Y Runner:

A Newsletter

Year 4, Issue 4   *August 2018*

Race results, upcoming events, profiles, tips, notes, and miscellaneous observations for runners, tri- and bi-athletes, and others of the Macomb, IL, area, especially those affiliated with the YMCA of McDonough County.

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Note 1

The Running Competitor website recently offered two tips, one of which might be useful if speed is your main concern, the other if surviving your training routine is.

For speed, they suggest remembering that anaerobic capacity is helpful even though distance running is an aerobic sport.

Anaerobic capacity is what runners use to add speed in a race after they reach their aerobic limit. Yes, it is possible to run faster than aerobic conditioning will allow, and anaerobic capacity is what allows this. If this anaerobic capacity is high, a runner may be able to exceed the aerobic limit for a considerable part of a race or exceed it by a wide margin for a shorter portion.

The article reports on Georgia State University research indicating anaerobic capacity was the second greatest predictor of 5K performance behind aerobic capacity and that it accounted for 31% of individual differences in 5K times.

The article did not address whether anaerobic capacity remains equally important at 10K, 15K, or above.

The advice offered to build anaerobic capacity was to train by running eight 800-meter "sprints" hard with 200 meters of jogging between intervals.

For enduring your own training routine, the website recommended varying your running surfaces – specifically getting off asphalt or concrete and onto trails or gravel roads.

Because the latter are softer, the writer insisted, they cause less overall wear and tear on the body. What's more, the irregularity of these surfaces calls upon "little stabilizer muscles" that a runner may rarely use when running on pavement.

The article acknowledges you must run sometimes on hard surfaces in order to harden your legs but suggests that long term you will be better off varying your surfaces.

(The first of these articles at running.competitor.com was "Anaerobic Development is Key to Running Speed," by Matt Fitzgerald; the second, "The Importance of Varying Your Running Surfaces," by Mario Fraioli.)

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Note 2

Anything ever hurt in your joints or feet when you run?

ABC News, of all places, reported an orthopedic surgeon's advice on how to avoid such problems – and not all of his tips were intuitive:

-Shorten your stride, increase your cadence. This centers your body and distributes force more evenly.

-Diversify surfaces to include trails, sand, sidewalks, and grass, and sometimes run barefoot. This strengthens small foot muscles.

-Sleuth out the cause of the discomfort. Did you change gear or technique?

-Run uphill, walk downhill. Uphill running puts the load on muscles. Downhill running puts the load on the knee joint.

-Stretch. When tendons and muscles tighten, less of a joint's range of motion is used, overworking joint surfaces that are used.

-Avoid the treadmill and discard earbuds. Pay attention to your body, not the TV or the tune.

-If pain is bad, get to a physical therapist without reluctance.

(Becky Worley, ABC News, July 11. 2018)

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Race Results

(Y Members in Bold)

Ganzo's Cinco de Mayo 5K
Davenport, IA
5-5-18

Macomb Area Runners

F4549
Julia Burns 27:05
Shari Connell 27:38

M4549
Craig Burns 31:18

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Komen Race for the Cure
Metro Center, Peoria, IL
5-12-18

Macomb Area Runner

M60+
Deckle McLean 35:27

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Quad City Distance Classic
5K Half-Marathon
Augustana College
Rock Island, IL
5-13-18

Macomb Area Runner

5K

F4549
Shari Connell 27:35

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Great River Bridge Race 5K 10K
Front Street
Burlington, IA
5-19-18

Macomb Area Runner

10K

M70+
Dennis Werling 1:15.20 2nd

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Bridge Gap to Health
5K 10K Half-Marathon
Clat Adams Park
Quincy, IL
5-19-18

Macomb Area Runners

10K
F2024
Morgan Payne 1:16.26

F4549
Emilie Payne 1:16.26

M5559
Michael Heille 54:31 3rd

M70-99
Deckle McLean 1:18.39 1st

Half-Marathon

F3034
Denise Cremer 2:39.21

M3539
Nigel Graham 1:59.35

M4044
Jonathan Ahl 2:23.06

F4549
Deborah Collins 2:39.21
Jennifer Vyhnanek 2:56.43

M5559
Dana Bainter 1:39.29 1st
Drake White 2:02.46

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Run Galesburg Run
5K Half-Marathon
Galesburg, IL
6-3-18

