

~ AUGUST 2022 ~

~~~ FOOTNOTES ~~~



Cooler Days are coming!



You're reading "Runbers", a collection of numbers related to running. Issue #33: Results from the World Masters Athletics Championships



The contingent of masters athletes from Canada placed 14th out of 64 countries in the medal standings from the recently-completed World Masters Athletics Championships in Tampere, Finland. Canada collected 31 medals, including six gold, finishing well back of first place Finland, which garnered 377 medals. Rounding out the top five countries were Germany (175), Great Britain and Northern Ireland (163), USA (162) and Spain (103). The complete medal table can be seen here:

https://wmatampere2022.com/wp-content/uploads/2022/07/MEDAL_TABLE_WMA_TAMPERE_2022_07_10.pdf

In the half-marathon team competition, three Canadian athletes in the W60 age group won a silver medal with a combined time of 5:09:07, just four minutes and ten seconds behind the team from Finland. The three Canadians and their results were: Makie Ohler 1:35:58, Elizabeth Waywell 1:37:28 and Clara Northcott (who is 65 years of age) in 1:55:40.

Alberta's Johanna Flipsen at age 67 won gold medals in both the 5000m and 10km racewalk, with times of 30:59 and 1:03:21. Those times translate to paces of 6:12/km and 6:20/km, walking!

~ Rob rjactm@nb.aibn.com



From the President by Fran Robinson



Hello folks. Can't believe it is almost August! We've had some blistering hot and humid days. I've discovered that I'm lousy at running in this heat and am quite worried about my training for the half marathon. On top of the heat, I can't seem to get motivated! Where is my mojo going to come from? I am running the Joe McGuire Road Race this weekend with Kay, Rick, Janet and Claudette (from Charlo). That might help get me to see how much I need to train! Had a wonderful visit with my grandson and will be returning mid August for a second visit.

Paul Sanford did indeed win the June Challenge. He received a gift card to the Running Room, as did two random draw participants, Michele Coleman and Mike Staphenurst. Way to go Paul!!

The Great Canada Challenge is going on right now and the Capital City Road Runners has a team in it. We are a group of 7 participants. As of yesterday, I am in first place, largely due to the amount of walking/running I did while in Ontario at the beginning of the month. Delberta Flood has overtaken me once and will again, for sure.

Janet and Sara took charge of the last race series event for our club. Thanks to you both! Not too many participated but the first 3 place results are as follows: 1. Eric Hopper 2. Mike Melanson 3. Rick Stairs. Congratulations to all runners who participated. I did publish the standings for the series in one of the recent newsletters. First- Eric Hopper 2. Mike Melanson 3. Rick Stairs. Congratulations to all runners who participated. The next run is coming up in August. More details later.

Michele Coleman and Paul Looker are both hiking big trails this summer. Michele and her husband are hiking a portion of the Pacific Coast Trail in the states and Paul is hiking the Canadian portion of the Continental Divide. Both are encountering lots of snow and cold temperatures. Better than extreme heat, I'd say! We look forward to your stories, guys! Way to go!

Stay cool and hydrate lots! Fran

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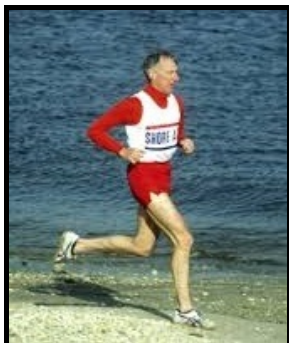
Running into Old Age by Dr. George Sheehan (and a few thoughts from the running rev)



A month or so ago I came down with a bug. After testing negative for Covid, I settled down to setting about to recover from whatever it was. Unable to run or even walk as my energy had disappeared, it had taken a hiatus of some sort, I settled down with my “security blankie” to watch Wimbledon and promptly slept through most of the first week.

The second week wasn’t much better, still very tired, and lamenting loudly that I didn’t even have the energy to go for a walk let alone for a run. Still, I saw more of the Wimbledon tennis the second week than the first week so recovery was in sight. Also I was able to give up my “Comfort blankie”. The nasty bug took me down for the best part of 3 weeks.

