



**Cleveland West
Road Runners**

Running Strong Since 1977

FOOTNOTES

September/October 2020 Newsletter

An In-Person Marathon In A Virtual World

By Mike Schipper

How many times have we asked and answered the question: "What are you training for?" The usual answer is either something about an upcoming race or "nothing right now." On last New Year's Eve, with a smartphone, some friends and liquid encouragement, I registered for the Toledo Glass City Marathon. It aligned with my New Year goals for 2020 - to be healthy, lose 15 pounds, use the Toledo training to get back into marathon shape, and take a shot at a new-age-group Boston-Marathon qualifying time in the fall.

So, I started training for Toledo. Thanks to a relatively mild winter, the first 10 weeks of training went great. My weekly mileage increased, my weight decreased, and my distance endurance returned. Every Saturday, my running partner Heather Kuch and I increased our long runs and, on March 7th, we completed the first of three planned 20-milers. Then, the pandemic hit all of us, with shutdowns, social distancing, disease spreading, cancelations and lots of stress and uncertainty. What are you training for now? Nothing right now. Why bother?



Mike's Millennium Meadows Marathon bib & bling.

Fighting Through Mental Muck

In difficult times it is so tempting to hunker down, curl up in a ball, and isolate while binge eating, drinking and watching whatever. In the COVID world the mental and physical benefits of exercise are more important than ever. With my marathon cancelled I didn't want to lose the fitness I had gained, so I moved into a quality half-marathon training plan, maintaining the mid-week runs and keeping the Saturday runs with Heather to 10 to 15 miles, staying socially distanced in the south half of the park. I didn't have a race lined up, but training for mental and physical health was working to alleviate stress and improve fitness. By May I had lost the 15 pounds instead of gaining a COVID-19.

(continued on page 5)

Cleveland West Road Runners Group Running Schedule

Saturdays: 7:30 a.m.

Rocky River Metroparks, Scenic Park at the foot of the Detroit Road park entrance

Sundays: 8 a.m. Rocky River Metroparks, Little Met Golf Course

CWRRC Web Page:
www.clewestrunningclub.org

For more info email:
Clewestrunningclub@gmail.com

CWRRC Membership Benefits

- Discounts on preregistered entry fees for all club road races.
- Cleveland West Road Runners Tech Shirt.
- 15% discounts at Second Sole and Vertical Runner.
- A bi-monthly newsletter which provides race results, upcoming events, humor and a chance to offer your opinion.
- Access to the club library; a resource of running-related material.
- Opportunities to meet other people who share a commitment for running, from the recreational to the serious.

2020 CWRRC Officers

President: Mark Brinich

Vice-President: Heather Kuch

Treasurer: Bob Dlouhy

Secretary: Michael Fry

Committees & Coordinators

Membership Coordinator: Mark Brinich

New Member Coordinators:

Joyce Prohaska / Kathy Dugan

Race Committee Chair: Bob Budzilek

Spring Race Director: Joanna Brell

Bay Days Race Director: Rich Oldrieve

Fall Classic Race Director: Mark Breudigam

Equipment Managers Logistics:

Bob Budzilek, Mark Shelton

RRCA Liaison: Tim Furey

Race Trophies: Maureen Scullin

Race Volunteer Coordinator: Andrew Mangels

Race Results Coordinator: Mark Brinich

Communication & Social Media Chair:

Open

Web Master: Open

Newsletter Editor: Cathy Leonard

Newsletter Graphic Designer: Chip Cooper

A Note From The President

After comparing September/October newsletters from previous years, there's not much to report this issue, and coming up with an uplifting/positive topic for this column is tough this month. Most of us are still trying to figure out what the next step is in dealing with COVID-19. By the time you get this newsletter, we might have a plan for the Fall Classic. We can have a virtual, real, or no race, and there are arguments for all three. Other victims include cancelling the fall clambake (though we do have some alternative ideas), the quarterly picnics, Whiskey Island runs, Blackbird hangouts, winter banquet, etc. Alternative suggestions on any of these items are welcome. Due to some good luck with the weather we've been hanging out after the Saturday morning runs down at Scenic Park (see picture below). What happens when the weather turns is anyone's guess. So, if you have an idea for this, please let us know.

Elections this year will be held in conjunction with the October business meeting. Heather Kuch (VP), Michael Fry (secretary), and myself (though I wouldn't mind a little competition for president), are all willing to take on another year. Unfortunately, Bob Dlouhy (and I just figured out how to spell his name) has too many other commitments, and will not be our treasurer. So, if you're proficient with Excel, you too can add club treasurer to your resume.

So, what are your hopes for the new normal? Personally, I'd like the ability to congregate in groups (e.g. real club meetings with pizza and beer) or go out to dinner without fear of catching a deadly disease. It'd also be nice to get on an airplane and travel a bit. Finally, I'd like to see real races make a comeback in 2021.

Keep safe, and wear a mask whenever possible.



Post-Saturday morning run in the Metroparks.

Sunshine Corner

Please keep the following CWRRC members in your thoughts and prayers:

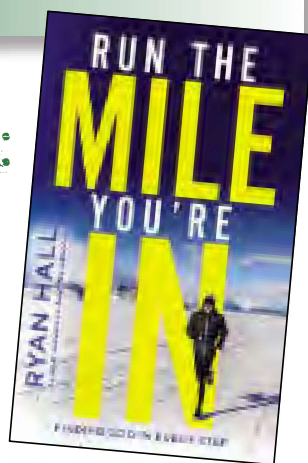
Bob and Christa Blum, Dave Clinton, Cathy Fischer, Cindy Gapter,

Deborah Golder, Leo Lightner

Run the Mile You're In: Finding God in Every Step

By Ryan Hall

Review by Liese Nainiger



In this relatively short book organized by 26 “marathon” mile headings (i.e. Ch. 17 is “Mile 17 – Worship, and there are other chapters on identity, pain, success, failure, etc.), Ryan talks about his impressive running career. He holds the American record for the half marathon (59:43) and was the first American to break one hour. He also holds the American marathon record (2:04:58) at Boston. He ran the marathon in the 2008 and 2012 Olympics. He is now a coach and motivational speaker.

