when things get a little cooler. Watch Facebook and email for updates.

Special thanks to Doug and Joe for their work and inspiring others to pick up their speed game.

COOKIN' UP STORIES



Joe Windeknecht, left, and Mike Higgins, right talk running and life over burgers, fixin's and drinks at a CGRR cookout last month. More than 20 attended the cookout. The burgers and 'dogs were tasty as were all the sides. It was a good time, even if a rain shower cut it off a bit short.

RUNNER SPOTLIGHT: TERI JONES

CGRR member Terri Jones recently completed her second Ironman 70.3 race, smashing her previous PR. On The Run reached out to Teri to see what her experience was like, how she trained and who inspired her.

OTR: So tell us about your recent Ironman race? What does that mean, and what are the components of it?

TJ: I participated in Ironman Ohio 70.3. I swam 1.2 miles, biked 56 miles, and ran 13.1 miles. There were 2400 athletes participating.

Where did you place and what was your time?

TJ: My swim time was 46:18, bike time was 3:20, run time was 2:54. Total time was 7:11. I placed 60th in my age group (out of 90).

How did you feel right after the race, and how do you feel now you've had some time to process everything?

TJ: I felt great after the race, just a little sore. I was a bit disappointed because my run was not great. Emotionally I was elated because I set a PR by 36 min over my previous 70.3.

How did you feel during the race/which parts were hardest for you?

TJ: I felt great during the swim; the water was refreshing, and I stayed comfortable. The bike was my strongest component this time; I averaged almost 18 mph, the road



conditions were perfect, and we had little to no wind. The run, unfortunately, was my weakest part; I felt good for the first half of the double loop course, but then my legs kept cramping up during the second half, forcing me to walk more than I had hoped.

What did your training look like?

TJ: I began following a training plan in March. Typically I swim two to three days per week, usually 2500 meters each time. I bike three days per week, including incorporating the Saturday morning time trial in to my long ride. And I run 4 days per week, including the social run on Wednesday evenings and a long run on the weekend.

How long have you been running, and how did you get started?

TJ: I began running in 2004. My mom died in 2003 at age 61. She had multiple health issues. I decided

that I wanted to be proactive to keep my body healthy, so I joined a gym in January of 2004. Within a few weeks of joining, I came to the gym to do the elliptical, but the machines were all occupied. I hopped on a treadmill and ran one mile. I ran in to Debbie Leoni and told her I ran a mile and she said, “Great, run a marathon with me!” Thus my running began. I ran my first half marathon in April of 04, and my first full marathon in June of 04. In my 15 years of running, I have completed approximately 60 half marathons, three full marathons, two Ironman 70.3, and multiple 5Ks and 10Ks.

How has running changed for you over the years, or has it?

TJ: I understand better what my body needs: shoes, clothing, nutrition, etc. I've had a few setbacks-surgery for arthritis in my big toe, surgery for Morton's neuroma, and a stress fracture in my foot. I always took the necessary time off to heal, then slowly came back to running. Most recently I dropped 40 pounds, and I'm actually running faster and stronger than ever. This year I have PR'd my 5k, 10k, and 70.3 times!

What's your advice to new runners just starting out? Find a few friends to run with!

This area is so runner friendly. It has helped me to have others to run with, especially on the long runs. I don't wear headphones, I talk to people.