



Marc Djikaev (left) and Silas Gartner

The Starting Line

newsletter of the falmouth track club • January 2017

FTC's Running Kids Tackle the Nation!

by Ken Gartner

I'm very proud of all the kids in our program. They work hard and have a lot of fun out there as well. It is very difficult to qualify for the national USATF meet from New England as we have one of the most competitive regions. We started out with 18 kids running at the New England meet in New Hampshire. Six of our kids qualified for the regional meet by finishing in the top 30. Marc Djikaev led the way with a first place finish in the boys 8 and under race.

The regionals were held in Saratoga, NY the following week. We arrived late on a Saturday afternoon in 60 degree weather and woke up the next morning to 25 degrees and snow. Four of our runners ended up qualifying for the national meet by finishing again in the top 30. Marc Djikaev and Silas Gartner took 10th and 14th in the boys 8 and under race, with just one second separating them. Caleb Gartner matched his younger brother with a 14th place finish in his 4K race, and Bobby Carew earned his way to Alabama with a 21st place finish.

The trip to the Nationals was a lot of fun and a great experience for the kids. We met youth runners from all over the country. Unfortunately we hit a cold spell down there and the 8 and under kids again had to toe the line in the freezing cold...at least it wasn't snowing this time. Marc and Silas somehow finished in an exact tie (to the 100th of a second) and placed 67th out of over 250 runners. Caleb and Bobby took 83rd and 120th out of 450 runners in a very crowded competitive race.

We had a great year! Many thanks to the kids and also the parents for their support. Also I'd would like to thank the Falmouth Road Race for the grant money they contributed to our program which helped pay for entry fees, uniforms, and travel expenses.

We will be running some indoor track meets this winter in Boston, our usual 5K road races throughout the year and we are looking forward to next fall's x country season.

We hope to qualify one or two full teams to the nationals next year, our boys 11/12 year old team looks very strong for next year, as does the boys 9/10 year old team.

As always, we welcome any new kids to join our program. There is no fee to participate, just come and run and have fun. We only ask you join FTC. If anyone is interested contact Ken Gartner at kj.gartner@comcast.net.

We try to mix it up to keep it interesting. The venues we run at include: Falmouth High School, Morse Pond School, Trotting Park, Chappy Beach, the bike path to Woods Hole, Long Pond, Beebe Woods, and anything else I can think of that would be fun. (We just added the Cape Cod Canal as a venue last week).

FTC Youth Runners Attend Nationals

By Carl Gustafson

Bobby Carew, age 14.

Bobby ran in a 4 K race at Nationals.

1. *How did you get interested in running?* I just started running one day. I started running more competitively and then started enjoying it more and more.

2. *Why do you run?* It is fun. I like the competition.

3. *Tell me about a favorite experience from States, Regionals or Nationals.* I just started running for my high school. I went to States this year. It was in Waltham. It was pretty cool. It was a nice course. It was a big open field and a very wide start. It was a rolling course.

4. *What are your favorite things about racing?* I like the end where you find out your times and see how good you improved.

5. *Are you involved in any other sports or*



Bobby Carew

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FTC Youth Attend Nationals

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activities? I play hockey. I play center.

6. *What are your hopes or plans for running in 2017 and beyond?* I would like to make it to All States for high school again and make it to New England's. I would like to run the two mile for track.

Silas Gartner, Age 8. **Silas ran a 2 K race at Nationals (2200 meters).**

1. *How did you get interested in running?* My dad taught me.

2. *Why do you run?* Because I like the sport.

3. *Tell me about a favorite experience from States, Regionals or Nationals.* I like sprinting. I liked the airplane. I had never been in one before. It was pretty cool.

4. *What are your favorite things about racing?* Chasing after everyone.

5. *Are you involved in any other sports or activities?* I play basketball. I play curling.

6. *What are your hopes or plans for running in 2017 and beyond?* I want to keep running.



Silas Gartner

Marc Djikaev, age 8.

Marc ran a 2 K race at Nationals (2200 meters).

1. *How did you get interested in running?* "Well, really all the people around me when I was at school were a lot faster than me. I always wanted to catch up. My par-



Marc Djikaev

ents found a running group. I started. I got along with them. I was getting faster. Then I got faster than the kids at school and they were annoyed.

2. *Why do you run?* It is like usually I don't play that many sports and also because when you are running or jogging you can speak to your friends. At school they wouldn't allow you to talk.

3. *Tell me about a favorite experience from States, Regionals or Nationals.* My favorite one was Nationals. When we got there I was really excited. They said the race is in two days. We went to eat. We went back to a hotel. It was called La Quinta. There were some parts that were old fashioned and parts were regular. That was really interesting to me.

We woke up and had breakfast and we went to run the course. Ken had run the course the night before. There was a big pond and small pond. There were two bridges on the course. I was getting freaked out thinking what if someone falls into the pond? Mom said someone probably won't.

