



Runner's Hi

June 2004

Greetings from Amelia Island Runners, Inc.

Welcome New Members!

Joan Baine
Amy Beckham
Kimberly Bennett
Mike Brodie
Steve, Molly & Nicole Cash
Jim Cochran
Steve & Janet Devlin
Bruce & Deborah Dunham
Caroline & Joe Fanelli
Sorcha French
Joe Gerrity
Ed Hardee
Lisa & Donn Haviland
Colleen Hodge
Amy Kovalcik
Leslie Livingston
John & Emylee McBrearty
Dorie McCarthy
Mark Miller
Stephanie Mooney
Kevin Ott
Bill Pennington
Liz & Chris Pipes
Marilyn Roberts
Bryon & Lauri Russell
Mike Stallings
Jonathan & Carina Tomassetti
Chip Townsend
David & Tina Vigh

10 Ways to Improve Your 10-K

by David Vigh

Workout No. 1: A 5-K race at your goal 10-K pace. Benefit: Raises VO₂max and economy, gives you confidence that you can set a new PB.

Workout No. 2: Warm up by jogging easily for 10 minutes, and then run 1200-metre work intervals at your current 5-K race pace. Jog easily during recovery periods, and let each recovery last about a minute less than the amount of time required to complete the 1200-metre work interval. As with all interval sessions, don't let the total work-interval distance add up to more than 10 per cent of your weekly mileage (Example: You run 30 miles per week. Since 10% X 30 = 3 miles, or 4800 metres, you can ramble through four 1200-metre intervals per workout). Benefit: Heightens VO₂max, makes 10-K pace feel easier.

Workout No. 3: Mark out a 10-kilometre route over terrain you'd like to run on, or simply use the 10-K course used for a local race. Warm up by jogging for 10 minutes, and then sizzle through the full 10-K route, alternating 2- to 3-minute bouts at what feels like goal 10-K pace with 60- to 90-second jog-recoveries. Benefit: Teaches you that you can handle a 10K at high intensity and that you can run well even when you start to become fatigued.

Workout No. 4: Warm up with 10 minutes of easy running, and then cruise through one mile on the track at a tempo about 10 seconds (per mile) slower than your current-best 10-K race speed. Jog for just two minutes, and then scamper through a second mile at 10K pace. Jog easily for two more minutes, and then blast through a final mile about 10 seconds faster than 10K velocity. Warm down with a one-mile jog, and it's over! Benefit: Gives your 'lactate threshold' a shot in the arm, which will make 10-K race pace feel much more comfortable.

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Reminder: Group runs every Wednesday evening, 6-6:45pm at the Atlantic Rec Center. All runners, all abilities, all ages welcome!!

Quote of the Month:

"I run today to maintain the shape I was in yesterday."

Contact Amelia Island Runners

Board of Directors

John McBrearty, President, 491-0369
Mike Brodie, Vice President
Steve Devlin, Treasurer, 277-7643
Amy Kovalcik, Secretary

Newspaper Submissions

Deborah Dunham, 261-7398,
ddunham426@aol.com

Letter from the Editor

My family and I recently moved to Amelia, and I must admit that we are pleasantly surprised at what an active community this is. It seems that every morning when I head out for a run, I see many healthy-minded people out too. Coming from Atlanta, there were always people running and biking on the roads each morning, which was inspiring, but a bit crowded at times. The best trails were usually packed with double-wide strollers and kids weaving on bikes. And the races, forget it – imagine standing amongst a sea of 50,000 sweaty bodies at the start of the Peachtree Road Race each 4th of July. No thank you anymore. We have become quite accustomed to the small, but active, lifestyle here on the Island. Sure Atlanta had a plethora of sporting good stores to choose from, a mile long list of races, a million different running routes, and hills to build anyone's hamstrings. My husband and I even had a group of "regulars" to run with and race with. But I've traded in my old running routines for some new ones now. I've managed to find some great trails (Fort Clinch), some great scenic routes (the beach), and some great gear (online). I've even found some new running buddies – a dolphin or two who like to follow me on my beach runs, "Jake" the snake who greets me on my driveway as I head out for a run, and this morning I met a family of manatees at my turning point behind Brett's. Does Amelia offer everything that a big city like Atlanta does? Not exactly. But I don't care, and I wouldn't trade running with the dolphins for the world.

~ Deborah Dunham

Meeting Minutes

Amelia Island Runners May 19th meeting

- Meeting called to order at 7:00 PM.
- Secretary, Amy Kovalcik and VP Mike Brodie were absent.
- Treasurer Steve Devlin gave the Treasurers report
- We have an A I Runners account with \$485 plus the dues for 4 applications received at the meeting.
- Members voted on the 3 outstanding logos by Emilie Pennington.
- John McBrearty reported that we are incorporated in the state of Florida as "Amelia Island Runners, Inc." We have a tax ID number from the IRS 56-2454476. Steve Devlin has completed the forms to file with Fla. Dept of Ag. and Consumer Services, and the RRCA application is ready to submit.
- It was explained that a large portion of dues collected would be used for membership and insurance fees
- Deborah Dunham was announced as the Newsletter Editor, and she requested input from the membership.
- The Turtle Crawl race in September was discussed and Steve Cross and Paul Goins agreed to be Race Directors for that event.
- We will also be assisting two Non-AIR races:
 - Fleet Feet 5K on Oct. 16th by the Fernandina Little Theater, and the Stein Mart run for Micah's Place 5k on Oct. 2nd. John Tenbroeck will time and process results for both races.
- Membership cards were handed out to those present.
- Club shirts were discussed, and Jim Cochran volunteered to see what is available locally.
- Meeting adjourned at 7:45.