The first run back was one of wheezing and coughing and to be truthful mostly more walking than running, and as my wife reminded me, “Maybe it’s time to slow down.” I assured her I couldn’t get any slower! We runners think in terms of times and distance and so this growing old isn’t for wimps as we can “see decline” happening before our very eyes. It was during that first run back that Dr. George Sheehan’s article came to mind. For you young’uns Dr. George Sheehan was a regular contributor to Runner’s World in the 1970’s & 80’s introducing runners to the spiritual side of the runner’s experience as the ‘Running Boom’ took off. Sheehan discovered his “inner runner” at age 45. His article is printed below for your perusal.



I first came upon the aging process in a race. I felt no sense of advancing years in my day-to-day activity. My work week was unchanged: I wrote, I traveled, I lectured. Some people marveled at my energy and endurance. It was my weekend race that finally told me I was no longer young. The changes that come with age are subtle-but not to a runner. My 10-K time measures me quite accurately.

Any change in performance dictated by age is precisely recorded in minutes or seconds on the digital clock at the finish line. “Crumbling is not an instant’s Act,” wrote Emily Dickinson. And the physician in me knows that almost 90 percent of my liver has to be damaged before its impairment is apparent.

The body has enormous reserves to call upon. But in the race, I call on all my reserves. I am operating at full throttle. The least diminution in function becomes evident. The race, therefore, is the litmus test for aging. Long before anything else goes, race times signal the approach of the last stage of life. A look at my weekly race results will tell you bluntly that I am no longer middle-aged. I am now a full-fledged citizen of the country of the aged. Three years ago when this happened, I refused to believe it. Running had been my fountain of youth. For years I thought it was inexhaustible, like the never-empty cup of coffee some restaurants offer. After I began running in my 40's, I quickly became 32 years old and stayed that way. Decades came and went, and I was still in my prime. When my 10-K times slowed down and I began to run personal worsts instead of personal bests, I took stock. It was not age, I told myself. I had been 32 years old for the previous 20 years and did not intend to get older. All I needed was more training, some hills and speedwork, and I would be back to my best.

I took up arms against age. I increased my training and within a single Thanksgiving holiday ran four races. Each race I ran a little faster than the previous one, but never near the times I had registered the year before. And I was no longer in the top third of the field-now, I was well back in the second half of the pack. How did I feel about all this? Terrible. And don't remind me that most people my age have run up the white flag. Do not tell me I can still outrun the average person twenty years younger than me. Do not point out that age has compensations that will more than pay for the lost few minutes in the race. I am rebuilding my life on those thoughts.

But first, help me bury the runner I once was, and then we can talk about what the future holds. Apparently, it still holds plenty. My initial depression has receded. I realize now that there are more things at stake than setting a personal best in a road race. I can even answer truthfully (and this is the most difficult part) when someone asks me, "What was your time, Doc?" My times continue to get slower and slower. And, therefore, the "me" that I am is different. But the me that I am has developed insights and wisdom that I did not have before. What I have lost I can afford to lose.

What I have gained is something I cannot do without. The race, however slow my times, remains an ever-changing learning experience. Whenever I race, I learn something new about myself and those who race with me. I will never be 32 years-old again, but it no longer matters, because I've learned that winning doesn't matter, it's running that counts. And when I push to the limit, I am a boy again-an untried youth listening to the wisdom of my body.

~ John cathcartjohn@hotmail.com

The training benefits of running in really hot weather

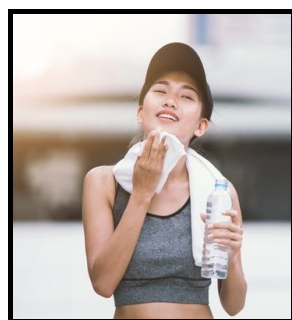
How running in the heat can make you faster in the fall

by

Madeleine Kelly for Canadian Runner



Sara Young reminds us that it's just over 7 weeks to go until the Fall Classic! With increasing summer temperatures, we thought we'd share an article about running in the heat. Spoiler alert: it actually makes you fitter and will help you to run / walk a great time at the Fall Classic! ((Fall Classic Race weekend is September 24-25).