It took me a long time to read this book despite its brevity. Ryan’s running career all started with a ride on a middle school basketball team bus. On the bus he felt God was telling him to run around Big Bear Lake in California, a distance of 15 miles. He confides this vision to his dad, a former drafted major league baseball player, so his dad set up a training program so they could run around the lake together. (This would make a great cinematic scene.) Ryan goes on to Stanford University, where he majors in sociology, meets Sara Bei, also a successful Christian runner and now his wife, and together they become professional runners or, as Ryan says, professional pain managers.

The book relays the typical training information, along with Bible verses that support some of the points Ryan makes. In addition to the typical “numbers” (i.e., distances, race times, heart rates, etc.), one of the topics covered is what a “heart” goal is vs. a “performance” goal. He additionally discovers big dreams also must have big resilience, and that success and failure are intertwined. One of his pre-race preparations includes watching the “Passion of the Christ.”

Overall, I wanted to hear more about his wife Sara and the four sisters they adopted from Ethiopia. It seems Sara runs more by heart where, despite some of his suggestions, Ryan runs more by numbers like an obsessive-compulsive. His career ends in extreme fatigue. He takes up weightlifting, which he comes to love because it is possible to train every day on different muscle groups. His weight goes from 140 to 180! His pastor asks him to come along and compete in the World Marathon Challenge. Despite not being in marathon shape, Ryan figures his muscle memory will kick in. (The World Marathon Challenge is completing a marathon on every continent in seven consecutive days). Ryan is so obsessive that after running the marathons (averaging an overall finish time of 3:38) he insists on doing a weightlifting session after each marathon!

The book was an advance copy so I am giving it Bob Myers, who may lend it to you if you ask nicely!

Fall Classic Canceled

By Mark Breudigam, Fall Classic Race Director

It was decided at the club’s business meeting on September 16th that we will not go forward with the Fall Classic Half Marathon and 5K as actual races in November, due to restrictions imposed by the state, Cuyahoga County Health Dept. and the Cleveland Metroparks. Our interpretation of imposed restrictions is that we would be limited to 150 runners total for both races. Given the high upfront costs, we decided at the meeting that holding the races would not be financially viable for the club.

We are considering doing a very informal virtual race, and are still working on the possible details. We hope to have a decision on this soon, and will share the information on the web site and in a group email.

We know this decision comes as a disappointment to many people, but are hopeful by next year we will be able to hold a “normal” Fall Classic race.

2020 Search For Summer Scavenger Hunt – The Search is Over!

By Bob Budzilek

The Search for Summer Scavenger Hunt ended on a rainy Labor Day, September 7th. Thanks again to Dan Straitiff for posting the weekly updates, Photos of the Week, and the Photo Gallery.

The unofficial wrap up is as follows:

There were 11 total participants.

Heather Kuch, Gretty Myers, Joyce Prohaska, Dan Straitiff and Mike Schipper completed all 20 search items. Heather, Joyce, and Gretty all finished the same reporting period. Dan was next, followed by Mike.

Maureen Scullin made a good run for the 20, completing 12. Also participating were Kathy Dugan, Cathy Leonard, JoAnn Clark, Paulina Williamson, and myself.

High points goes to Heather with 384. Joyce was a close second, with 348.

Oddly, bee was the most popular search item, followed by ice cream, beach and war memorial.

A full listing of the results is available on our web site. At some point, I’m sure the photo montage will serve as a backdrop for some social gathering.

New Members

Welcome Jan-Ellen Bowman, Amanda Foley,
Tom Kraft and Sara McFarland.

Happy Birthday

September

Jan Babbit
Jamie Barbour
Christa Blum
Diane Brinich
Jackie Czarnota
Bryan Dickens
Rachael Duran
Holly Higgs
James Krumhansl
Cyndi Lehman
Leo Lightner
Karen Linden
Jim Mackert
Melissa Miller
Gretty Myers
Liese Nainiger
John Nakel
Peter Pachlhofer
Barry Pawson
Frank Petrik
William Prebel
Joyce Prohaska
Deanna Rasch
Andy Rattray
Vagn Steen
Mike Twigg
Melissa Vacca
John Zangmeister
Zenek Zapotocky

October

Kristin Anderson
Michelle Babson
Andrew Bemer
Mark Brinich
Jonathan Buckland
Charles Cooper
Gail Cresci
Tom Cullen
Carol Culley
Beth Darmstadter
Steve Fagerhaug
Erin Farnlacher
Craig Healey
Kelly Jablonowski
Amy Kaylor
Joyce Kennedy
Gerri Kornblut
Tom Nowel
Renee Popovic
Karen Powell
Pamela Reed
Dani Sheppa
Karen Stross
Jim Turpin
Ellen Walker
Pauline Williamson
David Young

Please email any corrections or missing birthdays to leonardc5711@yahoo.com.

Planning Ahead

Due to the COVID-19 pandemic, many of our events have been cancelled or postponed. We are still doing some limited group runs.

October Business Meeting

Date: Monday, October 12th
Time: 6:30 p.m.
Where: Virtual Zoom Meeting

Fall Clam Bake

Cancelled. We may have a Saturday morning post-run event in place of this (weather permitting).

