



December 2002

Volume 11, Issue 7

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Check rvrr.org for latest club info.

Reviewing the Running Stuff Out There

by Philip McGoff

This month: Running With The Buffaloes by Chris Lear

This book is an almost day by day look at the 1998 cross country season of the University of Colorado men's team. The book starts with the warm-ups and walk to the starting line of the 1998 men's NCAA cross country championships in Lawrence, Kansas. The point of the book is that

this journey started 94 days beforehand. Almost every day of that journey is covered in the book. The first chapter is the warm-up for the championship. The next chapter is a series of biographies of everyone associated with the team. Following this are 80 plus chapters covering the 94 days leading up to the championship. I was surprised by how much I liked this book. I figured that I had lived the cross country team thing, albeit not at

this level, so it wouldn't really do anything for me. But it really brought back a lot of the team aspect of running that I seem to have forgotten. For those of you who have spent a few months training with a group of friends for a marathon, this book may hit close to the heart. It's the story of a group of people sacrificing to accomplish something that they think is significant.

(Continued on page 2)

Another Mile in the Presidents Shoes

By Pete Priolo

The Last Mile in The President's Shoes

Hello members. This will be the last time that I will be writing this column as president of the club. I hope that as president that I have had a positive influence in the club. Now it is time to step down and have some new blood take the reins for at least the next year. I am very honored that you entrusted me to this position. I wish the next president luck in making this club the most successful running club in New Jersey.

We have our annual Holiday Party coming up on

Saturday, December 7 at Charlie Gadol's house. I have sent out postcards and hope that you received them. The party starts at 7:00PM. I hope to see you there.

On December 11 is the last General Membership Meeting and Elections. Please come on down to this important function and cast your vote for the 2003 Board.

The very next Wednesday, we celebrate the Holidays yet again with our annual Jingle Bell Run. Please bring your bells and Santa caps and join us as we carol from bar to bar in

New Brunswick. We will celebrate afterwards at Dolls Place in New Brunswick.

And last, but not least, we have our awards Banquet set for the VFW Hall in East Brunswick on Saturday, February 8, 2003. The flyer for this is attached to this newsletter. Please come on down and join us for the most important club event of the year.

Finally, I wish all of you Happy Holidays, and good tidings for a bright New Year.

Peter Priolo △

Reviewing the Running Stuff Out There

(Continued from page 1)

First the Jersey connections. Since I have only been in the area for a couple of years, you will have to ask others about these people. The author, Chris Lear, graduated from Pingry High School in Martinsville, and he was an All-American at Princeton University. Coach Mark Wetmore is a Bernardsville native. He coached the Edge City Track Club, Bernards High, and Seton Hall before going to Boulder to take a volunteer coaching position for the University of Colorado. Within a couple of years, he was head cross country coach. He was named head track and field coach a few years later. On the team were Matt Elmuccio, Matt Ruhl, and Steve Slattery who all went to high school in Jersey (Westfield, Triton, and Mt. Olive, respectively).

The main focus of the book is Adam Goucher, who was one of the favorites to win the individual title that year. The team was also one of the favorites to win it all. After his college career, Goucher briefly became the top American 5000 meter runner and looked poised to make a huge mark on the international scene. He has unfortunately been injury prone, and he has missed most of the last couple of years. There are even questions as to whether he will ever come back to an elite level.

The nice thing about so much detail on such a short season is that it allows time to get to know most of the people on the team. At the start of the book, though, it is hard to keep track of all of the people. A lot of people who are not the top dog have an interesting story or two to tell. One of the nicest, I thought, was that of Oscar Ponce. Though he was born in East Los Angeles, his family was deported back to Mexico when he was very

young. He spent much of his youth in abject poverty, sometimes not eating for days. At age 14, he and his mother went back over the border into Texas. She eventually met and married a man who moved them to Denver. They lived in one of the poorest parts of Denver, though it was much better than what they had experienced in Mexico. Oscar started high school and joined the track team, where he prospered under the tutelage of a former Colorado runner. It's just a nice little side story of one of mid-pack runners on the Buffalo team.