Summer is here to stay, and while it provides some of the best running of the year, it's also (obviously) the hottest. June, July and August are the three months when runners obsessively check the weather and plan their runs accordingly. Those of us who are decidedly not morning people will start rising with the sun just to beat the heat. However, there are some days when the heat can't be beaten (no matter how early you wake up). The upcoming Tokyo Olympics are expected to be the hottest in modern history, so physiologists are taking a special interest in heat acclimation. Even if you're not training for the Olympics, a little heat training can go a long way this time of year. Here are some tips for getting used to running in 30-plus degree weather and why it might actually make you fitter long-term.

How long does it take to heat acclimate?

According to research, two weeks of training for 60 to 90 minutes in the heat is enough for adaptations, with 75 to 80 per cent of the adaptations taking place in the first four to seven days of exposure. Those adaptations include increased plasma volume and enhanced heat dissipation – both of which work to cool runners down. A 2020 study showed that an athlete's heart rate when doing the same activity would drop roughly 35 beats per minute after two weeks of heat exposure.

How to acclimate safely

Heat illness is a very real concern for runners during the summer months and shouldn't be taken lightly. That's why it's important to slowly introduce warm weather training and take all appropriate precautions.

Hydrate well.

Dehydration is one of most obvious issues when it comes to running in the heat. When your body is low on water, it increases your core temperature, which can lead to heat stroke or heat exhaustion. When runners are getting used to the heat, hydrating before, during and after a run is key. Don't leave the house without water.

Pro tip: if you don't want to run with your bottle, stashing a bottle somewhere along the trail is a great way to get some fluids in without carrying it for your entire run. Better yet, a companion on a bike who's willing to carry your fluids is key for a summer long run.

Take your first few hot days easy.

Your body will be working much harder than usual to run a pace that's typically comfortable (you will see this in your elevated heart rate data). After one or two days of heat exposure, your body will already begin adapting, but be sure to take those first two hot days nice and easy.

You'll be faster in the fall

A summer of training in hot weather has been shown to improve results in cool conditions, as heat acclimation improves cardiac efficiency. In a 2007 study of elite swimmers, those who trained in both tropical and temperate environments saw a 10 per cent improvement over those who remained in a temperate climate the entire time. If you're a runner who's made it through training in the warm weather, come fall you'll feel smooth and strong.

Running on Medium by Jason Scarbro July 2022

**This month's pick:
Tommie Runz**



I first came across Tommie Runz on the Rambling Runner podcast (by the way, this is one of the best running podcasts out there so I encourage you to check it out). It was a shoe review episode with multiple guests, and although I was impressed with Tommie's knowledge of various products, to be honest there wasn't anything unique about the podcast that made it stick with me and I quickly forgot about both the guests and the content.

That all changed recently when he sat down for a long-form interview with Mario Fraioli on the Morning Shakeout podcast. This episode focused exclusively on Tommie and dug deep into the many challenges he has faced in his life and how it has shaped his running journey. Here is the episode description and link if you are interested in learning more:

In this episode, Tommie talks to me about the period of time he lived in Massachusetts, his troubled relationship with alcohol, and the journey he's traveled to sobriety. He told me about when and how running came into his life and the path he followed to qualifying for the Boston Marathon. We discussed identity and how that's shifted for him over the course of his life, what it's like being a Black runner in his hometown of Detroit, and so much more.

<https://themorningshakeout.com/podcast-episode-204-with-tommie-runz/>

It was a powerful episode. One of those episodes where I am so engrossed that my 45-minute commute feels like 5. Here's a quote from Tommie during his chat with Mario:

I put myself through so many dark moments of life. I lived through all these things that told me to stop doing this thing that doesn't even make me feel good—drinking isn't a fun thing after a certain point—so I put myself through all that. And so with endurance, and lifting, and running, for sure, I feel like I'm good at it because I've been to the pain cave mentally for so long and all signs pointed to stop—and I kept going. And so, to me, in running, I'll never get to the pain cave or a mental pain cave as bad as it was at my lowest moment in drinking, so I think I'm just attracted to that because number one, the process: It's just really cool to do something day in, day out and actually see a benefit. I just got attracted to that process, and also I can just stay in this terrible moment for as long as we can."