Weekly Year-Round Group Runs

Sunday Morning Group Run

Dates: Every Sunday throughout the year
Time: 8 a.m.

Where: Metroparks, Little Met Golf Course parking lot, down the hill from Fairview Hospital

Tuesday and Thursday Morning "Oatmealers" (temporarily suspended)

Dates: Every Tuesday and Thursday throughout the year. Leisure walk, run or bike.

Time: 8 a.m.

Where: Metroparks, Rocky River Reservation, Scenic Park Pavilion

Thursday Night Group Run (temporarily suspended)

Dates: Every Thursday throughout the year
Time: 6 p.m.

Where: Spring/ summer/ fall - Metroparks, Rocky River Reservation, Nature Center, overflow parking lot. (During Daylight Savings Time) Where: Winter - Lakewood Park.

Saturday Morning Group Run

Dates: Every Saturday throughout the year
Time: 7:30 a.m.

Where: Metroparks, Rocky River Reservation, Scenic Park Pavilion)



Race Reports

(continued from page 1)

With apologies to Rumi and Mary Oliver, the spirituality of the natural world that surrounds us is such an inspiration to keep training. We are blessed to live in a beautiful city with great parks and river valleys. Every spring I watch our snow- and ice-covered Rocky River valley bloom with grasses, wildflowers and a green tree canopy. My runs this year have been joined by colorful sunrises and sunsets, fawns, does, six- eight- and 12-point bucks staring me down, geese and goslings, raccoons, beavers, groundhogs, bees, herons, hawks, peregrine falcons, eagles and the two-mile turkeys.

In July a few in-person races were starting and I wanted to be prepared for a small fall half. We started ramping up the long runs to support our friend Lindsey as she prepared for her virtual Boston. Then New York went virtual and opened to everyone. I went to marathonguide.com and one of the few marathons NOT cancelled was the Millennium Meadows Marathon in Grand Rapids, MI, on August 30th, which happened to be just after my new-age-group birthday.

The race was small - 100 runners. Sounds a lot like the Towpath, doesn't it? With lots of social distancing protocols. Was I

prepared? A cool-weather 18-miler; 10 Yazo 800s at 3:40; and a hot-and-humid 20-miler later, the in-person race was still on (two weeks later). I signed up, and I signed my wife Joanna up for the six-mile race.

Race day, for my first race of the year, was great weather: 55 degrees F at the start, 66 degrees F at the finish, with no wind. The course was one-mile downhill, six 4.04-mile flat loops with one small section of hills, and a one-mile uphill to the finish. My bag of goals were a) 3:45; b) 3:50 BQ; or c) 4:00 Chicago Qualifier. I hit the half on target at 1:53:07, lost time on miles 18, 22, and 23 and mentally toughed it out to finish AG3 in a BQ time of 3:48:30. Time to enjoy and recover.

What are you training for?

Race Results

Joanna Brell, Millennium Meadows 6-miler: 58:52 AG2

Mike Schipper, Millennium Meadows Marathon: 3:48:30 BQ AG3

Virtual Race Reports

Rite Aid Cleveland Marathon

By Jim Mackert

As a longtime Cleveland-West member, I completed the virtual Rite Aid Cleveland Marathon at Lorain County Community College in 8:05:16. A loop around the college is two miles, and with the help of Lorain County Running Club (known as LOCO) runners and family, I did 13.2 loops. The weather was rainy, windy and cool, but perfect for finishing. I am the oldest finisher, and the only person to have completed all 43 Cleveland marathons. I am ecstatic, and look forward to 2021.

Virtual Lakewood Meltdown

By Tom Nowel

I finished the Lakewood Meltdown 5K in 38:14. Although in my 70s, I finished first in the 60 and older division. Ran it on the bike path in the Cleveland Metroparks' Rocky River Reservation.



Jim Mackert and his fans at his virtual Rite Aid Cleveland Marathon.

'Measuring' For Virtual Races

By Rich Oldrieve

In my other article, I mentioned that starting with the virtual St. Malachi 5-Miler with Cleveland-West on Saturday, March 14th, I have run 27 virtual events - so far. (In a re-tally I determined it's really 28).