Macomb Area Runners

5K

F4049
Julia Burns 26L39 1st

M4049
Craig Burns 28:35
Jason Olmsted 27:20

Half-Marathon

F2029
Kari Roger 1:41.43 2nd

M4049
Jonathan Ahl 2:12.19

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Steamboat Classic
4M 15K 2M
Riverfront Park
Peoria, IL
6-16-18

3

Macomb Area Runners

15K

M Clydesdale 220-249
Michael Heille 1:30.37 2nd

M6569
Formerly of Macomb
Al Rosenberger 1:23.51

M70+
Dennis Werling 2:03.50 1st

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**Bliven
Heritage Days
1, 2 and 4 Mile Runs**
Macomb, IL
6-23-18

All Runners

1Mile

Isaac House 8:21
Carter Van Vleet 8:25

2 Mile

F15 and Under
Olivia Bishop 13:34 (1st Overall)
Madeline DiGrino 20:00

M15 and Under
Connor Bishop 16:23

F3039
Carrie Van Vleet 17:17
Erica Blair 18:39
Mariah DiGrino 20:02
Murial Ward 20:03
Melissa Byers 20:16
Jessica Koeppen 30:55
Debbie Bainter 35:35
Erin Fink 44:34

F4049
Carla Bishop 17:47
Becky Derry 19:31
Renee Buker 30:40
Nicole Neavear 31:57

M4049
Joel Gruver 14:40 (1st Overall)
Craig Burns 16:41
Jon Evans 19:15

F5059
Kim Pierce 27:53
Donna Scanlon 30:53
Julia Mason 31:59

M5059
Jeff Lorber 20:34
Jeffery Calhoun 38:35

F60+
Suzan Nash 27:51
Betsy Hommel 28:25
Vicki Smith 30:49
Pt Smith 37:38
Luann Stovall 37:39

M60+
Jim Hommel 28:28
Randy Sollenberger 33:32
Joe Sullivan 35:32
Jim Calhoun 38:38

4 Mile

F15 and Under
Khyliegh Diggs 30:25
Emily Otte 36:01

M15 and Under
Carl Blome 26:04
Jake Hyde 34:01

F1619
Maya Stovall 27:16 (1st Overall)
Courtney Neavear 35:01

M1619
Keren Jasdan 24:43

M2029
Jack Rzepecki 23:27 (1st Overall)
Matt Marol 30:43
Pat Kolata 31:49
Nick Severs 3:46
Matt Adkisson 32:47
Spencer Van Ducric 39:48

F3039
Deb Sparrow 28:30
Lisa Adkisson 29:28
Wendy Anderson 31:07
Kate Evans 31L38
Jamie Hocker 32:33
Abby Fansler 33:02
Nicole Stevenson 36:55
Stacie Petitgout 37:07
Marie Quaresima 38:19
Stephanie Rogers 40:11

M3039
Nigel Graham 31:00
Sunny Fitzgerald 35:50
Jason Taylor 40:53
Pat Raftis 40:55

F4049
Nicole Halstead 30:41
Julia Burns 35:01
Jennifer Kujawa 37:09
Kara Hammond 38:29
Jessica Butcher 40:41
Jennifer Jones 54:17

M4049
Jacob Sohlberg 30:16
Brian Thompson 36:26
Clinton Pedigo 38:16
Jon Jones 39:05
Heath Warren 48:28
Jonathan Ahl 48:29

F5059
Pam Hoon 33:08
Margie Twaddle 36:39
Melanie Falk 41:00

M5059
Dana Bainter 27:49
Buzz Hoon 29:43
Craig Bishop 33:26
Tom Sullivan 40:02

M60+
Jim Olson 35:03
Leroy Tappe 37:11
Skip Scripps 40:22
Deckle McLean 41:38
Dennis Werling 42:08

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Firecracker 5K 10K
East Moline, IL
7-4-18

Macomb Area Runners

5K

M5559
John Connell 50:53

M75 and up
Deckle McLean 35:51 2nd

10K

F4549
Shari Connell 1:05.52

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Hannibal Cannibal 5K 10K 15K
Hannibal, MO
7-7-18

Macomb Area Runner

10K

M7079
Dennis Werling 1:07.30 1st

15K

Clydesdale
Michael Heille 1:28.36 3rd

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Jed Johnson 5K
Fairview, IL
7-14-18

