

The Starting Line

newsletter of the falmouth track club • March 2017

Secrets for Success for a 31 Day Winter Running Habit!

By Crystal Clear Carl

This newsletter focuses on the Winter Warrior Challenge. It is the third year in a row that FTC members and friends took up the challenge to exercise every day in January! The first two years you had to walk or run OUTSIDE for at least a mile and not miss a day. Folks did more, much more! We won for the largest team and most miles in 2015! Last year we had the largest team and came in 2nd place for mileage! This year we have the largest team again! Over 100 people are streaking! How does someone start and maintain a streak?

I wrote a daily email to help with motivation and ideas. Here are some ideas....

Here are ways to make this a 31 day habit...

From Day 4:

- 1.) Plan for your next walk, bike, run right now.
- 2.) Tell someone about your plan.
- 3.) Make sure you have everything you need for that exercise.
- 4.) It is going to get: Cold, Snowy, Icy and harder. You are going to be sore, tired, and might get sick of this. Plan

March Forward Running Calendar

2nd Annual Marshfield March 5K
3 / 4 ~ Marshfield

8th Annual Climb to the Top Boston
3 / 4 ~ Boston

Ireland 5K
3 / 5 New Bedford

Shamrock Shuffle 5K
3 / 11 ~ Hyannis

2nd Annual Shamrock Stampede 5K
3 / 18 ~ Plymouth

7th Annual Marshfield St. Patrick's Day 5K
3 / 18 ~ Marshfield

40th Anniversary New Bedford Half Marathon
3 / 19 New Bedford

40th Seagull Six Spring Classic Road Race
3 / 26 ~ Woods Hole

4th Annual Cameron Fitzpatrick Memorial 5K
3 / 26 ~ Plymouth



now. Make up three things that may be obstacles for you. Then overcome each obstacle now before you get it. BE PREPARED!!

- 5.) Do this ONE DAY AT A TIME! Make sure you are successful today.
- 6.) Use the group. We are a TEAM! This is like your exercise family! We love you. We want you to succeed.
 - a. Email the group with ideas.
 - b. Join the Face Book Group. It is a closed group. Send a request!
 - c. Come to Events.
 - d. Make up your own ideas and invite other people.
 - e. Come up with a winter nick name. It is silly and good fun silly! (I was Santa Carl last year!).
 - f. Plan on come to the celebration at the end of the month. That is a good way to have a finish line!
- 7.) Finally, let's use FB to come up with positive ways to keep a positive habit going. Share your ideas!

From Day 9:

Yes. It is cold. Yes. There is ice. Yes. There is snow.

You still need to exercise. If you are outside in this consider:

- 1.) Trail shoes or shoes with good tread.
- 2.) Yak Traxs
- 3.) Running screws through an old pair of sneakers to create traction for yourself.
- 4.) Moving indoors if needed.
- 5.) Make sure you wear reflective gear.
- 6.) Realize that cars may skid and you need to be SAFE.
- 7.) Use a headlight or carry a lamp at night.
- 8.) Make sure someone else knows where you are running to check on you if needed.

continued on page 2

Winter Running Habit Success

CONTINUED FROM PAGE 1

- 9.) Carry a charged mobile phone in your mitten. It will stay warm enough to use!
- 10.) Carry water bottles upside down to keep them from icing.
- 11.) Consider Yeti containers to keep fluids hot during a run.
- 12.) Consider hiking sticks or ski poles to help staying vertical!
- 13.) What ideas do you have?

Have Fun with Your Streak!

During the full moon we had: Time for the warriors to HOWL AT THE MOON! We ran under the full moon at Sandy Neck Beach. It was just awesome!

Day 14!

Tomorrow is day 15! Woo Hoo!

You may be feeling tired. You may have a blister. You may have some pain. Olof is getting it done with a painful hip and Norm with a broken jaw!

Yes, you need to be smart. You need to take care of yourself. Figure out if you can keep your streak going. What can I do so that I can do something today. Remember,...

You can bike (which means you can do spin!) and convert the miles. You can walk. You can do things that are different than running. You can keep track of your steps with a health app or pedometer and use them!

If you can keep your streak alive, then keep moving forward. What happens, is that sometimes, for no reason at all even, you will get a second wind! It happens to me all the time in longer running events. Our mind is a very powerful ally. We need to convince ourselves simply to take one more step and then the next one will take care of itself.