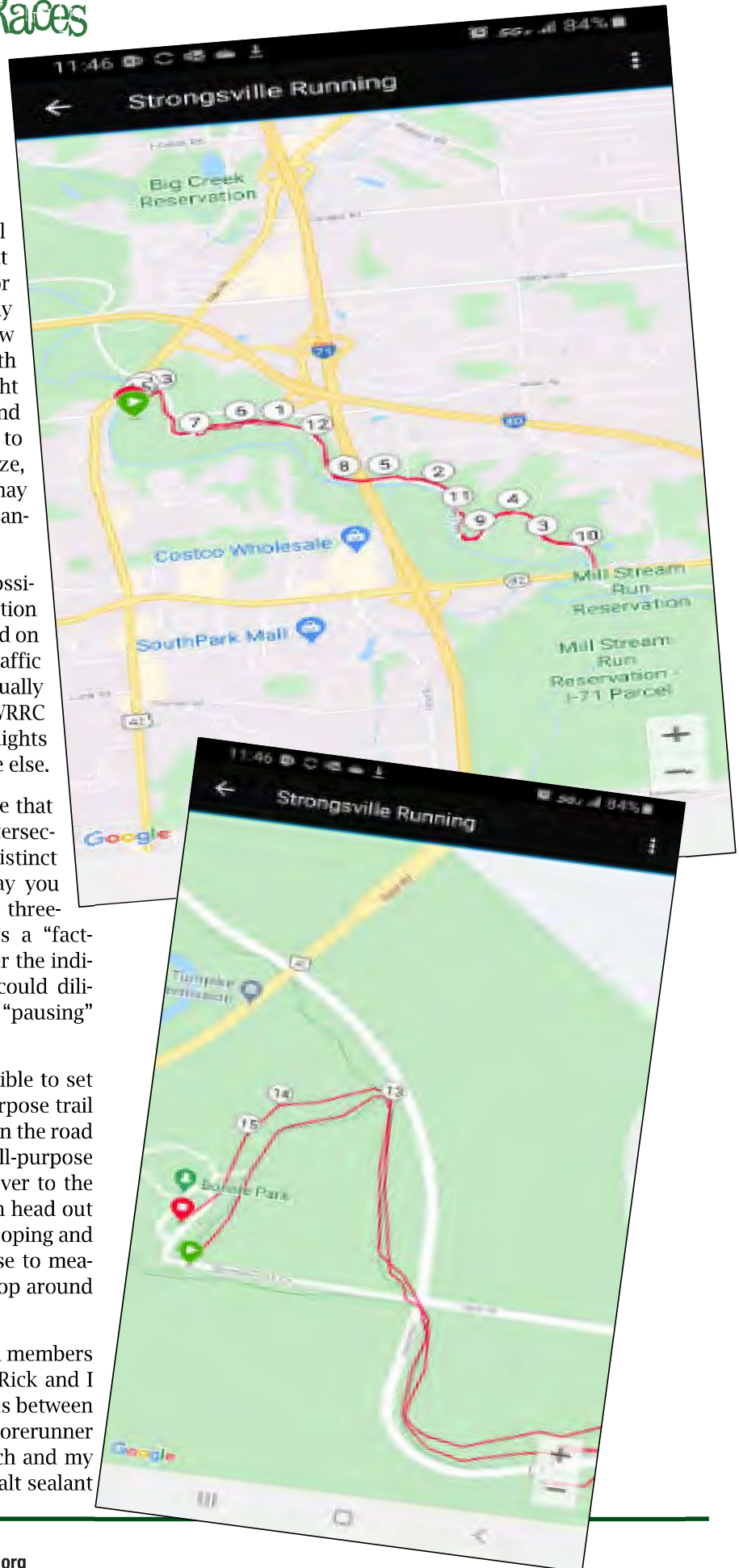
One of the most maddening aspects of running virtual events is knowing that one of your competitors might beat you just because your opponent's GPS watch or cellphone-based app such as Runkeeper or Strava may record 3.1 miles before yours does. Depending on how fast you are running, one-tenth of a mile could be worth 35, 55 or more seconds worth of time. In fact, you might be running socially distanced from your friend(s) and they get to stop before you. (As those of us planning to run a CWRRC virtual New York City Marathon realize, there can be no single "finish line," and some of us may run up to a half-mile longer than other CWRRC companions running the same course).

Furthermore, as came up in discussions, there is a possibility of CWRRC hosting a virtual Bay Days, with an option to use a modified version of the course that doesn't end on the track. Several club members pointed out that traffic control would be an issue since the actual course is usually monitored by five police officers and dozens of CWRRC volunteers, and virtual runners might ignore traffic lights and stop signs just to post a faster time than someone else.

Ideally, you could design a designated "virtual" course that is easy to define, doesn't require you to cross busy intersections, is run on an all-purpose trail, and contains distinct starting, turn-around, and stopping points. That way you could say that anyone who runs said course within a three-weekend window, could use a GPS app that allows a "fact-checker" to review a GPS course map to verify whether the individual ran the full course. And if the fact checker could diligently check to see if participants fudge their times by "pausing" their app or watch for water/potty breaks.

For the Fall Classic, I visualized that it might be possible to set up such a course by starting on the Bonne Park all-purpose trail we have normally finished on, but instead of starting on the road heading to the four-way stop, we would start on the all-purpose trail, loop it backwards to the four-way stop, cross over to the all-purpose trail on the east side of the park, and then head out to a turnaround at Royalton Road. I figured the back looping and the winding nature of the trail might cause the course to measure 13.1 miles without having to cross the road to loop around the parking lot of the toboggan run.

To measure the course, I then recruited Mike Ryan and members of the Thursday Night Run Club to help. Mike, Kim, Rick and I showed up on Saturday, September 5th, with six devices between us (at least three and possibly four were Garmin Forerunner 235s). Rick wore two stop watches while I had a watch and my RunKeeper cell phone app. We started at a black asphalt sealant



line, three or four inches wide, where the all-purpose trail meets the road near our usual start. Rick surged ahead, while Mike, Kim and I ran mostly four to six feet apart.

As we approached Royalton Road, Mike and Kim started anticipating we should turn around at one of two signs BEFORE Royalton Road because otherwise we would be running longer than 3.33 miles. I insisted we needed to turn around at Royalton Road so it would be clear to a fact checker whether virtual runners had turned around at the correct spot.

What I didn't say was that I had been hoping the route to Royalton would be slightly long, because I was hoping both the start line and the finish line would be at the fork in the path where we place our normal finish line. Not only would this make fact-checking even easier, it would place the turnaround point for the end of the first lap close to Bonne Park's permanent and clean latrine.

I passed a piece of chalk to Rick after his turnaround at Royalton Road, so he could mark where each of his 6.55 miles ended (first lap spot), and then gave chalk to Mike and Kim. They would stop on their spot, and then we would do a second lap.

Intriguingly, all six of us recorded 6.55 BEFORE the Fall Classic's finish line. We then did the second "lap" starting wherever our lines were marked. Theoretically, if our watches were consistent to themselves, we would all end up finishing exactly on the asphalt sealant line where we started. Only Mike's watch worked out this way.