Gabe Jennings prepares for his race by getting in tune with the sun and the moon, and the birds and the bees and the flowers and the trees.



Runner's World Daily Tips

Stay on your feet

Don't sit as soon as you finish the race. Stay upright and keep walking to avoid cramping. Your leg muscles need blood to be pumped through them. Otherwise, your legs will become very stiff and sore.

Back away from the soda and nobody gets hurt

Try these healthy post-workout fluid alternatives. During hot weather your body's daily fluid needs increase by 50 to 100 percent. Rather than reaching for a bottled iced tea or soda, which can pack between 200 and 300 empty sugar calories per 16-ounce serving, try unsweetened iced tea (black, green or herbal) flavored with lemon, lime or fresh peppermint leaves.

Over icing

To prevent additional swelling to an injury make sure you don't ice longer than 15-20 minutes at a time. Over icing can cause a survival response in cells causing extra inflammation to save them.

Spotlight Member!

Meet Steve Devlin



Number of years running: 20 years

Favorite Amelia running route: Ft. Clinch Trail or ... the beach in early morning (especially if there are dolphins)

Biggest running accomplishment: 3:05 Marathon

Cross-training activities: Weights, surfing and an occasional mountain bike ride through Ft. Clinch trail

Favorite restaurant: None in particular - it's all just fuel for the boiler

Favorite drink: Cold milk - especially after a hot run

Favorite movie: Hard to pick from James Bond's films (maybe Cool Hand Luke belongs in there too)

Favorite ice cream: Chocolate / Peanut Butter

Favorite thing to do after a long run: Sleep

I run because: I can't imagine not running

10 Ways to Improve Your 10-K (Continued from page 1)

Workout No. 5: Jog easily for 15 minutes, and then run 800 metres at your current 10-K race pace. Jog lightly for two minutes, and then scurry through 400 metres at 5-K race speed. Amble easily for 60 seconds, and then dash through 200 metres at current one-mile race tempo. Rest for 30 seconds, and then launch yourself into 1000 metres at 10-K pace. Jog easily for four minutes, and then repeat this 800-400-200-1000 pattern. A 30-mile per week runner can complete two of these combos per workout; at 45 weekly miles, three combos are possible. Benefit: Improves footspeed and fitness, enables you to run at 10-K speed while tired, makes 10Ks feel easier.

Workout No. 6: Warm up, and then run 10-minute intervals at your current 10-K pace, recovering for five minutes between intervals. Benefit: Raises lactate threshold and makes current 10-K pace feel easier, enabling you to step up to higher speeds in the race.

Workout No. 7 (straight 800s): Warm up, and then run 800-metre intervals at current 5-K race pace, with recoveries lasting no longer than each work interval. Benefit: Lifts VO₂max, makes 10-K velocity feel more comfortable.

Workout No. 8 (straight 400s): Warm up, and then run 400s at a pace about four seconds per 400 faster than current 5-K speed. Recover until you feel comfortable enough to do another 400 with good form. Benefit: Improves basic footspeed.

Workout No. 9 (tempo runs): Benefit: Lifts lactate threshold and also VO₂max slightly, teaches you to function for longer periods at tough paces.

Workout No. 10 (traditional fartlek): Find a forest path or a place where you really enjoy running. After warming up, run at a tough intensity for about 30 minutes or so, alternating spontaneous bursts at about 10-K race pace with shorter periods of easy cruising when you feel tired. Enjoy the workout, and focus on relaxing and running smoothly.

Lesson: The way to get comfortable running at your goal race speed is to practice running faster than your goal speed during training.

Word of wisdom from David: "A good runner is neither lazy nor crazy." Interpretation... to run faster, you have to work hard sometimes but too much, too fast will sideline you with an injury. Finding the balance that works for you is the key.

Local Race Calendar

- July 4 Celebration 5K, Baymeadows Road, 7:30 am, 739-1917
- July 17 Bridge of Lions 5K, St Augustine 7pm, 904-819-8711
- July 24 Vestco Summer In The City 5K, Downtown Jacksonville
- July 24 Jacksonville Bolles School, JTC Summer Track Classic, 5pm, 388-7860
- Aug. 1 Summer Fun Run 5k, Atlantic Beach at Ahern St, 904-378-0528
- Aug. 6&7 Tour De Pain, 6th: Jax Beach, Seawalk 4mi, 7:30 pm,
7th : Baymeadows 1 block North of San Jose, 1 mi, 7:30 am
7th : Jax Landing 5K, 7:30 pm, 904-731-1900
- Aug. 21 JTC-Carrabba's Summer Beach Run, Jax Beach Seawalk 7 pm, 739-1917
- Sept. 11 Orange Park - Autumn Fitness 5K, 8am. Info: (904)268-6272.
- Oct. 2 Stein Mart run for Micah's Place 5K
- Oct. 16 Fleet Feet 5 km, 7:30 am, 387-0528, Fernandina Beach downtown



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