A couple of years ago I developed "YPB." A YPB is a Yearly Personal Best. Where am I at right at this moment? I want to do my best today. I am not 30. I am 56. That is ok. I am happy to be 56. I start every January 1st with a clean slate. When I run Falmouth this summer it will be a YPB. When I run my first 400 at the track this year it will be a YPB. I then go from there.

Some lessons?

I do not compare myself to others.

I enjoy smiling. Running. Pacing myself so that it is fun. Recovering as quickly as I can. Doing it again.

I celebrate whatever it is I am able to do.

I keep track of my skills in the here and now.

Do you remember thinking,...hmmm...this is overwhelming. It is hard enough to get out there a couple of times a week. Wow,...it is dark early and dark late. It might snow, rain, sleet. All of those objections. All of those reasons why you COULD NOT possibly accomplish your goal. Guess what? You are SO CLOSE TO GETTING IT DONE!!

The Mental Training Game:

I remember graduating from the Radcliffe Publishing Procedures Program. I was 22. They told us we were ready to go to Boston or NYC and get a job in publishing. I felt

like a fraud. One of the women had shirts made up for us "FAKE IT TILL YOU MAKE IT!" Absolutely. I was hired at Coward, McCann and Geoghegan as an assistant editor and later worked for G.P. Putnam and son's on 34th and Madison. After a while I felt like I belonged.

You belong! You are an amazing athlete! You have accomplished something that people think is impossible! You overcame your own internal objections!

What is next for you? Start to plan now. Tell someone. I heard from one Winter Warrior who just signed up for her FIRST MARATHON! Woo Hoo! Whatever it is I know it will be AMAZING!

Closing Thoughts...

It is not just about a streak. It is any challenge. This is the best time of year to be active. Set goals for 2017! Think about joining us next January! It is a lot of fun and soon you find yourself on the edge of February with a great head of steam up!

Ready for the next challenge,

Carl



The Cape Crusade

By Deb and Jay Mulkeen

Our adventures in Winter Warrioring included a challenge to ourselves to do at least one of our walks in each of the 15 towns on the Cape.

In meeting the challenge, we walked on bike paths in Truro, Harwich and Yarmouth; the Canal in Bourne and Sandwich; beaches in Mashpee, Dennis and Orleans; a cranberry bog in Barnstable; downtown in Barnstable, Chatham, Falmouth and Provincetown; and conservation and marsh hikes in Barnstable, Brewster, Eastham and Wellfleet.

We were able to stop and enjoy many of the towns we typically drive past on our way to the lower Cape. We look forward to many new adventures in these newly discovered treasures!

Deb and Jay Mulkeen

The Cape Crusaders

Deb and Jay Mulkeen were two of over 100 members of the FTC Frozen Track Club. The group, who took part in the Winter Warrior Challenge, had the largest group IN THE WORLD and came in second place by a few hundred miles after logging over 8,000 combined miles! Join us next year for more adventures!

Utica Boilermaker Sunday, July 9th 2017, @8am

Hello Everyone,

Once again I will be sponsoring a road trip out to Utica NY for anyone interested in running the 40th edition (yes, 40 yrs.!) of the Utica Boilermaker 15K. I grew up in the area and have been sponsoring trips since running my first Boilermaker in 1992. Many of you have heard my description of the weekend, so feel free to skip the details and just let me know you are interested in attending. The Boilermaker is a world class event, and with this year being the 40th, it is sure to be one of the best ever. With 3 ice and water stops every mile, nonstop music & course entertainment, and crowd support unlike any race you have ever run, the Boilermaker is a must do event for anyone who has ever laced up a pair of running shoes to run a road race.

With an 8am start, followed by a post-race party, with some 40,000 people in attendance, I often tell folks, that you will NEVER experience more fun "before 11am" on a Sunday morning in your life. The post-race party is at the finish line and is hosted by F.X. Matt Brewing Company. It features an ample supply of Saranac beer as well as a live concert featuring "Nick and the Nice Guys". They have been playing the event for years and are a huge crowd favorite. They will make your tired legs move trust me.