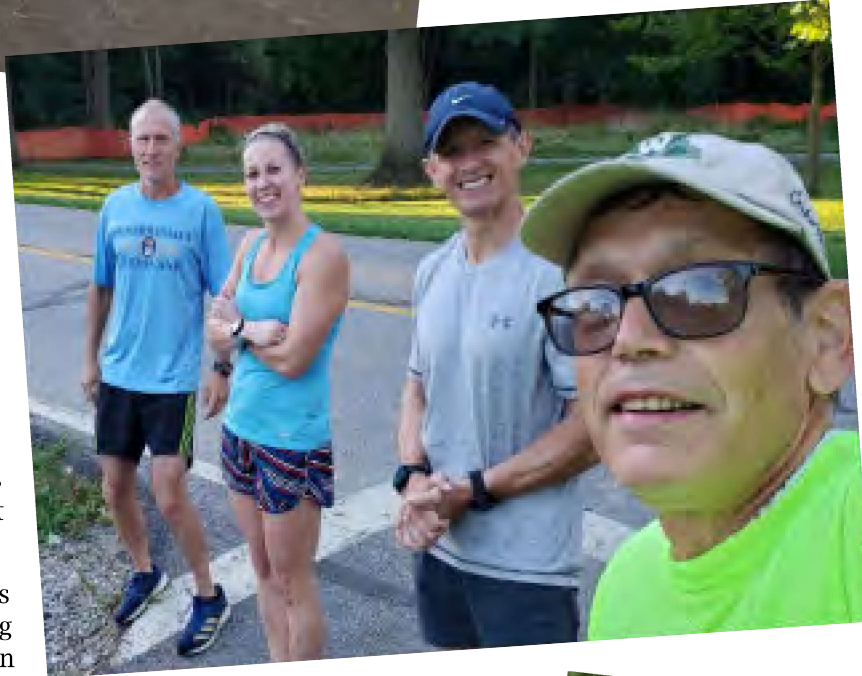
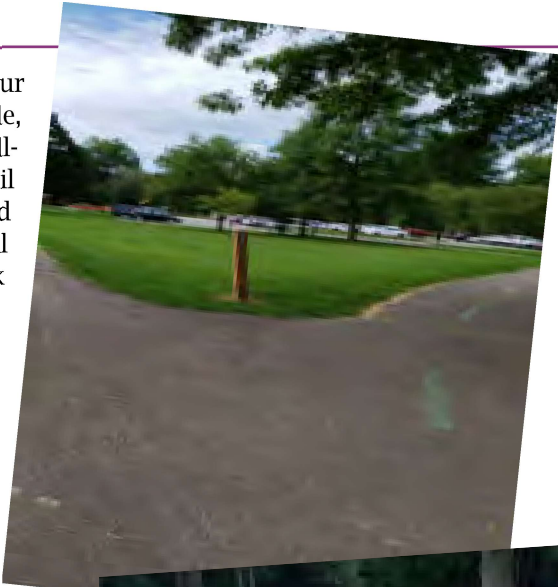
In statistics, there is the concept of "regression to the mean." And it definitely applied since my watch and cell phone measured the longest on the first lap and shortest - with both having me finish before the start line. One of Rick's watches stopped short as well, and one of his stopped long - as did Kim's.

It quickly became apparent to me that my ideal start/finish line was fairly close to the mathematical finish line. See the pole marking the Y in the all-purpose trail where our finish line is located and with the latrine in the background. Just to confirm, I measured and Kim's first lap mark was 0.13 short of this "finish/start line" and Kim's last mark was 0.13 miles beyond it. My Garmin 235 turnaround was 0.3 mile short of the mythical start/finish line, and the finish was 0.3 long. The others were nearly balanced, too.

Would the start/finish pole be perfectly aligned with a USAT&F measurement? Who knows? Though I personally think that two USAT&F measurements wouldn't agree either since there are

way too many turns to pick out the same tangents on the route to gauge the ideal route. Furthermore, with normal bike/run traffic on the course, it was clear that a runner couldn't take all the tangents since you're liable to run into an oncoming bike as you go around the multiple blind turns (we almost got hit two or three times, as it was).

Will some people stop their watch short of the finish line just because their watch says they should? Yup. But the goal should be to set a course that everyone knows is the same if they run it correctly, because the randomness of virtual splits is maddening.



W. Evan Golder: 1938-2020

Wendell Evan Golder, long-time Cleveland-West club member, died Monday, September 7th, at age 82.

Golder and his wife Deborah frequently attended Saturday morning post-run gatherings at Blackbird Baking Co. in recent years. Most recently, they would come to the socially distant, bring-your-own-chair gatherings at Scenic Park in the Cleveland Metroparks.

Born in Taunton, MA, Golder received a bachelor's degree from Boston University in 1960, and later a Master of Divinity degree from Pacific School of Religion, in Berkeley, CA. He was ordained in the United Church of Christ (UCC), serving in northern California for 20 years, according to the *United Church of Christ News*. While there, he helped form the West Oakland Christian Parish and the West Oakland Health Center, and also served as associate pastor at First Congregational UCC, Alameda. His specialties were urban and community ministry, according to the *UCC News* article.

UCC launched a monthly newspaper in 1985, and named Golder its first editor. He served on the paper from 1985 to 2003, when he retired - first in California, and then in Manhattan, NY. The newspaper moved its headquarters - and Golder - to Cleveland around 1990. He also compiled the best of his newspaper columns in a book titled "The Best of Current Comment: 1985-2003."

Golder was an active, 30-year member of Pilgrim Congregational UCC in Cleveland, where he sang in the choir. His other passion, running, is well detailed in an article he wrote himself: "Am I An Athlete?" It can be found in the next column.

