



The Starting Line

newsletter of the falmouth track club • august 2016

Running and Wellness Events ...on the near horizon

17th Annual Feast of the Blessed Sacrament 5K
Road Race

8/6/2016 ~ New Bedford

38th Annual Irish Pub Road Race

8/6/2016 ~ Harwich

4th Annual USA Beat the Heat 5K

8/6/2016 ~ Pembroke

14th Annual Runaways Runaround

8/7/2016 ~ North Attleboro

10th Annual Rochester Road Race

8/13/2016 ~ Rochester

38th Annual Brew Run

8/13/2016 ~ Brewster

3rd Annual Gridiron Kickoff 5K

8/13/2016 ~ Kingston

Jamie Fund 5K Road Race

8/13/2016 ~ Mansfield

Butterfly 5K

8/14/2016 ~ North Attleboro

5k Run for Jabberwocky

8/20/2016 ~ Edgartown

Against the Tide

8/20/2016 ~ Brewster

Cape Cod Outer Beach Run Half Marathon

8/21/2016 ~ Wellfleet

New Balance Falmouth Road Race

8/21/2016 ~ Falmouth

10th Annual Marathon Sports End of Summer
Classic Race

8/26/2016 ~ Hingham



Boilermaker: An FTC Classic Road Trip

By Kevin Leach, FTC President

Since the early 90's I have been heading out to central NY each July to run "The Utica N.Y. 15K Boilermaker Road Race". Utica is a depressed city located in central NY along what is a combination of the Barge canal and the Mohawk river. It was a vibrant city during the post WWII era. My first Boilermaker was in 1991. I have only missed going to the starting line 4 times since then. In 2005, six of us rode bikes from Greenfield Ma. to Utica, riding on Friday and Saturday (~190 miles total) and then running the race on Sunday.

Over the years, taking runners to the Boilermaker has become a tradition and 2016 was no exception. FTC members making the trip to Utica this year were Bob and Maggie Yates, George Bailee and Meg Malone. They were our #1 male and #1 female "Winter Warriors" in 2015, averaging more than 17 and 13 miles each day respectively for the entire month of January. Other FTC members making the trip this year included Mike Falcone, Joanne Jack, Tom Davis, Jill Polvinen, along with a host of Thirsty Irish Runners who faithfully support many of our local cape and FTC races during the year.

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Boilermaker

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Most of us headed towards Utica early Saturday morning. We met at Joe's Restaurant, a famous Italian restaurant in East Utica. I take people there each year, not only to carbo load for the next day, but to experience a unique family run neighborhood restaurant, enriched in Italian culture that hasn't changed a lick since the 1960's. Joe's is in a very old building in a very poor residential neighborhood. There is one menu posted on the wall, and only lists about 1/2 of what they offer. "The waitress" does not have time to tell you what else they have, so if you don't know, you are out of luck; Luckily I happen to know J; Only 2 types of pasta are served, spaghetti or ziti. Meatballs or sausage are the only meat choices. There is 1 type of salad. It has lettuce, tomato, salami, provolone, and Italian house dressing. Fried sweet peppers are a specialty that are not to be missed. (everybody orders them). They are eaten on a thin slice of Italian bread and after adding a spoonful of graded Romano cheese on the pepper and tasting it, you will realize why everyone orders them. They are unique. The bread & cheese is the best, and there is a help yourself re-fill station at the end of the bar. Red wine is the only wine choice (house chianti) and comes in a glass that resembles a mid-size juice glass. Did I mention the prices? Pasta dishes are \$5-6 and 16oz beers are \$1.50. Seven of us ate our fill on Saturday and the bill was \$72.00 including tax. Experiencing Joe's is a must on this trip .

After lunch we headed over the Expo which is held on the campus of a local community college. The venue was spacious and spread out, with plenty of convenient parking, and the goody bag contained a decorative (boilermaker design) 16oz beer glass that has been a signature goody bag item for years. The air was energized as it always is at these events

We took the time to drive the course, which is point to point, and covers 9.3 miles through the city's various neighborhoods. The mile markers are beautifully designed and permanently fixed alongside the streets. There are two major hills. With 40,000 people expected to be in attendance, finding someone by chance would be very challenging. We checked out some of the local downtown flavor at Varrick street, which is a lively street, adjacent to the finish line, and littered with a multitude of pubs and other similar establishments. There were many runners strolling the streets and sampling the various ales, IPA's, and pilsners on the outdoor decks of the "establishments".

