



Mile Markers



We Give You the Run-Around

December 2003

Volume 25, No. 12.

P.O. Box 1818, Santa Fe, NM 87504

Feature Event

Santa Fe Snow Shoe Classic 5K and 10K

Saturday, December 13, 2003, 10a

Start: Norski Trails, near the Santa Fe Ski Basin

Entry Fee: 15.00 until Dec 11, 2003, 20.00 day of race

Register online at:

http://www.active.com/event_detail.cfm?event_id=1095678

Fowl Day was a Success

The holiday food drive for the Salvation Army was a success! There was 75 participants who collectively donated proceeds totaling 720 pounds of non-perishable food and \$200 in cash. Awards were given by Alpine Sports, Santa Fe Bar & Grill, and Elaine Coleman. Also, home-made pumpkin pies were raffled away. Yum!

Okay, Let Me Get This Straight



Come One, Come All! Club Meetings Held on Second Tuesday of Each Month at 7pm

On the **9th at 7:00p**, the monthly meeting of the membership will be hosted at **Santa Fe Bar & Grill in DeVargas Mall**. It's the annual holiday dinner. Be there!

You can get *Mile Markers* electronically!
Send your request to kernkt@cybermesa.com

How I Train

Runner: Michael "Mick" Kappler
Goals: Mile to Marathon & beyond

The following is a brief background and general description of how I train. This article includes specific workouts that lead to my peak 10K performance. What works for me may not work for you at all. On the other hand, perhaps you'll find something useful here, if not a confirmation of what you're already doing.

Background

If you get nothing else out of this article, let it be that mental attitude is as important as anything else. Thoughts are extremely powerful. A positive mind sets the stage for the body to follow. At the age of 13, I ran a mile a day with my father for fun. That's how my running started and running for fun remains a main root today. I've raced all distances from 200m to the marathon. Many of my PR's were set in my youth, and were matched or reset in recent years. It's been fun running for and against myself. Now 38 years young, it's fun breaking 25-year-old personal records.

General Description

The basic unit of my training is a wave. What do you mean, a wave? A wave is the concept of a series of workouts that build in a gradual sequence to a climax (a peak) then subside into a recovery (a trough), sorta like a ocean wave. This ebb and flow of training features waves that last different lengths of time. My shortest wave is one week. Longer waves feature a sustained build (3-10 weeks) and a relatively brief recovery (1-3 weeks). The seasonal wave may be short (1 month) or long (4 months). The annual wave focuses on an event and is followed by an off-season rest period (2-6 weeks).

continued on next page

Specific Workouts

Day	Miles	Effort	Workout
Mon	6-8	easy	jog, run middle miles, jog
Tue	0-6	very easy	off or fun run day
Wed	6-8	hard	3-4x 1K @ race pace minus 15sec/mile
Thu	6-8	easy	jog, run middle miles, jog
Fri	8-10	medium	tempo near anaerobic threshold
Sat	6-8	medium	hills repeats or tough terrain
Sun	13-24	easy	easy early
Total	45-72		

This is a "One-Week Wave". Hey, that's a lot of miles! Yes, it is. Some people are built for it, others are not. Scale mileage to suit your needs. Here, the base run is 6-8 miles. Tuesday is the off day or a light-n-fun day - use to to purely enjoy it like a kid. The longer run give you endurance and staying power. I find that this length of base run and off or fun day yields a decent return on your investment, avoids injury, and lends itself well to building over time. What about off days? As you become more fit, running 6 or more times a week is possible. When you can jog the off day, try it. There's only one hard day, and two medium days. So, you could look at it as three runs. Simple, eh? The other four days are easy or off. Listen to your body. It will tell you what you need to know.

As you can see, there is variance in terms of mileage and effort. Variety spices the appetite for the runs and creates the weekly wave. The mileage rises on Friday, subsides, then peaks on Sunday. The effort peaks on Wednesday (speed on the track), briefly recovers on Thursday, then moderately peaks on Friday (tempo on race surface). then subsides for the big run on Sunday and recovery days that follow. Since joining the Santa Fe Striders, I've seasonally shifted the hard day to coincide with the Tuesday evening club workouts at the high school track and keep the big run setup on the weekend. During those times, workouts from Tuesday-Friday move to Monday-Thursday and the Monday workout moves to Friday.