He is survived by his wife, Deborah; son, Ian, in California; and by several grandchildren. He was predeceased by his son, Duncan, in 2015.

Because of COVID-19, Pilgrim Congregational will hold a memorial service at a later date. Arrangements are being handled through Malloy & Esposito funeral home in Rocky River.

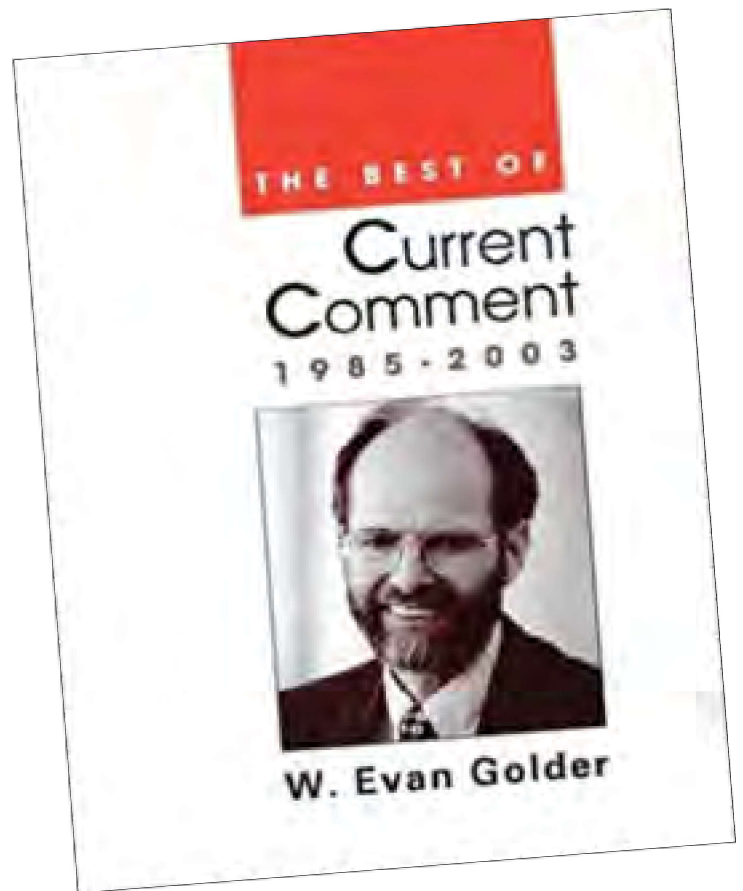
The full *UCC News* article can be found at https://www.ucc.org/news-evan-golder-founding-editor-of-united-church-news-dies-at-82-09092020?fbclid=IwAR282H7rjNGczJ_gdrrDr4nXa23yFtU_1mGp0HO2bAW-mr4_2mucfdb7FBU#.X1kxjJAQrn8.facebook.

Am I An Athlete?

By W. Evan Golder

Editor's Note: This article originally ran in the February 2008 FootNotes, then again in July/August 2018, when Golder turned 80.

Growing up, I was the kid who either struck out, missed the lay-up, or got tackled in the backfield. When our church youth group formed a basketball team, after the first two games I was named designated scorer. How humiliating! I didn't even have to wear sneakers to the games.



Back in 1968, when I turned 30, I worried that I would grow old and fat, since I had a sedentary job and didn't exercise. To ease that worry, I joined a calisthenics class at the Oakland YMCA in California. Accompanied by a woman on a battered old upright and commanded by a former Marine drill instructor, about a dozen of us out-of-shape men did jumping jacks and toe touches, push-ups and sit-ups, and tossed medicine balls back and forth.

At the end of each 25-minute session, we ran around the gym. It

took 22 laps to make a mile, but when good weather came our drill instructor sent us outside to run twice around the block, one half-mile each time. To my surprise, I liked that. This being Oakland, with Lake Merritt right downtown, I wanted to try running its 5K perimeter. I liked that, too. Soon I incorporated running into my daily schedule.

Next thing I knew, I was entering weekend road races – then marathons. Besides “running the lake,” I added “running the hills” above Berkeley and Oakland to my training.

From The Lake To The Hills

One spring morning in the mid-1970s, I was enjoying a 10-mile run in the hills. From Skyline Drive I could catch a view of San Francisco Bay as I rounded a corner and headed back down to Lake Merritt. I felt great! It was a beautiful day, the scent of eucalyptus hung in the air, and I was doing something I loved. The road curved a lot and had no sidewalk, so as I ran I hugged the guard rail to the left of the road.

Suddenly I heard a roar behind me. Glancing over my shoulder, I saw a pickup careening down the hill. Without hesitating a second, I leapt over the guard rail while the truck hurtled past.

As I stood there catching my breath while my adrenaline rush subsided, a blue Mustang convertible with the top down stopped beside me. At the wheel sat a young blonde wearing a powder-blue jump suit.

“At times like that, aren’t you glad you’re an athlete?” she asked. Then she smiled and drove on. I couldn’t believe my ears! Was she speaking to me? I nearly turned around to see who else might be standing there. Me – an athlete? No way.

As I resumed my run, her question haunted me. I began to question my assumptions about who I was, assumptions about my identity. Maybe I wasn’t a klutz. This stranger had assumed from my behavior – my running in the hills and my quick leap over the guard rail – that I was an athlete. The more I thought about it, the more I liked that idea.

True, I never was going to march in the Olympics Opening Ceremony or wear an olive wreath on the podium in Boston. But I did run races and I had a 5K PR of 17:45. I did run marathons and I had a PR of 3:01:36. I had a resting pulse of 52 and blood pressure of 100/60. I was in good shape and ran at least 50 miles a week.

