

# OFF 'N' RUNNING

THE NEWSLETTER OF THE JPL RUNNING CLUB

Published Every So Off'n

(whenever all the news to print just fits)

VOLUME 1, NUMBER 5

JUNE/JULY 1985

\* \* \* From the Publicity Secretary: \* \* \*

Thanks for the articles some of you have submitted. PLEASE submit more!

Welcome to Darlene Henry, our new Archivist and faithful submitter of "City Sports Magazine" for race information, etc.

ATTENTION: Don't forget to get your order in for singlets and shorts by July 12th! Contact Jack James (8442) if you have questions.

For information on July runs, contact Valerie Pickett (2731)

## NOTES

Various people in the JPL Running Club have been felled by running injuries and not known where to go to get help. Frantic searches for podiatrists and/or orthopedists who practice sports medicine have been pursued by different people, not always successfully. Barbara Basta and Jim Ulvestad are in the process of setting up an information clearinghouse for running injuries. This clearinghouse will include doctors' names and phone numbers, names of people who have seen particular doctors and can provide information about them, and a variety of material describing causes, symptoms, and treatment of different injuries. We would appreciate contributions to this clearinghouse. Comments on local doctors who are good or bad at treating runners' injuries would be particularly appreciated. Information should be sent to Barbara Basta (238-641) or Jim Ulvestad (138-307).

Barbara Basta competed in the Orange County 24-Hour Race at El Modena High School on May 17 & 18. The race started at 6 p.m. on Friday evening and continued until 6 the next day. In her first attempt to go beyond 50 miles, Barbara overcame blisters and leg problems to complete 80 miles (that's 320 laps!) before stopping with a little more than two hours remaining. She defeated the second place runner in the women's division by over 20 miles. At the finish of the race, Barbara claimed that she would never again do another 24-hour race. Experienced ultra-marathoners know that this is a common statement that is often forgotten as the body recovers and the sense of accomplishment sinks in. (Is that true Barbara??)

(Contributed by Jim Ulvestad)

## UNITED STATES CORPORATE TRACK ASSOCIATION (USCTA) OFFER

The JPL Running Club has been invited to the USCTA National Invitational Meet at UCLA's Drake Stadium July 27-28. Full-time employees on the payroll for at least ninety days are eligible. The requirement is to "have fun". Full coverage of the meet will be provided by a national magazine. Most of the events seem to be a team effort as opposed to individual events. If there's any interest, contact Valerie Pickett (2731).

The logo for JPL (Jet Propulsion Laboratory) is located in the bottom right corner of the page. It consists of the letters "JPL" in a bold, italicized, sans-serif font.

Several years ago I was giving a clinic on marathon training. During the question and answer session I responded to a request for marathon training advice with the usual recommended program: Increase weekly mileage to 65-70 miles, with a 20-miler each week for about four weeks leading to the marathon.

A non-"marathon-looking" person in the audience stood up and asked if I thought someone could train for a marathon by running three miles a day, and a long run increasing to 26 miles. I didn't feel this was enough and told him so.

He didn't mean to embarrass me, but he replied that he'd been using this program to complete five marathons without injury and without hitting "the wall." I swallowed my 140 mile-a-week pride and started asking him questions.

His answers made sense. I wish I'd talked with this neighborhood runner before my first marathon. In 1963 at age 18 I entered the Atlanta marathon with a base of 30 miles a week and a long run of 15 miles. My weekly mileage seemed inadequate even then, but I falsely consoled myself with the thought that others were worse prepared.

I felt great for the first 10 miles. By 15, however, I began to tire. At 18 I went downhill rapidly and was so tired at 21 that I didn't realize it was time to quit. I walked most of the last five miles, propelled only by instinct and protected from injury by teenage resiliency.

Now, with the advantage of two more decades of running some 50 marathons, and the knowledge gained from coaching hundreds of marathoners, I know where I went wrong. One simple addition to my schedule, as explained to me by that runner in the audience, would have made my marathon debut much more successful: the long easy run.

This program, which emphasizes the long run, and in many cases cuts down on the day-to-day mileage, with plenty of rest, is meant for runners of all levels. It can be used to finish a marathon in four hours or more. Or it can be used by runners aiming for anything from a 3:30 time to a 2:45 performance or better. (Of course, 30 miles a week is too low for a sub-3-hour marathoner.) It's been a very successful program. Thousands of runners of all abilities have followed it and practically all of those who completed it and stayed within the boundaries have finished the race and achieved their goals.

- Pacing the Long Run: Run at a comfortable pace and if in doubt, go slower. Most runners should run about 1 1/2-2 minutes per mile slower than their current 10K race pace.
- Prepare for the Long Run: Come into the long runs rested and ready to go. Don't run long after a race, speedwork or a hard workout. Arrange to race on weekends when you're not running long. The challenge of the long run adds spice to your training program, but too much stress will give the spice a bitter taste.
- Tapering for the Marathon: Starting about 14 days before the marathon, cut mileage 30-50%. The last seven days before you should run no more than 30% of normal mileage. The last 2-3 days run only 1-3 miles. You cannot improve fitness during the last two weeks and certainly not during the last week. You can, however, tire yourself out by running too much. Cut back and enjoy the rest.

The main components of this marathon program are:

- Keep the daily mileage you have been running (Some runners may even decrease.).
- Increase the long run 1-2 miles every two weeks before attempting the marathon. Do the last long run 2-3 weeks before the marathon.
- Run slowly, take walking breaks, enjoy each run.

Key Concept: You increase your total mileage by lengthening the long run, not by an accumulation of daily increases.

(Article contributed by Ted Meyer)