Key Workouts

A key workout is the speed session on the track (Wednesday). I do no more than 2-5% of my weekly miles as "hard" effort workouts. That's not much. If I'm doing 50 miles, I'll do 1 to 2.5 hard miles. The intervals are anaerobic and near or at maximum effort. That may be 2x 800m or 10x 400m. The session is like back-to-back races, or close to it. I try to do them all at the same speed. Sure, it's a tough workout to do plus get them all at the same speed, nonetheless, this is the money workout -- write the check if your body can cash it. You kinda need to save a little in the opening intervals so you can match your times in the closing intervals.

Other key workouts are the days where the effort is medium. The tempo near anaerobic threshold (Friday) may be altered as fitness rises. For example, the tempo run may contain hard parts ("pick-ups") or moderately hard effort where you sustain 90% effort ("cruiser speed"). If I'm tired during the build phase, I'll use tough terrain days (Saturday) as an easy day. As races approach, I may do more hill repeats (Saturday) and potentially use that day as another hard session, or mix it with a mini speed session on the track.

Peak Building

I'll build several "One-Week Waves" together to form a larger wave on a longer timeframe. Typical weekly growth is 5%-10%. For example, I may connect 3 weeks with mileage of 45, 47.5, 50. Then, I'll do a recovery week with 45 miles. Then, build again, say 50, 52.5, 55, and so. I'm not sure what set of wave periods work best. I've tried them all successfully. Usually, I construct the waves around one or more events that I'd like to perform well at. Sometimes the "peak" performance comes a week earlier or later than expected, so racing several times around the peak period may give that "great run".

Race Preparation

Most runners I know don't taper enough. If there's another thing you get out of this article, it that's you gotta have rest prior to the race. Did you know that Roger Bannister rested 7 days prior to breaking the 4-minute mile? My minimum rest period leading into a race is 7 days, and often 2 weeks for the one annual 10K that I'll try my best at. During the taper, most everything is easy, or shorter. Now that you've got the training in, get the rest, including going to bed early the night before. On race day, do everything the same way you've been doing. Eat the same things. Do the same things. Change nothing. What for? You are ready just the way it is. Rise knowing that this is your day, no matter what happens. Smile as you think to yourself that only you knows all you've done and how every workout and every step has brought yourself to this very moment. Then, be in your momment, and you'll be amazed to discover what you can do. I know -- I've surprised myself quite a few times!

Results

I've applied this training recipe to race distances ranging from 800m to the marathon. The general wave form of the workouts remain constaint at all distances. The specific workouts described herein are for my 10K performance, and are shorten for middle distance (800m and the mile) and lengthened for endurance events (marathon). I've trained on the waves to match all my youthful PR's except for a magical 5K (16:43 in '82, 17:12 in '97). I've matched the mile (4:43 in '83, 4:43 in '99), and have reset the 800m (2:13 in '83, 2:05 in '99), 10K (35:13 in '83, 35:10 in '97), and the marathon (2:53 in '82, 2:52 in '99). Now, I'm applying it to the Ironman (11:38 in '01, 11:17 in '03).

Disclaimer: Blah-blah-blah... Ah-ha! You're one of us! The fact that you're reading this small print says volumes. You just can't get enough, so you'll go far. You have what it takes to run beyond the horizon. I am not a profession driver on a closed course. I'm a regular guy with a cranium that's paid off free and clear -- you have one too. My mileage does not vary (actually, it does - I peaked at 77 miles and troughed at 40 last month). You get out what you put in. Eat healthy. Don't eat pills for lunch. Food is fuel. Consistency, determination, brainpower and willpower are king. Let the joker quit. The deposits are small (a little training everyday) and the pay-off is huge (an awesome performance on race day). Oh, one more secret, negative split, the turdoise catches the hare.

Editorial Note: This is what has worked in one person's training. Please note, what has worked for one person won't necessarily work for you. And, of course, what is "long" for one is not "long" for another!