4. *What are your favorite things about racing?* My favorite thing is winning.

5. *Are you involved in any other sports or activities?* I play chess, soccer and I ski.

6. *What are your hopes or plans for running in 2017 and beyond?* I am really hoping that next year I will do it again and win the region which I know is a lot of work.

7. *Any other thoughts?* I would really thank, Ken, my coach.

Caleb Gartner, 14.

Caleb ran a 4 K race at Nationals.

1. *How did you get interested in running?* My dad put me in some races like the Main Street Mile when I was two. I started running with at the track in 4th grade. It caught on.

2. *Why do you run?*

Everyone has something that you are good at. I was good at running. It was pretty fun too.

3. *Tell me about a favorite experience from States, Regionals or Nationals.* I really liked Nationals because you saw people from all over the country. Everyone there is used to being the fastest kid around. You are at the hotels



Caleb Gartner (left) and Bobby Carew

and get to know each other. It was then a drop back to reality to not be the fastest kid around.

4. *What are your favorite things about racing?* It gets really exciting. There is a lot of excitement. It is not drawn out. It is pretty exciting from the start to the finish.

5. *Are you involved in any other sports or activities?* I go to curling and play chess and I can juggle.

6. *What are your hopes or plans for running in 2017 and beyond?* I want to qualify for states in Cross Country. I'd like to run well in the mile as a freshman in high school. I want to run in college. It would be pretty cool.

7. *Any other thoughts?* The Nationals was pretty cool. You don't think of running as a big sport but at Nationals you see a lot of kids that are in to it and that is pretty cool.

Carl tries to keep himself busy. He enjoys running, bike riding, skiing, sailing and tries not to sink when he swims. You can find him running at least five miles outside every

day in January as he attempts to complete a Winter Challenge. His wife is happy when he is tired.



Caleb Gartner

'Tis the Season to be a Winter Warrior

by Lindsay Benson

It's that time of year again... My social media feeds are brimming with various fitness challenges – THE 12 DAYS OF FITNESS! 30 DAY PLANK CHALLENGE! 14 DAYS TO A BETTER BUTT! Each year, when the holidays roll around, many of us rely on these challenges as a means of motivation. For the non-athletes among us, fitness challenges are often tied to New Year's resolutions that are meant to kick off the new year with a new fitness routine. For those of us who are already committed to regular running and/or fitness regimens, these challenges are a means of keeping ourselves on track during a time of year when it can be difficult to remain motivated.

I have a lengthy personal history with the fitness challenge. When I was in elementary school, we were required to participate in the President's Physical Fitness Test. Remember the sit and reach? The school-wide mile run? During our elementary years, everyone participated and put forth their best effort in the annual fitness test, but as we approached middle school, fewer and fewer of my classmates really cared about their ability to meet the requirements of the test. During the days of big perms and aerosol hairspray, it was definitely cooler to walk the mile run and chat with your girlfriends than it was to run it and ruin your hair for the day. It became something of a rite of passage to hang from the chin-up bar for a second, roll your eyes at your friends, then hop down. I was obsessed, not only with passing the test and walking across the stage at the end of the year with my certificate, but also with beating my PE

teacher in each of the fitness test areas. I was particularly proud of my score on the sit and reach – she couldn't even come close (sorry, Mrs. Heppe – I know I talked a lot of smack). I have always loved a challenge.

Years later, during my first year teaching, I met my friend, Kelly, another first-year teacher, who helped me to get through the initiation year – the year when new teachers notoriously spend nearly as much time crying in their cars as they do working in the classroom. Though we parted ways over a decade ago, Kelly and I remain close, thanks to social media. She has since married a personal trainer, and has become something of a fitness guru herself. Kelly



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Don't let winter slow you down!

by Anne Curi Preisig

The weather is getting cold, snow is on its way, daylight is limited. We runners want to keep working out, but not every day can be an effective or safe run day in the winter. Try indoor cycling! It's the secret to my longevity as a runner. No, I don't run all the time and log many fewer miles that most people think. Instead, many of my workout hours are on the indoor bike. I find that I am stronger and healthier, using muscles differently than just running or riding our flat Falmouth roads.

The classes I teach are like track workouts: we warm up, then do a structured workout, then a warm down. Each day has a different focus to target muscle strength, endurance, or speed: one day may be short, steep hills for strength, another day may be longer sets for muscular endurance, and another a variety of paces.

For those doing the January 2017 winter warrior challenge, the cycling is a great way to either warm-up for or recover from your daily run. I find that cycling "resets" my muscles and makes them ready for the next run.

Often new riders are intimidated. No need to be! The best thing about indoor cycling is that you can't be left behind. You choose your own resistance to match what feels right for you. If you need an easy day, you can lighten the resistance. I guide you through the workout, giving you feedback on your form, your choice of resistance and cadence, etc, so that you are doing the workout correctly. I leave the lights on and don't have too loud music.