5K

M 9 and Under
Colton Ward 8:03:00

F1014
Erica Dailey 24:08 1st Overall F
Ella Bruketta 26:50
Olivia Knowles 29:34
Jenna Dean 34:05
Reese Murphy 42:43

M1014
Braxton Rock 28:49
Brayden Aguilar 29:21

M1519
Caleb Hilton 21:36

F3039
Jennifer Burdette 30:30
Randi Johnson 42:53
Kelly Murphy 43:14

M3039
Sam Showman 18:51 1st Overall M
John Black 21:24
Adam St Clair 24:20

F4049
Christina Grigsby 43:11

M4049
Doug Wenger 23:49
Brett Dailey 24:10
Jack Ward 24:36

F5059
Sheri Hohenberry 25:41
Mary Pille 34:08

M5059
Russ Johnson 21:43
Mike Brown 35:15

M6069
Ron Custer 22:36
Tom Perkins 25:01
Wayne Ridle 26:41
Kevin Dearing 27:30
Leroy Tappe 28:20

M70+
Deckle McLean 32:30

1Mile

F9 and Under
Addison Roddis 8:59
Masi Cass 13:21 [3 years old]
Penny Black 14:37 [6 years old]

M9 and Under
Colton Ward 8:03
Aiden Roddis 9:04 [7 years old]
Deacon Anderson 12:55
Rocky Meyer 14:08
Tyler McConkey 17:54

F1014
Samantha Munson 6:42 1st Overall F
Anelise Hodges 7:00
Olivia Miller 7:06
Ashlyn Ball 8:32
Ellie Quick 8:37
Morgan Guppy 11:54

M1014
Caleb Hartstirn 7:24
Elliott Black 9:03
Carter Macvaen 10:21
Mark Kimbrell 10:27

F1519
Sloan Miller 8:31

M1519
Dylan Freeman 5:47 1st Overall M

Harley Pemble 7:22

F2029
Juliette Camara 7:20
Presley McConkey 21:33

M2029
Chase Shawgo 6:24
Blake McConkey 17:55

F3039
Trisha Roddis 9:59
Becky Bennett 10:44
Delona Meyer 12:20
Breanna Bennett 12:56
Carrie Jordan 14:38
Julia McConkey 17:54

M3039
Caleb Bennett 7:04
Jimmy Jordan 14:37
Clay McConkey 17:55

F4049
Brenda Shawgo 6:52

F5059
Toni Jurgensen 11:34
Lori Bennett 12:56

M6069
Mark Kimbrell 10:27

M70+
Larry Huffman 10:49

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Bix
2 M and 7M
Davenport, IA
7-28-18

Macomb Area Runners

2 Mile

M6569
Randy Sollenberger 34:35

7 Mile

F0115
Olivia Bishop 1:01.57

M0115
Connor Bishop 1:08.04

F2024
Ashley Plumb 44:46 3rd
Karyn Paisley 58:44

M2024
Garrett Kline ??ND

M2529
Colter Hentzel 45:14
Greg Daniels 1:13.55

M3034
Nathan Haley 50:24

M3539
Greg Naumann 1:00.03

F4044
Carla Bishop 1:21.23
Bre Redding 1:35.37

F4549
Julia Burns 1:08.32
Shari Connell 1:08.56

M4549
Craig Burns 1:12.23
Thomas Eddington 1:44.18

M5054
Craig Bishop 1:06.29
Barry Burgard 1:43.39

M5559
Michael Heille 1:03.07

F6669
Melanie McNeill 2:07.36

M7579
Dennis Werling 1:16.32
Deckle McLean 1:28.37

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Note 3

Expect high heat and humidity to negatively impact per mile running time.

At 60 degrees F expect pace to increase 2 to 3 percent, sending an eight minute per mile pace to 8:12. At 80 degrees expect a 12 to 15 percent increase, sending the 8 minutes per mile pace to 9:06.

At humidity between 60 and 90 percent, heart rate might increase up to 10 beats per minute, making an 8 minute per mile pace feel like 6 minutes per mile.