Most of the book does deal with what is going on in the practices, and are they ever tough. I've recently started hanging out on some of the running newsgroups (www.letsrun.com and www.dyestat.com), and coach Wetmore has taken a lot of heat for overworking, and thus injuring, his runners. There were a lot of injuries on the team that year, and the workload is almost unfathomable. There are 100 mile weeks done running only once a day. That means that their average run is over 14 miles. From what I can tell, Wetmore has recently backed off on the workload, and he admits that maybe that was a bit much. Being a numbers geek, I found it interesting to see what the guys went through on a day by day basis. There are lots of details on where they ran, how far, and how fast.

There was one part of the book that I was interested in, but I wasn't sure that I wanted to read it. Midway through the season, Colorado's number two runner, Chris Severy, died while riding his mountain bike to school. I remember reading about it at the time on some running web site and wondering how a team deals with such a situation. I tried to think about

what I would do if I were a coach in a similar situation. I was quite surprised that the team went out the afternoon of Severy's death and did the workout that was originally scheduled. The book does a good job detailing what the team did in the days and weeks after the tragedy and why it was probably the most appropriate approach to dealing with everything, though it is a very sad portion of the book.

I won't tell you how the Buffs did at nationals, or who was even injury-free to run there. I found the book to be quite interesting in showing the team dynamic changing throughout the season. There are many humorous moments, a few very sad moments, and lots and lots of running information. All in all, I was entertained.

Final rating: ★★★ (out of four)

Recommended for: Someone who has been in a marathon training group or a cross country team may be entertained by this. Any running junkie will probably love it. High school wannabes will probably eat it up.

Not recommended for: Anyone who gets really tired of all of the numbers in running.



Happy Birthday!

November 2002

** - New Age Group

Michelle Laroche-Gould	11/1
Alyson Cook	11/1
Mital Patel **	11/5
Joan Casarella	11/7
Sid Auerbach	11/9
Judy Redling	11/10
Mark Strawn	11/11
Chris Coghlan	11/13
John Ahimovic	11/14
Marc Hourican **	11/15
Dean Shonts	11/16
Pati Rosen	11/18
Pamela Huggins	11/20
Bill Pape **	11/23
Jerry Calise **	11/23
Louise Fama	11/24
Patrick Cosgrove	11/25
Mary Foley	11/25
Cheryl Scher	11/27
Peter Fama	11/30

December 2002

Imme Dyson	12/1
Melanie Podsiadlo	12/1
Phil Palmer	12/2
Robert Jorissen	12/4
Rich Britton	12/4
Scott Dedecker	12/6
Larry Graham	12/7
Kasia Brodka	12/8
Bruce Huberman	12/9
John Piccinic **	12/10
Bill Panayote	12/11
Stephen Kornstein	12/12
Amy Rappaport	12/16
Art Kestenbaum	12/17
Bill Sabino	12/20
Tony Li	12/21
Richard Uslan **	12/21
Ray Schick	12/24
Alex Dobrowolski	12/25
Sherrie Felton	12/25
Richard Mussi	12/25
Michael Daigeaun	12/27
Bruce Nadler **	12/28
S.Figen Muftuoglu	12/28
Phyllis Zatlin	12/31

January 2003

Scott Brenner **	1/1
Larry Klimes	1/1
Sandra Lafferty	1/1
Toualeb Mohammed	1/1
Matthew McCoy	1/1
Joe Currey	1/5
Jeffrey German	1/6
Stephanie Harris	1/8
Martin Ficke	1/9
Rich Goselin	1/10
Leigh Walker	1/10
Ian Evans	1/11
Peter Bilton	1/14
Becky Ostroski **	1/17
Robert Evans	1/18
Henry B. John-Alder **	1/18
Liza Farina	1/21
Sergio Cano	1/21
Rosemarie Kiser	1/24
John Hoagland **	1/31

RVRR Shorts and Singlets for Sale

Just in time for the racing season.