Race Day: This year's race was different, only in that the weather was not the typical hot, sunny, humid, cookie cutter day that has been the norm for each of my previous 22 Boilermakers. Most of Saturday and up until 6AM Sunday, there were scattered showers and downpours. But the sun gods appeared and although there was a slight mist at one point during the run, a vote by some 14,000 runners at the post-race, determined that it did not



rain, and the Boilermaker still had the distinction of never having been run in rain in any of its 39 races. As each runner crossed the finish line, the weather only got better and ended up perfect for the post-race celebration.

The highlight of the start had to be the national anthem, played solo on a trumpet with the entire crowd silent. This has been a signature to the start of the race for as long as I can remember. The gun sounded and some 30 seconds later, George and I were crossing the starting line. We were fortunate to have been seeded in the first corral behind the elite runners. We had decided the previous night to run together knowing we were in the same corral and both had planned to run about an 8 min. per

mile pace. The spectators were out in droves despite the ominous weather conditions. There was music playing from the start and the cool conditions were welcomed by the runners. The streets were lined with clapping, cheering, bell ringing, and enthusiastic spectators the entire way. Major intersections had rows of spectators 5 and 6 deep. On the course there were popsicles, Gatorade, and numerous hoses and overhead showers along the way. As one runner described it "Whatever you needed all you had to do was hold your hand out" The entertainment along the way was non-stop and seems to get better each year. Despite the weather, there were all types of bands, (jazz, drums, rock, folk, sound systems, you name it). For George and I, it made the 9.3-mile distance most enjoyable and made the time go by quick. We could hear music most of the 9.3 miles.

Last but not least was the post-race party. Some 40,000 people comprised of runners and spectators were treated to food and beverage, as well as a 10-piece band called Nick and the Nice Guys. Saranac brewery provided an ample supply of Saranac beer for several hours and the atmosphere could not have been more energized. There was also a flyover, during a rendition of God Bless America, as a huge American flag was unraveled down the side of the building. It was inspiring. All in all, it would be hard to ever have more fun, before 11AM on a Sunday morning. As the post-race came to a close and we headed towards our cars, we discussed the race in detail and how much we all enjoyed it. We all agreed that the # of spectators, their enthusiasm, the race amenities, the music on the course, and the post-race festivities were just the best. We all arrived back on the Cape in one piece, and I for one was ready for a good night's sleep.

Next year will be the 40th running of the Boilermaker! Please email Kevin to be a part of an even larger group of FTC members and friends going as a club event.

Current president of the Falmouth Track Club, Kevin Leach has lived in Falmouth since 2005 with his wife of over 40 years - Gloria. Kevin has been an avid runner since 1978 completing 17 marathons including Boston (5 times) as well as New York, Chicago, Philadelphia, and San Diego.

Running with Dogs

By Allison Manchester



When I lived in Brighton as a graduate student, almost all of my daily running routes included the Chestnut Hill Reservoir. The 1.56 mile-long flat gravel path that surrounds the reservoir was a welcome reprieve from the pavement and traffic lights of running elsewhere in the city.

While at the reservoir one night, I noticed a man walking with a majestic Black Lab. The man gently told his dog to sit and stay—and then began to jog around the loop. When he made it halfway around, he blew a whistle and the dog darted after him! As soon as the dog caught up, it dutifully sat and stayed again until the man made it around the reservoir and blew the whistle. The man repeated this process for at least a half hour!

After witnessing this impressive feat, I decided to pay more attention to how people run with dogs successfully.

If you would like to start running with a dog, make sure to choose the right breed. As a general rule, steer clear of brachycephalic (flat-faced and short-nosed) breeds, such as pugs and bulldogs. These dogs often experience difficulty with breathing and long periods of activity. Weimaraners, German Shorthaired Pointers, Vizslas, Golden and Labrador Retrievers, Alaskan Malamutes, German Shepherds, Border Collies, and Australian Shepherds are among the most run-friendly breeds.