(Amanda Casanova, "Running in the Humidity," Active.com)

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Upcoming Races

August
02 – Freedom Run - 733 15ᵗʰ Ave., East Moline, IL – 5K (double loop 6M) - 6:30
        p.m.
09 – Il State Fair Parade Run – IL State Fairgrounds – Springfield, IL – 5 p.m.
11 – Whiskey Baron Run 5K – GAR Hall, 416 Hamilton Blvd., Peoria, IL – 8 a.m.
11 – Canton Bi-Tri – Lakeland Park, Canton. IL -Spring Triathlon/Duathlon – 8 a.m.
11 – Brimfield Old Settlers Race – American Legion Hall – Brimfield, IL – 5K/1M – 8
        a.m.
18 – Watermelon Stampede – Muscatine, IA – 5K/10K – 8 a.m.
19 – Du State Du – Loud Thunder, IL – Duathlon (Run2M/Bike15M/Run2M) – 8
         a.m.
19 – Abe's Amble – Grandstand, Il State Fairgrounds – Springfield, IL - 7:30 a.m.
25 – B-PC Backpack Program 5K/1M – Bushnell/PC High School Track – Bushnell, IL
        – 8 a.m.

September
31 to 02 – Joe Decker 36-hour "The Ultimate Suck" Endurance Event – Friday 7
        p.m. to Sunday 7 p.m. – 22721 N. Polecat Road, Cuba, IL.
31 to 01 – Decker 12-hour "The Suck" Endurance Event – Friday 7 p.m. to
        Saturday 7   a.m.
31 – Decker 4-hour "The Gut Check (Mini-Suck)" – Friday 7 p.m. to 11 p.m.
01 – Duane Beck 5K – Post Office, Colchester, IL – 7 a.m.
03 – Run with Carl – Life Fitness Center, Bettendorf, IA – 5M/5K/1M/.5M –
        8:15/8:30/7:45/7:30.
03 – Bridge to Bridge 4M – Peoria, IL – 7 a.m.
08 – Polka Pace 5K – Havana, IL 7 a.m.
09 – IVS Half Marathon – Glen Oak Park, Peoria, IL 7:45 a.m.
23 – Das Bier Run 5K – Gateway Bldg., 200 NE Water Street, Peoria, IL – 10 a.m.
        to 3 p.m.
23 – Quad City Marathon – Moline IL – Marathon, Half, 5K, PumpNRun – 7:30 a.m.
29 – Lederhosen 5K – Schwiebert Park, Rock Island, IL – 9 a.m.
29 – Old Stompin' Ground Runaround 5K – Alumni House, WIU, Macomb, IL – 8
        a.m.
30 - Nancy Kapheim Classic 5K/10K – Rock Island, IL – 8 a.m.

October

13 and 14 – Springfield Marathon (also ¾ Marathon, Half Marathon, Quarter
Marathon, 5K, and Marathon Relay) – Springfield, IL, 5K on 13ᵗʰ after packet pick-
up, other races on 14th 7:30 a.m.
20 – Dirty Hawk 5K – SCC Agri-Stock Arena, West Burlington, IA – 9 to 10:30 a.m.
        (heats every 15 minutes).
20 – Fallen Soldier 5K – Rec. Center, WIU, Macomb, IL – 8:30 a.m. ceremony/ 9
a.m. run.

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Note 4

A simple way to estimate optimum body weight for maximum speed, thanks to runningshoesguru.com:

Determine your frame size by the wrist-grab method – wrap the index finger and thumb of your left hand around your right wrist. Note that sometimes instructions for the wrist-grab method call for gripping the wrist with the middle finger and thumb of the other hand. In this case use the index finger, which is also called the forefinger, and is next to the thumb. The instructions this time are murky regarding where to grab the wrist. Usual instructions are to grab it where you would wear a watch, and not to grab directly around the bony wrist.

If the fingers do not touch, this equals large frame.

If they touch, medium frame.

If they overlap, small frame.

If your frame is large, double your height in inches and add 5-10 pounds. This number represents your best running weight.

If your frame is medium, double your height in inches to get the number representing your best running weight.

If your frame is small, double your height in inches and subtract 5-10 pounds.

As you grip your wrist, you will discover whether you are borderline between frame sizes, or super large, or super small. Use good judgment in adjusting to reach what you regard as a useful optimal weight estimate. The idea here is to employ a simple method to arrive at a ballpark figure.

(Peyton Hoyle, Running Nutrition, runningshoeguru.com)

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Prepared by Deckle McLean