NEW MEXICO ASSOCIATION USA TRACK & FIELD

31 SANDHILL RD., LOS LUNAS, NM 87031

505/865-8612 FAX 505/565-8387 foneskn@aol.com <http://www.usatf.org/assoc/nm>

NEWSLETTER

CALENDAR:

December 1, 2003

Dec 6 Reindeer Run 10K, 2mi. Walk/Run, Roswell, Bob, 627-5507.
Dec 13 USATF National Junior Olympic Cross Country Championships, Albuquerque, Ron & Liza Mascarenas, 867-6885, ronaldmascarenas@aol.com, www.usatf.org/assoc/nm.
Santa Fe Snowshoe Classic, Kris Kern, 983-8944, www.santafestridders.com.
Jan 1 Egg Nog Jog 4mi. Run, 2mi. Walk, Gil,s, 268-6300.
Jan 10 Dearholt Desert Trail 7.4&3.2 Run/Walk, Las Cruces, 524-7824.
Jan 24 Corrida de los Locos, Santa Fe, Dale Goering, 954-4384, www.santafestridders.com.
Jan 25 Super Bowl Sunday 5K, 2mi. Walk, Gil,s, 268-6300.
Super Sunday 5&10K, 5K Racewalk, Las Cruces, 527-5167.
Feb 14 Valentines Day Sweetheart Run 5&10K, 1mi., Athlete,s Edge, 856-9377.

*STATE CHAMPIONSHIP ***GRAND PRIX SERIES

NM USATF BOARD MEETING: The next board meeting will be held on Wednesday, January 14, 2004, 7:30PM at the office of Fred Mowrer, 115 8th SW (8th & Gold). On the agenda will be the Track & Field Schedule, so please plan on attending. The next meetings for the 2003 USATF JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS will be held on December 3rd and 10th at the office of Ken Woodley, 4904 Hawkins NE, Albuquerque. For more information, call the office at 865-8612.

GRAND PRIX RESULTS: With results in from 6 races, the Run Old Mesilla 10K , the Run for the Zoo 10K, the Taos Marathon, the River Run (fka as Bastille Day) 8K, Rancho Viejo 5K, La Luz, and the Gov. Johnson 10K, the standings are as follows: Open Women, Rachael Cuellar 31 points, Erica Larson 13 points; Masters Women, Jean Herbert 35 points, Mary Wells 30 points, Claudia Bergsohn 11 points, Carolyn Gressit 8 points; Open Men, Filomeno Apodoca 10 points, Scott Long 9 points; Masters Men, Willie Martinez 40 points, Wayne Chick 10 points, Dan Otero 9 points, Jim Westmoreland 9 points.

ONLINE MEMBERSHIP: USATF membership cards for 2004 are available online at www.usatf.org/membership. The cost is \$12 for youth and \$15 for adults, and one of the many advantages is that the number is assigned immediately.

ATTENTION RACE DIRECTORS: For inclusion in the 2004 Running Events Calendar, please call the office as soon as possible with your dates, 865-8612 or e-mail foneskn@aol.com, and if you are interested in hosting a Grand Prix or State Championship, please let us know. All events must be sanctioned. The projected date for the calendar is February 10, 2004. The Organizational/Club Membership forms are going out this week (yearly dues are still \$50), and the Application for Sanction forms. (Please note: there are increases in both the National fee and the Association fee for non-member organizations.) Information re: sanctions, monthly meetings, schedules, clubs, and anything else you need to know about the New Mexico Association of USATF, can be found at our web site, www.usatf.org/assoc/nm.



Santa Fe Snow Shoe Classic – 5k and 10k Races



10 AM Saturday December 13, 2003



Sponsored by:

Crescent Moon Snowshoes
Montrail Running Shoes
SealSkinz Waterproof Socks
Dermatone Sunscreen
Bike and Sport



Organized by:

Santa Fe Striders Norski Trails de Santa Fe Team Santa Fe



Races will take place on the Norski Trails near the Santa Fe Ski Basin. 5k race is one lap, 10k race is two laps. Both races start at 10 AM.

Registration: Mail the form below or register online with Active.com. See the Strider page www.santafestriders.org for details. Entry is \$15 until Dec 11, 2003. Day of race entry is \$20. Registration opens at 9 AM on race day. First 75 entries include a gimmie (not a shirt!).

Awards to the top 5 male and female finishers of each race in sub-masters (under 40) and masters (40 and over).

Aid will be provided at the start/finish, and the halfway mark for the 10k. Water and Gatoraid will be provided. If you anticipate requiring additional aid carry any supplies you desire.

