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## REFLECTION.....

The 2005 IAAF World Championship Marathon started in front of Helsinki's town hall. Once the starting gun was fired, my immediate attention turned to the rough and uneven cobblestone race surface. Fortunately, there was only about 400M of this cobblestone at the start and another 200M section of it at the bottom of our 10K race course loop that we runners where to circumnavigate 3 and 3/4s times.

As was the case 2 years prior in Paris, the early pace was quick. After missing the first kilometer mark I found myself more than a few seconds behind the very large lead pack. I was relieved to check my watch and see 6:14. 10 seconds faster than my pre-race goal of 3:12 per K. At this point I felt better that I was actually ahead of my goal pace, even as the main pack surged ahead. Meanwhile, I looked around for Hanson-Brooks teammate, Chad Johnson, whose race-plan was to mirror my every move. He was nowhere to be seen; therefore, I assumed that he had been sucked into the super-fast large pack of runners that had already distanced themselves from me.

I passed through the 5K marker in 15:46, 84<sup>th</sup> place. At this point we entered the 10K loop that would be my home for the next 2 hours of running. I had settled into a nice little group about 4 runners. My mini-pack included 2 Koreans, a Russian, and a runner from the Netherlands. I grabbed my first of seven special fluid bottles at this point and downed the entire 8 ounces with no problem.

Consciously trying to run easy and relaxed, I came through 10K (now at the top of the loop) in 31:45, 81<sup>st</sup> place. My last 5K in 15:59. Right on my split. This is despite the uphill nature of the west side of the loop.

From 10 to 15k, the pack of 5 I was running with started to slow. We came through in 48:01, 77<sup>th</sup> place. My nice 15-second time cushion was gone. I wasn't sure if it was just the ease of the down hills or a mis-marked K marker, but sure enough, these guys were starting to hit the breaks. I had hoped this pack could take me through my half-way split before I had to take the pace on myself. Nope. It was time for me to get moving on my own. I left my pack and started moving through the field. I would not run with another soul for the next 17 miles. It was around this point where I started to notice a sickening, flesh-ripping feeling on my right heel. I thought, "kinda early for a blister." I had discussed the very topic with trainers the day before. This is the World Championships. You run through blisters and worry about healing after the race.

From 15 to 20k I ran 16:02...right on. I was 64:03 and in 68<sup>th</sup> place. I had just passed nine runners by simply hitting my conservative pace. Next was the half-marathon split, 1:07:32. 2 seconds off my goal is not bad. Now 66<sup>th</sup> place. (There would be only 61 finishers today) The ever-present heel blister on my right foot served to take my mind of the humidity.

20-25K split: 16:02, 55<sup>th</sup> place. Still feeling strong, passing runners slowly and steadily now. Got my fluid bottle...wondering how my teammates were holding up. I somehow had figured that I was the USA's 5<sup>th</sup> man at this point and was encouraged, for I was basically right on pace: 1:20:05 for 25K.

30K: This was a pre-race point of reference for me. I had written 1:36:00 on my right arm with an ink pen. I had figured that hitting this split could allow me to run a PR (2:14:17) and/or at least have me in position to finish respectably if I was to slow. My 30K split was 1:36:15. I has just run a 16:10 5K, passing 11 men. I was now in 44<sup>th</sup> place. I was nearing my 2003 finish position in Paris of 39<sup>th</sup>.

35K: My last 5000M had been in 16:35. I was starting to slow now myself. The good news was I was moving up fast now. I was in 32<sup>nd</sup> place. I was moving past other runners very quickly and easily now. I was noticing runners laying on the side of the road. I had passed USA teammate, Peter Gilmore, who could only mutter, "CRAMP" as I passed. I still imagined myself as our 4<sup>th</sup> runner. (team score is based on the sum of the times of a country's top 3 runners)

35-40K: This is where the men get separated from the boys. I continued to slow (17:09 5K), but managed to pass another 9 world-class athletes, including USA teammate, Jason Lehmkuhle. I later learned that Lehmkuhle had ran a courageous race, hitting half-marathon in 1:05:42, right with my teammate, Brian Sell. I was now in 23<sup>rd</sup> place with 2.2K to go. I had achieved my pre-race goal of top 25.

40K-42.2K: Saw my coach, Kevin Hanson, just prior to climbing a big 300M hill leading to the Olympic Stadium. He hollered something about catching one or two more. I rounded the turn at the bottom of the stadium hill and saw a Moroccan runner. I caught him up the hill and hoped to find another as I entered the stadium for the last 300M. Unfortunately, there wasn't any more to catch. I lifted my knees on the track like my old EMU days and put a little extra distance on the Moroccan and finished in 2:17:42 for 22<sup>nd</sup> place.

Brian Sell approached and congratulated me on my run. I asked him about his finish, 9<sup>th</sup>!!! He told me I was our 2<sup>nd</sup> finisher. I took off my racing shoes. My right shoe was stained red from blood from my flesh wound. We stood around and waited for the rest of the USA guys to finish:

LEHMKUHLE: 2:22:46 -40<sup>th</sup>  
 GILMORE: 2:25:17 -51<sup>st</sup>  
 JOHNSON: 2:30:45 -59<sup>th</sup>

Our team placed 4<sup>th</sup> behind Japan, Kenya, and Ethiopia. Thanks to all who sent well wishes and followed along at home.



Photo courtesy of <http://www.photorun.net/WorldOut05-MT-12.HTM>



"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." - Steve Prefontaine

## Training Tip #4—Long Run

When training for a marathon the long run becomes the key element of your training segment. Your long run should be 1 minute slower than your marathon race pace or 1 1/2 minutes slower than your 10k race pace. The benefits of completing a long run are they strengthen your leg muscles, strengthen the heart, increase your overall speed (in all race distances), and teaches your body to burn fat as "fuel". Speed should not be a factor during the long runs. Each long run should start off at a "conversation pace", if you are not able to hold a conversation then the pace is too fast.



Physiologically, the long run is teaching your body to utilize energy reserves from fat storage sites after the glycogen has been depleted. Through training, the capacity to store glycogen within the muscles increases. It is when the glycogen is depleted that your pace starts to slow, which is commonly known to marathon runners as "the wall". Mentally, the long run helps build confidence that you can complete the marathon.

When preparing for the longer races such as a marathon, use each long run as practice for race day. Some things that you need to experiment with are food, fluids, energy gels, clothing, and shoes. Nothing on race day should be a surprise because you will have a practice run every Sunday morning. After you have finished your long run it is important to replenish within 30 mins of finishing your long run to replace your glycogen stores.

### UPCOMING RACES FOR HTR ATHLETES:

**Crim 2005**— August 27th at 8:00 am in Flint, MI . For additional information go to:  
<http://www.crim.org>

Schedule of Events:

8:00 am -	10 mile
9:30 am -	8k run
10:00 am—	5k run

**Detroit Zoo Run—September 10, 2005**  
 - 5k and 10 k

**For more information:** <http://www.runwilddetroitzoo.com/>

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