Our typical trip starts early Saturday morning leaving from Falmouth, arriving in Utica between 11:30am and 12 noon. (it's a 4 ½ -5 hr. trip) Our first stop is the Planet Fitness Health and Wellness Expo at Mohawk Valley Community College. There is nothing special here, just your typical big race expo, with all of the latest in running gear. I then provide a guided tour of the course and city, which is rich in several ethnic cultures, but none stronger than the Italian culture. After the tour of the course, we will grab a late lunch at an historical East Utica Italian neighborhood restaurant, that I have been frequenting since my earliest childhood memories (literally). It still looks much the way it did in the 1960's, both inside and out and the prices have not changed all that much either. Be advised it is not your typical Italian restaurant with fancy veal and chicken scaloppini, piccata, etc. dishes. It features the main staple pasta & famous Joe's meat balls, hot or sweet Italian sausage, fried peppers (must try!), a house antipasto, simple but delicious, as well as the local brewed ales or the House Chianti wine to wash down your food. Other optional stops include an Italian pastry shop and an Italian meat and cheese store. We then check into wherever our accommodations happen to be, and we have several options on how to best spend the remaining early evening hours.

Race day starts early, as we need to be parked near the starting line by 7am. I know several routes to avoid the heavy traffic, but it is still a time consuming trick, and we need to be on it early to get to the corals and starting line on time. It is imperative that we all know where to meet up after the race.... as I mentioned earlier there will be 40,000 people attending the



post-race festivities so we will pick out a place to meet up after.

I have a block of 4 rooms reserved at the Radisson Hotel which is walking distance to the finish line. They each have 2 double beds, non-smoking, and are 179.00 plus tax per night and unfortunately a 2 night minimum, which they are able to demand on Boilermaker weekend. If you would like to make your own accommodations, I suggest you do so ASAP. Some folks last year had luck on air B&B. There are also maybe options to rent rooms in near-by towns or hook up with the Thirsty Irish Runners who reserve a number of cabins at a camp ground 20 minutes or so away. They make a 4 day weekend out of it each year which includes tubing down the West Canada River. If you

desire to stay with them but still want to join our group for some of what I described that is not a problem. Nothing is etched in stone including the itinerary, we can change any of it and/or folks can explore the city on their own

Now for the tricky part: There is a lottery to get into the race. If you successfully finished the race the previous year, you have a full week to register and are automatically in. If you did not run last year, you will need to participate in the open registration lottery, which opens at Noon on Saturday March 20th. The race is capped at 14,500 runners, so the # of runners returning from last year, dictates how many spaces are available at noon. I have seen the race close in 20 minutes, 2-4 hours, and a very few times, a bit longer. With this year being the 40th I am thinking it will fill quickly. I would recommend being at your computer at noon on March 20th ready to register, if you are interested in going. We will set up a reminder phone call/text to remind folks both the night prior and the morning of, as it is easy to forget about it.

Please send me an email and let me know if you are in, definitely in, or even just possibly interested. I will put together an email list to get out future details to everyone. One thing to think about if you are not interested in the 2 night stay, is to look into other accommodation options. Feel free to bounce ideas, locations of other hotels, Air B&B neighborhoods, etc. off of me. I have friends in the area and who would be happy to scope out Air B&B locations. If we have more folks interested than we currently have rooms for there may be other options. We'll look into them if the need arises....

Think about it and feel free to talk to folks who have been to get an unbiased opinion of the event and weekend

Folks who have been include: John Banner, Paul DiAngelis, Maggie and Bob Yates, Paul Hartel, Bob Richards, Kris Tholke, Maddelin Marken, Laurie Fife, Jill Polvinen, Tom Davis, Tom Frazier, Joanne Jack, Mike Norton, George Baille, Meg Malone, and I am sure I am forgetting some...

Kevin Leach is a past president of the Falmouth Track Club. You can catch him if you can at many local races, the weekly track work out and riding his bike around many Massachusetts towns.



The Beginner's Guide to Winter Running

By Lindsay "Blizzard" Benson

Prior to committing to FTC's Frozen Track Club's Winter Warrior Challenge in January, my approach to winter running was simple – don't do it. Too cold? Stay inside and watch Netflix under an afghan. Snowy? Stay home – too slippery and dangerous out there! Thanks to the enormous variability in New England winter weather, I was always able to stick to my winter training plan, which involved running anywhere from 1-4 times per week, depending on conditions. The challenge required me to run outdoors daily during the month of January, if I wanted to earn the title of Winter Warrior and see my name printed on the official challenge t-shirt. In order to be successful, I was forced to embark on a crash course in winter running.