RVRR singlets-Coolmax White Mesh

Male: M, L, XL
Female: M, L, XL

Cost per item is \$17. Mail check and 'Ship to' address to RVRR, PO Box 1197, Edison, NJ 08818-1197. Singlet will be mailed to you via first-class mail. High-split running shorts are also available at a clearance price of \$5 per item. Clothing is also available at Wednesday night runs. See **Ray Petit** or **Dana Gross**. △

Welcome New Members

Wayne Baker	Westfield
David Bautista	Iselin
Michael Daigeaun	North Brunswick
Scott Dedecker	Highland Park
Ralph Fusco	Edison
Rich Gebauer	South Plainfield
Sophie Hartshorn	Highland Park
Sandra Lafferty	Highland Park
Frank Russo	Wayne
Alejandro Velazquez	Edison



HELP WANTED!!

A special person (male or female) that likes to work for no pay. The requirements are simple: the ability to breathe without being reminded and a pulse below 60 beats per minute.

The successful candidate should be semi-proficient on the computer and have the drive to work only one hour a month.

Surely, you must be saying to yourself, 'this is what I have been dreaming of'. Well, OK, maybe not, but you must be wondering what the heck are you babbling about?

I am trying to solicit someone to gather the race results each month. It does not take too much time to perform this simple task. I did it for over two years and it just was not that big a deal.

I believe that it is even easier now with the program that Prez Pete has, or the one that Ken Ellis used last year.

The club would be very grateful to whoever decided to try something new. This is an excellent opportunity for someone who would like to help out, especially if you are a new member or do not have the time to volunteer at club events. △

Raritan Valley Road Runners

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Edison, NJ 08818-1197

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RRCA Club #664

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(908) 561-2539
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Former Presidents of RVRR

Allen Paul	1983-1986
Doug Brown	1987-1989
John MacGillivray	1990-1992
John Pretzell	1993-1994
Mark Rogalski	1995-1996
Ray Petit	1997-1998
Trink Poynter	1999-2000

2001 Executive Board Members

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2nd Vice President Dana Gross
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Secretary Mark Strawn

Treasurer Ken Ellis
(609)430-3040
kellis@princeton.com

Directors at Large

Bob Townley

Alyson Cook

Gene Gugliotta
thinmann@yahoo.com

Wednesday Night Runs

The Raritan Valley Road Runners have met weekly for *Sixteen* years of consecutive Wednesday night runs! **Come join us at 6:30 PM at the Highland Park Senior Citizen's and Youth Center at the intersection of Benner St. and S. 6th Ave.** Parking is available in well-lit lots adjacent to the building. Come dressed in your usual running garb. We are currently running the winter course that goes through the streets of Highland Park. Runs of 4.5 and 7 miles are offered. After the run join us for dinner!

Week Place

- 1 **Dolls** Rt. 27 South, 1st bldg. on right past railroad bridge, New Brunswick
- 2 **Dolls (again)**
- 3 **Tumulty's Pub**
- 4 **Dolls (again)**
- 5 **Szechwan Gourmet**
3 Livingston Ave., New Brunswick Δ

Saturday Towpath Runs

Every Saturday morning at 9 AM, we meet in Johnson Park, Piscataway at the Grove 5 parking lot for a group run. Take the oneway park road west from Landing Lane (between Landing Lane Bridge and River Rd). Turn left into the first parking lot. .

The run is out-and -back on the D&R Canal towpath. Typical distances vary from 4.8 to 20+ miles and runners of all levels are welcome! Runners should arrive by 8:50 AM to run with the group. In the event of the lot being closed, you can park in the lot near the end of the road at the Old Towne Village. Δ

On Your Mark...