In order to avoid injury, most running-with-dogs experts recommend a 3-6 foot leather leash. In the beginning, make sure to focus less on your own speed and more on training your dog. Eventually, you should aim to run with your dog on a loose leash.

Like humans, dogs need to build up their strength. Even if you are already able to run a 5K, use a beginner 5K training program for the runs when you bring your dog along. During runs, dogs should be panting—but not completely winded—when trying to keep up with you. Make sure to pay attention to when your dog might need a water break. This is especially important in hot weather, when dogs might drink out of gummy puddles if they are thirsty. Lastly, don't forget to bring plenty of plastic bags for your furry running partner!

If you think that you and your dog can go the distance in a race, check out the Paws and Claws 5K in Hopkinton on October 16!

Allison Manchester just moved to Falmouth and loves to run all distances. Her favorite Falmouth running spots include the grass on Worcester Court, the hill on View Crest Road, and the Great Sippewissett Marsh section of the bike path. Sometimes, she even stops for Dairy Queen mid-run. She teaches 10th grade English at Falmouth Academy and is an especially huge fan of tea, Shakespeare, podcasts, Fleetwood Mac, and her dog.

FTC Year Round Youth Running

by Ken Gartner

The FTC youth running program is going strong this summer. We have about 40 kids aged 8 to 14. Thus far this summer we have had fun running at the high school track, trotting park track, bike path, Chappaquoit Beach and in Beebe Woods. We've had a several post workout pool parties and cookouts. There is no charge to participate in these runs. Just join the track club and show up to run. If anyone is interested contact Ken Gartner at kj.gartner@comcast.net.

The kids from the FTC group have been doing very well at recent local road races. Some of the races they have participated in were: the Flag Day 5k, Paul White Road Race, an off road 5 - K in Bourne, the Osterville 5 - K, the Mashpee Woodlands 5 - K and some off Cape races as well.

The Falmouth Road Race local Youth Mile is held on the Saturday of Road Race weekend and precedes the elite mile. The event is open to all local youths aged 9 to 14, there will be up to ten boys and ten girls in the race. Please contact the Falmouth Road Race for registration or Ken.

Here is the fall calendar of youth running events. This is a list of all events out there. No one should really plan to do all of the events. The main event is the Junior Olympic race on Nov. 13th in New Hampshire.. We hope to field as many teams as possible. The top thirty individuals and top five teams advance to the regional meet. The kids run in two year age groups and the races are very competitive. It is not easy to advance. The top 30 runners and top five teams at regionals would advance to the national meet.

Please let me know if you plan to run so we can get started on forming the teams. All runners will need a singlet. We will be ordering FTC singlets for those who did not run last year and replacing those for runners who do not have one that fits well. The order will be placed in September.

The Mayor's Cup Race and the GBTC race are new races for us this year. Last year they conflicted with other events. We seem to have a very large fast group of eleven and twelve year old boys and may actually field two teams at this age group. Runners need to be active members of the Falmouth Track Club, which can be done on-line, and those running the USATF races will need to join USATF. This can be done on-line. If you joined after Nov 1st last year then your membership is still current. If you are not a member it makes sense to wait until Nov 1st to join as then the membership will be good for all of the next year. Please do it shortly after Nov 1st though as sometimes it takes time for the age verification process.

Sept 3 ~ Dave Lewis 5-K, Falmouth

Sept 11- Greater Boston Track Club Cross Country Festival, Boston

Sept 18 ~ Main Street Mile, Falmouth,

Oct. 9 ~ Wayland XC Festival, Wayland ** USATF-NE GP race

Oct. 23 ~ Boston Mayor's Cup, Franklin Park ** USATF-NE GP race

Oct. 30 ~ CC Marathon Relay (we will field several youth teams)

Nov. 5 ~ 8th MA Middle School Invitational, Devens

Nov. 13 ~ New England Junior Olympics, NH

Nov. 20 ~ Region I Junior Olympics, Adirondack Association NY

Dec. 10 ~ USATF Junior Olympic Nationals, Hoover AL

The Pause that Refreshes: Cooling Beverages Ideas

By Mary and Steve Vanderlaske

An essential need during any workout is to stay hydrated. The decision of what to drink has become overwhelming. Plain water can be boring and tasteless. The market is flooded with sport drinks and energy drinks, which require you to carefully read the labels to avoid unwanted levels of added sugars, caffeine, or other chemicals. A simple way to control the ingredients in your drink is to make your own infused water. Infused water can add great flavor and include a nutritional boost for your workouts.