Boston Or Bust

Admittedly, I had a rough start as a runner. In the early days, my goal was to break 30 minutes as I ran the 5K around Lake Merritt. Even though I never had run a race of any kind, I had grown up near Boston and was a diligent fan of the Boston Marathon.

So my goal was to run Boston in four hours. Despite my lack of experience, I planned to run nine-minute miles. When I learned that Olympic gold medalist Bob Schul lived in the Bay Area, I sought his advice. I know now that he knew then that I clearly

was in over my head. Nevertheless, he was very gracious. He invited me to his home, showed me his gold medal (5,000 meters, 1964 Olympics, Tokyo), and wished me well.

So in 1969, when 1,152 runners, including five women who ran “illegally,” started the 73rd BAA Boston Marathon, I was among them. Around the two-mile mark I joined a group surrounding Nina Kuscsik. What luck for me, as her crowd support just pushed us along. The problem, though, was that she was running 8:30 miles, 30 seconds faster than my plan. Oh well, I thought, what’s 30 seconds? It’s worth it just to enjoy the extra cheering from the fans when they spotted her. If I “hit the wall,” I figured I would let adrenaline carry me in. Little did I know!

Around 17 miles, as we turned a corner in Newton Lower Falls and headed uphill toward Heartbreak Hill, I learned my lesson. Gradually, Nina and her entourage pulled away from me as my pace reduced to a jog, then to a walk. By the time I reached Boston College I flopped onto a bench and waited for the trolley headed downtown. Five years later, I redeemed my DNF (did not finish) by finishing Boston in 3:17.

96 Seconds Short

By contrast, my favorite marathon, perhaps because of my PR, is Avenue of the Giants in northern California. The day before, I drove north with running friends from the Bay Area to Garberville and the pre-race festivities at the historic Benbow Inn. That night I led a workshop for first-time marathoners. I was on a roll.

The next morning was perfect marathon weather. For 21 miles the nearly level course was shaded by giant redwood trees before bursting into sunlight. As the race developed, I knew my pace was ahead of my 3:10 goal, but I felt strong. Could I break three hours? Unfortunately, though, at three hours I had reached only the 26-mile mark, with 385 yards still to go.

When a friend heard that I had missed the magic three-hour finish by 96 seconds, he said, “Why didn’t you just pick up the pace and sprint on in?” Right, I thought. I can tell you’ve never run a marathon.

Me, An Athlete?

In May of 2018, I turned 80 and marked 50 years of running, including 20 marathons. From the Bay Area, my family and I moved to New York City, where I regularly ran Central Park’s six-mile loop. In 1989, we moved to Rocky River, where I joined the CWRRC’s Saturday morning runs. Later, I added Tuesday and Thursday morning runs with the “Oatmealers” to my exercise regimen.

Am I an athlete? When I wrote this article in 2008, I felt I could say “yes,” even if it did take a blonde in a blue convertible to awaken me to that possibility. Now, time and injuries have taken their toll and my running has been reduced to walking. Even so, when club members gather in Scenic Park on Saturday mornings, my adrenaline gets a little jolt as I remember the days when I, too, was an athlete.

Changing Stride Length To Maintain Cadence And Heart Rate

By Rich Oldrieve

In this article, I will argue that to be a consistent distance runner, you have to develop an internal sense of stride cadence and a sustainable maximum heart rate. My modern Garmin Forerunner 235 can give me heart rate instantly and cadence after the fact. Nonetheless, I tend to believe that the Garmin confirms my internal sense of cadence and pace more than it helps me get more proficient at “listening to my body” during real time. And that there are ways you can further develop that internal sense.

To defend the fact you have to build an internal feel of cadence and heart rate, I will take the example of my most recent “real” in-person half marathon that I ran along the shores of Lake Arthur near Portersville, PA. Since running the virtual St. Malachi’s 5-Miler, I ran three virtual run series sponsored by the Seashore Striders in Delaware, plus the virtual Rite Aid Cleveland Marathon, for a total of 27 virtual events. During the summer series I confirmed my consistency by running seven 5Ks with a range in times from 21:09 to 21:45, with the fastest five ranging from 21:09 to 21:20.

Nonetheless, I’ll use my “live” Run to Breathe Half Marathon on the shores of Lake Arthur outside of Portersville on August 23rd to support my argument that an internal sense of cadence and maximum heart rate help you be consistent in a race as well as between races. This particular half marathon serves my argument well, because if you look at the map of the course, you can see the course twists and turns about halfway around the lake, and then you turn around back to the start line. You can also notice that the course was very up and down. The elevation changes were generally 20 to 30 feet, with four of them 50 feet high. Finally, I’ll point out that my pace was jagged – inverse to the changes in elevation of course – ranging from about 6:35 to nine minutes. Thus, there was a lot of “noise” that could easily



distract me into worrying whether I was giving my best effort. (My personal Achilles’ heel can be wind, which wasn’t applicable in this wooded-area race).

On the other hand, my heart rate steadily increased, but only spiked in relation to the change in elevation a few times. Meanwhile, my stride cadence barely budged from an average of 177, despite the wide range of paces.

After three miles I was a bit worried that I might be going too fast for my training – especially since I had spent the previous month along the flat coastline of Delaware, with elevation changes of six feet on several routes. But in this race, if you look carefully, my heart rate showed the largest spike after a relatively short hill around minute 22. But I convinced myself to relax on the subsequent short stretch of mild changes in elevation, and regained trust in my internal senses of pace and cadence to the point I told myself, “You’ve got this.” Notice that eight or nine minutes after my largest spike. My heart rate barely spiked on the hill with the largest elevation gain on the course.

In essence, what I had internally learned through all my years of training and racing was how to adjust my stride length to allow my cadence and heart rate to stay the same – whether I was running on a track or on hills.