By Carl Rocker

I have been putting the newsletter together for several years now and this was the toughest year due to the fact that I do not get much material to work with. What made this year different than the past years is that Phil McGoff has given me many articles to work with. Without those articles, there may have been only three or four newsletters written this year. Thanks to Phil, I managed to get out seven, with almost half of the content written by him. For those of you who do not know him, he is a laid back fellow who does not like to, let's say, 'toot his own horn'. If you see him at a race, a club function, or out and about, please take a few seconds to say Thank You, I am sure he will appreciate it.

It is my opinion that the efforts of

the volunteers within this club is what makes it great. There is a core group of folks that you can count on to help out at each and every function. It is not fair that they do all the work and do not get any recognition for making RVRR the best running club around.

If you have never volunteered for an event before, it is a great way to see what it 'really' takes to put on an event.

Since a new year is upon us and it seems fashionable to make resolutions, if you have not volunteered at an event before, please make an effort to do so. I guarantee that you will have a great time. There is nothing better than hanging around after a race listening to the stories being told and knowing that those stories would not be possible without your help that day. I am sure that It will bring a smile to you're face.

Reviewing the Running Stuff Out There, II

by Philip McGoff

This month: Daniels' Running Formula by Jack Daniels

First things first, this is not the bourbon whisky guy. Jack Daniels has been a very successful coach at a number of places including SUNY-Cortland, a division III college that has had a very successful cross country and track program since he has coached there. This book is a primer on how to be a coach, either of yourself or of others. It is not a fluffy book for a nice summer day at the beach. (Side note: I bought this before a trip to England in October. I figured that for the long flights, I needed reading material and something to help me sleep, and I thought that this might do both jobs.) It is for someone who wants to race faster and more consistently or for someone who wants to coach someone to race faster and more consistently. I would highly recommend it for anyone being self-coached, anyone who thinks that his or her current coach is an idiot (note that many of us who coach ourselves have an idiot for a coach), or anyone wanting to learn more about a solid training program. This book is probably not for someone who is happy going out for a daily run and hopping in an occasional race.

I should note that if you currently have a coach that you trust and have had success with, you should listen to that coach exclusively. Few things are worse for a runner than advice from a number of different

directions. Even if you have a good coach, this book could be beneficial in understanding why you are doing the training that you are doing. It could also improve dialog with your coach when setting up a training program. I should also note that for a lot of people, a little knowledge is very dangerous. This book has the potential to be that little knowledge that is very dangerous to the coach-athlete relationship. I could see an athlete endlessly questioning everything that the coach says because 'Daniels' Running Formula' says this or that. Could be very bad.

The beginning of the book addresses very fundamental issues for success in running. These include ingredients for success and principles of training. He really does an excellent job of giving a broad overview of the basic tenets of training. Any single principle of training that he mentions tends to be fairly obvious, but he puts them together in a way that serves as the foundation for all of the training plans that he provides. One section early in the book gets very technical on how your body adapts to running, and terms such as VO2 max, VO2 sub-max, and lactate threshold are explained. This is the only technical part of the book and shouldn't cause concern. The rest of the book is very readable and easy to understand.

The best part of the book for me is a set of tables telling you how fast you should be running your training runs. One table tells you where you are based on your VDOT (mine is about 54).

The VDOT is determined from your recent races or a reasonable estimate of what you are capable of (mine is based off of my 59:35 Midland 15K). Be honest now. The tables range from 64 minute 10K to 26 minute 10K, so I think that that includes pretty much everyone in the club. The other table gives target paces, based on your VDOT, for your easy/long runs (mine 7:45 per mile), your marathon pace runs (mine 6:49 per mile), your tempo runs (mine 6:26 per mile), your long intervals (mine 3:41 per 1000 m), and your short repetition runs (mine 82 per 400 meters). These are pretty much the times that I was doing last spring before the Midland 15K, so I do tend to default pretty closely to what is recommended by the book. I also checked on the times that I was running during my halcyon days over a decade ago (VDOT of 64), and those times match really closely to what I was doing then. My guess is that that is a product of very good coaching during my high school and college years.