Cut Here

Send completed form and fee to Santa Fe Striders, PO Box 1818 Santa Fe, NM 87504

Name _____ Age on race day (Dec 13, 2003) _____ Sex _____
Address _____ City _____ State _____ Zip _____
Telephone Number _____ email _____

Race: 5k _____ 10k _____

Do you need to rent Snow Shoes? Add \$5 to entry fee Yes _____ No _____

Fee: \$15 by Dec 11. Each race is \$20 after Dec 11. Make checks payable to **Santa Fe Striders**

Wavier: I hereby, for myself, my heirs and personal representatives, waive all rights and claims against the Santa Fe Striders, Norski Trails de Santa Fe, the National Forest Service, and any other organizers and sponsors, their representatives, successors, and/or assigns, of the Santa Fe Snow Shoe Classic, for any injuries or damages I may sustain as a race participant on December 13, 2003. I give race officials permission to obtain medical aid for me should I, in their judgment, require it. I understand that volunteer first aid assistance may or may not be available at the Snow Shoe Classic, and I agree that such volunteer medical assistance may be rendered to me.

Signature of Entrant _____

Signature of Parent or Guardian if under 18 _____

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>>> Race Calendar <<<

12/13 10a Santa Fe Snow Shoe Classic 5K and 10K.

Register at http://www.active.com/event_detail.cfm?event_id=1095678. For information, see page one.

1/31 10a - 4th Annual Sandia Mountain Shoe. For information, see page 4.

Dear Mom,

It was Duke City 3:12. What's your crystal ball say about Tucson? 3:10? 3:05? 2:59?

Your Son

Thursday Evening Runs

Thursday night runs begin at 6 pm from the Running Hub. The loop is as follows:

Montezuma (store front) to left at Cerrillos/Galisteo intersection to right on De Vargas St (cross Old SF Trail, cross Paseo de Peralta) to Canyon Rd to right on Camino Del Monte Sol to left on Camino Cruz Blanca to Camino Cabra to left on Canyon Rd to De Vargas St to left on Cerrillos/Galisteo to right on Montezuma to store. The route is about 5 1/2 miles. We add a little extra around St. Johns to make it close to 6 miles by heading up road to Wilderness Gate then connecting back to Cruz Blanca with first left.

Cyber Information

Looking for running information on-line? See our website at <http://www.santafestridders.org> or <http://www.racegate.com> for all kinds of goodies.

Weekly Group Workouts

Striders, guests, and other random runners meet at **6pm on Thursdays at The Running Hub** (333 Montezuma #6), for a 5-mile or so run. Also, track workouts (April-October) begin at **6pm on Tuesdays at the Santa Fe High School**. Everyone is welcome. Group runs are happening on the weekends. Course and distance vary. Contact Diana Hardy for more info - hardy_diana@seo.state.nm.us

Express Yourself!

Please submit articles, race results, running tips, poetry, cartoons, photos, worst-run stories, best-run stories, letters, race schedule information, recipes, blueprints, X-rays, medical records, or almost anything printable to the Mile Markers editorial offices, c/o Mick Kappler, at 441 Greg Ave., Santa Fe, NM 87501, or email mick@daylight.com.

2003 Strider Officers

Kris Kern, President, 983-8944
kernkt@cybermesa.com
 Kris Peterson, Vice President, 820-6247
krisp@newmexico.com
 Tove Shere, Treasurer, 473-0388
trim8s@nets.com
 Mick Kappler, newsletter editor, 438-4463
mick@daylight.com



Good luck to you!!
 You have been Tagged by the Blue Man!!

We're Off Track!

No more club track workouts until spring. Boo-hoo.

You can get *Mile Markers* electronically!
 Send your request to kernkt@cybermesa.com



Santa Fe Striders Club Membership Application and Waiver



Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

- Renewal
- New member
- Email newsletter

Annual dues for the Santa Fe Striders club are \$15. A \$1.25 is for a subscription to the RRCA's quarterly magazine, *footnotes* for one year. Annual fees are due in January and membership runs through December. If you are paying in July or later, the dues are \$7.50. Make checks payable to Santa Fe Striders and mail to PO Box 1818, Santa Fe, NM 87504.

WAIVER: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runners Club of America, the **SANTA FE STRIDERS** Road Runners Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence of carelessness on the part of the persons named in this waiver.

Signature

Date

Parent's Signature if under 18 yrs.

Date

Mile Markers

Santa Fe Striders

PO Box 1818

Santa Fe, NM 87504