Throughout the day, consider substituting high-calorie, sugary juices with infused water. If you want an alternative to soda, try infusing sparkling water as a treat. To go the extra mile, use only organic ingredients when creating your concoction.

Several companies sell special water bottles that allow you to put the ingredients in a chamber which strains the water so you don't accidentally swallow the fruits and vegetables. Even without a special bottle, you can still infuse water by allowing the ingredients to soak in a refrigerated bottle or pitcher for 4 - 6 hours. Be careful of seeds or other small pieces of rind that can be swallowed when drinking infused water.

Samples of four recipes are included below. Feel free to experiment with your own special drinks too.

Run. Recover. Repeat!

Basil and Mango Infused Water

Ingredients (makes 1 pitcher):

- 1 Large Ripe Mango
- Large handful of Basil- about 8 large leafs

Directions: In a large clean pitcher rip the basil in half and toss in, slice the mango into large chunks and toss in. Cover the fruit and herbs with ice and then add water, place in the fridge for at least an hour before serving for maximum deliciousness.

Honeydew Mojito Infused Workout Water

Ingredients (makes 4 liters):

- 1/4 cup fresh mint
- 1 cup honeydew melon, sliced into chunks
- 1 lime, thinly sliced into rings

Directions: Add mint to bottom of clean, 4-liter pitcher and — using a fork or muddler — squish the leaves to release the oils. Add in the melon and limes, top with 3 cups of ice and then cover with water. Place in your fridge for 1-3 hours before serving.

Apple Cinnamon Craving Control Water

Ingredients (for one 24 oz serving):

- 1/2 small lemon sliced
- 1 strawberry sliced
- 1/4 apple sliced
- a few fresh mint leaves
- 1/4 tsp of cinnamon
- 24 oz of ice cold water

*Cinnamon improves circulation, thins blood, and manages blood sugar levels. Results in fewer sugar cravings so you eat less and can control calorie intake.

*Apple: Vitamin C also known as ascorbic acid synthesizes collagen which can help your skin look better. It also helps repair and maintain bones and teeth and helps heal wounds swiftly.

*Strawberries: Helps to fight carcinogens and contains anti-aging properties such as biotin

*Mint: Helps to improve digestion and gets rid of stomach cramps.

*Lemon: Stimulates the digestive track.

Strawberry Lime Spritzer

Ingredients:

- 8 Fresh Strawberries
- 1 Lime
- 1-2 liters of sparkling water - you can also use flat water

Directions: Slice the strawberries into three pieces and drop into the water, then slice the lime into 10 wedges and add to the water. Chill for 3-4 hours and serve.

To download free recipe cards for 10 infused drink ideas, please visit Mary's blog at: <https://offthecoastdesign.com/?p=1593>
<http://tinyurl.com/falmtrack>
<https://offthecoastdesign.com/community/10-healthy-summer-infused-water-recipes/>



Chi Running

A Free Workshop for FTC Members!

By Marc Waxman

The Falmouth Track Club will be bringing certified ChiRunning® Instructor Marc Waxman to the Falmouth High School for the weekly workouts. It will be Wednesday, August 24th from 5:30 to 7. This will introduce interested runners to the big ideas about ChiRunning®.

From the ChiRunning website (www.chirunning.com)...

Since 1999, ChiRunning has helped thousands of runners transform their technique - reducing, preventing and recovering from injuries. Runners of all ages and levels have improved their efficiency and performance, and now find running to be pain-free, easier, and enjoyable. The main principles of ChiRunning include:

- Relaxation
- Correct alignment and posture
- Landing with a midfoot strike
- Using a "gravity-assisted" forward lean
- Engaging core strength for propulsion
- Connecting the mind and body to prevent injury

Marc is looking forward to sharing a bit about these main principles as well as potential training options. Marc explains his experience with ChiRunning®...