Daniels stresses that if your VDOT is this, you should be doing this workout at this pace. Do not waver from that guideline. I think that many of us know a workout warrior who does amazing workouts, then runs a very mediocre race. This just means that they are doing their workouts

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Reviewing the Running Stuff Out There, II

(Continued from page 5)

much too fast. In high school, we used to give workout points to these people as a derisive reward for going too fast in practice. A flip side of this issue is what has probably plagued me over the last several years. As I said above, in my halcyon days my VDOT was 64. As I got a few injuries and backed off of the intense training, my VDOT had to have dropped. But I would try to run my workouts as if I was still as fast as I used to be. This overstressed me and led to more injuries, which would drop my VDOT even further. It was a downward spiral of injury, diminished fitness, train too fast, injury, and repeat. Had I read this book long ago, I may have averted many of those injuries by running the proper pace in my workouts. Almost thirty years of running and I am learned something new. I am a bit humbled, because I could have sworn that I knew everything at least twenty years ago. So now I must know everything. For me, the VDOT tables are worth the price of this book.

After the VDOT tables, Daniels explains the different aspects of training, how to do them, how not to do them, and why they will help you. These include those listed above--easy/long runs, marathon pace runs, tempo runs, long intervals, and short repetitions--along with rest. Daniels stresses that a planned rest phase is a very good thing. During my younger, serious training years, I always planned a rest phase into my training, and I think that it helped me stay relatively in-

jury free and motivated for the first twenty years of my running. During my planned rest phases, I would only run three or four times a week, for a total of 15 to 25 miles. My fitness would drop, but not a whole lot, and it was fairly easy to get back. But after a rest, my body was a lot healthier, and more importantly my mental attitude was much better. Over the past several years, though, rest has been more plentiful than training for me. Without rest, a runner can get stale and burned out. For too many runners, their rest phase only comes in the form of an injury.

The last part of the book is dedicated to racing. After some general advice about race preparation and the race itself, he gives specific training plans for short distance (1500 to 3000 meters), middle distance (5 to 15 kilometer), and long distance (half to full marathon). These training plans are extremely flexible. The target paces come from the earlier VDOT tables. The workout plan is based on 24 weeks and takes you from early build up through your desired peak performance. Early in the book, he gives guidelines on how to modify this 24 week plan to any amount of time, from 3 to 24 weeks. You choose the amount of mileage that you want to run each week (he discusses this issue at length). The individual workouts are generally given as a percentage of your weekly mileage, and a few options are usually given that accomplish the same workout goal. For instance, on a given day an interval workout could be replaced by a 5K race.

The only negative that stood out for me had to do with advice for cross training, weight lifting, and stretching. He is quite nebulous about cross training and weight lifting, as there are no clear recommendations for either. His advice for stretching seems to be that you should experiment on your own and find out what works best. I really expected a bit more in this area from this book, but it is not here. Otherwise it is an excellent book on putting together the running portion of your training plan. I am going to sit down and set up a plan for races next spring. I'll be doing my training at my secret base in Hoboken, and I should kick some major butt. Or I may end up injured, who knows.

In conclusion, this is an excellent book on how to train for a race. On the internet sites that I frequent, the question of good books on training comes up about every other month. This book and a book by Martin and Coe are the two books that are always mentioned as the best books on how to train for distance running. Other books are mentioned, but this book is always the first or second recommendation. The Martin and Coe book is on my coffee table. I still have to read it, but it looks a bit daunting. If I do tackle it, I'm sure that I'll write it up in a future column.

Final rating: ★★½ (out of four)

RVRR

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Edison, NJ 08818-1197



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