Tommie is more than a frequent podcast guest . . . he has his own! The Run Eat Sleep Show currently sits at 72 episodes and covers topics all things running. I recently downloaded it and am excited to check out many of the past episodes (including a recent one with Rory Linkletter, one of Canada's strongest distance runners).



Tommie certainly has a right to use “Runz” as part of his stage name. Although he was not a high school or collegiate runner, he has quickly shown a natural talent. His personal best is 2:48 in the marathon, and he was well on pace to better that in the 2022 Boston Marathon until a knee injury sidelined his training late in his race build up, and then the race itself. Undeterred, Tommie is confident he has better running days ahead! I, for one, will be paying attention to his journey.

The Extra Mile – Some final thoughts

I was late to the running game. I started running for general fitness in the late 2000’s and ran my first race in 2013. Over much of the past decade, I have known nothing but improvement. I set personal bests in several distances in 2021 and was excited for further improvement in 2022. But that hasn’t happened despite consistent training and effort.

The sample size is still small (2022 is only half over) and I know that race results are multifactorial, but the thought has crossed my mind that my “fastest” days may be behind me. I intentionally didn’t say “best” days because I’m trying to convince myself that fast and best are two different things. I’m a competitive person so this is a work in progress for me (I don’t know if I genuinely believe that fast and best are different).

I’m not done trying to get faster (or better), but I’m beginning to see that improving as a runner may need to be (and likely should be) about more than just my race times.

Next month’s planned pick – *Malcolm Gladwell and his new podcast Legacy of Speed*.

Enjoy your running! ~ Jason

jscarbro@stu.ca

Fossils Corner by Steve Scott



How much HEAT and HUMIDITY can you take in your training? This is something you that you MUST take into account as you prepare for any distance in the near future because it can become deadly before you realize there is a problem. Plan your training carefully making sure that you are fully hydrated (actually sloshing) and relieving yourself every 10 to 15 minutes. Don't worry when you start running the urge will disappear before you know it.

Train early in the morning or the middle evening on a shaded route. Carry lots of water and electrolyte replacement products to help ward off hypothermia. Slow down and do a route where you have opportunities to refill your water bottle. Be especially aware of your sweating capabilities because if you stop sweating or never start sweating more nasty things will begin to happen quite rapidly like becoming lightheaded and dizzy and extreme thirst even after drinking a lot of water. At this juncture you should begin walking slowly if you can or call a friend to come pick you up.

Some of the above might sound pretty severe just to go for a training run but I have witnessed and been part of several of the above scenarios over the years that I ran in the heat of the spring, summer and fall and managed to keep mostly upright especially when confronted with that ugly "death Shuffle" if we wanted to finish the marathon of the day. Some days you just have to "know when to back off". There will be better running days to come for sure.

Just a few notes regarding the June Hill Climb. The cash donation to the Food Bank was topped up from \$28.00 to \$50.00 by my Carol and the CCRRW Club Executive approved a refurbishment of the Hill Climb Trophy which was completed yesterday and paid for. It is now available for the two winners to share in whatever prominent spot they like in their homes over the next year.

Stay safe and have fun running and walking. Just remember "... there is no finish line ..."

~ Fossil scottie46@hotmail.com



From the Back of the Pack

Hello everyone,



I'm just sitting here on the outside front porch of our third oldest son Anthony in Cedar Lake, Indiana. Henny and I have been travelling since the fourth of July and are about two weeks before getting home. While visiting with our children and grand kids we were able to do a lot of cycling as well. In four weeks we climbed a great number of hills and covered a lot of distance (1000km) and heights (approx. 6000 meters)!

Running? A big fat zero! Maybe I'll train for a December half marathon? Going for a swim with grandson Mason now, take care and see all of you in a few weeks.



From The Back Of A Sore Butt, ~ Harry. hhdrst@gmail.com