I have people old and young, fit and novice in my classes. Everyone is welcome!

You don't have to be a cyclist to do the classes: I will set you up on the bike and instruct you on the different movements. Your running background will make it easier for you to get comfortable riding.

The classes are social: because we are all together, we can chat on warmup and easier parts of the workout. You will be inspired by and learn from the other people in class. The time flies when you are having fun! Regular classes means that you are motivated to consistently train, because you are committed to a schedule of workouts.

Happy pedaling! Some places to spin are: Fitness Directions, Falmouth. See fitnessdirections.com; Get Fit, North Falmouth. See: get-fitnf.com/



Anne has her indoor cycling studios in West Falmouth. See Anne Preisig Personal Training. See www.facebook.com/AnnePreisigPersonalTraining

January Running Calendar Don't Worry ~ Run Happy

Wearry Travelers Run 1/8 ~ Monument Beach

Resolution Run to Kick Cancer 5K 1/28 ~ Lexington

winter warrior

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sponsors regular online fitness challenges amongst her social media contacts. Kelly's challenges have kept me focused during some difficult times in my running career, particularly my first winter back in Massachusetts, following eight balmy North Carolina "winters." Last year, following our move to Falmouth in late November, I would routinely drive home from work at lunchtime, and ask my husband to drop me off back at work with a backpack full of running gear, so that I would have no choice but to run home from work. On the days when I felt tempted to keep the car or ask for a ride home, the guilt that I felt about not posting to the challenge group was all the motivation I needed to stick with my running schedule. In fact, after injuring my iliotibial band this past summer, I messaged Kelly and asked her to create a new fitness challenge, in order to give me the accountability that I needed to train effectively for the Cape Cod Marathon Half in October (it worked – I did it).

This year, I have joined FTC's Frozen Track Club in the RACE Cancer Foundation's Winter Warrior Challenge. The Winter Warrior Challenge invites participants to make a commitment to run or walk one, three, or five indoor or outdoor miles per day for the entire month of January. True "Winter Warrior" accolades are awarded to those who are able to complete daily miles outdoors. This challenge will be my most formidable to date. It will not only require me to commit to a minimum of a 31-day run streak (I tend to me more of a weekend warrior during the school year), but it will also require me to change my daily routines and test my organizational skills. Because of our family's work and extracurricular activity schedules, the only time when I will possibly be able to squeeze in a run during the work week will be before school. I began teaching in a new position this fall – one that requires me to plan and implement the primary academic curriculum for students spanning three grade levels. I arrive to work two hours before my students arrive each day, just to keep my head above water. Waking up another hour earlier is not an appealing prospect. But, I'll do it, because I need to beat this challenge! And, maybe I'll even create a new routine that helps me to become a more committed runner in 2017.

As I write, I have just returned from five days at my parents' house, where I celebrated the holidays and recuperated from a particularly vicious chest cold. For five days, I have laid on the couch and watched HGTV. For five days, I have subsisted on scalloped potatoes, smoked Gouda cheese, chocolate chip cannolis, and my dad's famous umbrella drinks. I have run exactly zero miles. The holidays are already a tough time to stay committed to a fitness routine, but to get back on track after being sick over the holidays – THE WORST. I am cautiously looking forward to the Winter Warrior Challenge as a means of not only getting



back into my running routine after the holidays, but also of creating some new routines that will benefit my overall lifestyle in the long run. Waking up early to run can't be that bad, right?

Setting a goal is easy – we do it all the time. Really committing to the challenge, in order to meet the goal, is the hard part. As a teacher, I am required to set measurable professional goals. I am motivated to meet these goals, not only because of my pride in my ability as an educator, but also because my supervisor and my school district hold me accountable. My fellow teachers provide me with the support that I need when I have a tough day. I am not allowed to quit working toward my goal because I have a cold, or because I don't want to drive to school in the snow. When we truly commit to a fitness challenge, we are provided with an additional source of accountability, for the days when intrinsic motivation isn't enough. Challenge participants acts as one another's cheerleaders, to help us through the tough days. One of the perks of participating in a challenge as a member of a team is that you aren't going it alone – you have a network of teammates behind you to motivate you to get out there when the inevitable January blizzard hits. I've never hit a 31-day run streak, but I'm setting the bar high for 2017.

For more information on the RACE Cancer Foundation's Winter Warrior Challenge, visit racecancer.org. Registration information can be found at <https://www.racemenu.com/events/143106-2017-Winter-Challenge>.



Lindsay Benson is a former summer-person, who returned to her Massachusetts roots after spending eight years in Charlotte, NC. She lives in Falmouth Heights with her husband and three sons. Lindsay is the lower elementary (K-4) Therapeutic Intervention Program (TIP) teacher for Falmouth Public Schools. When she's not teaching, Lindsay enjoys running, hiking, reading Elin Hilderbrand novels, and ruining the landscaping by attempting to "garden."