I believe that my “skill” of listening to my heart rate was developed by doing high school interval workouts. Partly this was because my high school cross-country coach would have us stop every fourth interval and count out how many heartbeats we had in 10 seconds and then multiply by six. Back then he’d want our heart rates up near 170 or 180 beats. I don’t remember the exact numbers I would have, but I think the subtler purpose was for us to develop an internal heart rate metronome. He also designed the workouts so that on something like 16 x 400s, we’d do a set of four at 75 seconds, the next set at 72, the next at 70, and a final set of 68. Thus, we had to work at not spiking our heart rate, or we’d suddenly lose efficiency and bonk.

Cadence Also Counts

So, what about cadence? Back in the day, I understood that a workout of 12 to 20 times 200 meters built leg speed. 200s are still my go-to pace development workout because your heart rate gets faster during a 200 as you are running anaerobically, but you also have to keep the same cadence or you’ll pull a hamstring (it’s more dramatic in sprinters, but I’ve had it happen way too much in slow motion). Pre-Garmin Forerunner 235, I didn’t have a clue how many times my foot was hitting the ground during those 200 meters. Up through my mid-30s I knew that to run a fast race of any distance, from a 5K to marathon, I would need to build from 37.5 seconds per 200 at the beginning of my training cycle, that closer to my target rate, I would try to get down under 32 seconds because that was 4:16 for a mile (my best mile was 4:25 and my nine best 10,000s averaged under five minutes a mile with times of ranging from 30:27 to 30:56 minutes).

But I didn’t systematize cadence until I started long distance bike touring in graduate school at the University of North Carolina at Chapel with my Bay High school friend Paul Bauer. We

had gone our separate ways for our undergraduate degrees as I headed east to Ithaca, NY, while Paul headed southwest to Fort Worth, TX.

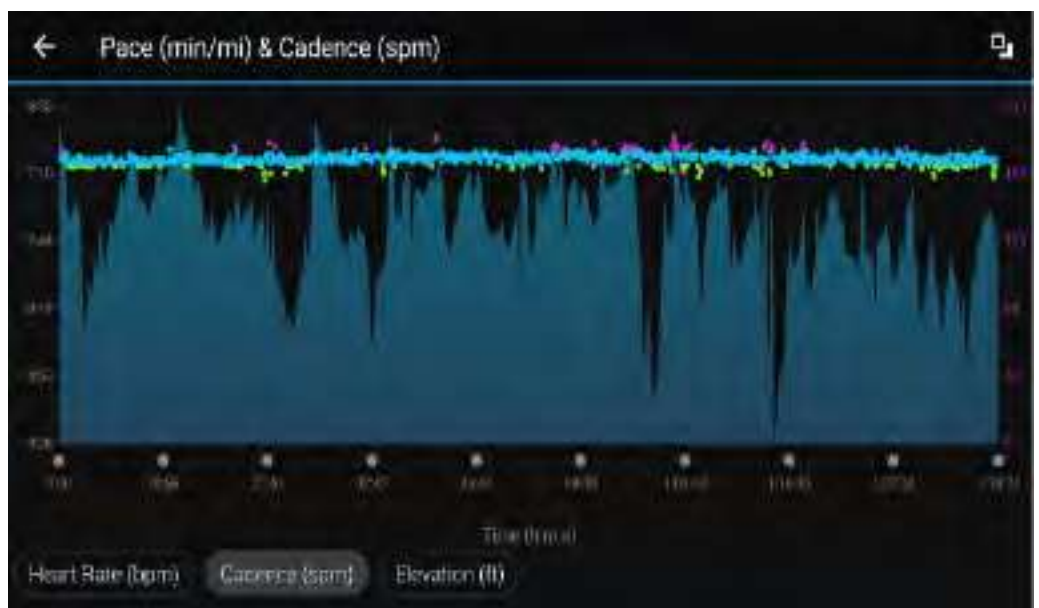
Shortly after Paul graduated, I headed down to Texas Christian University to serve as his best man as he married Leslie. A decade later, he'd return the favor for Susan and me at St. Peter's Episcopal Church in Lakewood, OH.

At UNC, Paul introduced me to the mantra of long-distance biking: 90 rpms up, 90 down, and 90 on the flats. The idea was to keep a steady cadence above the usual triathlon power cadence of 75, so you could save your knees from blowing out going up long hills.

For biking, I have always calculated my cadence by looking at the stopwatch on my bike odometer/speedometer and then counting how many times my right pedal goes around in 20 seconds. Then I'd multiply by three. When I came out of my winter cross training of biking and swimming, I'd usually start out with 75 rpms. Then I'd do Fartlek work where I'd pick out a neighborhood, and accelerate my cadence so that it was over 90 by the end of the street. Then I'd rest a bit on the curves, and accelerate back to 90 rpms by the end of the street. It would take about eight weeks of training before I could keep 90 rpms for 10 to 20 miles rides. Then during my fartlek neighborhood rides I'd aim to get up to 100 or 105 where my fastest triathlon cadence resided.

For running, I had no idea what my cadence was, but I figured that since 75 rpms felt comfortable and 90 rpms on the bike felt awkward when I came out of my usual bike hibernation, I figured 75 rpms was my usual run cadence.

My Forerunner 235 gives me the cool graphics, that allow me to see that my run cadence does match up to my bike cadence. In fact, I would bet that in my prime, I would get my cadence up to 100 just like I would reach in my triathlon races.



Please Note

Articles for the November / December *FootNotes* must be submitted by Friday, October 23rd.

Material received after October 23rd may be published in the following issue.

Anyone wishing to contribute articles, photos and/or race results, please send them to Cathy Leonard at leonardc5711@yahoo.com.

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