The first few days of January were unremarkable, weather-wise. I've always enjoyed running when the temperature dips into the upper 30's and lower 40's, because it's comfortable. Dressed in a long-sleeved t-shirt, a light running jacket, and running tights, I don't feel the cold, but I don't work up a sweat, either. During the middle of the month, a deep freeze blanketed our area, and being inexperienced in running in sub-arctic temperatures, I packed on the layers. During the earlier part of the month, I had been wearing the outer shell of my L.L. Bean ski parka – it was wind and water-proof, but did not provide much extra insulation. The jacket provided just the right amount of protection from the howling winds that I often encountered along my largely coastal routes. I reasoned that when the temperature dips 40 degrees, I should compensate, and add a layer of insulation. I zipped the inner layer into the jacket, rationalizing my decision by confirming that this combination was effective for downhill skiing. Well, running is not skiing. I returned from that run soaked with sweat, unzipped the inner layer of the jacket, and returned it to the

coat closet for the remainder of the month. As a rule, dress for about 20 degrees warmer than the actual temperature, in order to allow for your body's natural temperature increase as you engage in cardiovascular activity. Winter weather accessories will keep extremities warm – add a pair of gloves and a hat or headband to your winter running wardrobe.

While I had addressed the clothing situation, the thought of adequate footwear had never crossed my mind. My regular running sneakers kept my feet warm enough. What they lacked, however, was sufficient tread to keep my safe on snow-covered roads. It snowed for the first time on January 6th. I ran first thing in the morning, and was pleasantly surprised to find that I was able to maintain traction on the freshly covered roads. Throughout the day, the snow that remained on the plowed roads melted. And then the blizzard hit. Thinking that I was outsmarting Mother Nature, I headed out early again. This time, the light coating of snow that had fallen had covered up the spots on the roads where the water had re-

frozen. I fell flat on my behind before I even reached the end of my road. As soon as I got home from that (very slow, very abbreviated) run, I ordered a pair of YakTrax. YakTrax are traction cleats that attach to the soles of your running shoes. They've been likened to placing chains on your car's tires. YakTrax enable you to run on snow, and even ice, while maintaining a safe grip on the road. They became integral to my success in completing the challenge, as I had several additional snowy/icy days to



contend with. Other runners have also recommended winter spikes or trail shoes, which will provide the same protection against slippery roads.

Running every day during the winter required me to make

Seagull Six Spring Classic

Date and Time: Sunday, March 26, 2017, 11:00 am

Race Distance: 5.74 miles

Location: Woods Hole Community Hall, 68 Water Street, Woods Hole

Course Description: A scenic and hilly loop, the last three miles of which are the first three miles of the Falmouth Road Race course backwards, including the hill at Nobska Light.

Directions: From any direction take Rte. 28 into Falmouth and turn at sign for "Woods Hole" which puts you onto Locust Street, which almost immediately turns into Woods Hole Road. The start/finish is approximately 4 miles on the left in Woods Hole Village. Registration is at the Woods Hole Community Hall, just past the drawbridge. On-street parking is available throughout Woods Hole village. If traveling from Martha's Vineyard, the race is a very short walk from the

ferry terminal.

Race Director: Mike Norton. Email on FTC Website

Entry Fees: \$20 pre / \$25 post-entry. Entry fees are non-refundable.

Seagull Six signature glass mugs to the first 200 registrants.

Registration: Register through our website or Download the form to print and mail in.

Post-registration and number pick-up will be from 9:00 am to 10:30 am on race day at The Old Woods Hole firehouse on Water Street in Woods Hole Village.

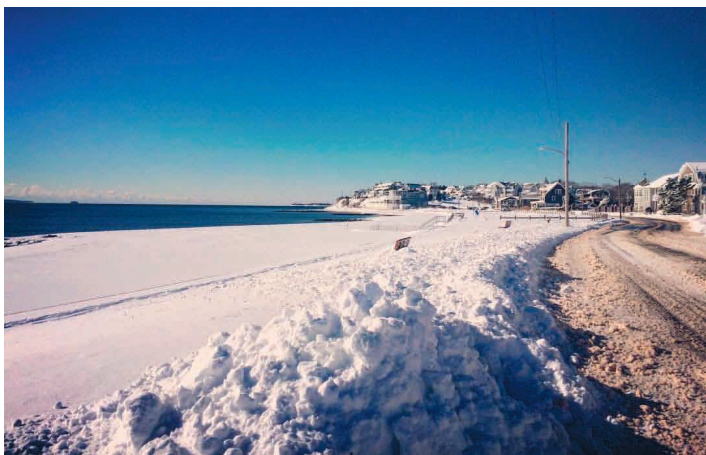
Awards ceremony will be in the waterfront dining area of the Captain Kidd on Water St. across from the Firehouse, beginning between 12:15 and 12:30.