"I have become a big advocate of ChiRunning® over the past years. About 7 years ago I ran a local 5k in Denver (where I was living at the time), and my wife minced no words about how "scrappy" I looked finishing the race (this was not positive feedback J). Around this same time I read the book *Born to Run*. It motivated me to want to become a better runner and to complete a marathon significantly faster than I had in the past (I had run four 4-hour marathons about ten years before).

From my wife's feedback, and also from what my body was telling me, I knew I needed to change my approach to running.

So, I went to my bookshelf and pulled off a book and video about ChiRunning® my father had given me years before and that I had barely cracked open. I read it cover to cover, watched the video, got my Five Fingers shoes and completely altered my approach to running. The rest, as they say, is history (at least my own personal history J).

Over the past seven years I have been able to run around 2,500 miles a year, and I have completed 13 marathons (getting faster each year with a 2:54 PR in Boston) and two ultra-marathons (50-milers). I did all this without any significant injury and barely missing a day of training. I don't say any of this to brag because I attribute this consistency to ChiRunning® to a large extent.

I have been working in education since I graduated college, so

as my passion for running increased, I started to think about how to combine my experience in education with my interest in running, so I became an RRCA certified coach, and I went through the process to become a certified ChiRunning® instructor. The formal training to become an official instructor has been

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super-exciting for me because not only did I get a chance to learn from Master Instructors, I can now officially share my passion for ChiRunning® with others. I hope you have a chance to come to the free clinic on August 24 to learn more about ChiRunning®.

In the meantime, there is some general info about ChiRunning® here: <http://www.chirunning.com/what-is-chirunning/>. My ChiRunning® instructor bio is here: <http://www.chiliving.com/learn-it/certified-instructor/134461/>. My personal website can be found here: www.113enterprises.com.

Contact Marc at coachmarc113@gmail.com with any questions. Chi Running® and Chi Walking® are registered trademarks of ChiLiving, Inc.



FTC Summer Youth Running Program

by Anne Preisig

The 11th annual FTC summer youth running program concluded another successful year, with girls and boys from first grade through high school meeting twice a week for the month of July. What do I mean by “successful”? I mean sharing the joy of running with this next generation of runners.

I saw success in the yelps of glee when coach Stephanie Thompson told the elementary kids that they were going running on the trail. I saw it in the determination of the older kids as they followed coaches Jim Preisig and Mike Ouimet and volunteers Jack Afarian and Emily Owen on fartleks. I saw it in the high-fives that kids gave each other during team-building games. I saw it in the smiles of the volunteers, veteran runners who loved being reminded of the simplicity of running without stop watches, measured distances, or race pressures.

I saw success in the teenage girl who returns year after year... running is still “cool” to do. I saw it in the 3rd grader who last year was shy and uncertain and this year lead the

What do I mean by “successful”?

I mean sharing the joy of running with this next generation of runners.

-coach Anne Preisig

way. I saw it in the middle school boy who ran, walked, ran, walked, ran... and finished. I saw it in the friendships made among kids who didn't know each other before the program.

Thank you to the parents for sharing your children with us, to the coaches for inspiring and leading, to the volunteers for encouraging and cheering, to Marathon Sports for the t-shirts, to Julie Waite for the brochure and t-shirt design, and to FTC for continuing to support the program that raises money for the running programs in the Falmouth Public Schools.

Anne Preisig is a coach and competitive athlete. Anne does individual coaching for runners, triathletes, and athletes of all ages (7-99). She offers group classes in West Falmouth: indoor cycling (spin), running, yoga/pilates/core. “Be trained by the best to reach your potential and achieve your goals” Anne’s credentials include: Elite National Duathlon Champion; USA Track and Field Olympic Trials Provisional Qualifier; Amateur National Triathlon Champion and Division 1 Cross-country and Track and Field Athlete at Yale. www.facebook.com/AnnePreisigPersonalTrainingBy