Age Divisions – Male and Female

continued on page 6

Winter Running

continued from page 4



significant changes to my daily schedule and routine. When I began the challenge, the logical way to include a 30-minute run each day was to wake up 30 minutes early and run before work. I followed this schedule for one day. Running in the dark was terrifying, even when the roads were not slippery. I promptly switched my running schedule, pushing my runs back to after the sunrise, and making some changes in my work schedule to accommodate it. During the winter, planning safe outdoor runs can be a challenge. Daylight is limited. Roads are often narrow and slippery. Sidewalks may not be cleared sufficiently. Aside from scheduling my runs

during the daylight, I mapped out my routes prior to leaving each morning. I scouted out the sidewalks during my daily commute, and when they were impassable, I chose to run on the quiet side roads, where I would encounter significantly less traffic. If you do choose to run early in the morning or later in the evening, add a reflective vest or flashing lights to your collection of winter running accessories.

Of course, if you're not trying to get your name on a t-shirt, you may also have the option of running on a treadmill. I know, NO ONE likes the treadmill, but it provides runners with a great option for maintaining a training schedule or a run streak when it's just too cold or slippery to safely hit the pavement. In addition to keeping you safe from falls on icy roads, the treadmill gives your joints a break from the pounding that they take from regular road running.

By following some basic safety tips and dressing for success, winter running can easily be maintained as a part of your training routine. Appreciate those uncrowded roads and trails – you'll miss them come Memorial Day weekend! Stay warm (but not too warm). Have fun. And enjoy being the first set of footsteps.



Lindsay "Blizzard" 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 working on her post-run selfie technique.

Seagull Six

continued from page 5

Junior	18 and under
Open	19 – 39
Master	40 – 49
Senior Master	50 – 59
Grand Master	60 – 69
Veteran	70 and over

Course Records

Jerry Kiernan, Dublin Ireland, 27:51 in 1987

Lynn Jennings, Harvard, MA, 31:53 in 1979



Seagull Six History

The Seagull Six Spring Classic Road Race has been associated with the Falmouth Track Club since almost the beginning of the club's existence. The FTC started in 1972 and the Seagull Six Spring Classic was first run in 1978.

Born as a child of both the running boom and the social protests of the late '70s, the Seagull Six is a colorful and challenging race early in the spring season, the first or second Sunday in April. As former race director and race historian Fred Keller recounts, "But haven't you ever wondered how an obscure, little race like the Seagull evolved? Truth is, it started as a "protest race" in 1978, to draw attention to the evils of PAVE-PAWS radar site being built at Otis AFB. A small, but feisty group of local runner/hippie types known as the Seagull Striders, led by Karen and Henry Smith-Rohrberg and Betty Fuller, decided to stage the race as a fund raiser to help carry on the struggle." Shortly after the Seagull Six was born, John Carroll suggested that the "Striders" and his own running group should combine into one club... making this special little race a catalyst for what we now know as the Falmouth Track Club.

Keller surmised that the 'six-mile' loop, starting and ending in front of the Woods Hole firehouse, and laid out around Woods Hole, was measured by whatever well-worn car Karen Smith-Rohrberg drove back then. The first race

participants, thrilled with their six-mile PRs, were brought back to earth with the later discovery that the course actually measures only 5.74 miles.

In 1979, overtaken just at the finish line to come in second overall, was the race's most famous participant, Lynn Jennings, then just a high school student. Most years the race draws between 150-200 participants, although entries have reached as high as over 300. In 1983, Jack Weiss introduced the famous and much treasured Seagull Six glass mug (if you haven't seen one, you haven't been hosted for a meal by a Falmouth Track Club member). The race headquarters remains the drafty, but charming Woods Hole firehouse, warmed by sweating bodies consuming post race refreshments. A fitness walk was added in 1994, the Falmouth VNA's 'Walk for Well Women projects.'

In 2009, due to construction of the Eel Pond drawbridge, a temporary alteration to the start/finish area was made for that year only. The temporary start line was on Railroad Ave. at the corner of Water St. The course routed runners down Railroad Ave. onto Luscombe, crossing Water St. and rejoining the traditional course at School Street. The race finished on Water St. in front of Redfield Hall, approximately 50 yards shy of the draw bridge. Starting in 2010 the traditional course has again been employed, with an improved drawbridge giving runners a better surface for their finishing kick.

Only within recent years did race directors Pete Sampson and Mike Norton break the long-standing tradition of giving out awards twelve months after the event! Mike Norton currently is the race director of this popular and challenging race. If you are looking for a good opener for your spring racing season, look no further than the Seagull Six.

